



# Headteacher's Update

No 247 15th March 2024

WHATEVER YOU DO,  
**W O R K**  
AT IT WITH ALL  
**Y O U R H E A R T,**  
AS WORKING FOR THE LORD,  
NOT FOR HUMAN MASTERS...  
- COLOSSIANS 3:23 NIV

## Theme of the week: Wisdom and Work

<b>Monday 18th— Tuesday 19th March</b>	<ul style="list-style-type: none"><li>Year 10 GCSE Art Mock</li></ul>
<b>Thursday 21st March</b>	<ul style="list-style-type: none"><li>KS3 Young Musician of the Year 6:30-8pm</li><li>Let's Dance at the Dome</li></ul>
<b>Friday 22nd March</b>	<ul style="list-style-type: none"><li>Enrichment Day</li></ul>

Dear Parent/Carer,

I hope you are all well. It's been another two busy weeks at school. The year 11s are completing their final preparations for their GCSE exams and many subjects are completing their NEAs (Non Exam Assessment – or coursework to the rest of us!). There have been PE practicals, preparation for drama and art exams, composition and performance in music, products made in DT and media and fantastic three course meals cooked in food and nutrition. These are often experiences students will take with them after they leave school. The feeling of putting hours of work and preparation into something and seeing the fruits of their labours is an important experience for them as they grow and develop wisdom. Thank you to all the teachers involved as well for the time and dedication they pour into their work around this, as well as to the parents who support the process. These subjects form a core part of our curriculum, as do all the clubs, trips and experiences we plan for students to take part in throughout the year. We believe that learning changes the lives of young people, and the learning they do in these settings is as important as what they learn in classrooms.

It has also been good for my senior team to complete learning walks over the last two weeks. This is where we drop into lessons across the school to sample the day-to-day experience of students in lessons. It has been great to see the excellent regular diet of top-quality teaching and learning across the school. We are fully staffed with expert teachers and I am confident the students get a rigorous and positive experience in their classes every day. There are always areas we can improve and tweak – but we are working from a really solid base.

Finally, The holy month of Ramadan started last weekend for Muslims across the world. We welcome everyone in our school community, and this week I would like to specially recognise the Muslim members of our community during this special time of year. We have a prayer room available for use in school and we are happy to support members of our community in fasting and praying, please do be in contact with me if you would like any more details about this. Ramadan Mubarak!

Mr Stevenson

## Student of the Week

<b>Year 7</b>	Gabriella R for her excellent work in languages.
<b>Year 8</b>	Callum B for hard work in Maths.
<b>Year 9</b>	Theo W for great work and effort in Geography.
<b>Year 10</b>	Raye W for going above and beyond in Art mocks and working so hard and diligently.
<b>Year 11</b>	Chris T and Andrew P for taking responsibility for their own learning in a small group business session .

## Theme of the Week

This week we looked at wisdom and work. We broke down the different ways work can be defined, from looking at it as a type of vocation to the way in which we apply ourselves in every day life. During tutor we looked at case studies on people who chose certain vocations based off their time at school, as well as motivational speeches from athletes well regarded for their work ethic.



## Sixth Form

Please [visit our website](#) for more information about our Sixth Form.

[Video for Parents 1: Choosing your sixth form courses | Resources | Net Sixth Form](#)

For any Year 11 student that is struggling with what subjects to study post 16, please see this helpful video to help you make your decisions. If you need further help in school, please do contact Mrs Coles at [sixth-form@kingsschoolhove.org.uk](mailto:sixth-form@kingsschoolhove.org.uk) who will be more than happy to have a conversation about options across the city and at our sixth form.

There is also a useful resource to help you decide your options across the city if you are struggling to decide where to go [Best Next Steps - Colleges and FE application portals \(padlet.com\)](#)

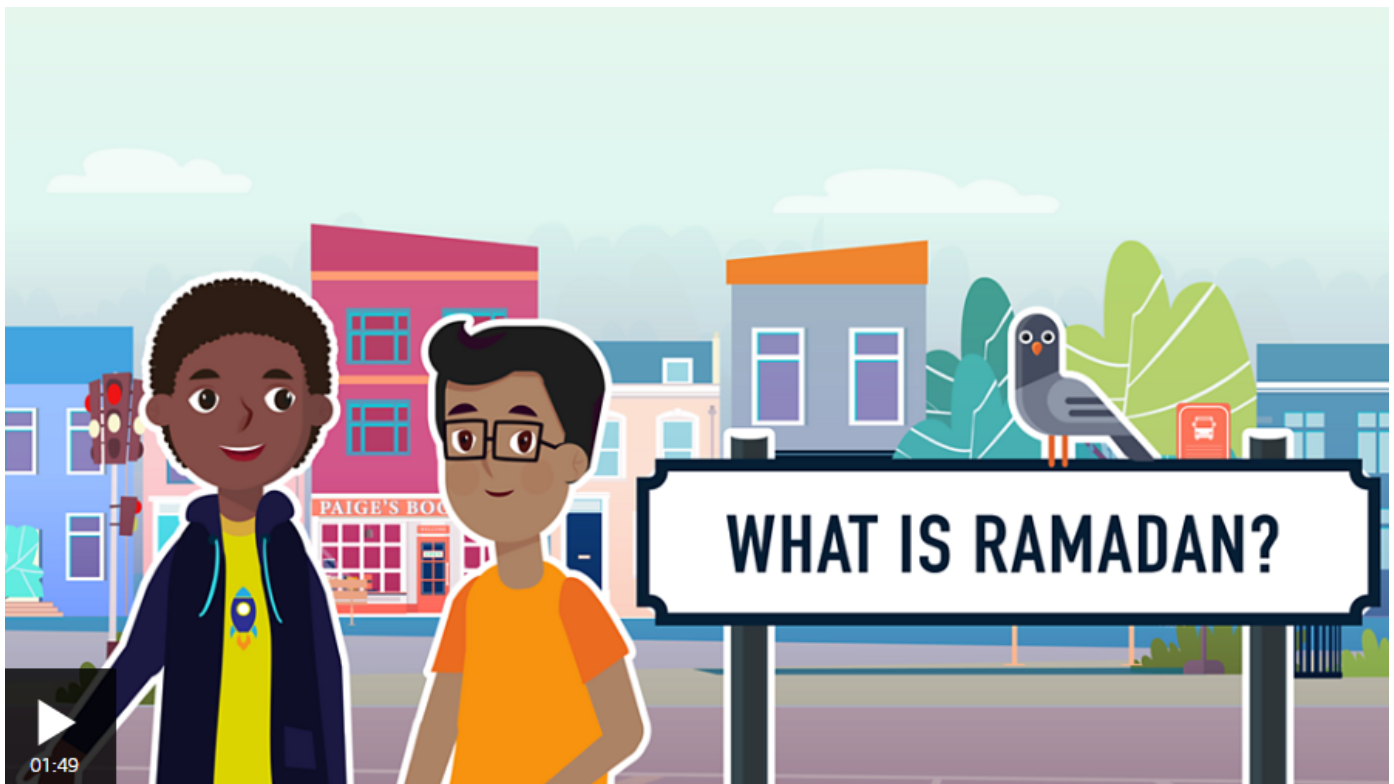
## Ramadan

The Holy Month of Ramadan, one of the most sacred periods in the Muslim calendar, is not just about abstaining from food and drink from dawn till dusk. More than physical hunger and thirst, Ramadan is a time for deep, introspective spiritual nourishment, heartfelt prayers, reflection, and tranquillity. It is a period of introspection, where the emphasis on wisdom and virtue touches every aspect of life.

Central to the meaning of Ramadan is the virtue of self-control. In navigating the challenges of the fast, one learns to master their desires, discipline their behaviour, and exercise patience. This self-control forms a bridge to wisdom, as Muslims understand the impermanence of worldly pleasures and the lasting fulfilment that comes with devotion and faith.

Ramadan is a celebration of the Holy Quran's divine wisdom, as it was in this blessed month that the scripture was revealed. The Quran, an eternal guide for personal development and social reform, is recited and pondered upon more intensely in Ramadan, allowing Muslims to immerse in its wisdom.

To learn more about Ramadan, click on the image below.



## Attendance

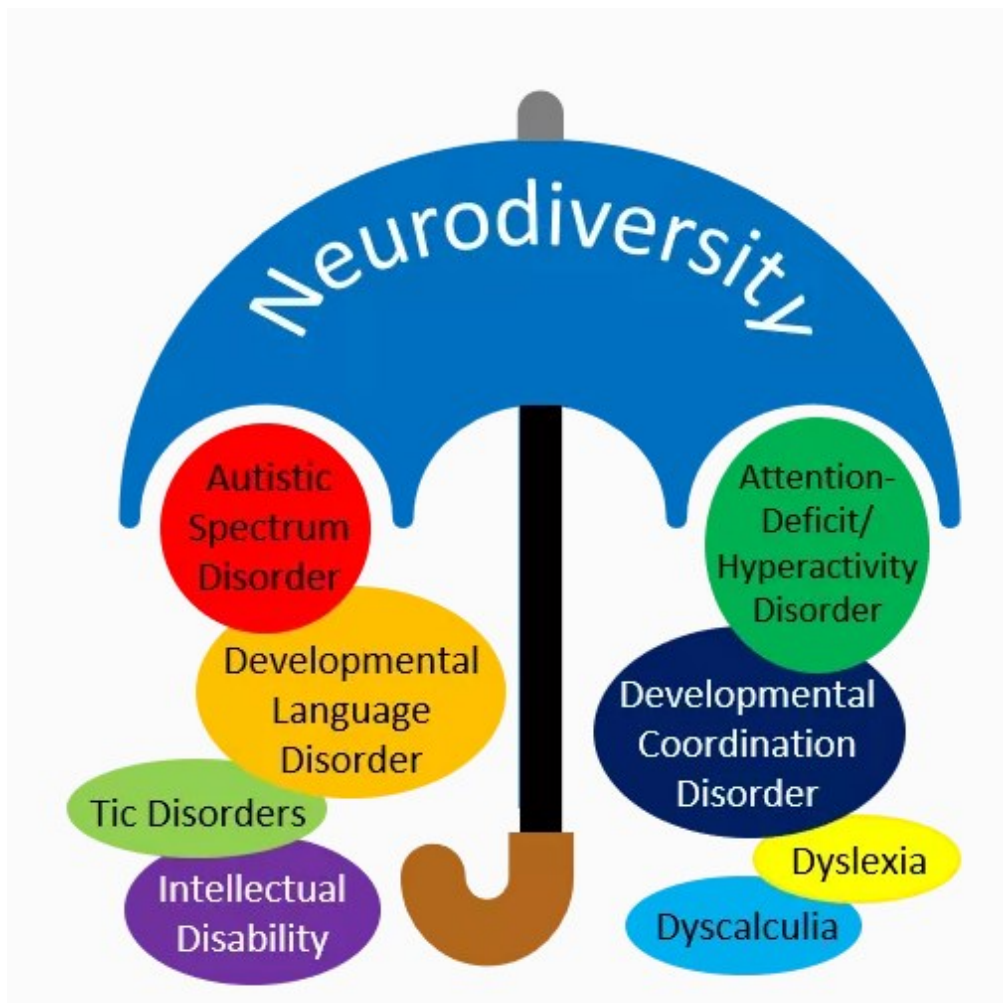
Well done to Year 8 for having the highest attendance in school  
this week – keep it up!

## Neurodiversity Celebration Week

Neurodiversity Celebration Week runs next week, from 18th to the 24th March. The week aims to bring more understanding about neurodiversity and the strengths and challenges it can bring.

Did you know?

- No two people are the same and so we will all have different profiles
- Although we talk about specific neurodifferences such as Autism and Dyslexia, the reality is that these can co-occur
- Every neurodivergent individual has a unique pattern of strengths and challenges
- As a society, we tend to operate on an approach to diagnosis and labels which can mean that quite often the focus is on the challenges rather than the many strengths and talents of neurodivergent individuals
- It is important that we take a person-centred approach, by tailoring strategies to each individual
- It is important to harness the strengths and talents of neurodivergent individuals, this helps to build confidence and self-esteem, and ensures individuals are given the opportunity to flourish in their day-to-day



## Grimm Tales

Our production of Grimm Tales took place before the February half term, receiving great reviews. Please see some pictures of the show below taken by our talented students Isaac E and Leo S.



## Logo Sports

Logo Sports are offering parents and carers a discount on the following items.

Blazers - 15% off

Skirts - 15% off

There is no time limit on exchanges as long as the labels are still attached and it is a resaleable condition.

This offer will run until midnight on 31st March and the offer will not be available from 1st April.

The code for this discount is **KINGS24**.

## Science Week 8th - 17th March

We have been busy celebrating British Science Week at King's. The week kicked off with a year 7 trip to Downlands School to watch 'science magician' Dr Matt Pritchard, perform a show called Space, Time & Other Illusions. Throughout the week students have taken part in exciting lunchtime activities including fire writing, methane bubbles, colour wheels and elephant's toothpaste. Tutor groups have been competing in a time themed quiz and the winners will be announced next week. There is still time for year 7 - 9 students to enter the national British Science Week poster competition. All the information is on Bromcom and the deadline is 27th March.



## Departmental Competitions



# King's School Hove



**Departmental competitions in March are:**

**Art – Royal Academy Young  
Artist Competition**  
**RP – Y7 Prejudice and Discrimination  
Project**  
**Science – Y12 British Science Week  
Senior Physics Challenge**

**Speak to your subject teacher about how to enter!**

## 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**

## Year 11 Food and Nutrition NEA

The Y11 Food Preparation and Nutrition students were under pressure to plan for their NEA2 which took place this week. All students had to devise 3-4 dishes that would meet the specific AQA chosen topics. The students all performed amazingly well and produced dishes that were restaurant quality. The staff and fellow year 11 students who were taste testers provided feedback and were impressed with the quality and standard of the items.







## Culture and Diversity Enrichment Day Friday 22nd March - Bake Sale and Fundraiser - Compassion Charity

As part of the Year 10 Culture and Diversity Day on Friday 22<sup>nd</sup> March, King's students will be fundraising in order to raise enough money to sponsor a child in conjunction with the Compassion charity. The day will involve a range of activities in order to celebrate cultural diversity within King's and educate ourselves on the lived experience of others across the world. Mrs Leaf, who works for the charity, will be running sessions specifically raising the profile of the supportive work Compassion do to support education and welfare of children and young people across the world.

If students would like to help with fundraising, please ask them to speak with Ms Tamplin as soon as possible.

The day will involve:

**Cultural Cooking:** If students would like to cook something from their cultural background on this day, please ensure they bring in their ingredients (without nuts or seeds) in order to be put into the cooking group.

**Sponsored run/walk/dance:** If students are interested in being sponsored doing something active, please ask them to start collecting sponsors/donate on ParentPay.

**Cultural dress/Non-school uniform:** Please donate on ParentPay if your student would like to come into school wearing non uniform, perhaps something from their culture background.

**Bake sale:** This is open to all year groups, and the bakes will be sold at lunch and break time. If they would like to bake for the bake sale they can bring their bakes in on the day, or the Food room will be open on Thursday 21<sup>st</sup> March between 3-5pm if they would prefer to bake in school.

**Cultural Film and Music requests:** Please send these to Ms Tamplin so different cultural media can be featured as part of the day.

If any families can also find £32 per month to sponsor a child, please use the below link and QR code to see the young people who have been paired with the King's community. These young people all require less than one year of sponsorship. For more information on this charity, please see this website: [Compassion UK | Releasing Children From Poverty In Jesus' Name Sponsorship: compassionuk.org/hope/KINGS](https://www.compassionuk.org/hope/KINGS)



Visit our website at [compassionuk.org/hope/KINGS](https://www.compassionuk.org/hope/KINGS) or scan the QR code below to sponsor a child today



## History



Usually celebrated on the 13<sup>th</sup> or 14<sup>th</sup> of April every year which is also regarded as the start of the farming year.



Vaisakhi is a happy time in the Punjab as this is where farmers harvest their crops and reap the benefits a year of hard work.



In 1699, the tenth Guru of the Sikhs, Guru Gobind Singh called for all Sikhs to gather on Vaisakhi day at Anandpur in Punjab.



The country was under the tyrannical rule of the Mughal Empire. The Guru created a new saint-soldier army to protect the downtrodden and uproot evil.



The Guru asked for 5 Sikhs to sacrifice their lives. Those five were initiated through the "Amrit" ceremony and this formed the foundation of the new saint soldier army.



The army was named the "Khalsa" or the "Pure Ones". They were given a new identity with sovereign surnames of "Singh" for men and "Kaur" for women. They were also give the five K's as uniform.

# Vaisakhi

PRONOUNCED: VE-SA-KEY



Vaisakhi 1699 was a very special day for the Sikhs because it is on this day that the Khalsa was created. The Khalsa is the army of saint-soldiers that were created to bring peace, happiness and to protect the downtrodden.

The tenth Guru of the Sikhs, Guru Gobind Singh tested the Sikhs to see if they would live up to the ideals of the Sikh faith by sacrificing everything. Five Sikhs passed the test and their names also had very special meanings. Daya (compassion), Himmatt (effort), Dharam (righteousness), Mokham (determined and strong) and Sahib (Mastery and Leadership).

The Guru initiated the Sikhs with a new ceremony and then asked the 5 Sikhs to initiate Him into the Khalsa too. This is an unparalleled act from the leader of a faith and it further instilled the fortitude required by the Sikhs to uproot the tyranny and evil that was occurring during this period.

Sikhs do not follow traditional Indian rituals such as bathing at sacred rivers, praying to deities or in certain directions, fasting etc. They believe in One God and the Sikh Scripture called Guru Granth Sahib Jee is the 11<sup>th</sup> and eternal Guru who will be their guide for the future.

### THE AMRIT CEREMONY



- Amrit is prepared by 5 Sikhs
- An iron bowl and a double edged sword are used
- Water and sugar are added to the bowl
- 5 Prayers are read to prepare the Amrit
- Those being initiated drink 5 handfulls
- It is then sprinkled into the eyes five times
- Then it is sprinkled into the hair five times
- Sikhs are then told to live the life of a saint-soldier by praying, earning honestly, doing good deeds and standing up for the downtrodden.

## Celebrations



Sikhs celebrate Vaisakhi by going to the Gurdwara and performing selfless service.



They will sing praises of God in the form of "Keertan" and will listen to discourses of historical events relating to Vaisakhi. Processions in streets also take place called "Nagar Keertans".



The Nishan Sahib (flag) outside the Gurdwara represents freedom, justice and food and support for the needy. The community usually cleans it and replaces the cloth on Vaisakhi.



All food offered in the Gurdwara is free for all and there are special efforts made to cater for the thousands of Sikhs and other communities who attend.

### EMOTIONAL MEMORIES

On 13<sup>th</sup> April 1919, British troop fired on an innocent crowd in Jallianwala Bagh, that had gathered for a peaceful protest. 1000 were massacred and 1500 were injured. The day is a very sad reminder for Sikhs across the world.

### The SIKH 5 K's

**Kara** - iron bangle that reminds Sikhs to do good and remember God in their actions.

**Kes** - uncut hair covered with turban/head covering.

**Kanga** - wooden comb used twice a day to comb hair.

**Kashera** - underwear that represents modesty and self restraint to live a pure and honest life.

**Kirpan** - small sword worn at all times as a reminder to stand up against oppression.

### SIKH Head Coverings

**Men and Boys**

**Dastaar (Turban)**

**Dumalla (Turban)**

**Patka**

**Rumal**

**Women and Girls**

**Dastaar (Turban)**

**Keski (Small turban)**

**Chunni**

Sikh History and Religious Education  
www.sharecharityuk.com

www.kingschoolhove.org.uk King's School admin@kingschoolhove.org.uk

## HAF

The Easter Holiday Activities and Food (HAF) programme offers FREE activities, plus a meal, throughout the school holidays.

HAF is for children and young people in Reception to Year 11 who receive benefits-related free school meals.

There's something fun for everyone, including sports, drama, music, coding, playschemes, and more.

Visit <https://eequ.org/brightonhovehaf> to see what's on offer and book.



The graphic features a central logo with 'HAF' in large letters, where 'H' is orange, 'A' is white with blue splatters, and 'F' is green with a leaf. Below it, 'Holiday Activities and Food' is written in orange, blue, and green. To the left, a blue banner says 'FREE!' in white. Three photos show children eating, a child jumping, and a child roller skating. Logos for the Department for Education and Brighton & Hove City Council are at the bottom right.

**FREE!**

**HAF**  
**Holiday**  
**Activities**  
**and Food**

Department  
for Education

Brighton & Hove  
City Council



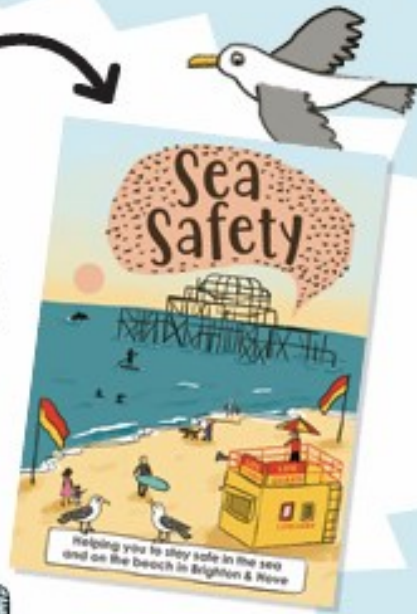
# THE Sea Safety

## BOOK LAUNCH + COMPETITION!

Saturday 23 March

10am - 4pm

Big Beach Cafe,  
Hove Lagoon



Fine more info at

 @sea\_safety



## LOADS of prizes, including...

Water Sports  
morning at  
Lagoon Water  
Sports

An hours  
volleyball and  
ice cream at  
Yellowwave

Pizza and  
drinks from  
Flour Pot  
Bakery

Two adult sauna  
sessions with  
Saunadelic

Sea Safety Project in collaboration with:





Our series of online webinars are back for 2024. The webinar series is aimed mostly at Year 11 and Year 12 students, but students from any year group would be welcome to attend. The series is designed to give an overview of certain aspects of applying to competitive universities, such as Cambridge, and to help support them through the application process.

The sign up link for the webinar series can be found here: [https:// cam-bridge.eu.qualtrics.com/jfe/form/SV\\_0j4MuQq6FwFRH0](https://cambridge.eu.qualtrics.com/jfe/form/SV_0j4MuQq6FwFRH0)



Sussex Community **NHS**  
NHS Foundation Trust

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

## Schools Mental Health Service Support for parents and carers

### Mindfulness for parents

**Nurturing Parents—a mindfulness based wellbeing course for parents and carers.**

**Free 5-week course Tuesdays 10–11.30am at Whitehawk Family Hub Starting 23rd April**. A programme that is relevant and accessible for parents and carers whatever your family circumstances. 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 supports our relationships with our children, helping us to regulate emotions and develop compassionate responsiveness.

**What to expect in the sessions** Each week has a different theme. 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. Some approaches 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.

**When and where?** This course will be held for 5 weeks. Parents must attend every session at Whitehawk Family Hub, 178 Whitehawk Road, BN2 5LF. The 1, 1A and 21 buses stop outside, and free on road parking is available. Email [schoolsmentalhealthservice@brighton-hove.gov.uk](mailto:schoolsmentalhealthservice@brighton-hove.gov.uk)

### Online Parent Workshops

One hour online workshops for parents on **Sleep, Low mood, Anxiety and Transition** run throughout the year by our Education Mental Health Practitioners.

Email [SchoolsMentalHealthService@brighton-hove.gov.uk](mailto:SchoolsMentalHealthService@brighton-hove.gov.uk) to find out the next available sessions and book.

### Raising emotionally healthy children and young people

A 90 minute session to support parents/carers and provide strategies and techniques to help manage anxiety. There will also be opportunities to ask questions and meet other parents.

**Areas covered include:**

What is anxiety and where does it come from?

How does anxiety impact on our children?

14th May 10.30am-12pm – at Portslade Hub: <https://www.eventbrite.co.uk/e/helping-childrenyoung-people-cope-with-anxiety-and-build-resilience-tickets-753682654107?aff=oddtcreator>

### Do you struggle to communicate positively as parents/carers?

This is a group designed to support you as parents/carers. A six-week, practical, skills-based course focusing on methods to improve the way you communicate as partners. These sessions are relevant to all kinds of couples: same sex couples; those with adopted children and families with a blend of cultures and religions.

The group will run weekly for 90 minutes and will start on Tuesday 16<sup>th</sup> April 2024 and be lead by a Primary Mental Health Worker and a Family Support Worker. It will run for 6 weeks.

[Dan.Geer@brighton-hove.gov.uk](mailto:Dan.Geer@brighton-hove.gov.uk) OR [Sharyn.brazier@brighton-hove.gov.uk](mailto:Sharyn.brazier@brighton-hove.gov.uk)

## Support for parents and carers of children and young people having difficulties accessing school

### Drop in events for Parents/carers of children having difficulties accessing school

We understand that some young people can find it challenging to attend school, for several reasons. We would like to offer a space to meet with someone to share your concerns and look at how we can support you around this. You will be able to meet with an attendance officer from the council along with someone from the Schools Mental Health Service, to explore what we can offer, and support the conversations with school.

**We holding a number of sessions over the academic year:**

#### Day 4

Date: 12<sup>th</sup> March Time: 13.00 -16.00

Venue: North Portslade Childrens Centre, The Rise, Portslade, BN41 2PY

#### Day 5

Date: Monday 19<sup>th</sup> March Time:10.00 – 3.00

Venue: Roundabout Children's Centre, Whitehawk Road, BN2 5FL

#### Day 6

Date: Tuesday 4<sup>th</sup> June Time:10.00 – 3.00

Venue: Moulescoomb Family Hub, Hodshrove Lane, BN2 4SE

#### Day 7

Date: Monday 10<sup>th</sup> June Time:10.00 – 3.00

Venue: Roundabout Children's Centre, Whitehawk Road, BN2 5FL

#### Day 8

Date: Tuesday 18<sup>th</sup> June Time: 13.00 - 16.00

Venue: North Portslade Childrens Centre, The Rise, Portslade, BN41 2PY

### Monthly support group for parents of children having difficulties accessing school

*"I found it hugely helpful - thank you!!! I've been in this situation for so long now with my little boy, and now my little girl is struggling with school"*

Our family support workers run a monthly drop in group for parents/carers of children struggling to attend schools at Al Campo lounge on London Road. It's a place to get support and meet others in the same situation.

For more information including upcoming dates, please email

Sharyn.Brazier@brighton-hove.gov.uk

or Jo.Roeg@brighton-hove.gov.uk