



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

Dates for your Diary

Week Commencing Monday 4th November	Timetable week Two
Monday 4th November	All students back to school
Tuesday 12th November 6.00pm-7.30pm	Sixth Form Open Evening

Dear Parents/Carers,

This is the final newsletter before the half term break. It has been a long half term and I know that students are ready for a break! I hope that they can use the time to rest, recharge and spend quality time enjoying their interests with friends and family. Year 11 will, of course, also want to do some revision in preparation for their first set of mock exams which start ten days after we return from the break. Thank you for all that you do to support them with their revision.

On Tuesday this week we celebrated ten years of King's School and our recent Church of England designation. It was a joyful evening and everyone who attended appreciated the opportunity to reflect on the school's journey over the last ten years and to give thanks for God's provision for us through it all. We were so grateful to the Bishop of Lewes for joining us to lead the service. Thank you, too, to our wonderful Choir and Worship Band who led the music so well. Please read on the newsletter for a full write up and some photos of the event.

I wish you all a restful and restorative half term break.

Mrs Price

Student of the Week

Year 7	Chase J for excellent work in languages
Year 8	Lily M for outstanding work in Science
Year 9	Charles T nominated by Ms Merieau & Mrs Orford-Kemmish
Year 10	Jason G for great work in English
Year 11	Hannah Morris – For great work in French and for always showing positivity around school



Theme of the Week

“We finished this term’s topic of courageous advocacy with a slight turn to focus on spiritual flourishing. We expanded the definition of spirituality and spotlighted the many other religions people choose to follow, finishing with a recentring around the idea of spiritual flourishing as speaking up for what matters to us most deeply at our core.”

Attendance

Well Done to Year 7 for achieving over our school target of 96% for their first half term at King’s. That is a fantastic achievement!

Keep it up Year 7!!

Ten Year Celebration Service

On Tuesday this week we celebrated ten years of King's School and our recent Church of England designation. The Bishop of Lewes, Bishop Will, agreed to attend to lead our service and we are very grateful to him for his time and for the considerable thought he put into shaping a service that reflected the school's ethos and values so well. Attendees were given the opportunity to hear reflections on the school's founding years from parent founder Sue Worthing, first Chair of Governors Katherine Laux, and the former CEO of RET (and current Chair of the Board) Karen Lynch. We were also grateful to current RET CEO Colin Mackinlay, current Chair of Governors Ali Davis, and Senior Assistant Headteacher Kate Vincent for their reflections on the school's present. The school's Choir and Worship Band provided some beautiful music for the event and we are grateful to those who made flower arrangements for us and organised the site set up.



The highlight of the evening for many was seeing a group of our founding students who were in attendance, and hearing all about their various successes and experiences since leaving King's. Founding Head Student Gavin Man offered some wonderful reflections on his experience of choosing King's and navigating life at the school on the old site. After the service we enjoyed a celebration cake made by our fantastic catering manager Gillian Minall. Thank you to everyone who attended to celebrate our school and God's love and faithfulness to us over the years.



Swimming Success

Congratulations to Izzy C, Callum N and Gabriella R who all competed in the Sussex County ASA Winter Competition last weekend at the K2 in Crawley. Izzy went on to win the gold in the 200 metres butterfly and silver in the 400 metres individual medley. We done to all three of these fabulous competitors!



Oliver 2025—Prop Donations Needed

We are in need of a few items for next year's show and with half term coming up, I thought we would get the word out early !

- Shirts/trousers/jumpers aged 10-14 that are ready for the clothes bank rather than the charity shop (to 'distress' as costumes for the ensemble)
- Wooden stools - small and old fashioned like pub stools (or a contact you might have to lend)
- Tankards
- Metal framed bed - old style hospital or simple frame with mattress
- Stethoscope
- Brown earthenware bottles
- Sacks / scruffy old blankets but not modern looking

If you could lend or donate any of these please get in touch: c.grosvenor@kingsschoolhove.org.uk

Many thanks and have a great half term

Mrs Grosvenor

KS3 Netball Interhouse—Wednesday 23 October

A fantastic 52 students attended our first netball interhouse for the 24.25 academic year. Six of our wonderful sports house captains helped to run the event and umpired all of the games. Thank you to every student who participated. We look forward to the next event. Wednesday afternoon netball training resumes on Wednesday 6th November (15:15-16:15). New students are very welcome to join.

Results:

Joint 1st = B & C

2nd = R

3rd = G

4th = E

5th = P

Year 10 Sports House Captains:

Maddie S, Tearna W, Amelia J, Lydia W, Grace O & Anna W. I'm going to give them 10APs

Year 9 Netball v Patcham A & B — Thursday 24 October

The Year 9 netball squad competed in their first fixture of the season against Patcham A & Patcham B. Our layers completely outplayed the opposition in various aspects of the game. Unfortunately, some areas of attacking play were not in our favour on this occasion, however every player stepped up their game play as the court time progressed.

Well done 'shout outs':

- Anoushka T-W (Captain) - nominated 'player of the match' by the opposition
- Darcey B — nominated 'player's player' within the King's squad
- Iris H—nominated as 'teacher's player'. Consistently outstanding defence throughout both games





Food Preparation and Nutrition:

Year 9

Well done to the first four groups to work through their food practical tasks, looking at Food Science

Lots of great dishes have been made, and great effort has been put into the presentation.

One of the highlights was the Victoria Sponge cake. Amazing achievements by all the students, even homemade jam. Extra credit to Etta and Maddie for their original creation.

Great work 9A-DT2, 9A-DT4, 9B-DT1, 9B-DT4,

Mrs Angus

DESIGN CHALLENGE: Can someone from King's win this design competition? (Anyone under 18 can enter)

To mark Recycle Week (14–20 October), Aldi and Get Set to Eat Fresh are calling on school children of all ages (5–18) to **design a poster to encourage people to recycle.**

The entries will be judged by a panel of Aldi's sustainability experts, with the three winning designs taking pride of place in Aldi's UK headquarters to encourage colleagues to recycle.

The winner will also receive a £250 voucher for their family to spend at Aldi.

The competition is part of Aldi's Get Set to Eat Fresh programme that aims to inspire young people to eat healthily.

To enter:

1. Children create their recycling poster designs on a piece of A4 paper (portrait).
2. Teachers, parents or carers submit their entries by email to aldicompetitions@citypress.co.uk before **Friday 8 November 2024.**

The judges will be looking for well-drawn posters, with a clear recycling message and creative design that will stand out in their offices.



Half term girl's football roundup

The girls have started the season strong with a few cup and league games being played already by the older year groups, year 7s are yet to get underway.

This year we are aiming for the majority of match reports to be written by students, this will give the pupils the opportunity to express themselves and for those reading to gain a different perspective than just mine.

Matches played so far:

Date	Year Group	Who (Where)	Competition	Result
24/09/24	KS4	Patcham (A)	Cup	7-0 L
27/09/24	KS3	PACA (A)	League	2-1 W
14/10/20	KS3	Peacehaven CS (H)	Cup & League	3-1 W

Upcoming fixtures:

05/11/24	Y7	Dorothy Stringer (A)	Cup
12/11/24	Y7	Longhill (A)	League

Match reports:

24/09/24 – KS4 – Patcham – Cup – Away – Report by Riley C (Year 10)

On Tuesday 24th September pupils from years 9,10 and 11 same together for a KS4 girls football match at Patcham. All of the girls came with positive energy and enthusiasm. However Patcham did unfortunately win with a well trained and well deserved team. Although the Kings girls didn't win, they did put in maximum effort in and showed resilience all throughout.

Seren J and Poppy T were our year 11 players and for it being their first time playing with us they did their best and really helped the team. As did Erin H, year 8, she played as the teams goalie, and did excellent to help by keeping an eye on the ball to stop Patcham's team from gaining more goals. Florence H from year 10 showed outstanding teamwork by becoming the teams temporary goalie, when Erin had to leave before the end of the game, she put her best effort in and managed to block many oncoming shots. Etta P, year 9, and Tearnna W, year 10, played the teams centre forwards, doing well to take many shots, along with Nia J, year 10, playing centre midfield. The King's team did have a chance at a penalty shot, but unfortunately missed.

As I get to choose a player of the match, I award it to Anna W, due to her show in teamwork when offering to be goalie, her moving up to midfield during the game and quickly adapting, as well as all throughout the game she made precise passes and plays. Considering many of the players have not been on the pitch during the off season, the team did a great job and all showed enthusiasm, resilience, communication and teamwork.

27/09/24 – KS3 – PACA – League – Away – Report by Riley C (Year 10)

On Friday the 27th of September years 8 and 9 came together for a girls football match against PACA. They all played exceptionally well, especially considering the time they have had off, and they all showed exceptional teamwork playing to the best of their abilities. A penalty was taken and was unfortunately missed, but many shots were taken. However the team did win their match 2-1, both goals scored by Gabriella R. The year 8 combination of Gabriella R, Ella G and Nell M formed a link making their way towards goal many times. Defence also worked well to communicate together and stop PACA's team from gaining further goals.

As I get to choose a player of the match, I award it to Sofia T-P due to her outstanding work in defence, making well thought out tackles and interceptions. Sofia also did well to communicate with her defensive line throughout the match. I'd also like to mention Erin H, year 8, for her remarkable game in goal. Although the team hasn't played together in a long period of time, they came out with a well deserved victory.

14/10/24 – KS3 – PCS – League & Cup – Home – Report by Margherita B (Year 7)

FIRST HALF

On 14th October, Kings played against PCS.

After as little as just 3 minutes in, our star striker, Gabby R, year 8, scored, assisted by Isla W, year 7. In the 11th minute, Isla W played a great ball into the path of Gabby, who then converted the opportunity into a goal. In the 23rd minute, PCS attempted to score, and they did.

SECOND HALF

In the second half, we kept pushing for goals, and we succeeded! Another goal to Gabby in the 49th minute, which was beautifully assisted by a through- ball from Isla W. PLAYER OF THE MATCH: Isla W, for great contribution and hard work throughout the game!!

14/10/24 – KS3 – PCS – League & Cup – Home – Report by Gabby R (Year 8)

The girls put in a great performance at home against PCS (Peacehaven Community School). It was a double-headed fixture of both league and cup games, so it was fantastic to win both. The team was made up of players from years 7, 8 and 9 who worked together brilliantly despite not having trained as a whole team. The first half was tight, but a well-placed ball was played through to Gabby R, year 8, to slot in the net, 1-0. PCS's midfielder plays for the Chelsea Academy but our defence would not let her shoot. Goalkeeper Erin H, year 8, made certain she had everything covered. Jessica M, Isla E (Year 9's), Daisy G, Amber P and Sofia T-P (Year 8's) played phenomenally at the back blocking every chance the opposition had. Our midfielders Imogen T, Etta P (year 9) Saffron M, Nell M, (year 8) Betsy P, and Isla W (Year 7) had a great game, slotting through balls and making strong tackles. The second half was tough, and PCS managed to break through and score, 1-1. The girls didn't give up there. They pushed and hassled the visitors' strong defence and got two more brilliant goals from Gabby. 3-1. The team had an amazing game and got the result they worked for.

Y7 Interhouse

This week we aimed to run a girls football interhouse Y7, however due to the adverse weather conditions, we were low on numbers. Instead we played a small sided game with all those who attended, it was wet, it was muddy, it was fun. We will rearrange this for after half term.





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](#)

Accredited cpd Activity

bacp | Registered Member 94399 MBACP (Accred)

CYBER ESSENTIALS

ACAMH The Association for Child and Adolescent Mental Health



LIVE Q&A SESSION

with Alice Drummond

NOVEMBER 5, 2024, 1:00 PM (GMT)
VIRTUAL - ZOOM

Monthly Live Q&A (November)

[CLICK HERE](#)

Hello Future 24

This event is about **inspiring not hiring**, it is about connecting the purpose of education to the wider world of work and to showcase the variety of opportunities that are in our city and beyond. We have over 60 businesses joining us on the day offering an immersive experience of their industry, inspirational talks along with a Q&A corner for students to chat to business specialists.

It would be wonderful if students could [register in advance](#), but it is not essential. If they are turning up on the day, could you ask them to have their **school/college ID** with them. The syndicate wing is situated at the back of the Brighton Centre and is accessible by all public transport and as like last year for the younger cohorts of students they are welcome after 4pm if they are accompanied by a parent/carer/family or teacher.



The poster features a vibrant purple and orange background with abstract brushstroke-like shapes. The main title 'HELLO FUTURE' is written in large, bold, white capital letters. To the right of the title, the text 'CAREERS EVENT' is followed by 'ENGAGE IN CONVERSATIONS WITH INDUSTRY EXPERTS ABOUT THE WORLD OF WORK'. Below this, a QR code is presented with a white arrow pointing to it and the text 'SCAN ME FOR TICKETS'. At the bottom of the poster, the event details are listed: 'THURSDAY, 14 NOVEMBER 2024', 'THE SYNDICATE, BRIGHTON CENTRE', '10:30 - 3:30 16+ COLLEGE ENTRY', and '4:00 - 6:00 ALL AGED STUDENTS, ACCOMPANIED BY PARENTS'.

HELLO FUTURE

CAREERS EVENT
ENGAGE IN CONVERSATIONS
WITH INDUSTRY EXPERTS
ABOUT THE WORLD OF WORK

SCAN ME FOR TICKETS

THURSDAY, 14 NOVEMBER 2024
THE SYNDICATE, BRIGHTON CENTRE

10:30 - 3:30 16+ COLLEGE ENTRY
4:00 - 6:00 ALL AGED STUDENTS, ACCOMPANIED BY PARENTS

West Sussex,
Brighton and Hove
CAREERS HUB

CAREERS &
ENTERPRISE
COMPANY

AMBERSON
EXPRESS

Rampion
Offshore Wind

shoreham port

Graphite

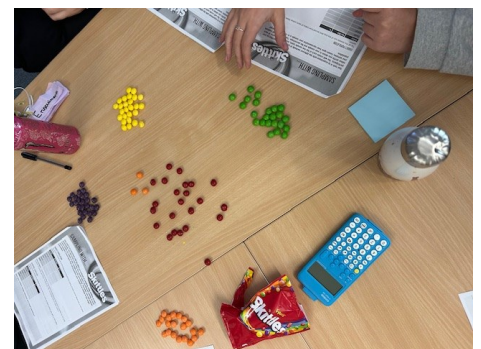
GetMyFirstJob

Brighton & Hove
City Council

Get Active with Dance Fit and Run Club! Plus, "Fun Fridays" in the Sixth Form

Are you ready to get moving and have fun while staying fit? Join us every Wednesday lunchtime for **Dance Fit Club** in the activity studio, open to all year groups! Led by Ms. Tamplin, Dance Fit is a high-energy, enjoyable way to get your heart pumping while learning easy-to-follow dance routines. It's the perfect midweek pick-me-up—whether you're looking to improve your fitness, de-stress, or just have a great time with friends. No prior dance experience is needed everyone is welcome!

In addition to Dance Fit, we're excited to celebrate the successes of our **Sixth Form Run/Walk Club**! Over the past few weeks, many students have reached impressive fitness milestones. Some have completed **4km in just 21 minutes and 31 seconds**, while others achieved a **3km run at a pace of 4:44 minutes per kilometre**—incredible results! The club, which meets regularly, is a supportive space for students to set and achieve personal fitness goals, regardless of their starting point. Whether you're a seasoned runner or just getting started, this is a fantastic opportunity to challenge yourself and stay active.



Subject Spotlight: Media Studies AQA A

Media is an integral part of the modern world. Every day we interact with it through adverts, the internet, television, film, music, video games, and the news. Do you wonder how it's made? Do you wonder how it affects us? Do you have a creative urge to be a part of one of these worlds? Media Studies is a progressive, ever-changing topic, always adapting to the changing media landscape and linked to an ever-increasing range of career opportunities.

What does the course look like?

There are two exams and a Non-Exam Assessment.

Paper 1: Adverts, Music Video, Newspaper, Film, Radio: 2 hours

Paper 2: TV, Online, Video Games, Magazines: Written examination: 2 hours

NEA: Creating a Cross-Media Production - Non-exam assessment



Current Topics of Study:

- Crime Drama Television (e.g. Lupin, The Responder)
- Social Media – Taylor Swift
- Video Games – Horizon: Forbidden West & The Sims
- Music Videos - The Specials and Lil Nas X

Careers Links:

- Film and Television
- Music (Production, Management, and Marketing)
- Social Media and Online

Year 11 Mock Timetable

Thursday 14 November	Friday 15 November		Monday 18 November	Tuesday 19 November	Wednesday 20 November	Thursday 21 November	Friday 22 November
ENGLISH LANG P2 2h 05m (+32m) 8.45-10.50 (11.22ET)	MATHS Paper 1 1h 30m (+23m) 8.45 - 10.15 (10.38 ET)		BIOLOGY 1h 45m (+26m) 8.45-10.30 (10.56 ET)	ENGLISH LITERATURE 2h 15m (+34m) 8.45 - 11.00 (11.34)	CHEMISTRY 1h 45m (+26m) 8.45-10.30 (10.56 ET)	PHYSICS 1h 45m (+26m) 8.45-10.30 (10.56 ET)	ENGLISH LANG P1 1h 45m (+27m) 8.45 - 10.30 (10.56ET)
			COMB.SCI. BIOLOGY 1h 15m (+19m) 8.45-10.00 (10.20 ET)		COMB.SCI.CHEMISTRY 1h 15m (+19m) 8.45-10.00 (10.20 ET)	COMB.SCI.PHYSICS 1h 15m (+19m) 8.45-10.00 (10.20 ET)	
BREAK	BREAK		BREAK	BREAK	BREAK	BREAK	BREAK
	SPANISH LISTENING F 11.45 - 12.20 (12.29 ET)		GEOGRAPHY (all) Paper 2 1h (+15m) 11.30 - 12.30 (12.45 ET)		SPANISH LISTENING H 45m (+12m) 11.45 - 12.30 (12.42 ET)	FRENCH LISTENING H 11.45 - 12.30 (12.42ET)	FRENCH LISTENING F 35m (+9m) 11.45 - 12.20 (12.29 ET)
LUNCH	LUNCH		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
GEOGRAPHY B 1h 30m (+23m) 1.30 - 3.00 (3.23 ET)	DRAMA 1h 45m (+26m) 1.30 - 3.15 (3.41 ET)		MATHS Paper 2 1h 30m(+23m) 1.30 - 3.00 (3.23 ET)	BUSINESS C 1h 45m (+27m) 1.30 - 3.15 (3.41 ET)	ALGEBRA 2h 1.30 - 3.30 (4.00 ET)	BUSINESS D 1h 45m (+27m) 1.30 - 3.15 (3.41 ET)	SPANISH Writing 1h 20m/1h 15m 1.30 - 2.45/2.50 (3.04/3.09)
FOOD PREP & NUT 1h 45m (+ 26m) 1.30 - 3.15 (3.41 ET)	COMPUTER SCIENCE A 1h 30 (+23m) 1.30 - 3.00 (3.23 ET)			GEOGRAPHY C 1h 30m (+23m) 1.30 - 3.00 (3.23 ET)	COMPUTER SCIENCE D P2 1h 30m (+23m) 1.30 - 3.00 (3.23 ET)	COMPUTER SCIENCE 1h 30 (+23m) 1.30 - 3.00 (3.23 ET)	FRENCH Writing 1h 20m/1h 15m 1.30 - 2.45/2.50 (3.04/3.09)
PE Paper1 1h 15m (+ 19m) 1.30 to 2.45 (3.04 ET)	GEOGRAPHY A 1h 30m (+23m) 1.30 - 3.00 (3.23 ET)			HISTORY C 1h 20m 1.30 - 2.30 (2.45 ET)		MEDIA D 1h 30m (+23m) 1.30 to 3.00 (3.23 ET)	COMPUTER SCIENCE D P2 1h 30m (+23m) 1.30 - 3.00 (3.23 ET)
SPANISH B Reading 1h/45m	HISTORY A 1h 20m 1.30 - 2.50			MUSIC 1h 15m(+19m) 1.30 - 2.45 (3.04ET) approx.		HISTORY D 1h 20m 1.30 - 2.30 (2.45 ET)	
RP B 1h 45m (+26m) 1.30 - 3.15 (3.41 ET)	DT 2h (+30m) 1.30 - 3.30 (4.00 ET)			RP C 1h 45m (+26m) 1.30 - 3.15 (3.41 ET)		FRENCH D/SPANISH D Reading 1h/45m	
	RP A 1h 45m (+26m) 1.30 - 3.15 (3.41 ET)					RP D 1h 45m (+26m) 1.30 - 3.15 (3.41 ET)	

Year 13 Mock Timetable

Thursday 14 November	Friday 15 November		Monday 18 November	Tuesday 19 November	Wednesday 20 November	Thursday 21 November	Friday 22 November
Sociology P1 - 2h 8.45-10.45	Spanish P1 - 2h 30m 8.45 - 11.15 (10.38 ET)		Maths P1 - 2h 8.45-10.45 (11.15 ET)	Biology P2 - 2h 15m 8.45 - 11.00 (11.34 ET)	French P2 - 2h 40m 8.45 - 11.25	Chemistry P2 - 2h 15m 8.45 - 11.00 (11.34 ET)	Comp Sci P2 - 2h 30m 8.45 - 11.15
Comp Sci P1 - 2h 30m 8.45-11.15	Chemistry P1 - 2h 15m 8.45-11.00 (11.34 ET)			Spanish P2 - 2h 8.45 - 10.45	Physics P1 - 2h 15m 8.45 - 11.00	English (Drama) -2h 15m 8.45 - 11.00	BTEC Science - 2h 15m 8.45 - 11.00
French P1 - 2h 30m 8.45-11.15				Religious Studies 3h 8.45-11.45	Psychology P1 - 2h 8.45 - 10.45		Physics P2 8.45 - 11.00
Biology P1 - 2h 15m 8.45-11.00 (11.34 ET)							
LUNCH	LUNCH		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Geography P1 - 1h 30m 1.30-3.00 (3.23 ET)	Economics P1 - 2h 1.30 - 3.30 (4.00 ET)		Geography P2 - 1h 30m 1.30 - 3.00 (3.23 ET)	Further Maths P1 - 2h 1.30 - 3.30 (4.00 ET)	Maths P2 - 1h 15m 1.30 - 2.45	Economics P2 - 2h 1.30 - 3.30 (4.00 ET)	F Maths P2 - 1h 30m 1.30 - 3.00 (3.23 ET)
English (Prose) 1h 1.30 - 2.30			English (Poetry) 1h10m 1.30 - 2.40			Sociology P2 - 1h 1.30 - 2.30	Psychology P2 - 1h 1.30 - 2.30

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



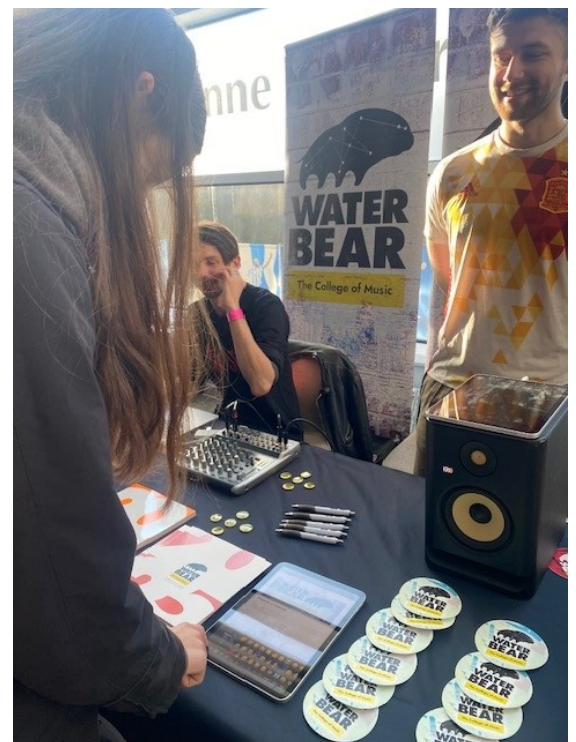
SCAN ME

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

Year 12 University and Apprenticeship Fair Trip at the Amex

The Year 12 students enjoyed a trip to the Amex this week, where they got the opportunity to talk to many different Universities and explore different apprenticeship routes. There were also talks alongside this on how to apply to University and many other areas all relevant to student life.



Post 16 Transition Toolkit

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

[Post 16 Transition Toolkit \(brighton-hove.gov.uk\)](http://brighton-hove.gov.uk)



Come and see what we have to offer for post-16 studies at Newman College.

Upcoming Events

LEARN MORE & BOOK

Newman College Open Evening

21 Nov 2024, 17:00 – 20:00

Come and see what we have to offer for post-16 studies at Newman College.

[**BOOK HERE**](#)

Year 11 Taster Day 2024

28 Nov 2024, 08:40 – 16:05

We are delighted to welcome Year 11 students who currently attend schools other than Cardinal Newman Catholic School to our College Taster Day.

[**BOOK HERE**](#)

Brighton and Hove, The Upper Dr, Brighton and Hove, Hove BN3 6ND, UK

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 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

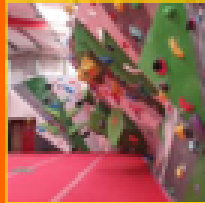
Book your place at <https://www.eventbrite.com/e/907695911907?aff=oddtcreator>

Schools Mental Health Service



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"

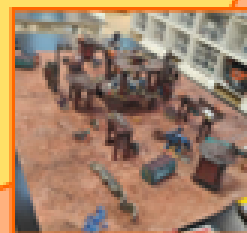
Play CBT Parent and Child Group for generalised and separation anxiety

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.

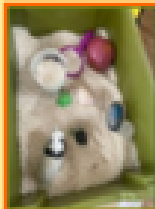


Schools Mental Health Service

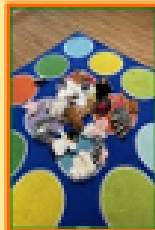


Referrals for all groups are via schools on the SMHS referral form. Please email us with referrals or questions
SchoolsMentalHealthService@brighton-hove.gov.uk

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.

