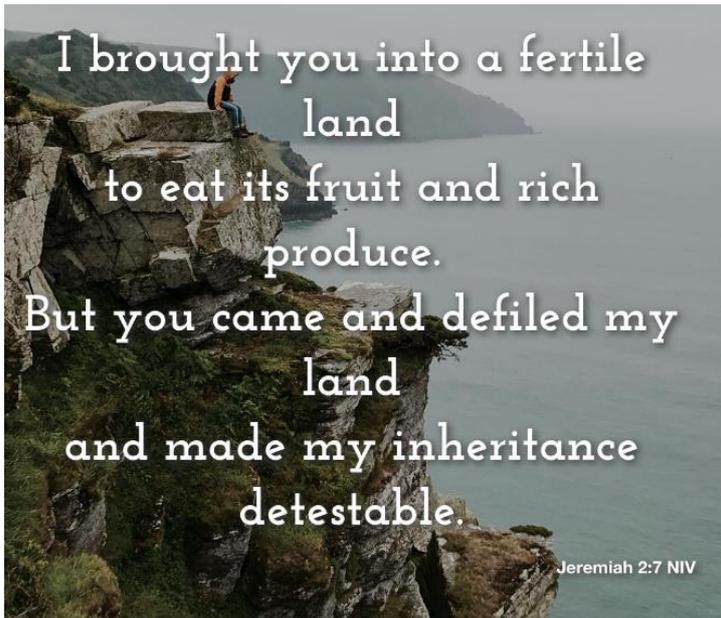


Theme of the Week: Climate Change



Dear Parents/Carers,

I trust you all had a good half term. It has been something of a wet and windy week up on the hill in school (!) but it has been fantastic to welcome students back for the important term running up to the Christmas holidays. Year 11 now have two weeks to their first set of mock examinations. They have started the year very positively and are knuckling down to some structured revision in preparation for these exams.

Thank you to all Year 11 parents and carers for supporting them in this. We are excited to launch our 2024 ski trip this week and thank you to Mr Cornell and our very hard-working finance team for all the preparatory work that has been done to get to this launch point. We know that there is appetite for this trip amongst the parent/carer body but it would be remiss of us not to acknowledge that the cost of living crisis will put expensive trips like this beyond the means of most. We try hard to strike a balance at King's in our enrichment offering, between accessible and local trips and more expensive, far-flung opportunities. We also do all we can to subsidise the cost of curriculum trips (which would not include the ski trip) for families in need. I do hope we get this balance right. As we move into winter we are conscious that many families will be struggling financially as inflation bites and energy costs spiral. Please do not hesitate to reach out to us for advice and support if we can be of service to you at this time. Have a lovely weekend.

Mrs Price

CONTACT DETAILS

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Forthcoming Events

Thursday 10th November	<ul style="list-style-type: none"> Year 8 Parents' Evening
Friday 11th November	<ul style="list-style-type: none"> Armistice day
Monday 14th to Friday 18th November	<ul style="list-style-type: none"> Anti-bullying week
Tuesday 15th November	<ul style="list-style-type: none"> Year 8 boys' basketball tournament
Thursday 17th to Friday 25th November	<ul style="list-style-type: none"> Year 11 mocks
Tuesday 22nd November	<ul style="list-style-type: none"> KS3 girls' basketball tournament

Remembrance Day

Next Friday is the 11th November and Remembrance Day in the UK. We will be observing a silence at shortly after 11am on this date as a whole school community and our Head Students, Destiny and Frejya, will be laying a wreath by our cornerstone with Mrs Price. Mr Chamberlain will be leading assemblies through the week on the topic of remembrance to prepare students for the Friday. Students will also have the opportunity to make donations in school next week to buy a poppy. They may wish to bring a little cash onto site for this if they wish to buy a poppy.

Ski Trip Information Evening

A letter is coming out to all parents/carers today regarding a ski trip we are planning for the February half term 2024. An online information evening for this trip will be held on Wednesday 16th November, from 6-7pm. This will be an opportunity to find out more about the trip and ask questions of the trip leader, Head of PE Mr Cornell. Applications for places will be invited after this evening and, if the trip is oversubscribed, a lottery will be conducted to allocate places. A link for the online meeting will be circulated to all parents/carers in due course.

Sixth Form Opening

The Sixth Form at King's will be opening in September 2023 and will accept both King's students and students from other local schools.

To apply for a place at King's Sixth Form for September 2023 please [click here](#).

Instagram: @kingsschoolsixthform

Twitter: @kingsschoolsix1

On Thursday this week we welcomed prospective Sixth Form students into King's to look at the courses on offer and plans for our facilities. It was great to be able to showcase our school and we hope those who attended found the evening beneficial. If you were not able to attend the evening but are interested in finding out more about our Sixth Form, please contact sixthform@kingsschoolhove.org.uk.



Year 8 Parents' Evening

Year 8 Parents' Evening will take place online on Thursday 10th November. Booking is now open via the platform here:

<https://kingsschoolhove.schoolcloud.co.uk/>.

96A bus

Brighton and Hove City Council have announced that the 96A bus route will no longer operate due to low usage. They have advised that an alternative route can be found via the bus number 96.

Animal Aid

The Year 10 Food Preparation and Nutrition students had an amazing opportunity to have a guest speaker from Animal Aid. It was also world Vegan day (01/11/22), so a great opportunity to stop and think about the food that we eat.



For the GCSE Food Preparation and Nutrition course we study and experiment with different ingredients. This term we have been learning about proteins and the use of eggs in cooking. Adults need between 45-55 grams of protein a day to keep healthy. The students have been frying, boiling, poaching, whisking, coating and binding. However, understanding Veganism, 'the practice of eating only food not derived from animals', we needed a little bit of help from an expert with alternative ingredients.

My vegan egg replacers reminder

EGG REPLACER	HOW TO USE
Apple purée	60g/4 tbsp/¼ cup mixed with ½ tsp baking powder as a raising agent
Aquafaba (tinned chickpea water, whisked)	Liquid from one tin (salt-free works best), whisked until stiff 
Baking powder and cider vinegar	1 tsp baking powder + 1 tbsp cider vinegar. Mix together and add to the cake mix immediately
Banana 	½ a medium-large banana, mashed thoroughly

The GCSE students will have one more protein based practical and have been given ideas of what replacements can be used. This link is really fascinating, lots of great ideas. <https://viva.org.uk/materials/vegan-egg-replacers/>



It was lovely to try a vegan chili and learn about other ways to enjoy eating protein. Lots of the students discovered making food taste like meat or bacon can sometimes be just by adding a bigger range of herbs and spices. Black pepper, onion powder and paprika can bring out that perfect smoky flavour and helps with the crucial smoky bacon-y taste that people often say they miss. Siddhant (10E) was a big fan of the extra chili flakes!



Our guest speaker Susan left us with the challenge of giving plant-based foods more of a chance and we might even give this a go! <https://veganuary.com/>

VEGANUARY IN NUMBERS



228

People from 228 countries and territories took part



1,540

More than 1,540 new vegan products and menus were launched for Veganuary 2022



98%

98% would recommend Veganuary to a friend

Year 11 Mocks

Year 11 mocks will begin on Thursday 17th November through to Friday 25th November. Please see the below mock programme. These are an important part of the journey towards GCSEs and so please encourage your Year 11 student to revise as preparation.

	Thursday 17 November	Friday 18 November	Monday 21 November	Tuesday 22 November	Wednesday 23 November	Thursday 24 November	Friday 25 November
Morning	English Language P2	Biology	Maths P1	English Literature	Chemistry	Physics	English Language P1
All start at 8.45		Comb. Sci. Biology			Comb. Sci. Chemistry	Comb. Sci. Physics	
Mid Morning		Religious Studies	History			Spanish Listening - Foundation Tier	Spanish Listening - Higher Tier
Afternoon	Geography P1	Spanish Writing	French Listening & Reading	Maths P2	Design & Technology	PE	Geography P2
All start at 1.30		French Writing			Food Prep & Nutrition	Drama	
		Media Studies	Spanish Reading		Business	Computer Science	
					Music		
Spanish & French Speaking Exams will take place on the 29th, 30th November, and 1st December.							
Art mock will take place on the 12th & 13th December.							

Student of the Week

Students of the week

Year 7	Kieran I
Year 8	Anna W
Year 9	Nell M
Year 10	Alfie D, Yana R
Year 11	Jessica B

King's School Fund

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



King's School Fund

Uniform

Please remember to label your child's uniform clearly with their name. We are unfortunately receiving a lot of unnamed uniform into lost property.

Attendance

Congratulations to the whole school for such a positive return after the half-term break. Particular congratulations to Year 8 who achieved 97% attendance on Thursday this week!

Community Safety

We are delighted that we now have a new Police Community Support Officer (Sharon Baker) who will be regularly patrolling the area around King's to make pupils feel safe, particularly at the end of the school day. Please do say hello and introduce yourself to Sharon. She is keen to meet members of the King's community and find out ways she can be supportive. If you have any issues you would like Sharon to address, please contact Mr Chamberlain in the first instance.

Community Outreach

This week as part of our school community outreach programme, a large group of Year 8 students helped the Brighton and Hove City Mission to sort harvest food donations and prepare food parcels.

These food parcels go to help people across the city and restock the foodbank in the run-up to Christmas.

The team did a great job working together to parcel over 2 tons of tinned food, pasta, sauces, and toiletries, ready to be distributed to people attending their food bank from across the city.

You can find out more about the work of the Brighton and Hove City Mission, which is a Christian organisation, here: <http://www.bhcm.org.uk/>.



Day of the Dead

At Kings, we love it when pupils see the curriculum come alive outside of the classroom. This was made possible this week for the Modern Foreign Languages department thanks to the stellar efforts of our catering team!

Whilst in class pupils learnt in Spanish about Mexican culture, the conquistadors and the Aztec tradition of 'Day of the Dead', at lunchtime they were able to experience "A Taste of Mexico" menu. Pupils' work decorated the canteen, and the catering staff worked tirelessly to produce delicious hand-made corn tacos, adorable skull cupcakes, and intricately decorated skull cookies. The verdict? "Muy delicioso!"

If you've not been able to sign up for the Day of the Dead biscuit baking session next week, where we're going to have a go at doing our own, we invite you to have a go at home as a belated MFL Half Term Challenge! (More to follow on this next week)

Feliz Día de los Muertos!

<https://www.bbcgoodfood.com/recipes/day-dead-biscuits>



Celebrating Reading and Reading Aloud

One of the areas we are focusing on as a school this year is celebrating the benefits of reading and encouraging more students to read for pleasure. Research has shown that the benefits of being read to aloud are not just for primary pupils. Secondary pupils also benefit in several ways including improved comprehension, reduced stress and greater exposure to different types of materials.

During Key Stage 3 tutor times this year we will have a focus on reading. Each half term students will have a novel read to them during tutor times. Novels will cover different genres and themes, to give our students an opportunity to engage with a range of perspectives and issues. Books being read include:



Ruby in the Smoke (Year 7), *The Boy at the Back of the Class* (Year 8), *Mortal Engines* (Year 9).

We hope that this will inspire some of our reluctant readers to embrace the joys of reading! If you have a child who you are struggling to encourage to read at home, why not try reading a book with them? If you aren't keen on reading aloud yourself, you could listen to an audio book together. Reading together can provide opportunities for discussion and shared enjoyment.

We also want to share our own love of reading with our students. On a Wednesday lunchtime, from 12.10-12.30, Year 7s are invited to come to the library to hear a member of staff share a short reading from a book they loved as a child or young adult. Next week Mrs Vincent will be reading from 'The Hobbit', which she has loved since it was read to her when she was in Year 5.

Starting
5th November
Mrs Vincent reads
from *The Hobbit*

Where: The LRC (Library)

When: Wednesday lunchtimes (12.10-12.25)

What: A member of staff will be reading a short passage from from a book they loved as a child or young adult.

Who: All year 7 students welcome

Book at Lunchtime

Christian Union Year 7 lunch club

Our brilliant Christian Union team are putting on a Year 7 lunch club, every Monday at lunchtime (11:50-12:30) in English 8. The focus of this safe space is for students to enjoy games, films, fun activities and quizzes. A great space during the autumn and winter months! Year 7 form tutors will be sharing more details next week. If your child has any questions, please encourage them to speak to Miss Staples, Mrs Gamon (pastoral) or their form tutor. Lizzi from Off the Fence is looking forward to meeting some of our wonderful Year 7 students.

Design a Poster for Beauty and the Beast

Beauty and the Beast School Production- Design a poster!



We would like you to design a poster for the Beauty and the Beast school production taking place in February. All Years are welcome to submit an entry. Your design should include:

- No text! Design/ drawing only
- No copied Disney images or logos
- Lots of colour!

Please submit your entries to Ms Flamson, Headteacher's PA via the school office. Entries should be submitted no later than Friday 2nd December 2022.

Happy designing 😊

The Immunisation Team will be coming into school after Christmas to administer the flu vaccination nasal spray to students in Years 7, 8 and 9, and we will be in touch with parents/carers of students in those year groups with the consent information in due course. The Immunisation Team will be letting us know in December whether this will extend to students in Year 10 and 11 and we will, of course, keep parents informed if these year groups are to be included. Please be reassured that students will not be vaccinated unless consent has been received in advance by parents/carers.

We have not been informed that any Covid vaccinations will be taking place in school this year. However, if this changes will notify parents/carers accordingly.

The NHS have asked us to pass on the following information about COVID-19 immunisations **taking place at NHS clinics.**

Everyone aged 5 (on or before 31 Aug 2022) and over can get a first and second dose of the COVID-19 vaccine.

- COVID-19 infection is usually mild in children but it can make some unwell.
- The COVID-19 vaccines are safe and effective.
- A single dose of the vaccine provides good protection against your child getting very unwell. A second dose is needed for stronger and longer lasting protection against different variants.
- Vaccinating children can reduce the risk of COVID-19 infection to your child and those around them.

Children can have the COVID-19 autumn booster if they are

- Aged 5 and over and at high risk due to a health condition
- Aged 5 and over and at high risk because of a weakened immune system
- Aged 5 and over and living in the same household as someone with a weakened immune system
- Aged 16 and over and a carer (paid or unpaid)

For more information please [click here](#)

flu: 5 reasons to have the vaccine

- 1. Protect yourself**
The vaccine will help protect you against flu and serious complications such as bronchitis and pneumonia
- 2. Protect your family and friends**
Having the vaccine will help protect more vulnerable friends and family
- 3. No injection needed**
The nasal spray is painless and easy to have
- 4. It's better than having flu**
The nasal spray helps protect against flu, has been given to millions worldwide and has an excellent safety record
- 5. Avoid lost opportunities**
If you get flu, you may be unwell for several days and not be able to do the things you enjoy

For more information visit www.nhs.uk/child-flu



Flu immunisation
Helping to protect you against flu

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Keep Warm Keep Well Coping with cold weather and COVID-19

Keep Warm



Heat your home to at least 18°C



Ensure you have adequate food, medication and warm clothes



Check if you are eligible for help to keep your home warm

Keep Well



Stay as active as you can, any exercise can bring health benefits



Make sure you get your flu vaccine



Follow COVID-19 guidance

Keep Connected Safely



Get help if you need it. Speak to your GP, pharmacist, carer or key worker for advice



Keep in touch with friends, family and your community



Look out for others. Ask how they are keeping warm during cold weather

Further Information



Simple Energy Advice provides free advice on energy efficiency and National grants to help with energy bills: 0800 444202



Plan ahead. Stay up to date with the weather forecast



If you're worried about your health, visit the **NHS Website**, call **NHS 111** or in an emergency call **999**

ADHD and Tic and Tourette Syndrome Workshops for Parents

Please find below two free opportunities for parents and carers who support children with ADHD, Tics and Tourette Syndrome. Amaze is an excellent organisation who offer high quality support for families with disabled children and young people in Sussex. You can find out more about their work here:

<https://amazesussex.org.uk/>

Amaze NDP Family Training & Navigation

UNDERSTANDING TICS AND TOURETTE SYNDROME WORKSHOP

A FREE interactive workshop aimed at parent carers to learn about both Transient / Chronic tic disorders and Tourette Syndrome.

As well as learning about how tics occur, you will also learn about common triggers, co-occurring conditions and management strategies at home and school.

This workshop will be run by Sarah Sharp, CEO of Tictock Therapy (CIC) and Tic Management Specialist and Siobhán Aggarwal, an Amaze worker.

Your child must be:

- Up to 18
- Living in Brighton and Hove or East Sussex (or registered with a local GP)
- Diagnosis not necessary but someone who is working with your child has flagged tics

Friday 18 November
10.30am to 1pm

on Zoom



NHS Sussex teams in Brighton & Hove and East Sussex commission Amaze to coordinate this service for our local parent carers

To book, call 0800 088 6013 or email NDP@amazesussex.org.uk



Amaze NDP Family Training & Navigation

INSIDERS' GUIDE TO ADHD

For parent carers of children and young people with ADHD in Brighton & Hove

A FREE course for parent carers with a child or young person, under 18, who has been diagnosed with ADHD.

The Insiders' Guide covers things like understanding ADHD, practical ideas to help at home or school, tips to handle tricky meetings, survival strategies and lots more. It's also a great way to get together with others having similar experiences.

The 5-week course is run by two Amaze workers with lived experience.

Wednesdays, 10am to 1pm
16, 23, 30 Nov and 7, 14 Dec 2022

At BMECP Centre, 10A Fleet Street, Brighton, BN1 4ZE

Arrive from 9.45am for tea and coffee



NHS Sussex teams in Brighton & Hove and East Sussex commission Amaze to coordinate this service for our local parent carers

To book, call 0800 088 6013 or email NDP@amazesussex.org.uk

