



Headteacher's Update: No 331, 12 June 2026

Theme of the Week

A Rich Life - Sport

This week we have continued our exploration of what it means to have a *rich life* by looking at the role that sport and exercise can play in enriching our lives and enabling us to flourish.

Letters on the Website

Whole School

General

09.06.26 [Compassion Cultural Day PowerPoint Information](#)

04.06.26 [Cultural Day Information](#)

Sixth Form

Trips

04.06.26 [Yr12 Music Trip to Groove Garden Studios](#)

Year 10

Trips

08.06.26 [Duke of Edinburgh Award Scheme - Silver Expeditions](#)

03.06.26 [Duke of Edinburgh Silver Qualifier Weekend - 12th to 14th June](#)

Dates for your Diary



Monday 15 June: Deadline for Bible Project 2026 entries to Mrs Dendy-Arto

Monday 15th-Friday 19th June: Year 9 Exams Week

Tuesday 23 June: Cultural Day

Thursday 25 June: Summer Showcase

Thursday 2 July: Year 6 Parents' Welcome Evening 5:30-6:30pm (on site)

Friday 3 July: INSET Day - Year 6 induction day; school closed to all current students

Monday 6 and Tuesday 7 July: Enrichment Days

Sports Fixtures



Details of all sports fixtures will be emailed home to parents / carers.

Attendance

"The following Tutor Groups have all exceeded our 96% school target for attendance this week - 10G, 10E, 9C, 8R, 8G, 7C, 7E and 7B. That is a fantastic achievement - well done!!"

Students of the Week

Year 7: Maximilian T. Maxi started his end of year exams with ease and showed us exactly what we knew he had. Resilience, hardworking and gratitude. Well done Maxi - Ms Barnard.

Year 8: Maia S for excellent work in all lessons throughout the week and for being a resilient and brilliant member of Year 8 community.

Year 9: Orhan C for excellent contributions in English lessons.

Year 10: Connie B for helping out in the Drama department.

Year 10 SEND Careers & Post-16 Information Evening

We are pleased to invite parents and carers of Year 10 students with SEND to a dedicated Careers and Post-16 Information Evening taking place next Thursday, 18th of June from 5.00–6.00pm at King's School Hove.

Led by Ms Kolaska (Assistant Headteacher SENDCo) and Ms Coles (Assistant Headteacher, Head of Sixth Form and Careers Leader), this session will provide guidance and practical support as students begin planning their next steps.

During the evening, we will cover:

- Post-16 transition pathways for students with EHCPs and those on SEN Support
- How the Unifrog platform supports careers exploration and decision-making
- Access Arrangements for examinations
- Revision techniques and study skills to support learning at home
- Strategies to help manage exam stress and anxiety

If you have received an invitation from the school and are unable to attend, we will send you all key information following the event.

We look forward to welcoming parents and carers to this important event.

POST 16 OPTIONS

A guide for Parent/Carers and Families of Young People with SEND.

West Sussex,
Brighton and Hove
CAREERS HUB

CAREERS &
ENTERPRISE
COMMISSION

west
sussex
county
council

Brighton & Hove
City Council

YEAR 11

WHAT NEXT?

IN WEST SUSSEX,
BRIGHTON & HOVE

Training & Qualifications Guide for young people, careers professionals, teachers, and parents/carers.

West Sussex,
Brighton and Hove
CAREERS &
ENTERPRISE
COMMISSION

2026-27 Student Leadership Applications

Year 8, 9 and 10 students have the opportunity to apply for next year's Student Peer Mentor & Sports Leader Roles. Ms Staples and Mr Cornell have shared information regarding the application process, via Bromcom & Outlook. If there are any questions, please do encourage your child to speak to their form tutor, Ms Staples or Mr Cornell. We very much look forward to receiving and reading these applications.

Deadline: Friday 19th June

Work Experience - Year 10 and Year 12

If your child is out on work experience, please remember the following advice for the students that can be found in the handbook on our website [King's Work Experience Handbook.pdf](#)

We are looking forward to hearing about their experiences of the workplace.



PREPARING FOR YOUR PLACEMENT

Work experience is an exciting opportunity to learn about the world of work and develop skills that will help you in the future. To make the most of your placement, preparation is key. Here are some steps to help you get ready:

One Week Before: Contact Your Employer

It is important to confirm the details of your placement about a week before you start. Some of this information may be on the Employer's Initial Form on Unifrog, but you should still make the call/send an email. Ask about:

- Where to go on your first day.
- Start and finish times.
- Who to ask for when you arrive.
- What you are expected to wear.
- Lunch arrangements – Is there a canteen or do you need to bring your own?

Research the Organisation

- Find out what the company does, its values, and the type of work you will be involved in.
- Look at their website or social media pages to understand their culture and recent projects.

Plan Your Journey

- Check the location and how you will get there. Practice the route if possible.
- Make sure you know the start and finish times and allow extra time for travel.

Tip: To avoid being late, allow plenty of extra travel time. Traffic in Brighton can be very busy during peak hours, so plan ahead. If you are travelling by bus, assume there may be delays or that some buses might not arrive. Make sure you know alternative routes and times and choose a departure time that gives you backup options, so even if one bus does not show, you can still arrive on time.

Dress Appropriately

- Ask about the dress code in advance. If unsure, smart and tidy is always a safe choice.
- Make sure your clothes and shoes are comfortable for the tasks you will be doing.

Prepare the Essentials

- Bring a notebook and pen to take notes.
- Pack lunch and a drink unless you know food will be provided.
- Keep emergency contact details and any required documents (e.g. placement letter) with you.

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Understand Expectations

- Be punctual, polite and enthusiastic.
- Listen carefully, ask questions, enthusiasm, and show interest in learning.
- Remember, this is a professional environment, so use appropriate language and behaviour.

Set Personal Goals

- Think about what you want to learn - new skills, understanding a career path, or improving confidence.
- Write down two or three goals and review them during your placement.
- Prepare some questions you would like to ask about the role, the organisation, or career paths. This shows initiative and helps you learn more.

What to Do if You Cannot Attend Your Placement

Sometimes unexpected things happen, and you may not be able to attend your work experience placement. If this occurs, it's important to act quickly and professionally:

Steps to Follow

1. Contact your employer immediately
 - Call them as soon as you know you cannot attend. Do not rely on email or text unless you have no other option.
 - Do this as early as possible, unless the reason is unexpected, you should be doing this at least an hour before the start time of your placement.
 - Explain the reason clearly and politely. If you know how long you expect to be off, let them know and keep them updated regularly if things change.
2. Inform King's
 - Contact the attendance line (01273 840004)

Do not simply fail to turn up - this can damage your reputation and the school's relationship with the employer.

What to Do if You Are Running Late

1. Call your employer immediately
 - Let them know your estimated arrival time.
 - Apologise for the delay and explain briefly (e.g. transport issues).
2. Do not panic
 - Arrive as soon as possible and stay calm. Being honest and polite goes a long way

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DURING YOUR PLACEMENT

Your placement is a chance to learn, grow, and experience the world of work. Here's what you need to do to stay safe, make a great impression, and get the most out of the week.

Induction Checklist

When you arrive, your employer should give you an induction. Make sure the following are covered:

- Who is your point of contact.
- Where the welfare facilities are (toilets, break areas)
- What to do if the fire alarm sounds.
- Where the First Aid kit is located and who the appointed First Aider is
- Any Health and Safety requirements you need to follow.
- Any tasks you are NOT allowed to do.

If anything is unclear, ask questions. Your safety and understanding are important.

Key Points to Follow

- Be polite, respectful, courteous, friendly, and professional.
- Show interest, ask questions, and challenge yourself.
- Complete as many different activities/tasks as possible.
- Aim to speak to employees in different roles to learn about varied careers.
- Avoid using your phone or social media during work hours.

Take Notes Effectively

Taking notes during your placement is essential for remembering what you have learned and reflecting later. Here is how:

- Write down key tasks and skills you observe or practice.
- Record names and job titles of people you meet.
- Note any advice or tips given by your supervisor or colleagues.
- Use bullet points for clarity and keep your notebook organised by date.
- Review your notes at the end of each day to reinforce learning.

Your Work Experience Journal

A few weeks before your placement, you will receive a printed copy of your Work Experience Journal. This journal is designed to guide you through your placement by helping you record key information and reflect on your experiences. It also includes a range of tasks and activities for you to complete during your time at the workplace, making sure you get the most out of the opportunity.

At the End of Your Placement

On your final day, make sure you thank the key people who have supported you during your placement and make an effort to say goodbye to colleagues. A polite and positive farewell leaves a lasting impression.

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If there is anyone you would like to keep in touch with for future advice or networking, ask if they would be happy to share their work email address. Always be respectful - some workplaces have strict policies about sharing contact details.

It is a good idea to ask for feedback on your performance and what skills you could develop further. This shows initiative and a willingness to learn. Employers will provide written feedback through Unifrog, but it is always best to request face-to-face feedback as well. This gives you the chance to discuss their comments, ask questions, and gain valuable advice for your future development.

What to Do If You Feel Unsafe or Unhappy at Your Placement

Your safety and wellbeing are the most important things during work experience. You may be asked to do something new or challenging – that is part of learning!

If at any point you feel unsafe, uncomfortable, or unhappy, here's what you should do:

- 1. Speak Up Immediately**
 - If something feels wrong, tell your supervisor or the person responsible for you at the placement.
 - Explain clearly what is making you feel unsafe or unhappy.
- 2. Contact Your School**
 - Call King's as soon as possible on **01273 840004**
 - If for any reason, you are unable to use a phone, email admin@kingschoolhove.org.uk
 - We will support you and decide the next best steps.
- 3. Do Not Ignore the Situation**
 - If you feel unsafe, leave the situation and move to a safe space.
 - Never stay silent - your concerns will be taken seriously.
- 4. Emergency Situations**
 - In the very unlikely event that you feel you are in immediate danger, call **999** and then inform King's.

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Body Image

In PSHE we regularly cover the issue of body image and the impact of the media on young people's self perceptions. Despite this, we have seen a steady rise over the last few years of both boys and girls developing negative body image and resorting to unhealthy practices and copying online trends in order to change their appearance.

Eating disorders have surged at alarming rates since the pandemic. Research from the NHS shows roughly 9.1% of adults screen positive for disordered eating, while around 70% of young women and 40% of young men report some issues with eating. Knowing about these issues and being able to spot signs early is key if we are to know how to support young people to have positive self-perception. We have gathered a range of articles below which outline the very latest trends and issues.

[Cosmeticorexia: How girls are falling down a skincare rabbit hole - BBC News](#)

[Sculpting jaws, giving scores: Inside the world of looksmaxxing - BBC News](#)

[Cut and bulk: Teenagers explain why they want to get ripped - BBC News](#)

[Wellness peptide craze: why people are injecting drugs 'not for human consumption' - BBC News](#)

[I used to hate my appearance. Here's how I learned to accept it - BBC News](#)

[Young Minds Body Image](#)

[Body image | Mental Health Foundation](#)

Disordered Eating: support and advice for parents:

[Get information and support - Beat](#)


[Overview – Eating disorders - NHS](#)

[First Steps ED | Eating Disorder Support & Recovery Charity](#)



Posters and Information

Level 3 CYCLE TRAINING



at Preston Park and Hove Park

Level 3 is where you learn to cycle safely on busy roads within the city.

Training includes roundabouts, traffic lights and filtering. You must have completed Levels 1 and 2.

Places are limited and on a first-come first-served basis.



Level 3 training costs £55 per person. Concessions available.

To book your place visit:
<https://cycling.envelope.host/courses/>
or contact Emily Tester on 01273 293847
or email: east.central@brighton-hove.gov.uk

Monday 3 – Wednesday 5 August
Monday 10 – Wednesday 12 August
Monday 17 – Wednesday 19 August
Tuesday 25 – Thursday 27 August

Ages 11 – 15
1.15pm – 3.15pm each day

All children must have attended a level 2 course and should allow 3 months practice between levels. All trainees will be assessed on level 2 outcomes before progressing further.



Level 1 & Level 2 CYCLE TRAINING



at Preston Park and Hove Park

Level 1 is where you will learn to control your bike.

Level 2 is where you start with real traffic, but sticking to quiet roads.

Level 1 – Riders **must** be able to ride independently with confidence and without stabilisers.

Progression to Level 2 training is depended on meeting all level 1 modules to National Standards Level.

Levels 1 & 2 together is £50 per person. Concessions available

To book your place visit:
<https://cycling.envelope.host/courses/>
or contact Emily Tester on 01273 293847
or email: east.central@brighton-hove.gov.uk

Monday 27 – Thursday 30 July
Monday 3 – Thursday 6 August
Monday 10 – Thursday 13 August
Monday 17 – Thursday 20 August
Tuesday 25 – Friday 28 August

10.00 – 12.30 each day

Ages 9 – 15

Places are limited and on a first-come first-served basis.





1 - [Summer Music Sessions](#)

active future FUTSAL

SUMMER HOLIDAY FUTSAL CAMP
Free HAF-funded places & paid spots available!
ages 11-16

24th July
 30th July
 31st July
 6th August
 7th August

- IMPROVE TECHNICAL & TACTICAL ABILITIES
- IMPROVE DECISION MAKING
- MAKE NEW FRIENDS & IMPROVE SOCIAL SKILLS
- CHALLENGING & FUN LEARNING ENVIRONMENT

FREE Lunch & Healthy Snacks Included!

Scan Me to register for HAF Free places

Scan Me! for Paid places

✉ afbrighton@activefuture.info **f** Active Future Brighton
 ☎ 07584 660224 **📷** [activefuturebrighton](#)

BACA COLLEGE
YOUR ROUTE TO SUCCESS

**YEAR 10
TASTER
DAY**

Friday 10 July 2026

Scan the QR code or go
to our website to sign up



Lewes Road, Brighton, BN1 9PW

BACACollegeAdmissions@baca-uk.co.uk

