

Theme of the Week: Living Wisely –
Work/Life Balance

"Commit your work to
the Lord, and your plans
will be established."

PROVERBS 16:3



Dear Parents/Carers,

I hope that this week's Newsletter finds you well and thriving at the tail end of January! It has been a busy and productive month at school and as we move into February we're looking forward to our whole school production of 'A Midsummer Night's Dream' and our second series of mock examinations for Year 11, alongside everything else that is on our packed school calendar. If you haven't yet secured your tickets for 'A Midsummer Night's Dream' I would encourage you to do so swiftly to avoid disappointment. After a very positive start to this calendar year we are now seeing rising covid rates of infection amongst our students and staff, in keeping with many other schools locally and nationally. Please read on in the Newsletter for more information on covid in school currently and the control measures we still have in place. Your support with these control measures is greatly appreciated.

I wish you all a good weekend.

Mrs Price

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Forthcoming Events

Monday 7th February	<ul style="list-style-type: none"> Year 8 and 9 HPV vaccinations
Tuesday 8th-Thursday 10th February	<ul style="list-style-type: none"> School production performances

Covid Update

After several weeks of very low infection rates we are now seeing rapidly rising rates of infection in school, amongst both staff and students. Cases are being reported across all year groups and a positive result still means a period of isolation for the infected person and time away from school which is disruptive. In a continued effort to prevent the spread of infection in school we have retained several control measures, including strongly encouraging face masks for students in all communal areas of the school (not within classrooms). We would ask for your support in emphasising to students the importance of this control measure and would ask that you ensure that your child does have a face mask to wear around our corridors and when queuing in the canteen. We are also continuing to implement enhanced hygiene measures including more regular cleaning, wiping of desks after each lesson and regular hand washing and sanitising of hands. The use of face masks in communal areas as a control measure will be reviewed at half term.

Safety and Wellbeing

Self esteem

Our wonderful Pastoral and Inclusion Support Officers (Ms Gamon, Ms Findon, Ms Latto and Ms White) are regularly engaged in work around self-esteem and helping pupils to feel more confident about themselves. Most children will have dips in self-esteem as they go through different stages or challenges in life, and there are different pressures that may affect them - including social media, bullying, exams, family problems and abuse. If your child is experiencing low self-esteem they may recognise some or all of the following:

- have a negative image of themselves - they might feel bad, ugly, unlikeable or stupid
- lack confidence
- find it hard to make and keep friendships, and may feel victimised by others
- feel lonely and isolated
- tend to avoid new things and find change hard
- can't deal well with failure.
- tend to put themselves down and might say things like "I'm stupid" or "I can't do that"

- are not proud of what they achieve and always think they could have done better.
- are constantly comparing themselves to their peers in a negative way

In order to support your child at home you can refer to the excellent parent help guide from Young Minds: [Self-Esteem Parent Guide - Young Minds](#)

You can also contact your child's Head of Year and they will be able to refer them for extra support in school.

Health and Wellbeing Support for Families

One of our partners, The Russell Martin Foundation, is offering a new health and wellbeing course for families and you can find details of this on the flyer below. Please email Lucas Rodrigues on LUCAS.RODRIGUES@RMFOUNDATION.CO.UK if you are interested in knowing more.

HEALTH & WELLBEING SUPPORT FOR FAMILIES IN BRIGHTON

Providing families with tools, techniques and awareness to promote health and well-being for the family

- 5 week programme
- 4 Hours per week
- Family one to one each week
- Food provided for families

AREAS COVERED IN THE PROGRAMME

- Developing Healthy Relationships and respect
- Planning exercise and a healthy diet
- Social media and mental wellbeing
- Stress and stress management techniques
- Developing self confidence and personal awareness

LIVE FAMILY SESSIONS IN BRIGHTON 4-6PM

LEARN WITH OTHER FAMILIES IN PERSON AND ONLINE

BUILD YOUR OWN TOOLKIT FOR STRESS AND ANXIETY

ACCESS FURTHER FAMILY AND ADULT LEARNING PROGRAMMES

CONTACT:
07593132389

EMAIL:
LUCAS.RODRIGUES@RMFOUNDATION.CO.UK

9TH FEBRUARY 2022

DELIVERED BY THE RUSSELL MARTIN FOUNDATION AND BRIGHTON AND HOVE COUNCIL

russellmartinfoundation.co.uk

CARLTON CENTRE, CARLTON HALL, BRIGHTON, BN2 0GR

Student of the week

Students of the week

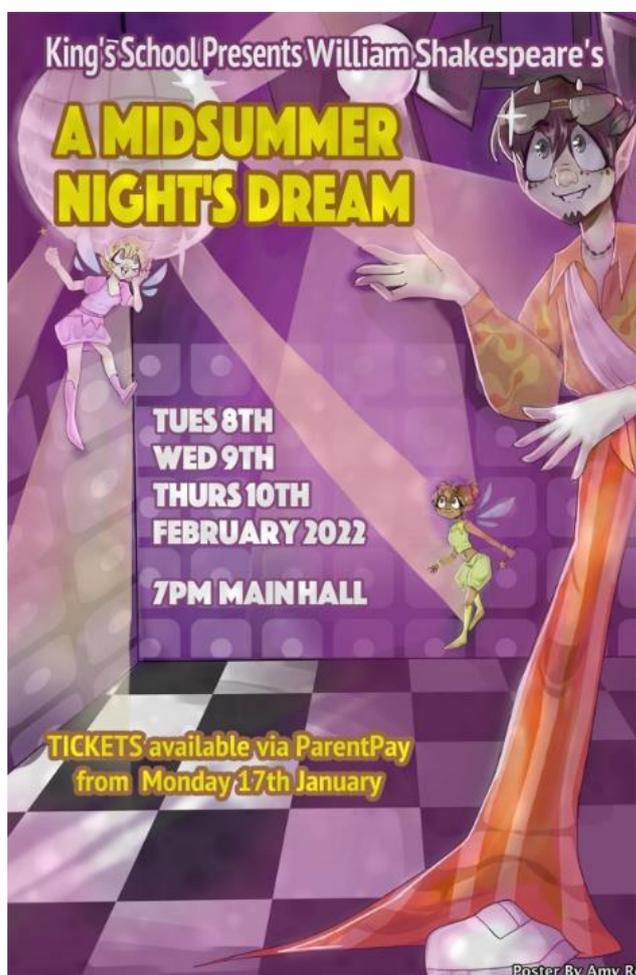
Year 7	Fable R
Year 8	Lottie B
Year 9	Sophie H, Harrison P
Year 10	Summer D
Year 11	Ella M-Y

School Production

We are delighted to invite you to King's School's next production, 'A Midsummer Night's Dream' with a disco twist! Students from all year groups have been working hard, singing, performing and dancing their way into 2022 in a groovy way.

If you would like to be entertained, enchanted and enthralled at the talent of our wonderful cast, please get your tickets soon. Production dates are Tuesday 8th February, Wednesday 9th February and Thursday 10th February and all performances will take place at 7pm in the Main Hall at King's.

Tickets are £6 each and can be purchased via ParentPay. Ticket are now on general sale for all nights.



Book Donations

Thank you for supporting our students with your kind donations of books from our Amazon wish list.

The books are very useful resources that can now be found in our library.

If you would like to purchase a book for our school library, you can find our wishlist here: <http://amzn.eu/ex1wASy>

Year 11 Intervention

There will be some invitation only intervention groups for Year 11s during the upcoming half term. Teachers are identifying students and invitations will be sent out next week. These are not extra lessons or general revision sessions and students will not be disadvantaged if they are not invited. They are instead aimed at students who have gaps in their knowledge or exam skills or who need to work on a practical project. The sessions will run from 9.30 – 12.30.

The sessions are:

February	17th	Drama
		Music
		PE
	18th	Science
		English
		PE

Uniform consultation

We wrote to parents/carers, students and staff last week to ask for responses to our current uniform consultation. The consultation seeks feedback on a range of aspects of the core and optional uniform, and replies will be used to inform any changes we may make in the future. If you would like to take part in the consultation, please complete the form linked below. Please do also encourage your child(ren) to take part also. Further details can be found in Mrs Price's recent letter to parents, available from our website here:

<https://www.kingsschoolhove.org.uk/news.php>

Link to parent/carer survey: <https://tinyurl.com/ksh-uniform-survey-parents>

Link to student survey: <https://tinyurl.com/ksh-uniform-survey-students>

Top of the Bench

Over the past few weeks, King's students from Years 9-11 have been taking part in 'Top of the Bench'; an annual chemistry competition from the Royal Society of Chemistry.

Each team is made up of two Year 9 students, one Year 10 and a Year 11. We have entered four teams and as well as competing against each other they are competing against schools across the South East. Our team members were as follows:

Year 9: Daisy S, Stanley W, Pepe W, Lucas A, Alice K, Leilani B, Robbie N and Freddie R.

Year 10: Miriyam M, Naomi J, Salma G and Isabella G

Year 11: Monica G, Monica S G, Lily M and Jacob H

Each team has completed challenging practical work and a chemistry quiz. All of our team members participated in the competition with enthusiasm and resilience and I was highly impressed at how well they applied their practical skills and knowledge of chemistry. We are now awaiting our results and the winning team in the South East will advance to a national final in the spring at the University of East London.



Year 8 RP

In Year 8 we are currently studying Buddhism. After noticing one of the images used in our lessons, Elissia questioned what it was and we had a quick discussion.

Then in her own time she did further research and created her own version of a **khakkhara**. It is a staff topped with metal rings traditionally carried

by Buddhist monks. Originally used as a noisemaker to announce a monk's presence and frighten away animals, it was adapted for use as a rhythmic instrument during chanting and sutra recitation. I was so impressed, I wanted to share her khakkhara with the school community. Well done Elissia.



Sport Update

KS3 Badminton Tournament

Our boys' and girls' teams recently took part in the Brighton and Hove badminton tournament, playing against BACA, PACA and Longhill. Our girls won every match, only losing one game within the whole tournament, meaning they now go on to represent Brighton and Hove at the Sussex School Games in March! Our boys team came a very close 2nd place, losing 15-14 to Longhill in the deciding doubles game to narrowly miss out on the next stage. Both squads made real improvements in their badminton and seemed to love every minute of being in the tournament whether playing in practice mode or against other schools!

Sussex Cross Country

Our cross-country teams took part in the Sussex Cross Country on Tuesday 18th January at a rare sunny Waterhall. All students showed excellent resilience and determination getting round the tough course and should be congratulated for being willing to compete the race. It was great to see so many students take part and their smiles at the end of the race! Stand out performances were: Seren came 95th out of 200 students in junior girls, Eddie came 10th and Alex came

13th in the junior boys, and Reuben came 31st in the inter boys. Well done to all involved!

Year 7 Boys Football

The Year 7 team have had a couple of games recently – losing to Longhill 2-0 despite some excellent defending and intensity and effort. This week they drew 0-0 with Cardinal Newman in an end to end affair with stand out performances from Gio and Kingsley.

Year 9 Boys Football

The Year 9 team lost 2-0 to Stringer this week despite playing some excellent passing and moving football out of defence and through midfield. Standout performances came from Finn and Olly who created good attacking opportunities going forward.

Year 9 Options

We are now in the period when Year 9s are selecting their GCSE options.

Students will be asked to complete an options preference form and we will give every student a personal interview with a member of the Senior Leadership Team to ensure they are happy with their choices.

The timeline for options choices is:

- February 7th Deadline for return of Options Choice forms
- February/March Individual meetings for every student with a member of SLT to finalise options

Information on courses and the process of choosing options is also available in the Options Booklet.

Speakers for Schools

Broadcasts are a great way for students to hear directly from leading figures from a range of industries, and have the opportunity to ask questions via a moderated Q&A. Speakers for school provide live and recorded broadcasts for students to participate in. Watch pre-recorded broadcasts from the library [here](#). Next week's broadcast schedule is below:

Date	Wednesday 2nd February 10-10:45am
Speaker	Jonathan Foster, Chief Fire Officer, North Yorkshire Fire and Rescue Service For KS3-5/S1-6
Info	Are you interested in working for the Fire Service? Join us for a broadcast with Jonathan Foster to find out about his inspirational journey to becoming Chief Fire Officer for North Yorkshire Fire and Rescue Service. Jonathan will be sharing some of his main life lessons and he is looking forward to answering your questions.

Click [here](#) to register

Date	Friday 11 th February 10-10:45am
Speaker	Alessandra Bellini, Chief Customer Officer, Tesco & President, Advertising Association For KS4-5/S4-6
Info	Ever wonder what a Chief Customer Officer does day to day? How do you maintain a brand's image, globally? How do you take on the challenge of working in a large organisation? Don't miss this opportunity to hear from Tesco's Chief Customer Officer.

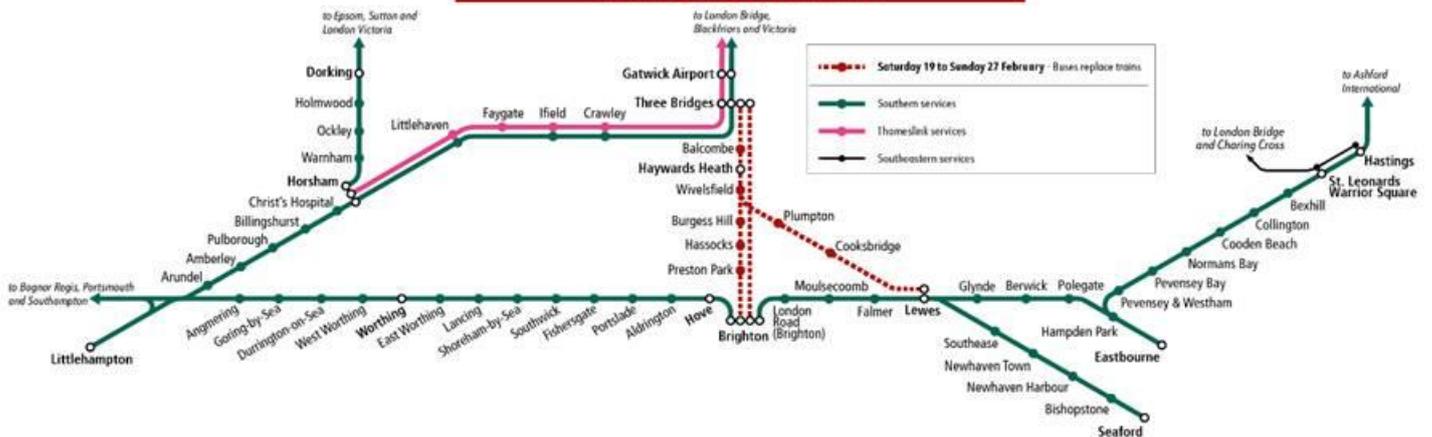
Click [here](#) to register

Year 9 Food Preparation and Nutrition

During Year 9's Food Preparation and Nutrition lessons, students have been learning about different foods, traditions and cultures from around the world. Students were given the challenge to research a dish of their choice and to cook this within a double lesson. This was an extremely successful event were students prepared a variety of different dishes from around the world, whilst using a range of different practical skills too. These dishes included, Sushi, Churros, Dumplings, Carbonara, Katsu Curry, NYC style cookies, Burritos, Tom Yum, and many more! Well done Year 9 on your fantastic efforts!



Saturday 19 to Sunday 27 February Advanced travel information



HARRISON
food with thought

Celebrate Chinese New Year

Tuesday 1st February

5 Spice & Honey Chicken Wings £1.30
Vegetable Spring Roll £1.30

Lunch;
Sticky 5 Spice Chicken Traybake
Sweet & Sour Quorn
served with
Pineapple Fried Rice, Stir Fried Vegetables & Green Beans in Soy Sauce
£2.10
Egg Custard Tart, Almond Steamed Cake or Mango Rice Pudding
85p

Meal Deal: Main Meal & Dessert £2.35

Salt & Pepper Chicken with Noodle Broth £1.85
BBQ Chicken Hot Wrap £1.85

HADO AR SPORTS

After School Club

Every Wednesday from 4 to 5 PM
Venue: HMC Sports Hall, 34 Couper Street, Hove BN3 5BN

Get social! TEAM RED 3 TEAM BLUE 6 Get active!

Team Up! Shield Up! Shoot! Dodge! Score! Dive! Defend! Slide! Get fit!

"Run by very friendly organisers who were keen to make sure we all had fun and got the best out of HADO experience. My son is now very keen to play in tournaments!" Simone

"Absolutely great fun! My 10yr old loved it, my 8yr old loved it and my 5yr old loved it... (as did the 30 something love it)" David

"I took my daughter to a session last week, she's 10yrs old and absolutely loved it!" Eden

£10 pp per session
Email or call 01273 030766 to book a half price taster session
These sessions are suitable for ages 6-16
Organised by National Team Trainer and Sports Coach
www.hado-events.com

HADO_AR_SPORTS