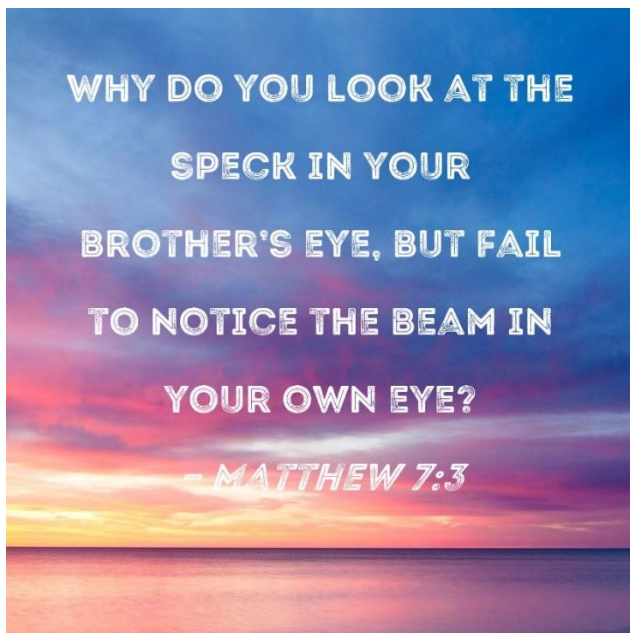


Theme of the Week: Wisdom for Life – Speck and the Log (Matthew 7:1-5)



your children successfully through exam season this year. Key Stage 3 students have returned in good spirits and are looking forward to all the enrichment activity that lies ahead this term. Regrettably, the government has not resolved the dispute with the National Education Union and so we are facing two further days of extensive disruption on Thursday 27th April and Tuesday 2nd May. I have written to all parents/carers to outline our plans for these dates and a summary of plans is also included in this newsletter. The largest school leaders' union, ASCL, announced this week that they will ballot their members on taking industrial action in relation to the current situation regarding funding in schools. This will be the first time that ASCL has formally balloted at a national level. The dispute with the government is therefore far from resolved and I am afraid that we are anticipating further disruption to come. We must remain hopeful the government will enter sensible discussions again with unions to resolve the pay dispute and to bring more funding into schools. Industrial action aside, we are all looking forward to the summer term to come. Thank you for your ongoing support of our school.

Mrs Price

Dear Parents/Carers,

I hope you all had a nice break over Easter. It has been great to welcome students back in some sunshine this week and to settle them into school routines again. Key Stage 4 students are all very focused with mid-course exams and GCSE exams imminent. Thank you to all Key Stage 4 parents and carers for your support in helping

CONTACT DETAILS

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admin@kingsschoolhove.org.uk
www.kingsschoolhove.org.uk

Forthcoming Events

Monday 24th April	<ul style="list-style-type: none"> Year 10 exams begin
Thursday 27th April	<ul style="list-style-type: none"> NEU Industrial Action PTA AGM 6pm

Theme of the Week

This term in worship time we have started a new series on the Parables of Jesus. This week we were looking at Matthew 7:1-5 where Jesus speaks of the importance of dealing with our own sin before judging others for theirs. It's a very relatable message, especially in the modern world where people are so quick to pass judgement on others, especially online. Students have had in person assemblies from Heads of Year this week and have explored the theme fully in their tutor worship sessions.

Industrial Action

As you know, the NEU are taking industrial action on Thursday 27th April and Tuesday 2nd May. Mrs Price has written to all parents and carers with detailed plans for the days. A summary of these plans is below:

- **Students in Years 7, 8 and 9 should stay at home on both dates.** They will have some online lessons from staff available for work and they have been set some generic suggestions for work for these dates.
- **Students in Year 10 should attend school for mid-course exams on both dates** in line with the arrangements communicated to parents/carers.
- **Students in Year 11 should attend school on both dates for taught revision sessions, delivered by specialist staff.**

Students coming into school should be in full school uniform as usual.

UK Emergency Alert System Test

As you will likely already know, a UK-wide emergency alert system announced by the government is due to be tested on Sunday, 23 April. A message will appear on the home screens of mobile phones and tablets from 15:00 BST, accompanied by a loud siren-like sound or vibration lasting for about 10 seconds. The test alert will say: "This is a test of Emergency Alerts, a new UK government service that will warn you if there's a life-threatening emergency nearby. In a real emergency, follow the instructions in the alert to keep yourself and others safe. Visit [gov.uk/alerts](https://www.gov.uk/alerts) for more information. This is a test. You do not need to take any action."

Please be aware of this if you intend to be driving at the time. If you need to keep a hidden phone, the charity Refuge has produced a short video showing you how to ensure that your phone's location is not revealed by this test:

<https://www.youtube.com/watch?v=I2MBcHwmiy8>

King's Sixth Form

Planning for our Sixth Form is continuing to progress apace, and we are very excited about our imminent opening this September! We have recruited to several specialist Key Stage 5 teaching positions in recent weeks, including Business and Economics and Psychology and Sociology, and we have also made growth appointments in Science and English to ensure we will be able to serve our first cohort of sixth formers well. We have now completed interviews and have offered places to a good number of internal and external students. If your child has been offered a place and has not yet accepted, we would encourage them to do this; they can hold places at several different Sixth Forms without jeopardising their place at any provision so accepting more than one offer keeps their options open as they continue with their GCSE studies. We have also made plans to meet on a 1:1 basis with a number of Year 11 students who have not applied to our Sixth Form to discuss their Key Stage 5 plans with them and see what support and guidance we can offer. If your child has not been offered one of these appointments but you would like them to meet with Mrs Coles and Mrs Price, please do not hesitate to contact us to request this via sixthform@kingschoolhove.org.uk

We are still accepting applications and students can complete the short application form on our website here: <https://kings.ret.systems/application/login>

We are excited to extend our provision to this new Key Stage and are confident that we can offer students distinctive provision in the city.

- Be known
- Outstanding Pastoral Support
- Small class sizes
- Excellent teaching and learning

- Leadership opportunities

<https://forms.office.com/e/E2dnCAf06U>

- Bespoke careers and UCAS advice



If you have any further questions, please contact Mrs Coles at sixthform@kingsschoolhove.org.uk

Instagram: @kingsschoolsixthform

Twitter: @kingsschoolsix1

Logo Sports

Logo Sports have changed their website and you can now order school wear through the following link: www.logo-schoolwear.co.uk.

King's School blazers are now back in stock.

Student of the Week

Students of the week	
Year 7	Christopher C
Year 8	Nathaniel B
Year 9	Robert G
Year 10	Marolla G
Year 11	Bethany A, Miriyam M, Lottie L, Lily C, Lucia B, Daisy W and Jasmine G

Calling all Year 6 Students joining us in September – Tell us about You

We are really looking forward to meeting you at our Transition Day in July. Between now and the end of June we will be meeting with your current teacher so that we can find out more about you from them. We would also like to know how you are feeling about coming to secondary school, the sorts of things you are interested in and what you are most looking forward to about Year 7. We would really like you to answer a few questions for us and have set up an online form so we can get to know a bit about you. Follow the link below or use the QR code to tell us more about yourself.

New Students - Tell us about You

The Importance of Sleep

We all seem to lead increasingly hectic lives as we juggle our commitments to work, school, family and friends. For young people there has been a significant focus on mental health and wellbeing, particularly since the pandemic, but sleep often gets overlooked as a key strategy for improving mood, educational achievement and overall happiness. A great deal of research has been undertaken into the importance of sleep for teenagers and we have collated some of the key information below and included some links if you wish to go deeper into the issue. Sacha Dutta (School Nurse) can meet with your son or daughter to discuss sleep if you feel this is a problem and you can arrange this via your child's Head of Year.

- Sleep research suggests that a teenager needs between eight and 10 hours of sleep every night.
- Most teenagers only get about 6.5-7.5 hours sleep per night.
- Teen's body clocks naturally shift to make them feel tired later in the evening, but early school starts do not enable them to sleep in the mornings.
- Chronic sleep deprivation can have dramatic effects on a teenager's life (see below)
- Smart phones and other devices used around bed time reduce sleep time. Light cues the brain to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep
- Avoiding stimulants such as coffee, tea, soft drinks and energy drinks in the evening can help to promote better sleep.
- Social attitudes – in Western culture, keeping active is valued more than sleep.

Effects of teenage sleep deprivation

The developing brain of a teenager needs between eight and 10 hours of sleep every night. The effects of chronic (ongoing) sleep deprivation may include:

- mentally 'drifting off' in class and shortened attention span
- memory impairment and poor decision making
- lack of enthusiasm
- depression, moodiness and aggression
- risk-taking behaviour
- slower reflexes and clumsiness, which may result in physical injuries
- reduced sporting and academic performance
- increased number of 'sick days' from school because of tiredness

Useful links:

[Excellent Ted Talk by Dr. Michelle Olaithe](#)

<https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/#top-tips>

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/teenagers-and-sleep-how-much-sleep-is-enough>

[Ted Talk - Teenage Sleep!](#)



Upcoming Events this Term

The Summer Term is always a busy and exciting term in school and this year is no different. We have the following to look forward to over the coming months:

- Wednesday 5th July – Awards' Evening and Year 12 Induction Day
- Thursday 6th July – Year 11 Prom

- Friday 7th July – Year 6 and New Staff Induction Day
- Monday 10th and Tuesday 11th July – Enrichment Days
- Friday 14th July – Sports Day
- Wednesday 19th July – King's Day

Attendance

Well done for a fantastic return to school this week! Particular congratulations to Yr8 and Yr10 who achieved over our school target of 96%!

Stephen Lawrence Day

This Saturday, 22nd April, is Stephen Lawrence Day and marks the 30th anniversary of Stephen's death. On 22 April 1993, at the age of just 18, Stephen was murdered in an unprovoked racist attack. He didn't know his killers and his killers didn't know him. The Stephen Lawrence Day Foundation exists to inspire a more equitable, inclusive society and to foster opportunities for marginalised young people in the UK. Please visit <https://stephenlawrenceday.org/about-us/> for more information.

Welcome to our Newest Member of the Finance and Operations Team

We are delighted to welcome Sue Tyrrell, our new Senior Administrator, as we start this new term. Sue has joined the school to support Merium, our Office Manager, as we continue to grow and open our Sixth Form in September 2023. Sue has a wealth of admin and managerial experience; her most recent role was as a Finance and Admin Manager for Challenge Ministries Swaziland. Sue is a parent of one of our founder students and a current parent.



Ukraine Fundraiser

Robin Jowit OBE recently visited another RET school, Turing House, following his visit to Ukraine in January this year. As former Mayor of Richmond and having served as a governor in a local Richmond school for 40 years (currently a governor at Turing House School), Robin has a keen understanding of the value and importance of education. He travelled to Ukraine with the intention of understanding the impact the war is having upon students, their teachers, the schools and young people's education. He showed Sixth Form students how the students and teachers live with daily missile alerts, extensive power cuts and how they bravely continue to deliver lessons in powerless bomb shelters and basements. Some of the schools he visited have been bombed and lost classrooms and resources. Some have lost large numbers of students whose families have fled violence and destruction in their hometowns. Other schools have expanded or merged to support students relocating to them from destroyed nurseries, schools and colleges. You can read more about Robin, his visit and his fundraising for Ukrainian schools in this article in [SW Londoner](#).



Bunker image



Missile damage

The daily news images of Ukraine's war-torn towns, the bravery of its soldiers and the desperation of its people conjure up many emotions in us all. For one 85-year-old man, a former Mayor of Richmond, and current governor at Turing House School in Twickenham, they presented a chance to embark on a personal quest. Robin Jowit travelled alone to Ukraine to see what impact the war is having on the children and their education. His main aim was to raise awareness and money to help the pupils. During his visit – which was self-funded without insurance but with the help of the Rotary of Kew Gardens and Sergii Zavadskii, a fellow Rotarian in Ukraine – he was able to see the plight of children and their teachers. He visited seven schools; those in Kyiv and nearby Boryspil had not suffered any war damage, but for one school in Buzova near Bucha it was a different story – it had received 14 missile hits and had 116 windows blown out. All schools, whether damaged or not, are suffering constant power cuts, which interrupt the children's education. In a life where families and teachers are fleeing the war and some parents and teachers' partners have been killed, a constancy of education is needed to help balance the trauma. Teachers and charities are providing mentoring and psychological assistance. Whilst praising the heroism of the teachers, Robin also recognised a need that he as a Rotarian could try and fulfil and has established a practical and plausible way to help these schools. During the many missile alerts, the only places of refuge are dingy, unlit bunkers so he has prioritised a fundraising scheme to buy batteries to run generators during the power cuts, allowing the children to continue

learning. In their war-torn world, learning can help ameliorate what is going on around them outside the school walls, where damaged buildings and destruction confront them at the end of a school day. They are even being trained to be alert to landmines and how they are disguised. Robin is now spending his time visiting schools in the UK to establish links to Ukrainian schools. Together with the Rotary Club of Kew, he is continuing to appeal for funds to help the children of Ukraine.

Visit the Rotary Crowdfunder page [here](#).

RET Creative Writing Competition

Each year RET runs a creative writing competition for students in all 5 schools. This year the theme was 'Encounter with Nature'. I am delighted to announce that the KS4/KS5 category was won by Bella A, who was selected from a number of very strong entries from all 5 trust schools. Congratulations, Bella!

Mrs Butcher

Head of English

Nature

The sea is a young woman and she is angry. The sea is a woman and she oozes with feminine rage crossed with a sense of finality. We contaminated her water; we hunted her children and we bleached her surfaces. She has been used. Used as a playhouse; as a feeding ground; as our property. It is hard to tell what must have been her final straw; after years of toeing the line.

The forest is a child full of hope and they are ruined. The forest is hope and with every thud of another of their fallen friend they cry tears of disappointment and despair. One-third of it, two billion hectares, we have eradicated. Not to mention the sixty-nine percent decline of their population due to the mentioned deforestation, due to you, due to us. They are ruined and we are their ruination.

The arctic is a dying man and he is ruthless. The arctic is a man and he is bitter; he has tried so desperately to elude us. He was a land of danger until we made him endangered. He is ruthless- he will enact revenge. We ruined his ice, his barriers, tore them down with glee, so he'll ensure we are flooded with misery.

The air is a businesswoman, wronged by those around her, stuck in a cycle of giving all she can and being poisoned in response. She has worked so long, so hard to keep us breathing. What do we do in return? Poison her. She cannot be suffocated, but we can. Her purity wrecked, no action being taken, no one being held accountable for her condition. She'll make sure there's no one left to be blamed.

The sun is a father, tired of watching this nation's destruction being issued by those who should worship the ground they walk upon. He will put elements of nature out of their misery, he will allocate us ours. The rage consumes him, he burns bigger, brighter, fiercer by the day. He burns and we will burn with him. The saddest part? We could've stopped it. We could've placated him.

Mother Nature once so powerful, made to be so weak. How could we have done this? We were gifted a planet of beauty. It doesn't matter how or why you think this world was created, take a moment to focus on the fact that it was. We, as humans, got the privilege to be here, to be one with nature. But we treated the land with violence, claimed it as our own.

I pray to the universe, or any higher power willing to listen that the land will reclaim itself, its power, as violently and brutally as possible. Show us how fragile we really are. Despite how unfair it feels that those who made the choices to destroy it are long gone, their remains are still taking advantage of the land and they can be wrecked. Perhaps the destruction was inevitable, maybe human greed was always going to overcome us? We'll never get to know.

I am one with nature and I am dying. I don't yet know how. Will the sea swallow me, to try to calm her vexation? Will the forest roots wrap around my ankles and sink me into the ground no one cared enough for? Will the arctic freeze my actions and face of despair? Will the air, my life-line turn on me too? Or will it be the sun, agonising, burning pain, or a quick elimination? The only guarantee is that my last encounter with nature will not be a pleasant one, and I support that notion all the same.

Bella A, Year 11, King's School

Historian of the Fortnight

Bella G is our historian of the fortnight! Bella receives this award for her phenomenal work ethic both in school and outside as well as her outstanding effort in the Germany mocks and practice paper set over the holidays. Bella made sure to attend History intervention despite being in another country, as well as completed a fabulous fact file on Gorbachev. With her art exams coming up in the following week she has not let this distract her performance within her studies for other subjects and the upcoming exam period. Without a doubt she enters the class with a smile on her face ready to start every lesson. Throughout the whole of Year 11 she has never once stopped with her effort and is a supreme model student. The class and I are more than proud to call her a historian and our New supreme Queen!

Well done, Bella!



Extra-Curricular Clubs

Clubs start back on Monday 24th April 2023. We offer a wide range of after-school clubs, lunchtime clubs and if your child is at school early, they may want to participate in a club before lesson starts. Everyone is welcome to take part in all our clubs.

New to the programme this term are cricket, handball, athletics and rounders with our PE teachers and Medical Society run by our Science Department, with two sessions by Brighton and Sussex Medical School.

If your child is interested in any of the following paid clubs, we have some places available.

Dance Club is with our external dance teacher Michelle. You do not have to be a dancer to join. Whilst exploring choreography with different dance techniques, your child will also develop strength, stamina and flexibility. This club is on a Thursday after school.

Football Club is run by Russell Martin Foundation. They have a great team of professional and friendly coaches who provide a team sport to be enjoyed by all. If your child is in Years 8-11, they can come along on a Monday after school and if your child is in Year 7, they can come along on a Tuesday, after school.

Basketball Club is run by Brighton Cougars. Their professional coaches provide fun training sessions for this inclusive team sport. This club is for all year groups on a Tuesday after school.

My Craft Tribe is not running this term but we plan to start this again in September 2023.

Clubs run by external providers carry a charge and this can be found on ParentPay. Teacher-led clubs are free of charge and your child can drop-in to the clubs from Monday-Friday (unless it shows on the programme as invite only.)

Teacher-led clubs are varied. All years are invited to join Ms Tamplin at lunchtimes on a Monday for Sign Language Club, a visual means of communicating using gestures, facial expression, and *body language*. Years 7 and 9 are welcome to Mr Starcross and Mr Fang's Creative Writing Club on a Wednesday. And after a busy week, run it off with Mr Mc Cardie's Running Crew Club on a Friday. These are just a few of our extra-curricular clubs, please see our latest extracurricular programme at the end of the newsletter to see more.

If you would like to discuss any of the clubs on the programme, please email finance@kingsschoolhove.org.uk

Please [click here](#) for the Extra-Curricular programme.



Running Crew RETURNS!

"It might be stormy now, but it can't rain forever."

Come run a stressful week away on Fridays after school from 3.15 – 4.30pm
Meet in Mr McCardie's room, change in PE

Start date: Friday 24th March

See Mr McCardie for any more info



Mural Club

Every Wednesday from 3.15 – 4.15pm
Come join us and help design and create a piece of art that will engage, inspire and be a legacy within our school

Talk to Mr McCardie for any more info

Sign Language for Beginners Monday Lunch – RP1

If you are interested in learning British Sign Language (BSL) please come along! No previous experience necessary.

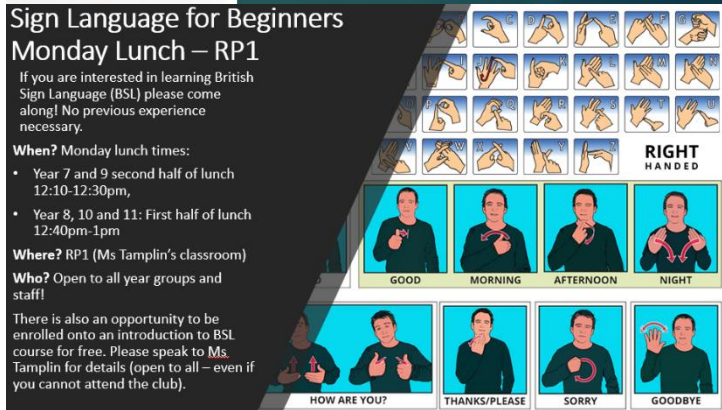
When? Monday lunch times:

- Year 7 and 9 second half of lunch 12:10-12:30pm,
- Year 8, 10 and 11: First half of lunch 12:40pm-1pm

Where? RP1 (Ms Tamplin's classroom)

Who? Open to all year groups and staff!

There is also an opportunity to be enrolled onto an introduction to BSL course for free. Please speak to Ms Tamplin for details (open to all – even if you cannot attend the club).



RIGHT HANDED

GOOD MORNING AFTERNOON NIGHT

HOW ARE YOU? THANKS/PLEASE SORRY GOODBYE

7P Rugby Success!

Four King's Year 7 students (Huw L, Jude S, Matthew C and Christopher C) were part of the U12s Hove Rugby Club tour team that played in the Tigers Challenge event last weekend (15-16 April) attended by 160 teams from around the country. Over 2 days they played 6 games (winning 5 and drawing 2) and won the U12s Tigers Challenge Shield. All of the team members were outstanding and made themselves, their coaches, their parents and their school very proud!



Mrs Cager wanted to say a huge well done to her Wednesday RP group who completed some fantastic RP presentations looking at discrimination, prejudice and persecution. Here are some examples of their wonderful work! Very well done 7ARP1!



The PTA have the following upcoming events:

- Friday 30th June – Parent/Carer Walk and Talk
- Thursday 14th September – Colour Run

The PTA AGM will take place on April 27th from 6pm at school, and they are looking for new members, in particular a Treasurer. All are welcome to attend.

Kings School Hove
Parent Teacher Association
Registered Charity No 1167661

Date: 17th April 2023

Dear Parents,

Annual General Meeting (AGM)

We would like to give notice of the AGM of the Kings school PTA to be held on the 27th of April 2023. The evening will start with refreshments at 6pm, followed by the PTA Annual General Meeting at 7pm at Kings school.

The PTA plays a vital part in the school community and all parents, as members of the PTA, are invited to support the AGM. This is your chance to hear and see how the funds you have helped to raise have been used for the benefit of the students at our school.

The AGM is also an opportunity for you to elect the PTA Committee, who represent the association throughout the forthcoming year. We are currently looking for lots of new members including a Chair and a treasurer. Nominations should be sent in advance of the AGM for anyone wishing to stand as an Officer or Ordinary Committee Member, for the first time. Existing committee members wishing to stand for re-election do not have to be nominated again but should inform the PTA of their intention to stay in their role.

If you would like to confirm your attendance or request any further information about being a Committee Member, please speak to Kate Watts via pta@kingschoolhove.org.uk. As our PTA is a registered charity, all committee members automatically become Trustees of the Charity.

We look forward to seeing you on the 27th of April 2023

Kind Regards,

Kate Watts
Current chair of the PTA

Kings School PTA



EVERYONE IS WELCOME
Stay informed and get involved.

We are looking for new members and new ideas

Taking place at Kings School
Thursday the 27th of April
Refreshments from 6pm
Starting at 7pm



Parentkind
Member Association

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	Thursday 20 th April 10-10:45am
Speaker	World Earth Day: Chris Stark, CEO of the UK's Committee on Climate Change & more TBC For KS3-5/S1-6
Info	Invest in Our Planet on world Earth day and start thinking about how we can protect Earth's natural resources for future generations. In this panel, we will hear from several experts in climate and sustainability who aim to encourage others to take action and make changes toward a green revolution. Hear about what's happening currently and plans for the future - start thinking about your own impact and learn how you could make change happen. Click here to register

Date	Monday 24 th April 10-10:45am
Speaker	Leading Women: Dr. Charmaine Griffiths, Chief Executive, British Heart Foundation For KS3-5/S1-6
Info	Charmaine is Chief Executive of the British Heart Foundation, the leading independent funder of cardiovascular research across the UK. Since her PhD in Neuroscience at University College London she has been passionate about the power of research and innovation to save and improve lives. In this broadcast, we will hear about what it's like to run a charity as large and vital as the BHF. Charmaine aims to inspire and impassion young men and women to think about their impact on the world. Click here to register

Date	Thursday 27 th April 10-10:45am
Speaker	Food for Thought: Paul Ainsworth, Michelin Star Chef For KS3-5/S1-6
Info	Have you ever wondered what it's to be a chef or how you gain a Michelin Star? Then join this broadcast we will hear from Michelin Star Chef, Paul-Ainsworth. He will be taking about his Career journey and what inspires him about food. To get a chance to ask him a question register now! This broadcast is part of the Food For Thought Campaign. Click here to register



CHURCHILL COLLEGE
CAMBRIDGE

We are very happy to announce the Churchill College Online Webinar series for 2023. Please find below a list of planned webinars and Q&As aimed at students.

- **Introduction to the University of Cambridge** (for Years 10-12 in England and Wales, S3-S5 in Scotland, and Years 11-13 in Northern Ireland) - Tuesday 2nd May, 5pm-6pm
- **The Cambridge Application Process Explained** (for Years 11-12 in England and Wales, S4-S5 in Scotland, and Years 12-13 in Northern Ireland) - Tuesday 9th May, 5pm-6pm
- **Admissions Q&A** (for any year group) - Monday 15th May, 5pm-6pm
- **Supercurricular Study** (for Years 10-12 in England and Wales, S3-S5 in Scotland, and Years 11-13 in Northern Ireland) - Thursday 1st June, 5pm-6pm
- **Student Finance and Careers Support** (for Years 11-12 in England and Wales, S4-S5 in Scotland, and Years 12-13 in Northern Ireland) - Wednesday 7th June, 5pm-6pm
- **Admissions Q&A** (for any year group) - Monday 3rd July, 5pm-6pm
- **Admissions Q&A** (for any year group) - Monday 9th October, 5pm-6pm

This signup link for these sessions is available on the Churchill College website at this link:

<https://www.chu.cam.ac.uk/study-us/undergraduates/schools-and-colleges-liaison/>

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

Free Revision Masterclass!



Join our online webinar to learn how you can ace your upcoming exams

10th May, 2023
18:30-19:30




GATEWAY WOMEN'S CENTRE

SATURDAY APRIL 29TH 10-2PM

EVERYONE WELCOME!

FUNDRAISING SALE

CLOTHES BOOKS BRIC-A-BRAC CRAFT ITEMS SHOES
FABRIC HOME-MADE CAKES HOT DRINKS RAFFLE

At Gateway Women's Centre - 52 Station Road, Portslade, BN41 1DF - opposite the sorting office