

Dear Parents/Carers,

Next week we are celebrating 10 years of the school's operation and our recent designation as a Church of England school with a special celebration Communion Service. There is so much to give thanks for. It hasn't always been a smooth road for King's but we have grown exponentially from 61 students in a portacabin on a car park in September 2013 to a thriving school of over 900 students on a permanent site. It has been a journey of hard work and faith and we look forward to giving thanks next Tuesday for all that God has done with this school and in this school.

**Theme of the week:
Courageous Advocacy and
spiritual flourishing**

Dates for your Diary

Week Commencing Monday 21st October	Timetable week Two
Tuesday 22nd October 5.30pm—7.00pm	Celebration Service
Wednesday 23rd October	KS3 Netball Interhouse Tour- nament
Friday 25th October	Inset Day
Thursday 12th November 6.00pm-7.30pm	Sixth Form Open Evening

Next week is our final week before the half term break and I know that students (and staff!) are very ready for a break after a very long half term. We have been speaking with Year 11 students about the importance of balancing rest with revision over this half term as there is a only one school week when they return before their first set of mock exams. Now is the perfect time for Year 11 students to practice putting together a revision timetable and committing to some scheduled blocks of work to ensure that the results they achieve in this first mock exam series are reflective of where they are really at in their GCSE journeys. We look forward to seeing what they can do in November.

I wish you all a good weekend.

Mrs Price

Our first Bronze Star

This week we were delighted to award Lyra B with her Bronze Star. This is given to students who have accumulated 100 achievement points this academic year. Lyra is the first student in the whole school to achieve this and we are exceptionally proud of her. Her teachers have recognised the quality of her academic work, her level of effort and the way in which she upholds our school values. Well done Lyra!

Congratulations to Maggie B and Alison M who have also achieved 100 achievement points and have been awarded their bronze stars this week!

Well done Maggie and Alison!



Theme of the Week

Courageous advocacy continues as our main focus this term, with an expanded theme of advocating for our futures. This week, we've discussed different ways this could look, from the future of the planet to our own personal ambitions – some with a specific focus on AI.

Student of the Week

Year 7 Maggie B and reaching her Bronze star in record timing!

Year 8

Year 9 Anouska T-W for a nomination for her work in science

Year 10 Jasmine D for great effort in Media.

Year 11 Kirolos S – For great work in Science this week

Attendance

Congratulations to students in Year 7 and Year 10 - both of these year groups have achieved the school target of 96% this week. Well done!!

Stained Glass Window Competition



As part of our 10 year/Church of England designation celebrations we are running a **stained glass window competition** for students. We are looking for students to design a stained glass window panel which will then be installed on vinyl prominently on a window in the school. Significant achievement points will also be awarded.

We ran a similar competition when the school opened and selected this winning design which was turned into a vinyl window panel and displayed on our old site:

Students wishing to submit an entry should draw out their design on A4 paper and hand this in to their tutor or directly to Mrs Price, via Mrs Bond who works just outside Mrs Price's office near SEND on the first floor of the building.

Entries should be submitted by the end of the day on Thursday 24th October which is the final school day for students before half term.

Students' designs should include:

- The school colour of purple
- A reference to King's being open for 10 years
- A reference to King's being a Church of England school



We are proud to support the whole school community with

King's School

The Wellbeing Hub
— from Teen Tips —

Creating an environment that nurtures mental health and wellbeing is a top priority at our school.

We are delighted to provide you with free access to this interactive online portal, designed by experts.

BEGIN YOUR FREE MEMBERSHIP

CLICK HERE



COMING UP THIS WEEK
Week commencing 21st October 2024
Blog: Understanding people pleasing and how to set effective boundaries by Dr Tamara Scully, Clinical Psychologist

Read now: club.teentips.co.uk →

CLICK HERE

Year 11 Mock Exams

Year 11 Mock Exams will run from Thursday 14th November until Friday 22nd November. They will be run in the hall in full exam conditions and students will be provided with full access arrangements.

The timetable will be sent home next week and I will include some more information, as well as revision guidelines and resources, in the newsletter at the end of next week.

Mr Stevenson



Senior Student Leadership Team

Over the past fortnight, students have been voting in their senior head student team for the 2024.2025 academic year.

As well as this, we had a number of outstanding Year 10 Prefect applications, covering the six areas of responsibility.

Students have conducted themselves brilliantly and demonstrated our school values throughout the process. Congratulations to all of the successful candidates - we look forward to everything that you will bring out student voice team this year.

Head Students: Kitty Dearlove-Richards and Arnaud Whittaker

Deputy Head Student: Leon R

Head Prefects: Manuella G and Edith M

Year 10 Prefects:

Ronnie O (Inclusion & Equalities)

Lyra H & Izzy S (Ethos & Values)

Theo W (Community & Outreach)

Sejun K (Academic Learning)

Stepan B (Environment & Sustainability)

Dan O (Wider Curriculum)



Roedean School – Black History Month Lecture

On Tuesday Miss Johnson and Mr Chamberlain took 13 Year 10 students to Roedean School for a fabulous lecture from Carolynn Bain, founder of Afrori Books in Brighton. Carolynn spoke passionately about the challenges of starting up her business which celebrates Black authors and stories. From experiencing an astronomical rise in rent, which meant the shop having to uproot and move, to being targeted in the protests which occurred over summer, Carolynn's story was truly inspirational and an object lesson in resilience and determination. Our students were delighted to be able to meet Carolynn and hear about some wonderful works of literature from Black authors.

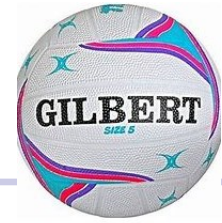


I really enjoyed hearing Carolynn tell the story of her life and how she founded Afrori. She used different books to talk about various milestones in her life which was really interesting and inspired me to think about the books I could use for my life story.

Carolynn was inspirational and I was very grateful to be able to hear her speak- and I bought a new reading book yesterday! Roedean is a lovely school and it was a great experience to do something different.

Written by Bonnie F-P





KS3 Netball Interhouse Tournament - Wednesday 23rd October

KS3 students are invited to participate in our first netball interhouse event for this academic year. Some of our wonderful sports house captains will be running the event and it will be a great opportunity for students of three year groups to form a team and compete against other houses. The tournament will run during usual extra-curricular times (15:15-16:15). Sign up sheets will be outside of the PE office. If there are any questions, please do speak to Miss Staples.

Year 11 Boys Football

Last Friday, the Year 11 Football Team headed to PACA for our first cup game of the season.

Despite a similar theme of dominating the ball for the majority of the first half, an impressively executed bicycle kick from the opposition's no. 10 had our boys 1-0 down 10 minutes before the break.

At half-time, we regrouped and came back strong. The boys were fired up, and the equaliser came with Leon threading a perfect pass to Brean, who calmly finished to make it 1-1 with 20 minutes left.

The team pushed hard, battling for every ball. Joe C led the press up front, while Leon and Archie controlled the midfield. Henry stepped in after a good shift from Rafa, supporting Arnaud, Robert, and Gabriel in defence.

Then, with only minutes to go, Joe S launched the ball up field. Brean chased it down, rounded the keeper, and slotted it into the bottom corner, sealing a well-earned 2-1 win. We're on to the next round!



Subject Spotlight: History A Level

WHY STUDY HISTORY A LEVEL?

Everything happening around us today has been influenced by and is a result of what has happened in the past. History can help us predict what could happen in the future.

History is one of the Russell Group universities' 'facilitating' subjects — so called because choosing them at A-level allows a wide range of options for degree study. One of the most flexible of qualifications, History provides an excellent pathway to degrees such as History, Law, English and Philosophy, and beyond that to a range of interesting careers.

What will you study within A-level History?

The huge range of themes and eras that can be studied within the context of History mean that specific content covered within A-level History will vary from school to school, and depending on the exam board followed.

Within the Edexcel specification however, some of the topics that we cover include The witch craze in Britain, Britain: losing and gaining an empire (1763 – 1914)., Conformity in America 1960 onwards.



What skills will you get from studying History?

This intellectually rigorous course is an excellent way for students to develop highly sought after and transferable skills. These include being able to effectively communicate complex ideas, the ability to research, analyse and evaluate information, both orally and in writing, and the capacity to make substantiated judgements, all whilst developing independent work skills.



What careers can studying History lead to?

A History related degree is useful for a number of careers, including teaching, librarianship, banking and commerce, the law, publishing, museums and art galleries and a wide variety of social work.

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 sixthform@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 \(padlet.com\)](#)



King's School Hove Open Evening

Sixth Form

12th November
6 - 7.30pm

Find out more about the range of courses available
Speak to our skilled and dedicated subject staff
See our great facilities

All parents and students welcome from schools across the area
Refreshments will be available

Please visit our website to register your interest



SCAN ME

If you are unable to attend our Open Evening but would like to arrange a tour at another time, please email sixthform@kingsschoolhove.org.uk

To apply, please visit www.kingsschoolhove.org.uk/event-6th

Sixth Form

On Thursday 24th October – Year 12 will be out all day at the University and Apprenticeship Fair at the Amex.

The fair will feature:

A wide range of exhibitors including: Russell Group, red brick, modern institutions, apprenticeship providers and colleges.

Vital seminars by university and industry experts, including key topics: Why take an Apprenticeship, Finance and University Life and Interactive demonstrations

Please complete the sign up for your child on Parentpay



St John's Inspire Programme

ST JOHN'S INSPIRE YEAR'S 12 & 13 PROGRAMME

Inspire Year 12 & 13 provides a unique set of tools to aid you on your path to higher education.

Welcome

Inspire Years 12 & 13 is a free, online, interactive programme that offers academic challenges alongside opportunities to visit the University of Oxford.

WHAT IS THE INSPIRE 12 & 13 PROGRAMME?

The programme is a two-year course specially curated for students in their final years of study before higher education. The programme is divided into Years 12 and 13, and provides a unique set of tools to aid you on your path to higher education.

OLIVER HEDGES
YEAR 12 & 13 INSPIRE PROGRAMME LEAD

THE PROGRAMME COMBINES:

- Online academic taster and skills sessions
- Opportunities to attend subject-focused study days at St John's College
- Virtual and residential summer schools
- Inspire research project
- And much more!

THE 12 & 13 PROGRAMME

Discover more...

ONLINE CONTENT

Academic Taster Lectures form the core of the Inspire Years 12 & 13 Programme. They are bespoke online sessions created by Oxford academics for Inspire students. These Lectures are an excellent way to broaden your super-curricular engagement – a key aspect in your UCAS Personal Statement!

Accompanying these taster lectures are Skills Sessions. Designed and recorded by college staff. The Year 12 sessions talk you through the entire UCAS process. The Year 13 sessions focus on key skills needed for undergraduate level study.

INSPIRE RESEARCH PROJECT

Pupils are also given the opportunity to create an Inspire Research Proposal. This gives them the opportunity to pursue their interests beyond the school curriculum and develop skills in writing a research proposal and presenting their findings.

Inspire 12 students whose research proposal is accepted, receive a book voucher to obtain resources needed for their research and are invited to attend a masterclass in college.

SUMMER SCHOOLS

All pupils on the Inspire 12 Programme are automatically invited to attend the virtual summer school, which offers academic lectures, skills sessions and careers advice. This is easily accessible on-line and is designed to fit around your busy summer schedules.

Year 12 pupils are also able to apply to the residential summer school at St John's College to experience a taste of student life at the University of Oxford.

SCAN THE QR CODE TO APPLY

This programme is open to pupils currently in Year 12 attending non-selective state schools. For more information on selection criteria you can visit our website: <https://www.sjc.ox.ac.uk/access-and-outreach/>

YR 12 SCAN ME

YR 13 SCAN ME

Travel Awards and Digital Assistance Awards are available for eligible participants.

For Year 11 Parents – Brighton and Hove have produced this helpful toolkit for students and parents.

[Post 16 Transition Toolkit \(brighton-hove.gov.uk\)](https://www.brighton-hove.gov.uk/post-16-transition-toolkit)

Post 16 Transition Toolkit

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

Experiences away from home

NCS

NCS helps 15-17 year olds build skills for work and life, gaining confidence and independence along the way.

It's an experience of a lifetime with new challenges and new people.

NCS away from home experiences:

- Are available across England
- Five days and four nights
- Boost CV and college/ university applications
- High Adrenaline Activities such as high ropes and archery

 **Places are limited! Visit our website to secure a place today.**

WEARENCS.COM

Schools Mental Health Service



Groups and Courses for Parents and Carers

Monthly support group for parents of children having difficulties accessing school

Our family support workers run a monthly drop in group for parents/carers of children struggling to attend schools. It's a place to get support and meet others in the same situation. The next meet up will be on Thursday 17th October 11-12.30pm at the Al Campo Lounge, London Road

For more information or further dates please email Sharyn.Brazier@brighton-hove.gov.uk

"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"

Helping Children/Young People Cope With Anxiety and Build Resilience

This is 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?

Tue, 26 Nov 2024 11:45 - 13:30

At Moulsecoomb Family Hub Centre, Hodshrove Ln, Brighton and Hove, Brighton BN2 4SE

Book your place at <https://www.eventbrite.com/e/907695911907?aff=oddtcreator>

Schools Mental Health Service



Support when children and young people are struggling to go to 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"

Parents and carers are welcome to drop in to our monthly support group for parents of children having difficulties accessing school

Our family support workers run a monthly drop in group for parents/carers of children struggling to attend school. It's a place to get support and meet others in the same situation.

The next meet ups will be on:

Thursday 17th October 11-12.30 pm

Tuesday 19th November 10-11.30 am

at the Al Campo Lounge, London Road

For more information or further dates please email

Sharyn.Brazier@brighton-hove.gov.uk

Art Therapy Group at the Liberation Art Gallery in Brighton



This group is for secondary age young people in Brighton and Hove who are currently not in school. A safe, non-clinical space where art making is the main mode for expression and communication.

What is art therapy?

Art Therapy is a form of psychotherapy that uses art as its main mode of expression and communication. Art Therapists are qualified to Masters level and are registered with the HCPC.

Who should attend?

The Group is for up to 8 young people who are currently not in school for whatever reason. It will run weekly, term times only and be led by a Primary Mental Health Worker who is also a registered Art Therapist. The group will run for 6 sessions with the possibility of renewal.

"I heard about the group when the person who runs it contacted my Mum. I was highly nervous going for the first time, but it is an amazing friendly place"

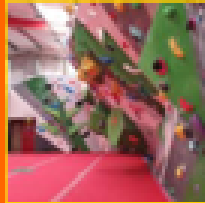
"The people are nice and I like being creative, using my hands, putting all my feelings into a sculpture."

Schools Mental Health Service



Active for Mood

These 11 week CBT programs use CBT mindtools and active disciplines such as climbing and mountain biking to manage mood related mental health needs (anxiety and depression). These are small group, targeted clinical sessions that run on a Friday morning.



These groups suit young people age 12-17 who are experiencing mood related difficulties which are impacting upon their social and academic functioning.

"I had heard of CBT but didn't know what it was and wasn't open to it, I refused to go to CBT but I learned more about it through AAM and then I thought I might as well give it a go"

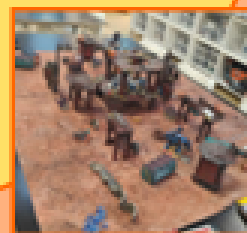
Play CBT Parent and Child Group for generalised and separation anxiety

An 11 week programme where parents / carers and children in Y5/6 work together to understand and manage anxiety. This is a fun and creative way of learning to understand our child's mood and worries better, to reinforce self-control and emotional regulation, and help decrease impulsive behaviour to improve outcomes in interactions between parents and children, reduce conflict and ease tensions around flash points such as separation and transition.



WAAAGH Social Communication Group

These groups support young people age 12-17+ with neurodivergent and mental health related need, that impacts upon social communication. They are particularly for young people who have niche interests and are less likely to benefit from a physically active focussed group. We use CBT and growth mindset exercises to support young people with their self-perception and social interaction. We then put these into practice with collaborative play and create using Warhammer, D&D and other tabletop hobby craft games.

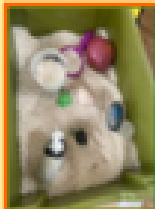


Schools Mental Health Service

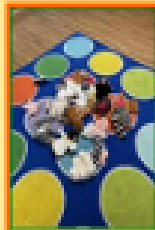


Referrals for all groups are via schools on the SMHS referral form. Please email us with referrals or questions
SchoolsMentalHealthService@brighton-hove.gov.uk

Neuroaffirmative Creative Therapy Group



This is a safe and creative space for children with Neurodifferences (like autism, ADHD or Tics and Tourette's) to explore their thoughts, worries, feelings and build relationships with other children with brilliant minds using a Neuroaffirmative (strength based) approach.



There will be up to 10 children, from years 3 to 6 and from different schools. The adults are a team of qualified therapists (one is neurodivergent) who are experienced and love working with children and young people with neurodifferences.

This group runs for six sessions at the Hollingdean Children's Centre, after school on Wednesdays.

"He felt he could be him, he didn't have to mask, all the adults were so positive, accepting. They accepted children didn't all want to talk. He could say hello through the teddy bear, and he liked the activities. He felt it was safe."



Forest Club runs weekly on Tuesdays afternoons in Stanmer Park for young people in years 6-9. The group offers an alternative support to young people who are struggling to some extent with their mental health and who may not be regularly accessing education for a variety of reasons. Forest Club is built on the principles of

Forest School, it can support young people with their resilience, confidence and wellbeing. Using Forest School activities, participants can learn new skills at their pace as well as exploring safe risks in a non-judgmental environment. This develops their self-efficacy, persistence and problem-solving capabilities.

