

## Theme of the Week: A Country



to the school community and showed themselves to be empathetic, knowledgeable and kind. They will be richly rewarded for their efforts!

You will also see from the newsletter this week that we have launched Black History Month and new displays are going up around the site to mark this important month. Although this is a special month where we can come together as a community and celebrate, Black History is woven through the whole curriculum and pupils get to explore key themes across the entire school year.

Finally, I am delighted that Joanne and Stanley have been appointed as our new Head Students. They are both outstanding characters and I know they will represent the school brilliantly in the coming year. I very much look forward to working with them both.

*Mr Chamberlain*

Dear Parents/Carers,

It has been wonderful to see so many prospective families visiting the school this week and touring the site during a normal working day. Our visitors frequently commented that the school felt calm and orderly and that your sons and daughters' behaviour was fabulous. Our Year 8 tour guides were a credit

## Forthcoming Events

<b>Tuesday 10<sup>th</sup> October</b>	<ul style="list-style-type: none"> <li>Year 10 Information Evening 6-7pm (online)</li> </ul>
<b>Friday 20<sup>th</sup> October</b>	<ul style="list-style-type: none"> <li>INSET Day</li> </ul>
<b>Monday 23<sup>rd</sup>- Friday 27<sup>th</sup> October</b>	<ul style="list-style-type: none"> <li>Half term</li> </ul>
<b>Monday 30<sup>th</sup> October</b>	<ul style="list-style-type: none"> <li>First day of next half term</li> </ul>

## CONTACT DETAILS

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## Theme of the Week

We've launched into Black History Month this week with a particular focus on countries. We have investigated the key aspects of what makes a country a country, and have thrown some into the spotlight, from England to New Zealand, Australia, and Israel. With each country we have looked at different cultural aspects, diving into some with a particular focus for Black History Month.

In Tutor classes, our interactive Geography based games have continued to be a hit, and our Biblical focus has been on Psalm 82:8, where we have discussed how God made all countries and the people within them with a purpose. Next week we will be expanding our scope from countries to continents!

## Catering

Following conversations with our new catering company, we can confirm that the maximum daily spending limit is £10. Please remind your children what their own spending limit is each day. If you would like to request an individual limit on your child's spending, please contact our finance team ([finance@kingschoolhove.org.uk](mailto:finance@kingschoolhove.org.uk)). If you have already requested a reduced spending limit, you should see this on your account.

## Chef Bremner School Visit

We were very lucky to have the Head Chef from 64 Degrees/ Murmur come in to work with our Year 10 GCSE Food & Nutrition students last week. The students made delicious breakfast burritos and chocolate granola cookies, these will be made available for our students who may not have eaten breakfast in the mornings to access.

We were very impressed by the students' ability to cook these tasty items and would like to say a big thank you to them all, well done.



## Student of the Week

### Students of the week

<b>Year 7</b>	River A
<b>Year 8</b>	Sheryl S
<b>Year 9</b>	Henry T
<b>Year 10</b>	Riley-James H
<b>Year 11</b>	Phoebe S

## Drama Club

Drama club will **not** take place on Monday 16<sup>th</sup> October. This will be back to normal after half term.

## Head Students

We are delighted to announce our two newly elected Head Students are Joanne G (11R) and Stanley W (11B). We have every confidence Joanne and Stanley will be do an excellent job of guiding and directing our student leader team and be the voice of our student cohort. A huge thank you and well done to all our Year 11 candidates who applied for these positions.



*Hi King's School - I'm Jo and I'm super excited to be your Head Girl this year! I firstly want to say thank you so much for choosing me to represent you as students. I'm going to try and do this to the best of my ability. I love music and doing things like playing piano and singing. You might have seen me if you were in the school show last year. One of the main things I want to do is be involved with as many students as I can, so please feel free to talk to me if you see me around school. I want to hear any and all ideas you guys have, but for now thank you again for voting me in!*



*I'm excited to represent the school and student body, and I'm incredibly proud that you're all willing to put your faith in me. To keep it short about me, in my spare time I'm usually at the gym or listening to music. During my time at Kings, I've witnessed a lot of changes: I've acted in school productions, succeeded, and failed on exams, I've experienced all there is. So, I'm certain that my goals of including the student voice in decisions, along with paving the way for more events and competitions, as the right choice. Again, thank you all for trusting me with the role of Head Student.*

## DT at Open Evening

A number of our amazing Year 11 students helped the DT department at our recent open evening.

They worked extremely hard all evening and managed to bake over 860 delicious cookies, which were enjoyed by parents and Year 6 pupils visiting our school.

They were all brilliant ambassadors for King's. These students were:

- Phoebe K
- Evie W
- Lola W
- Sophie H
- Joseph H
- Siddhant B
- Katie H



## Departmental Competitions



### King's School Hove



Departmental competitions in October are:

**Drama** – Playwriting Competition  
**English** – 'This Is Me I Am' Young Writers Poetry Competition  
**History** – Y7 Castle Project  
**Maths** – Y12 & 13 UKMT  
**Science** – RSC Top of the Bench

Speak to your subject teacher about how to enter!

## Call for Help – Trampoline Coach

If anyone in the King's community is or knows of a trampoline coach who would be able to run a trampoline club after school, please contact Mr Cornell on [r.cornell@kingschoolhove.org.uk](mailto:r.cornell@kingschoolhove.org.uk).

## Attendance

Well done to Year 7 for having the highest year group attendance this week. What a fantastic start to the term you have had – well done!

## Macmillan Coffee Morning

Firstly, I must begin with a huge thank you to our school community for the incredibly overwhelming amount of donations and creations from our student and staff body. Not to mention the funds raised from our student body who bought our baked items. This school community is at the very heart of everything we do at King's and to have the school come together and show love for this charity event is what makes King's and you all so unique. Our staff coffee morning, alongside student bake sale and cake raffle was a huge success. Whilst figures still need to be tallied fully, we have raised in the region of £1000!

Our raffle winner from our parent/carer cake raffle is Alfie T B, selected by our Acting Headteacher, Mr Chamberlain. I will be in touch to arrange your prize 😊

Thank you all again and have wonderful weekends.

Mrs Cager

## Head of History



## Historian of the Fortnight

Thomas is our current reigning Historian of the Fortnight in 11A! Thomas has achieved this royal honour for his continued hard work not only in lessons but at home. His focus has led Thomas to push himself out of his comfort zone and articulate arrogance, judgement, and driven viewpoints in his extended writing. This has resulted in him achieving a grade 8 on his recent Elizabeth mock exam. His classmates have commented on these efforts to push himself more. Well done Thomas!



## Metamorphosis - GCSE Drama Theatre Trip

I had the pleasure of taking 34 students of GCSE Drama to the Connaught Theatre in Worthing this week, to see Frantic Assembly's version of Kafka's METAMORPHOSIS, adapted by Lemn Sissay. This visceral and shocking physical theatre production was variously described by students as 'amazing', 'better than a night at the cinema' and 'like a fever dream'. Our students behaved impeccably and were riveted by the two-hour production which told the sad tale of Gregor Samsa who awakes one morning having turned into a dung beetle. We have had some interesting discussions about the symbolism and metaphors present in the story, as well as deconstructing how the production elements of costume, set, sound, lighting and video projection played a part in communicating the themes. The only downside to a great evening was trying to fit sardine like on the overcrowded train going to Worthing from Portslade - mercifully it is a short journey and we had plenty of space on the return leg. Thanks also to Mr Wiltshire, Mrs White and Ms Staples who accompanied the students on the trip.

*Mrs Grosvenor*

*Head of Arts*

## Year 9 Duke of Edinburgh Information Evening

We will be holding a meeting Year 9 Duke of Edinburgh information evening to Monday 9<sup>th</sup> October between 18:00 and 19:00. The meeting is online and for those who can't make it, a recording will be sent in the week after the event. You can join the meeting [here](#).

## Black History Month

This year we will be recognising Black History Month at King's through the assemblies and some book readings in the school library. Please see the attached document for some information on people of influence and key reading titles.

## Year 8 Girls Football Cup Game

On Wednesday 4<sup>th</sup> October, the Year 8 girls football team opened their 2023-2024 campaign with a knockout cup game away to Varndean. Varndean have a reputation for very good side and had a fantastic season last academic year.

They certainly lived up to their reputation, Varndean were a strong, physical, and skilful side. Who displayed some fantastic football during the match. Our Year 8, with a few Year 7 students battled hard and bravely, but were ultimately on the receiving end of a large loss, with the final score being 12-1.

Despite the result there were some great performances and moments of magic by every player, including a worldie of a goal by Gaby R (Year 7) and a penalty save by Erin H (Year 7). The demands of the 11-a-side game, new positions and teamwork will continue to develop over the year, and we hope to be able to share more joyful news, with a nice scoreline with you all soon.

## Year 7 Girls 7-a-side Football Tournament

Thursday 5<sup>th</sup> October saw the second of the girls' tournaments hosted at Patcham High School. This was the first outing for the Year 7s, with only a squad of 10 players permitted it was a tough selection process, with many good players being left disappointed this time round.

The tournament consisted of 6 teams in total; King's, Patcham, Varndean, Newman and 2 teams from Longhill.

First up for King's was Longhill A, with only a single period of 10 minutes playing time, neither team managed to find the net, although there were plenty of attempts in a game that King's dominated in attack.

Next were Varndean, who took the lead from a well taken corner about halfway into the match. Not long after Gaby R equalised bringing the game to 1-1, once again a dominant performance by King's but we were not able to find the back of the net again.

The third match saw hosts Patcham play against King's. King's once again showed their prowess in attack and

pressed hard but alas no goals, with the game finishing 0-0.

In the penultimate game we drew Newman. Newman were a well drilled side that attempted to dominate, however some outstanding play from all players and 2 fantastic goals from Gaby R meant that King's took the game 2-0.

Finally for King's were the Longhill B team, with the King's team growing in confidence and great teamwork on full view, the lead and win came fairly easily, with Gaby R slotting 3 goals home, final score 3-0.

Unfortunately, the 3 draws, and 2 wins, comprising of 6 goals for and 1 against, were not enough to take the tournament win – the medals went to Newman this time. However, the girls should all be proud of their individual and team performances, especially as King's beat the overall winners 2-0 in our head-to-head. I am really looking forward to this season and the potential that this year group have to offer.

Next Thursday, October 12th, will give Year 8 their second run out of the year when it is their opportunity to play in the 7-a-side tournament.

## MHST Workshops



### MHST WORKSHOPS 2023-2024

#### ONE-OFF PARENT VIRTUAL WORKSHOPS 12:30PM-1:30PM

#### SLEEP

This workshop is aimed at parents and carers of children in the stated key stage. We will be looking at common difficulties children have with sleep, the recommended amount of sleep for children of different ages, and ways to support children with getting enough sleep. We will be looking at strategies around bedtime routines, the sleeping environment, life-style factors which may influence sleep, and supporting children with anxiety or worries which might be affecting their sleep.

Primary 29<sup>th</sup> February 2024 <https://www.eventbrite.com/e/supporting-your-child-with-sleep-difficulties-tickets-708499429867?aff=oddtcreator>

Primary 4<sup>th</sup> July 2024 <https://www.eventbrite.com/e/710224078337?aff=oddtcreator>

This workshop is aimed at parents and carers of children in the stated key stage.

We will be using a cognitive-behavioural model to understand how thoughts, feelings and behaviours are linked and form unhelpful patterns that can lead into a downward spiral of persistent low mood. We look at ways you might be able to help your child, including addressing your child's sleep, routine, exercise and eating patterns. We will also touch on ways you as a parent might be able to support your young person's negative thoughts or unhelpful behaviour patterns.

#### LOW MOOD

Secondary 23<sup>rd</sup> November 2023 <https://www.eventbrite.com/e/helping-young-people-with-low-mood-secondary-age-children-tickets-715951027797?aff=oddtcreator>

Primary 1<sup>st</sup> February 2024 <https://www.eventbrite.com/e/710217970067?aff=oddtcreator>

Secondary 16<sup>th</sup> May 2024 <https://www.eventbrite.com/e/supporting-your-child-with-low-mood-secondary-aged-children-tickets-712886281357?aff=oddtcreator>

#### ANXIETY

This workshop is aimed at parents and carers of children in the stated key stage. We will look at what anxiety is exactly, where it comes from, and what keeps children feeling anxious. We aim to help you get a better understanding of your child's anxiety by looking at how your children feel, think, and respond to triggers or situations that make them feel anxious. We will then introduce strategies that can help, both in the short term, such as breathing and distraction techniques, as well as longer-term strategies including helping your child face their fears and build up their confidence through supportive conversations.

Secondary 09<sup>th</sup> November 2023 <https://www.eventbrite.com/e/anxiety-workshop-for-parents-carers-of-secondary-age-children-tickets-710188040457?aff=oddtcreator>

Primary 18<sup>th</sup> January 2024 <https://www.eventbrite.com/e/supporting-your-child-with-anxiety-primary-age-children-tickets-712886281357?aff=oddtcreator>

Secondary 21<sup>st</sup> March 2024 (exam stress focus) <https://www.eventbrite.com/e/how-to-help-your-child-with-exam-stress-tickets-712927815287?aff=oddtcreator>



### MHST WORKSHOPS 2022-2023

#### ONE-OFF PARENT VIRTUAL WORKSHOPS 12:30PM-1:30PM

#### TRANSITION

This workshop is for parents/carers of young people starting Y7 at Secondary School in September 2023. The workshop will cover what anxiety is and how it's maintained, how to talk to your child about their anxieties about their new school and some practical advice on how to help your child manage their worry using a CBT approach. We will also look at how to encourage young people to become independent problem solvers.

6<sup>th</sup> June 2024 <https://www.eventbrite.com/e/how-to-help-your-child-transition-to-year-7-tickets-712927805257?aff=oddtcreator>

This workshop aims to support parents/ carers in understanding and responding to their children's strong emotions. These strong feelings might present as anger or disruptive behaviour. Within this 1-hour workshop, we hope to support parents in understanding what might be underlying children's behaviour, understanding what might be contributing to these big feelings, consider how adults can respond to support alternative behaviours, and learn general emotional regulation strategies for children.

#### EMOTIONAL REGULATION

Primary 07<sup>th</sup> December 2023 <https://www.eventbrite.com/e/emotional-regulation-workshop-for-parents-carers-of-primary-age-children-tickets-710205633167?aff=oddtcreator>

#### ONGOING PARENT SESSIONS (4 WEEKS)

#### ANXIETY

This group is aimed at parents and carers of children in the stated age group. This programme will guide parents how to use cognitive-behavioural techniques to help their children overcome fears and worries. The programme includes learning how anxiety develops and is maintained, that is to say what keeps children's anxiety going and prevents them getting over their fears. We will then move on to exploring what your child needs to learn to overcome their fears or worries and how to implement strategies to encourage your child to become more independent. The programme will run over 4 weeks and will be a combination of 4 one-hour group sessions, reading tasks before sessions and some in between session work such as practising techniques learned during the sessions.

There are not currently set dates for this programme. If you feel you would like to explore this option please speak to the SENCO at your child's school to refer to our service. It may be that we can offer this as a direct intervention or, if we receive appropriate referrals we will run as a group.

To learn more about our service offer please watch our video: <https://youtu.be/YWafQGqehM>



## Design Ventura Competition

Club for Y9 or Y10 students in DT 4 Thursday 3pm – 4pm

Starting: 17<sup>th</sup> October with Mrs Angus

### Key dates

Competition opens	4 September 2023
Deadline for entries	21 February 2024
Shortlist Announced	10 March 2024
Celebration day & exhibition opening	27 April 2024



Design Ventura challenges students to design a new product for the Design Museum shop. It is a national competition and the winning product will actually be made & sold in the Museum's shop.

A great opportunity for students to develop design thinking, creative, business capabilities and employability skills. Great for university applications & your C.V!

The top ten school teams are invited to a pitching event at Deutsche Bank London head office. The winning team is announced at a Celebration Event at the Design Museum and go on to work with a professional design team to develop their idea and see it on sale the Design Museum Shop.

Come and be part of the design team!

<https://vimeo.com/860854273>

## Speakers for Schools

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:

<b>Date</b>	<b>Monday 9<sup>th</sup> October</b> <b>2-2:45pm</b>
<b>Speaker</b>	<b>Black History Month</b> <b>Transferable Skills and Varied Careers: Brandie Deignan Chief Executive Officer, Pier Health Group</b> <b>KS4-5/S4-6</b>
<b>Info</b>	In this broadcast you can hear from Brandie Deignan, who's had a diverse career spanning various industries, she embodies the power of transferable skills and job versatility. Her insights will showcase how embracing change and pursuing varied careers can lead to personal growth and success. Don't miss this opportunity to learn from a dynamic leader who navigated her path with adaptability and resilience. Click <a href="#">here</a> to register

<b>Date</b>	<b>Tuesday 10<sup>th</sup> October</b> <b>10-10:45am</b>
<b>Speaker</b>	<b>World Mental Health Day</b> <b>Jenni Cochrane, CEO &amp; Co-Founder, Getahead &amp; Founder &amp; CEO, Work Inspired - Moving The Needle</b> <b>KS5/S5-6</b>
<b>Info</b>	Jenni Cochrane is gearing up for an insightful interview in this broadcast on World Mental Health Day. She'll share invaluable insights on fostering mental well-being, encouraging open conversations, and nurturing resilience among young minds. She will also talk about her work in the music industry and the importance of empowerment in your mindset. Don't miss this opportunity to empower the next generation to prioritise their mental health. #MentalHealthMatters #TeenWellness Click <a href="#">here</a> to register

<b>Date</b>	<b>Thursday 12<sup>th</sup> October</b> <b>10-10:45am</b>
<b>Speaker</b>	<b>Black History Month</b> <b>Patrick Younge, Co-Founder/MD of content production company, Sugar Films, and the former Chief Creative Officer of BBC Television Production</b> <b>KS3-5/S1-6</b>
<b>Info</b>	Join us and Karen Blackett OBE for a broadcast about her insightful perspectives on the Windrush generation and its enduring impact. She brings a unique and empathetic lens to discussions surrounding the 75th anniversary of this pivotal event. Her contributions underscore the importance of diversity and inclusivity in today's global landscape, making her a trailblazer in the world of advertising and an advocate for multicultural representation. Click <a href="#">here</a> to register

<b>Date</b>	<b>Friday 13<sup>th</sup> October</b> <b>10-10:45am</b>
<b>Speaker</b>	<b>Black History Month</b> <b>75 Years on from Windrush with Karen Blackett OBE, President, WPP</b> <b>KS4-5/S4-6</b>
<b>Info</b>	Join us and Karen Blackett OBE for a broadcast about her insightful perspectives on the Windrush generation and its enduring impact. She brings a unique and empathetic lens to discussions surrounding the 75th anniversary of this pivotal event. Her contributions underscore the importance of diversity and inclusivity in today's global landscape, making her a trailblazer in the world of advertising and an advocate for multicultural representation. Click <a href="#">here</a> to register

### Is your child struggling to attend school?

We understand that some young people can find it challenging to attend school, for several reasons.

We would like to offer a space to meet with someone to share your concerns and look at how we can support you around this.

You would be able to meet with an attendance officer from the council along with someone from the Schools Mental Health Service, to explore what we can offer, and support the conversations with school.

We holding a number of sessions over the academic year:

#### Day 1

Date: Tuesday 10<sup>th</sup> October Time: 10.00 – 3.00

Venue: Daisy Room, Moulsecoomb Family Hub on Hodshrove Lane, BN2 4SE

#### Day 2

Date: Monday 16<sup>th</sup> October Time: 10.00 – 3.00

Venue: Roundabout Children's Centre, Whitehawk Road, BN2 5FL

#### Day 3

Date: 27<sup>th</sup> February Time: 10.00 – 3.00

Venue: Moulsecoomb Family Hub, Hodshrove Lane, BN2 4SE

#### Day 4

Date: Monday 19<sup>th</sup> March Time: 10.00 – 3.00

Venue: Roundabout Children's Centre, Whitehawk Road, BN2 5FL

#### Day 5

Date: Tuesday 4<sup>th</sup> June Time: 10.00 – 3.00

Venue: Moulsecoomb Family Hub, Hodshrove Lane, BN2 4SE

#### Day 6

Date: Monday 10<sup>th</sup> June Time: 10.00 – 3.00

Venue: Roundabout Children's Centre, Whitehawk Road, BN2 5FL

There will be an Education Adviser available between these times, along with a Family Support Worker from the Schools Mental Health Service between 10.00 and 1.00pm.

This is a drop in offer and there is no need to book an appointment.

DV8 Sussex

OPEN EVENT



RSVP: [dv8admissions@londonlc.org.uk](mailto:dv8admissions@londonlc.org.uk)

Brighton & Bexhill

Wednesday  
11th October  
17:00-19:00pm

Saturday 14th  
October 10:00-  
12:00pm



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On: 21st November 2023 at 6.30 - 7.15 pm

For: Students and parents of those in years 10 to 13. Career leaders and teachers are encouraged to join.

Register today!



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TUESDAY 24<sup>TH</sup> OCTOBER - 1:00PM-7:00PM  
SATURDAY 25<sup>TH</sup> NOVEMBER - 9:00AM-1:00PM  
TUESDAY 13<sup>TH</sup> FEBRUARY - 1:00PM-7:00PM

BURGESS HILL | SHEDDINGDEAN INDUSTRIAL ESTATE | RH15 8QY  
THURSDAY 26<sup>TH</sup> OCTOBER - 1:00PM-7:00PM  
SATURDAY 2<sup>ND</sup> DECEMBER - 9:00AM-1:00PM  
THURSDAY 15<sup>TH</sup> FEBRUARY - 1:00PM-7:00PM

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