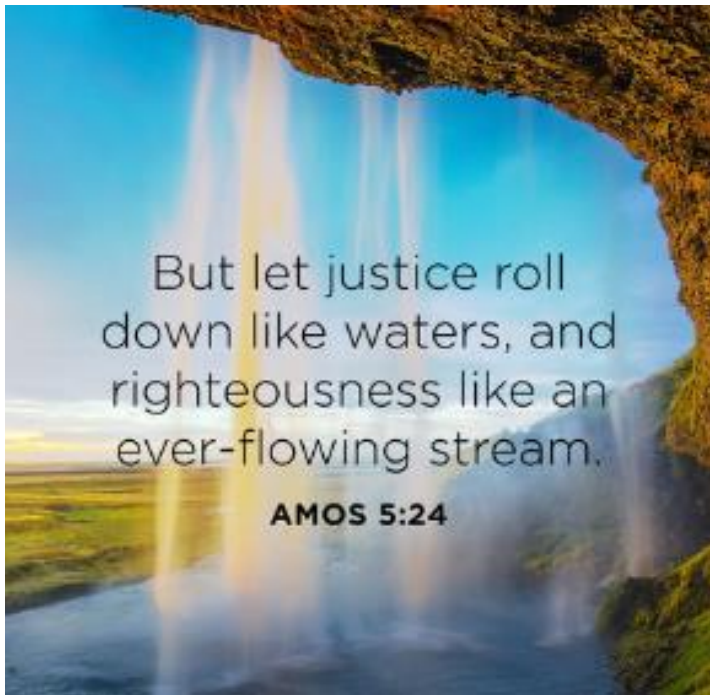


## Theme of the Week: Law Abiding Citizens



Dear Parents/Carers,

The end of the penultimate week of this term and it's been a busy one! We very much enjoyed taking all of our students to Bishop Hannington Church for Carol Services this week; it was wonderful to take time out of this busy month to sing some carols, hear the Gospel message, and remind ourselves what we celebrate at

Christmas time. Thank you very much to Mrs Vincent for all the organisation that went in to make these services happen.

It is our first Enrichment Day of the academic year today and the school has been buzzing with students engaged in a variety of learning activities. It is also fantastic to see trips leaving school more regularly and to hear from students who are enjoying their learning experiences out of school.

Next week is another busy one with Christmas lunch and our charity fundraising non-uniform day on Wednesday and the final day of term of Thursday. A reminder that KS3 students will be dismissed at 12:25pm on Thursday, and KS4 students at 12:30pm.

We will have a short newsletter for you next week with some pictures of our festive celebrations in school. Have a lovely weekend.

*Mrs Price*

### CONTACT DETAILS

King's School  
Hangleton Way  
Hove  
BN3 8BN

01273 840004

[admin@kingsschoolhove.org.uk](mailto:admin@kingsschoolhove.org.uk)  
[www.kingsschoolhove.org.uk](http://www.kingsschoolhove.org.uk)

### Forthcoming Events

<b>Wednesday 14<sup>th</sup> December</b>	<ul style="list-style-type: none"> <li>Non-uniform day and Christmas lunch</li> </ul>
<b>Thursday 15<sup>th</sup> December</b>	<ul style="list-style-type: none"> <li>Last day of term</li> </ul>
<b>Tuesday 3<sup>rd</sup> January</b>	<ul style="list-style-type: none"> <li>INSET day</li> </ul>
<b>Wednesday 4<sup>th</sup> January</b>	<ul style="list-style-type: none"> <li>Beginning of the Spring term</li> </ul>
<b>Thursday 5<sup>th</sup> January</b>	<ul style="list-style-type: none"> <li>Year 9 Options Evening</li> </ul>

## Final Day of Term

Our final day of term is Thursday 15<sup>th</sup> December. In line with previous final days of term, the day will run differently to a normal school day. The school will follow an amended timetable for the day as follows:

- All students to arrive at school for 8:30am as normal in full school uniform;
- KS3 students (Year 7, 8 and 9) will be dismissed from school at 12:25pm;
- KS4 students (Year 10 and 11) will be dismissed from school at 12:30pm.

Students will have tutor time, lessons, and a celebration assembly during the morning. All students will also have an extended, 30 minute brunch in place of their usual breaktime and students in receipt of free school meals will be able to spend their allowance on hot food during this time. Please be mindful that bus times will not be amended to reflect the change to the end of the day, and therefore students are encouraged to look up alternative bus timetables prior to the 15<sup>th</sup> December. All students should return to school for an 8:30am start as usual on Wednesday 4<sup>th</sup> January 2023. Please note that Tuesday 3<sup>rd</sup> January is an INSET day and the school will be closed to all students on this date.

## King's Sixth Form – Deadline Friday 13th January 2023!

Just a reminder that the deadline for King's Sixth Form is Friday 13th January. We would really love to encourage Year 11s to apply to be the first sixth form cohort at King's.

- Be known
- Outstanding Pastoral Support
- Small class sizes
- Excellent teaching and learning
- Leadership opportunities
- Bespoke careers and UCAS advice

If you have any further questions, please contact Mrs Coles at [sixthform@kingsschoolhove.org.uk](mailto:sixthform@kingsschoolhove.org.uk).

Apply here [King's School Hove \(ret.systems\)](#)

Instagram: @kingsschoolsixthform

Twitter: @kingsschoolsix1

## Student Leaver Interview – Archie W

We had one of our ex-students come into school this week to give advice to our current Year 11 and to talk about their experiences of starting out at a large sixth form college in Brighton. Thanks for coming in to see us Archie!



### My A-Levels are

Psychology, Sociology, Business

### Top Tip for Year 11 this year

Listen to your teachers, they know you best.

### Transition to College

Make sure you use the study areas available to you during the day to make the best use of your time.

Get out of your comfort zone to make new friends.

Take up the opportunity to get involved in trips.

### What would you say to someone considering staying at King's for their post 16 education?

You will be known; the teachers know your ability.

Small classes will be an advantage.

## Non-uniform day and Christmas lunch

On Wednesday 14th December students will have the opportunity to have a Christmas Lunch from our canteen. This will also be our non-uniform day to raise money for the two charities we are supporting through our reverse Advent calendar. Students may wear non-uniform in exchange for a £1 donation and are strongly encouraged to wear a festive jumper and or socks. Donations can be made through the ParentPay link in your child's account.

## Safety and wellbeing: Support over Christmas

We recognise that the Christmas period can be difficult for many families and this is likely to be exacerbated by the current economic conditions. You will find below a list of services that may be helpful to you, or a family you may know, over the Christmas break. Our Pastoral and Safeguarding Teams are in school until we break up on Thursday 15<sup>th</sup> December so please do get in touch with them via the [admin@kingsschoolhove.org.uk](mailto:admin@kingsschoolhove.org.uk) should you wish discuss any matter with them ahead of the break.

Mental Health Support for adults and children: [Brighton and Hove Wellbeing Service - urgent support Samaritans](#)

Child Protection: [Childline Front Door for Families Brighton - if you are worried about a child](#)

Food banks: <http://www.brightonfoodbank.org.uk/>  
<https://thewhitehawk.foodbank.org.uk/>  
<https://bhfood.org.uk/>

Domestic Abuse: [Women's Gateway Brighton](#)  
<https://www.brighton-hove.gov.uk/adult-social-care/keep-people-safe/help-domestic-abuse>  
[Rise - freedom from domestic abuse](#)

Alcohol and Drug Addiction: <https://www.brighton-hove.gov.uk/alcohol-or-drug-misuse>  
<https://www.oasisproject.org.uk/>

## Year 9 Options Evening

Year 9 Options Evening will be taking place on Thursday 5<sup>th</sup> January 2023 after school. Mr Stevenson will be sending out more details about the evening in due course.

## Student of the Week

Students of the week	
<b>Year 7</b>	Bluebell B
<b>Year 8</b>	Stepa B
<b>Year 9</b>	Adam B
<b>Year 10</b>	Ivan L-M, Pipi H
<b>Year 11</b>	Lilly K

## Bromcom Logins

Students are now able to sign into Bromcom using their Microsoft Account:

*e.g. 22blogs.j@kingsschoolhove.org.uk and password.*

This is the same details used for the school computers and Seneca. This should help eliminate the need to remember multiple log ins. This change is only for students, logins for parent/carers have not changed.

**Bromcom Student Portal**

STUDENT LOGIN

School ID

Username

Password

Remember School ID and Username

Forgot Login Details? Redeem Invitation Code?

Login

Single Sign-On Providers

Login with Google Account

Login with Microsoft Account

Microsoft Sign in

22blogs.j@kingsschoolhove.org.uk

No account? Create one!

Can't access your account?

Back Next

Just sign in with your school email address & password  
The same password used for the school computers

## King's School Fund

Raising money to enrich and expand our students' experiences.

Visit <https://www.justgiving.com/campaign/kings-school-fund> or click on this image to be taken to the page.

Every donation has an impact on a student's education experience.

Thank you for your support

King's School Fund

## Carol Service

We really enjoyed our whole school Carol Services this Wednesday at Bishop Hannington Church. Our choir and band put on an excellent performance and everyone had the chance to join in with a carol or two. We are very grateful to Bishop Hannington for hosting both services and hope students found the experience valuable.



	
Best in Year 7 – Robin O	Best in Year 8 – Skyler M
	
Best in Year 9 – Aaron M	Most King's – Tris S
	
Most Colourful – Manuella G	Most Brighton – Bertie N

## Young Writer's Competition

Well done to Edith M and Elissia M who were winners in the Young Writers' Power of Poetry Competition and are going to have their work published! Congratulations to both students.

## Bauble Competition

Thank you to all students who entered the bauble competition this year. We are so impressed with the level of entries and it is so hard to choose a winner. The winners of our categories for this year are as follows. Well done all!





Fact sheet for schools and parents about Group A Streptococcus (GAS)/Scarlet Fever.

### What is Group A Streptococcus?

Group A Streptococcus or *Streptococcus pyogenes* is a bacterium that can be found in the throat and on the skin. People may carry it and have no symptoms of illness or may develop infection.

### How is it spread?

Group A Streptococcus survives in throats and on skin for long enough to allow easy spread between people through sneezing and skin contact. People who are currently carrying the bacteria in the throat or on the skin may have symptoms of illness or they may have no symptoms and feel fine. In both cases, these bacteria can be passed on to others.

### What kinds of illnesses are caused by Group A Streptococcus?

Most Group A Streptococcus illnesses are relatively mild, with symptoms including a sore throat ("strep throat"), scarlet fever or a skin infection such as impetigo. However, on rare occasions, these bacteria can cause other severe and sometimes life-threatening diseases.

Although scarlet fever is usually a mild illness, it should be treated with antibiotics to minimise the risk of complications and reduce the spread to others.

The **symptoms** of scarlet fever include a sore throat, headache, fever, nausea and vomiting. This is followed by a fine red rash which typically first appears on the chest and stomach, rapidly spreading to other parts of the body. On more darkly-pigmented skin, the scarlet rash may be harder to spot, but it will still feel like 'sandpaper'. The face can be flushed red but pale around the mouth.

Children who have had **chickenpox** or **influenza** ('flu') recently are more likely to develop more serious infection during an outbreak of scarlet fever and so parents should remain vigilant for symptoms such as a persistent high fever, cellulitis (skin infection) and arthritis (joint pain and swelling). If you are concerned for any reason please seek medical assistance immediately.

### What is invasive Group A Streptococcal (IGAS) disease?

Although rare, invasive Group A Streptococcus disease may occur when bacteria get into parts of the body where bacteria are not usually found. These infections are called invasive Group A Streptococcal disease and can be very serious and even life-threatening.

### What are the symptoms of invasive Group A Streptococcal disease?

The most important thing to be aware of are the early signs and symptoms of invasive Group A Streptococcal disease. These are:

- High Fever
- Severe muscle aches
- Localised muscle tenderness
- Redness at the site of a wound

### What should I do if my child becomes unwell?

If your child becomes unwell contact your GP practice. Alternatively, you can call NHS111 and you should also call NHS111 if your surgery is closed.

### If my child is unwell, should they stay off school?

If your child becomes unwell with these symptoms you should contact your GP practice or call NHS111 (which operates a 24/7 service) to seek advice. If your child is unwell they should stay off school until they are better.

### What else can I do to prevent my child from becoming unwell?

Because Group A Streptococcal disease is spread through coughing, sneezing and skin contact, it's important to have good hand hygiene and catch coughs and sneezes in tissues and throw these away. If you are unwell, stay at home and seek medical advice. This will all help limit the spread of other infections, which are common this time of year.

Match 2 vs Patcham was a 4-1 win! Amazing performances from the across the team and Olly had his scoring boots on with a hat trick along with Finn scoring the other.

They have only won a couple of games over the last 2 years, so it was really good for them to get a solid win and build some confidence! Well done all!

## GCSE Drama Theatre Trip to Othello Connaught Theatre, Worthing

A group of 30 GCSE Drama students attended the theatre to see Frantic Assembly's thrilling physical theatre version of Shakespeare's 'Othello'. We had front row seats for the performance, and I was delighted with how the students responded to seeing such a vital and unique piece of theatre. Year 10s said: 'it was incredible' (Max), 'great' (Sam G), 'really entertaining and the actors had so much chemistry' (Lara), 'such a dramatic ending' (Kizzy), 'it was emotional' (Kaiya) and 'amazing' (Lizzie). Year 11 now have to write about this production in their GCSE Drama exam next year so we are busy discussing and note making. Thanks as always to the staff who attended, Mrs Cager, Mr McCardie and Miss Woods.

Mrs Grosvenor

### Head of Arts



## Sporting Success

### Year 10 Boys' Football

Our boys' football team have played 2 matches over the last two weeks. Match 1 vs Varndean was a 3-3 draw with goals from Sam, Ben and Olly. Varndean scored the drawing goal with one minute to go so everyone was a bit gutted at the end, but the boys played really well on a muddy pitch.

Winter HAF 2022

Funded by the Department of Education (DfE), HAF offers free enriching holiday activities with a healthy meal included.

**Dates:** Monday 19 to Friday 23 December, with a more limited offer between Wednesday 28 to Friday 30 December

**Eligibility:** Children and young people in Reception to Year 11 who receive benefits-related free school meals (FSM)

The offer includes everything from playschemes to sports providers, and drama schools to family cooking sessions.

Get involved! Visit [www.brighton-hove.gov.uk/haf](http://www.brighton-hove.gov.uk/haf) to view the full events calendar and book directly with your chosen activity providers.

HAF booking codes:

A unique HAF booking code is required for each individual child.

- If your child took part in Summer HAF 2022, please use the same unique HAF booking code. You can ask for this to be resent by emailing [HAF@brighton-hove.gov.uk](mailto:HAF@brighton-hove.gov.uk) with the full name and date of birth of the child

- Those who are new to HAF must first apply for their unique HAF booking code by visiting [www.brighton-hove.gov.uk/haf](http://www.brighton-hove.gov.uk/haf)

To ensure everyone gets the support they need, please only book what you know you will attend.

Please email [HAF@brighton-hove.gov.uk](mailto:HAF@brighton-hove.gov.uk) with questions or for support.



10am til 2pm | 19th December - 23rd December  
 11 Mermaid Walk, Brighton Marina Studios, BN2 5WA  
 For more information please contact Dionne  
 via [dionne@streetfunk.co.uk](mailto:dionne@streetfunk.co.uk)



**Celebrate Christmas**

**Wednesday 14th December**

Roast Turkey & Gammon with Stuffing  
 or  
 Vegetable Puff Pastry Crown

Served with Roast Potatoes, Peas, Carrots & Gravy

Mince Pie & Cream or Marble Sponge with Chocolate Custard  
 or  
 Christmas Pudding Shortbread

£2.50

Served with a Cracker

Please let us know for any dietary requirement you may have in advance

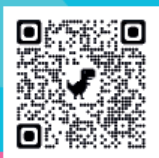
A Hot Wrap & Macaroni Cheese will also be available

# LAGUNA GIRLS RUN CLUB



**Empowering girls through running and connection**

Laguna Girls RC is a weekly run club for girls aged 12-16. The aim of the club is to support and encourage girls in their teens to keep moving, build confidence and resilience, make connections with other girls and to nurture a positive mindset.



To register for a free trial contact us

Instagram: [lagunagirls\\_runclub](https://www.instagram.com/lagunagirls_runclub)  
[www.mindovertrainers.com/lagunagirlsrunclub](http://www.mindovertrainers.com/lagunagirlsrunclub)



# VOUCHER FOR A FREE TRIAL SESSION



**Meeting Place:** Lagoon Watersports Centre Cafe, Hove Lagoon, Kingsway, Hove BN3 4LX  
**When:** Saturdays 10:30-11:30am



Instagram: [lagunagirls\\_runclub](https://www.instagram.com/lagunagirls_runclub)  
[www.mindovertrainers.com/lagunagirlsrunclub](http://www.mindovertrainers.com/lagunagirlsrunclub)

## Nurturing Parents

A mindfulness-based wellbeing course for parents and carers



**8-week Course**  
**Starting 7th March '23**  
**Tuesdays 1-3pm**  
**Small group, at Portslade Hub, BN41 2PG**

This course can help you to:

- Recognise and manage the stresses of parenting
- Regulate strong emotions
- Develop compassion towards yourself
- Support the relationship with your children

**To book a place please email the Schools Wellbeing Service**  
[swsconsultationline@brighton-hove.gov.uk](mailto:swsconsultationline@brighton-hove.gov.uk)

### Nurturing Parents:

#### A Mindfulness-based Wellbeing Course for Parents and Carers

The Nurturing Parents Mindfulness-based Course is an eight-session programme that is relevant and accessible for parents and carers whatever your family circumstances.

Mindfulness can help us recognise and manage the stresses of parenting and understand the importance of self-care to cultivate the connections we hope for and that we know are nurturing for our children.

This is not a 'how to parent' course. It offers opportunities to experience mindfulness in a way that helps us to understand patterns of our thinking and feelings, and what we do as a result of these. This can open up a different way of understanding ourselves as a parent or carer, and this in turn supports our relationships with our children, helping us to regulate emotions and develop compassionate responsiveness.

#### Dates:

Tuesdays 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> March + 18<sup>th</sup> and 25<sup>th</sup> April + 2<sup>nd</sup> and 9<sup>th</sup> May 2023.

(There are no sessions during the Easter school holidays.)

Time: 1.00 – 3.00pm

Venue: Portslade Hub, Mile Oak Road, Portslade, BN41 2PG

#### What to expect in the sessions:

Each week has a different theme which is linked to the one in the previous week.

There are elements of teaching and discussion, simple silent exercises in awareness similar to meditation and simple movement-based stretches which can be done sitting or standing.

You will also learn some approaches that can be practised with children and young people.

No experience of mindfulness is needed for the course and it is taught in a safe, supportive and kind environment: any input in the discussions is invitational and participants only share what they feel comfortable with.

#### To book your place or to make a query email:

[swsconsultationline@brighton-hove.gov.uk](mailto:swsconsultationline@brighton-hove.gov.uk)

*There is no cost for attending the course if the children you parent or care for attend or are enrolled at Brighton & Hove school.*

Course leaders: Beth Ruffel and Tessa Wyllie, Schools Wellbeing Service

Nurturing Parents: A Mindfulness-based Wellbeing Course for Parent and Carers was developed by Eluned Gold at the Centre for Mindfulness Research and Practice at Bangor University.



# SK STARS

A new and exciting dance experience for children and young adults with additional needs



To register or for more details:  
[enquiry@skstars.org.uk](mailto:enquiry@skstars.org.uk)  
08444 877 633

EVERY THURSDAY  
6pm to 7pm  
Term time only

Woodingdean Primary School  
Warren Road, Woodingdean,  
Brighton. BN2 6BB.



All Staff DBS checked  
[www.skstars.org.uk](http://www.skstars.org.uk)

SK Stars is part of Southern Knights Performing Arts (Dance With A Difference) - Registered Charity 294202



## COME AND JOIN THE SOUTHERN KNIGHTS COLOURGUARD!

**First Rehearsal Free!**

- Open to girls and boys aged 4 to 16
- Tuesday nights 6-7:30pm
- £5 per weekly summer session
- We rehearse at Blatchington Mill School & Sixth Form College, Nevill Avenue, Hove, East Sussex BN3 7BW

Email: [dance@southernknights.org.uk](mailto:dance@southernknights.org.uk). Call: 08444 877 633  
Website: [www.southernknights.org.uk](http://www.southernknights.org.uk). Facebook: [facebook.com/SouthernKnightsUK](https://www.facebook.com/SouthernKnightsUK)

*We perform precision marching and dance displays to music using flags, imitation rifles/sabres and props. Think of it like a mixture of dance, acrobatic skill, and drama without words.*



*The Southern Knights are a competitive Performing Arts and Colour Guard organisation based in Brighton & Hove, East Sussex, England. Registered UK Charity No: 294202.*