



Headteacher's Update

No 278 17th January 2025

“Take delight in the Lord,
and he will give you the
desires of your heart.”

— Psalm 37:4

Sources: New International Version (NIV) Bible. Photo: Public domain

QuotesCosmos

**Theme of the week:
Big Questions
Did God really create the
World?**

Dates for your Diary

Week Commencing Monday 13th January	Timetable week Two
Wednesday 29th January	Year 9 Parents' Evening (4:30- 7:30pm; online)
11th, 12th and 13th February	Oliver! School Production

Dear Parents/Carers,

It was good to see many Year 11 parents/carers in school yesterday evening for parents' evening. I hope that we have now got the balance of in person and online events right, with at least one event per year, per year group, being held in person. A full list of which events are held in person, and which online, can be found on our website here: [King's School](#)

Please note that all INSET dates for the academic year 2025-26 have now been set and are as follows:

- Monday 1 September 2025
- Tuesday 2 September 2025
- Wednesday 24 September 2025
- Monday 1 December 2025
- Monday 5 January 2026
- Monday 13 April 2026
- Friday 3 July 2026

The school will be closed to all students on these dates. The school uses INSET days to deliver essential training and professional development sessions for staff. Thank you for your understanding and I hope it is helpful to you to have these dates in good time.

The whole school production of Oliver! is coming up in a few weeks' time. I would strongly encourage you to secure your tickets for this; it is always a hugely uplifting and entertaining event on the school calendar.

I wish you all a good weekend.

Mrs Price

Orthodox Christmas

Last week in school we recognised Orthodox Christmas which fell on 7th January this year. We have a significant minority of students (just under 70 in total) who are Orthodox Christians and were therefore celebrating. Ms Sheppard put together an assembly, with the help of some Year 11 students, to educate the school community on Orthodox Christmas. Students learnt about the fasting that most Orthodox/Coptic Christians participate in during the run up to Christmas, and also about the ways in which the day itself is marked. We hope that all of our families who were celebrating last week had a wonderful Christmas!

Attendance

"Congratulations to 8E who achieved 100% attendance on three days this week!! Well done 8E - keep it up!"

Student of the Week

- | | |
|----------------|---|
| Year 7 | Layla P for an excellent week in English and History |
| Year 8 | Seb P for helping and staying with a member of the public who had had a bike accident |
| Year 9 | James M for a nomination for his work in English |
| Year 10 | Ronnie O for supporting others and leadership in PE. |



Theme of the Week

As part of our "Big Questions" topic this term, students will explore different perspectives on creation, faith, science, and the world around us. Through engaging discussions, activities, and reflections, we aim to help students think critically and respectfully about this important topic, while considering how beliefs and evidence can shape our understanding of the world. This week, we have dived into the big question: "Did God really create the world?". Stay tuned for some thought-provoking insights from our students!

Year 9 Options & Year 11 next steps

All information from last week's Options Information Evening is available on our website [King's School](http://www.kings-school.org.uk) . Here you can also find a copy of the options booklet. (You should have received this digitally earlier this week - if you require a hard copy please email the office via admin@kings-school.org.uk).

PLEASE NOTE:

We have not sent out the options choice forms yet, these will be sent out following the Year 9 parents' evening at the end of the month.

The timeline for this process is below. I would recommend students also take advantage of this time to discuss with their teachers what the GCSE courses are like in subjects they are interested in taking.

29 th January	Year 9 parents' evening. Options choice forms sent out
14 th February	Deadline for the return of option choice forms
March	SLT interviews
April	Confirmation of choices



Year 11 next steps

We have 4 weeks left in this half term. There will then be our second set of mock exams immediately following the February half term (starting Monday 24th February). Key points to note are:

- There are intervention sessions running in school during tutor times, lunchtimes and after school. Please do check in with your son or daughter whether they are (or should be!) attending any. Any questions please contact the department directly.
- Students should now (or in the near future) be starting to revise for their mock exams, as well as completing work from their lessons. This is a pressurised time of year, but it is one where students can make big improvements between the first and second set of mock exams.
- Students will need a plan to revise during the February half term. Students do need a break and some relaxation time, but they should also be using some time on most days during the half term revising in preparation for their mock exams. If you feel they would benefit from some support in this area please let me know (d.stevenson@kings-school.org.uk)

If you have any questions about how you can best support your son or daughter with their work and revision please contact departments directly using the contact us page on the website [King's School](http://www.kings-school.org.uk)

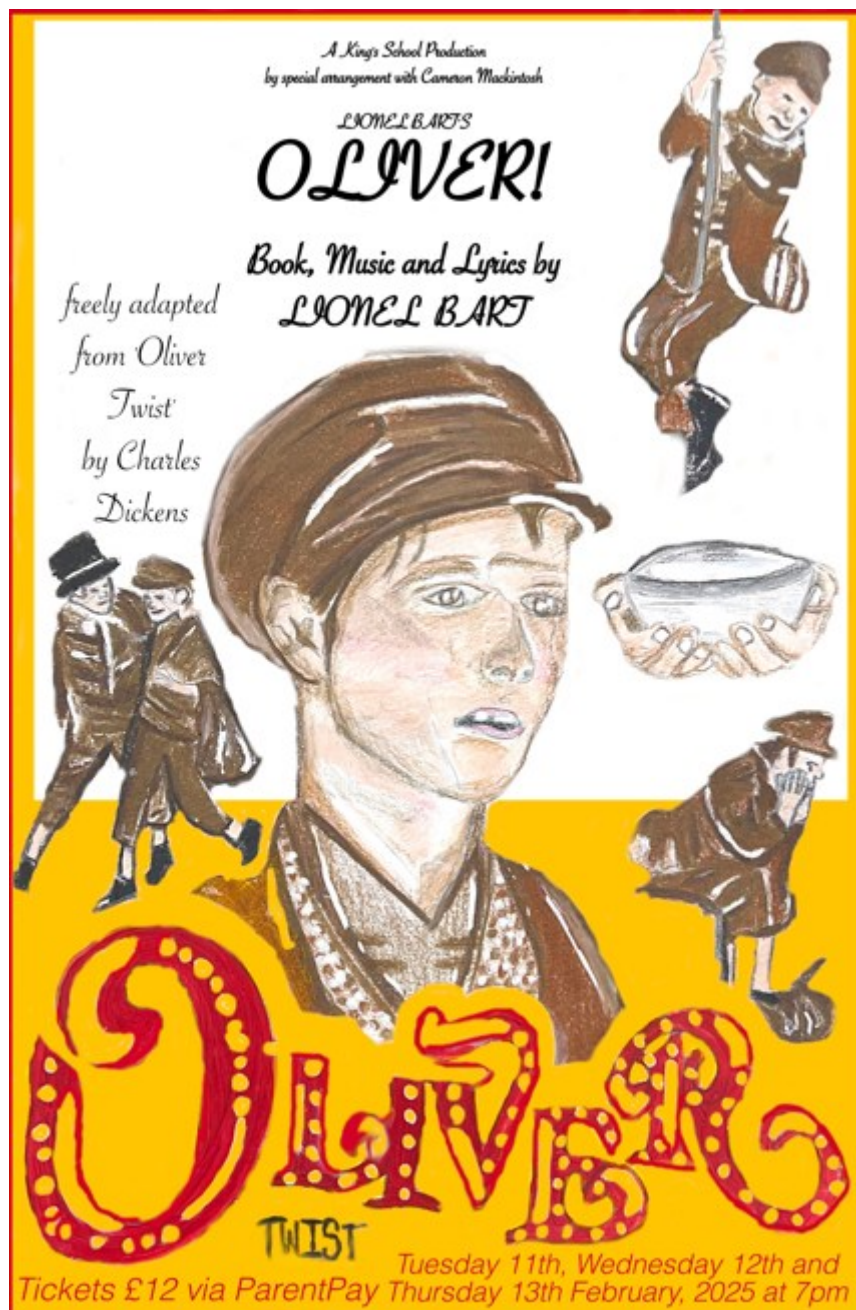
OLIVER!

We are delighted to invite you to our next musical production of 'Oliver!' The show takes place on Tuesday 11th February, Wednesday 12th February and Thursday 13th February at 7pm in the Main Hall, featuring classics such as 'Food Glorious Food' and 'I'd Do Anything'. Tickets are on sale Monday 20th January. Please see ParentPay for details.

PROPS for OLIVER!

We really need as many tankards as possible for our production in February. If you have an old-fashioned, silver-style tankard you would be willing to lend us, we would really appreciate it! Please label (just a slip of paper inside would do) and leave at reception or pass on via your child to Ms Wilson or Mrs Grosvenor.

Other items we would appreciate borrowing: opera glasses, old sacks or blankets, candlesticks .



Support for Parents & Carers

Many young people face considerable challenges in their lives and this can lead to strong emotions and even physical behaviour towards parents and carers. These behaviours can be incredibly upsetting and difficult to manage but there are support groups who can help parents and carers who are experiencing violence or aggression from their children.

www.pegsupport.co.uk

PEGS – full name Parental Education Growth Support – was founded as a response to the lack of support services specifically designed to help parents, carers and guardians experiencing Child to Parent Abuse.

[Capa First Response | Together for safer families - Capa First Response](#)

Capa First Response is support service for families and professionals – supporting those impacted by a child using harmful and/or aggressive behaviours towards a parent or caregiver. This is often referred to as ‘CAPVA’ Child or Adolescent to Parent Violence and Abuse.

<https://www.newboldhope.org/>

Newbold Hope supports parents and professionals to develop the confidence and the skills they need that will enable them to reduce or completely eradicate anxiety-led difficult and dangerous behaviours in children and young people with additional needs and disabilities. We also strive to challenge the societal perceptions of judgement and blame towards families who are facing childhood behavioural difficulties, to create more compassionate understanding, support and much needed acceptance.

Design and Technology News!



Futurechef Competition

A huge congratulations to Ruby M. She represented King's DT department in the Futurechef cook-off, held at the MET kitchens last Friday, it was a fierce competition against pupils from other school from Shoreham, Reigate and beyond. Chefs from top restaurants from around the country judged the food. Well done Ruby!

Mrs Griffith



NHS Online Careers insight sessions



VIRTUAL NHS ENGLAND SOUTH EAST ALLIED HEALTH PROFESSIONS INSIGHT EVENT

Are you a student, parent/carer or teacher,
or considering a change in career?

Join this event to hear about all the roles
within allied health professions, how to become
a podiatrist and the career and educational
pathways available, including apprenticeships

There will be a diverse panel of speakers,
talking about different settings a podiatrist
could work in, sharing their insights and
experiences



LIVE Q&A
SESSION

MS Teams Meeting
Scan the QR code to join
Or join by clicking [here](#)
Meeting ID: 315 626 501 567
Passcode: GD6eg3vs



MONDAY 10 FEBRUARY
5.00PM – 6.00PM

SCAN ME



VIRTUAL NHS ENGLAND SOUTH EAST MIDWIFERY INSIGHT EVENT

Are you a student, parent/carer
or teacher, or considering a
change in career?

Join this event to hear from midwifery
colleagues to learn how to become
a midwife, the role of a midwife
and the different routes to midwifery

There will be a diverse panel of speakers,
talking about different settings a midwife could
work in, sharing their insights and experiences



LIVE Q&A
SESSION

MS Teams Meeting
Scan the QR code to join
Or join by clicking [here](#)
Meeting ID: 388 676 067 682
Passcode: nN6so2Ta



THURSDAY 6 FEBRUARY
5.00PM – 6.00PM

SCAN ME

Helm X Shoji: 2025 Art Prize - Free to enter

Please find the details of an amazing opportunity where an artist can win a whole silkscreen edition for free, which would then be printed by Shoji Silkscreen based in Newhaven.

Absolutely anyone at any level is welcome to enter and there is no fee.

<https://helm-gallery.com/blogs/news/helm-x-shoji-prize>



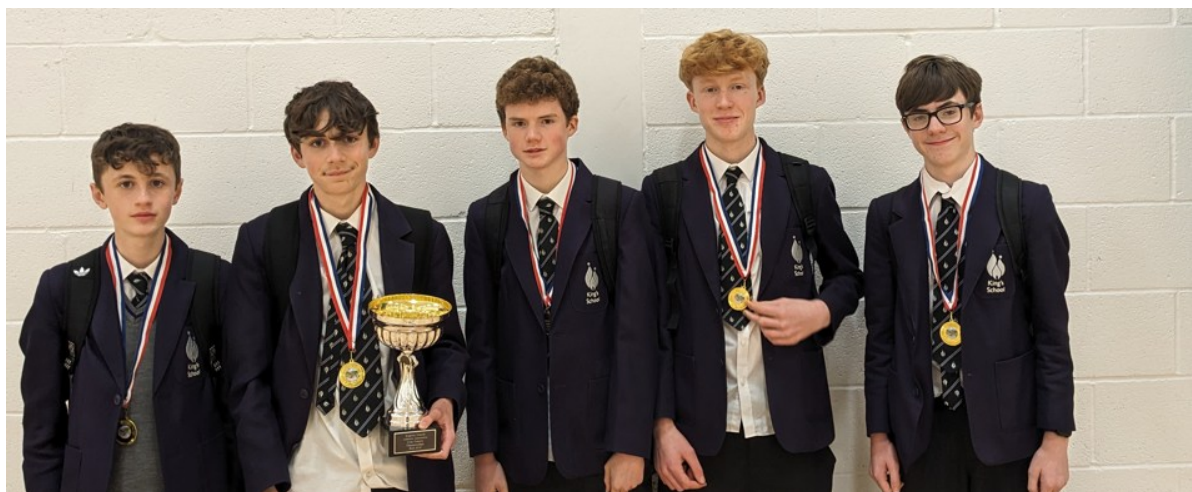
Cross Country

More Cross Country Success - Double Sussex Champions - Year 10/11 Girls and Boys Teams!

On Tuesday, our cross country teams took part in the Sussex XC which involves all the secondary schools in Sussex including the large Independent schools. It is a highly competitive event with all the best runner across Sussex attending. We had some students who got in the top 20 which means they are automatically invited to represent Sussex at the Inter-Counties XC race in a few weeks' time: Alex R, Sam O, Herbie H & Anna W.

Along with that, our Year 10/11 Boys and Girls teams also came 1st out of every school in Sussex, this included both the state and independent schools! This is an outstanding achievement and a testament to the dedication and attitude of our older students!

Included is also a picture of our year 8/9 girls team who won the Brighton Champs last week with their medal and trophy!



The Wellbeing Hub



 We are proud to support the whole school community with

— 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](#)



 **PODCAST**



This week's content

Week commencing 20th January
PODCAST: The connection between self-esteem and social media with Tracy Moxley, Executive Director of Schools for New Century Education.

Listen now: club.teentips.co.uk

[CLICK HERE](#)



Brighton & Hove Secondary School Admission Arrangements, Parent Carer Listening Event

As part of Brighton & Hove City Council's (BHCC) consultation around proposals to change the existing secondary school admission arrangements, a listening event for parent carers has been arranged between PaCC and BHCC.

A safe space for parent carers to share concerns about how the proposals could impact on their child's education and life because they have SEND.

When: Thursday 23rd January, 10.00am – 12.00pm

Where: Hanover Room, Brighthelm Centre, North Road, BN1 1YD

Facilitated by PaCC, with representatives from BHCC in attendance to listen to the views and concerns raised by parent carers.

Please email admin@paccbrighton.org.uk if you plan to attend.





Brighton and Hove Inclusion Support Service



Autism and Language Workshops for Parents/Carers Spring Term 2025

These workshops will take place online via Microsoft Teams (instructions at the bottom of this flyer). They will be led by Family Support Workers from BHISS's Autism & Language team.

Each of the workshops will run from 9.30 to 11.30 a.m., followed by half an hour for questions and answers.

We do not have the facility to record our workshops, so they will not be available online afterwards. Also, we do not distribute the Powerpoint slides or other material from all our workshops.

Hyperlinks to the workshops are included below. You do not need to book a place on these sessions. If you would like to attend, simply click on the relevant link just before 9.30 a.m. We will see you waiting and will admit you to the workshop.

Friday 24th January 2025, 9.30 – 12.00

Thinking About Autism

In this workshop we will:

- Look at the complex and changing world of autism
 - Think about the impact of autism on the family
 - Explore how to draw in support if necessary
- Discuss how to navigate the way forward, both at home and in school.

If you would like to attend this workshop, click on the red link below and wait to be admitted:

Microsoft Teams

[Join the meeting now](#)

Meeting ID: 351 768 513 259

Passcode: N5rW6kW2

Wednesday 12th February 2025, 9.30 – 12.00

Introduction to ADHD

In this new workshop we will begin to:

- Look at the complex world of ADHD
- Think about the impact of ADHD on the family and on a child's education
- Explore how to draw in support if necessary
- Discuss how to navigate the way forward, both at home and in school.

If you would like to attend this workshop, click on the red link below and wait to be admitted:

Microsoft Teams

[Join the meeting now](#)

Meeting ID: 360 201 341 95

Passcode: jm7ug2sR

Thursday 6th March 2025, 9.30 – 12.00

Children Who Have Difficulty Getting to School

This is a workshop for parents/carers whose children find it difficult to go to school. We will discuss some of the reasons for this and ways in which you can support.

If you would like to attend this workshop, click on the red link below and wait to be admitted:

Microsoft Teams

[Join the meeting now](#)

Meeting ID: 313 473 754 123

Passcode: AB2oJ9av

Innovate



Encouraging Better Uptake of Free School Meals

As the weather turns colder, it's more important than ever for students to have access to hot, nutritious meals. At Innovate Catering, we want to ensure that every student that is eligible for Free School Meals (FSM) is aware of their entitlement and to encourage them to take up their FSM on a regular basis.

Why Free School Meals Matter

Free School Meals provide essential nutrition that helps students stay focused and energised throughout the day. A well-balanced meal can improve concentration, academic performance, and overall well-being. With the colder months upon us, a hot meal can also provide much-needed warmth and comfort.

No Stigma, Just Great Food

We know that some students might feel self-conscious about using their FSM entitlement. That's why we've made it as discreet as possible. Your entitlement is loaded automatically every day, so there's no need to worry about anyone noticing at the till. Just come and enjoy your meal without any concerns.

Delicious Options Await

We offer a variety of meal deals to suit every taste. Our Hot Meal Deal and Blue Dot Deal are just a few of the options available. Whether you're in the mood for something hearty or a lighter bite, we've got you covered.

Join Us Today

If you're eligible for Free School Meals, we encourage you to come down and try our delicious offerings. It's a great way to ensure you're getting the nutrition you need to succeed in your studies. We look forward to seeing you and serving you a meal that will keep you warm and satisfied. If you believe your child/children are entitled to FSM but not in receipt of FSM please contact [Apply for free school meals - GOV.UK](#).





BLUE DOT



**4
AMAZING
ITEMS
£2.80**

HOT DELI

Garlic Bread
Pizza Melt Bap/Boat
Cheese On Toast/Bap
Pizza Melt Quesadilla
BBQ Melt Bap

COLD DELI

A Selection of Rolls:
Ham, Cheese, Tuna, Chicken
Mayo, Egg Mayo

DRINKS

125ml Radnor Drink Carton
Small Water/Generation Juice
8oz Slush

5.5OZ POTS

Selection of Fruit Pots
Selection of Jelly Pots
Selection of Yoghurt Pots
Piece of fruit

HOMEBAKES

Mini Muffin
Mini Cookie
Mini Shortbread
Mini Flapjack



* Not all items are available everyday

TARIFF SEPTEMBER 2024

DRINKS	PRICE	BREAKFAST	PRICE
Water 500ml	£1.10	Breakfast Roll	£1.55
Fruit Slush – Med/Lrg	£1.10/£1.45	Mini Breakfast Baguette	£1.55
Capri Sun	£1.30	3 Piece Breakfast Pot	£2.10
Dalston Cans	£1.40	Toast with Butter or Jam	£0.35
Radnor 200ml Carton	£1.10	Pancake with Topping	£1.25
Milk / Flavoured Carton	£1.10	Waffle with Topping	£1.65
HOMEBAKES		Pastries & Croissants	£1.65
Muffins	£1.30	Cereals + Milk (8oz)	£1.00
Small Cakes	£1.00	Porridge for Staff	£1.00
Cookies/Brownie	£1.30	Porridge for Students	Free
Chocolate/Cheese Straw	£1.30	Porridge Toppings	£0.45
HOT GRAB & GO		COLD GRAB & GO	
Ciabatta/Bagel	£2.65	Blue Dot Roll	£1.10
Panini – Half/Whole	£1.55/£2.65	Deli Sub Roll/Sandwich	£2.20
Toastie - Half/Whole	£1.10/£2.20	Wrap	£2.65
Korean Crispy Chicken	£2.65	Naturally – Premium Salad	£3.00
Tandoori Chicken Naan	£3.00	Basic Baguette/Premium Baguette	£2.35/£2.65
Wrap/Twister	£2.65	Half Baguette	£1.55
Chicken Wings	£2.30	Cold Pasta Pot 16oz	£2.50
Shawarma	£2.65	Vegetable Sticks with Houmous	£1.60
Pizza Slice (Break Time)	£1.55	Protein Pots	£1.00
Chicken Fajita Taco Boat	£3.00	Salad Pots	£2.00
Hot Bowls	£2.65	Yoghurt/Jelly/Fruit Pots	£1.00
Hot Pasta Pot – Med/Lrg	£2.20/£2.50	Whole Fruit	£0.55
Jacket Potato – 1 Topping	£2.10		
ALL POWER BITES			
Range of 8oz Nutritious Rice & Noodle Dishes	£1.30		

TARIFF SEPTEMBER 2024

BREAKFAST	PRICE	HOMEBAKES	PRICE
Breakfast Roll	£1.55	Muffins	£1.30
Mini Breakfast Baguette	£1.55	Small Cakes	£1.00
3 Piece Breakfast Pot	£2.10	Cookies/Brownie	£1.30
Toast with Butter or Jam	£0.35	Chocolate/Cheese Straw	£1.30
Pancake with Topping	£1.25	HOT GRAB & GO	
Waffle with Topping	£1.65	Ciabatta/Bagel	£2.65
Pastries & Croissants	£1.65	Panini – Half/Whole	£1.55/£2.65
Cereals + Milk (8oz)	£1.00	Toastie - Half/Whole	£1.10/£2.20
Porridge for Staff	£1.00	Korean Crispy Chicken	£2.65
Porridge for Students	Free	Tandoori Chicken Naan	£3.00
Porridge Toppings	£0.45	Wrap/Twister	£2.65
COLD GRAB & GO		Chicken Wings	£2.30
Blue Dot Roll	£1.10	Shawarma	£2.65
Deli Sub Roll/Sandwich	£2.20	Pizza Slice (Break Time)	£1.55
Wrap	£2.65	Chicken Fajita Taco Boat	£3.00
Naturally – Premium Salad	£3.00	Hot Bowls	£2.65
Basic Baguette/Premium Baguette	£2.35/£2.65	Hot Pasta Pot – Med/Lrg	£2.20/£2.50
Half Baguette	£1.55	Jacket Potato – 1 Topping	£2.10
Cold Pasta Pot 16oz	£2.50	ALL POWER BITES	
Vegetable Sticks with Houmous	£1.60	Range of 8oz Nutritious Rice & Noodle Dishes	£1.30
Protein Pots	£1.00	SOUP	
Salad Pots	£2.00	Fresh Soup Available Daily	£1.80
Yoghurt/Jelly/Fruit Pots	£1.00		
Whole Fruit	£0.55		