



Kings Langley School News

Issue 6

World Mental Health Day 2023

Sixth Form Event



On Tuesday 10th October the sixth form embraced World Mental Health Day 2023 with a wide range of activities to promote everyday steps to contribute towards positive mental health and wellbeing.

It is well known that young people's mental health and wellbeing have been impacted by the global pandemic and we see this everyday in our Sixth Form especially, as young people face the challenges of transitioning into young adults whilst still dealing with the impact of Covid on their younger years.

The Sixth Form set out from the beginning of September, a Wellbeing Charter which outlines a commitment to raising awareness whilst reducing the stigma that society sometimes places on mental health. This charter can be found on the Sixth Form website <https://www.kls.herts.sch.uk/assets/Documents/Attachments/WellbeingCharter.pdf>

Students were reminded of the importance of putting themselves first and taking the time to consider what they need. Small steps can lead to big gains and if they practised the 21/90 rule, hopefully in 90 days, positive steps towards wellbeing can be embedded.

School Events

Tuesday 17th October

Ocean at the End of the Lane theatre trip

- 5pm -11pm

Thursday 19th October

Wear red day for Anti-Racism.

Friday 20th October -

INSET DAY. School closed

Monday 23rd - 27th October

Half Term

Monday 30th October

Return to school



World Mental Health Day 2023

Sixth Form Event



Sixth Form students wore yellow clothing and accessories as part of #HelloYellow and were greeted by Pikachu (Mr Tubb), starting the day with light humour and smiles from students coming into school. Younger siblings and students on route to local primary schools were eager to wave to Pikachu from the car windows or even requesting photographs!

The first activity of the day was a 30minute, guided meditation session led by Sister Jayavira from the Amaravati Buddhist Monastery which saw every sixth form student silent and clearing their mind for the day ahead. This was a sensational experience and something we will look to build upon with a visit to the monastery for further meditation sessions.

Students were given a mental health and wellbeing passport containing twenty activities to support positive wellbeing including; planting up a house plant, having a cup of herbal tea, a walk in the fresh air, reading, non-digital conversations, or conduct a random act of kindness. Students were also given the opportunity to do some budget-busting pizza making with Miss Scanlan. The passport also contained activities to do at home including having an uninterrupted conversation with digital devices in another room, a self-care evening, or taking a dog for a walk. Small steps can lead to big gains and if they practised the 21/90 rule, hopefully in 90 days, positive steps towards wellbeing can be embedded.

The day was hugely successful with the activities fully embraced by our students. Wellbeing and mental health go beyond an awareness day and Kings Langley School have a 365 day approach to this important area.



World Mental Health Day 2023

Sixth Form Event



20 Activities whilst in sixth form:

- Plant up a houseplant
- Have a cup of herbal tea and put your feet up
- Colour in a design from the adult colouring book
- Download a meditation app (Mindful)
- Go for a ten minute walk (see our routes)
- Turn off your mobile notifications
- Have a conversation face-to-face with someone, focussing on something positive
- Ask someone else how they feel and pay them a compliment
- Learn a new skill or try something new
- Drink a large glass of fresh water
- Stop and breath in/out properly for minute
- Listen to some calming music
- Take a seat outside and take in the nature and fresh air
- Read of book
- Do a physical activity for 30mins
- Say thank you to yourself and be kind to yourself, by listing the things you are proud of

Sixth Form Creative Pumpkin Festival 2023

Who will win the most creative pumpkin for 2023?



BRING IN YOUR OWN PUMPKIN ON
MONDAY 16TH OCTOBER

Some basic decorating items will be available on the Monday

Into the Sixth Form Open Evening

Wednesday 22nd November, 6pm-8pm



- ◆ Find out about the courses we offer
- ◆ Learn about A-Level subjects and recommended subject combinations
- ◆ Speak to subject specialists
- ◆ View and experience our brand new, purpose built sixth form building
- ◆ Speak to our SENCO
- ◆ Find out about bursary information
- ◆ Speak to current students of the sixth form
- ◆ Hear about the successes and destinations of past students of the sixth form
- ◆ Find out why KLS Sixth Form can further unlock your potential and take you towards your career aspirations

The Head of Sixth Form talk will start at 7pm.

If you would like any information about the evening or about sixth form, please email 6form@kls.herts.sch.uk or speak to Mr Tubb, Principal Assistant Head & Head of Sixth Form.

TOOLED UP[®]

BECAUSE EVIDENCE MATTERS



In recognition of 'World Mental Health Day' this week and the highly disturbing events that have featured in the news this week, we have created opportunities for you to get your questions answered. Please do make use of these resources to support you in talking to your children about world events that may be concerning or confusing to them.

Our specialists are experts in children's mental health, adolescence and trauma.

October 15, 2023 - 16:00 BST

Making Sense of Traumatic Events in the World

Parents are invited to hear one of the nation's expert child psychiatrists, Dr Dennis Ougrin, on the theme of how to talk to and support children as they witness traumatic events.

REGISTER NOW

If you have any questions that you would like Dr Ougrin to answer, please share them with us via the office.

November 2, 2023 - 20:15 GMT

Dr Kathy Weston & Dr Anna Conway Morris, Live Q&A with a Consultant Psychiatrist

Got a burning question for a psychiatrist who specialises in adolescent mental health? Join us for this live chat, where parents can ask anything live or submit questions anonymously on the night.

REGISTER NOW

All Webinars are available on catch up via the Tooled Up Library.

Interested in neurodiversity?

We have fresh webinars in the library and live events coming up. In recognition of dyspraxia awareness week last week, we have added a new **webinar** to our platform.

If you are interested in learning from the world's experts on ADHD, don't forget to register for our day-long, online **event** on the 10th November.

Take solace in art, poetry and music. With all its troubles and strife, it is still a beautiful world. Enjoy webinars on the pleasure of art, read through our booklist on poetry or listen to our recent podcast on music and its impact on children and young people's development.





Live Q&A with a Consultant Psychiatrist



Making Sense of Traumatic Events in the World



20 Poetry Books for All Ages



Music and Young People's Development



Understanding Developmental Coordination Disorder (Dyspraxia)



Paintings Every Family Should See

A note from Mrs D Bell—Deputy Head (School Manager)

Please can we remind parents/carers that due to the high volume of vehicles, as well as pedestrians within the school site at the beginning and end of the day, that you show courtesy to other drivers and proceed with caution. Parents are welcome to use the drop off and pick up area; please use this area in a similar manner to the “pick up and drop off zone” at Luton Airport (although without the charge!). However, in order to avoid congestion and other safety hazards, we would ask that parents only collect or set down in this area and that it should not be used as a parking zone for anything other than a few moments. The buses have a separate turning circle so there should be no reason for any confusion.

No Idling

I would like to remind our community about “Idling when waiting in your car”, we would like to ask for your support in helping to improve air quality when waiting on the school site or on the roads in the vicinity of the school, please can we ask vehicle owners to turn their engines off whilst they wait. If you are going to be waiting in your car for more than 30 seconds, please remember to turn your car’s engine off. You will not only improve our air, you will also save money in fuel and vehicle wear and tear costs!

Why should you support ‘No Idling’?

Idling harms our health: vehicle exhaust fumes are damaging to everyone’s health, but it especially affects children, who breathe more and at a faster rate than adults. By turning off your engine, you can improve the quality of air students, parents and staff and the wider community breathe.

Idling pollutes the air we breathe: an idling engine produces unnecessary pollution and can produce up to twice as many exhaust emissions as an engine in motion. By not idling, you reduce the level of harmful emissions being released into the atmosphere. Keep money in your wallet and save fuel: despite the popular story that idling your car uses less fuel than turning it off and restarting – idling actually costs you money. It is more fuel efficient to turn off your engine if you are going to be sitting more than 30 seconds and this will also reduce the wear and tear on your engine.

You can help reduce air pollution around the school by doing the following:

- Drop your child further away from the school and encourage them to walk the last part of the journey, which helps to lessen the environmental impact, during the very busy period around the local area at drop off and collection times.



- Turn off your engine when dropping off or picking up from school.
- Encourage your children to take up cycling and walk where they can or think about choosing public transport over using a car.
- Share car journeys where possible.

Together, we can make a real difference and improve the quality of air we all breathe.

Please see the following helpful links below:

[Parents' Booklet \(educateagainsthate.com\)](http://educateagainsthate.com)

[I'm worried about my child vaping - Support for Parents from Action For Children](#)

[hfl_online_safety_newsletter_autumn_23_parents_or_carers.pdf \(mcusercontent.com\)](#)



Unlocking potential for life



Show Racism the Red Card - Mrs Ashraf



Wear red day is an annual event set up by the Anti-Racism charity 'Show Racism the Red Card'.

On this day, schools, football clubs, social groups, offices and workplaces across the country all wear red to show a united front against racism.

The organisation works hard to tackle issues related to racism and days like this help to keep the issue at the forefront of people's minds.

At King's Langley school, we are going to celebrate wear red day on **Thursday 19th of October**.

On this day, we would like all staff and students across the school to wear non uniform, **with at least one item of red clothing to support the event**.

We will also be collecting voluntary **£1 donations** which will be going to support victims of the Morocco and Turkey Earthquakes.

[Turkey-Syria Earthquake Appeal 2023](#) | [Donate Now](#) | [DEC](#)

This is very similar to last year, and the event was a massive success. This year, we hope to go even bigger!

Wearing something red will not directly stop racism or racist related behaviour. However, by supporting this cause the school community would be showing a united front against racism, *(like the way some people choose to wear badges /broaches to support various charities)*.

Wear Red day is significant to us at King's Langley because:

It demonstrates that we have a zero tolerance policy towards racism of any kind.

It exhibits that all members of our school community, regardless of background or ethnicity, accept the responsibility to challenge all forms of racism.

Everyone in school is being asked to wear **at least** one item of red clothing to school on this day. This could be a red t-shirt / red jumper / red jogging bottoms. In the middle of a cost-of-living crisis, we certainly do not expect students to buy clothes specifically for this event. This is why red accessories such as shawls / scarves are also okay, or if you have a top which has a red pattern on it and red isn't the main colour, this is also okay! The redder the better!



Headteacher's Commendation



For District Football selection:

Rylie 10D, Logan 10A, Brendan 9P, Billy 8C, Sam 8T, Kairo 8A, Ollie 8C and Zayne 8D.

For County Football selection:

Rylie 10D and Logan 10A.



Headteacher's Commendation



Congratulations to the following Students. Bedrock Stars for September:

Year 7 - Sophie 7A

Year 8 - Sastika 8A

Year 9 - Adam 9P

Year 10 - Kian 10A

Year 11 - Samuel 11D



Headteacher's Commendation



Our first group of Year 7 have been celebrated with a Headteacher's breakfast (pastries and hot chocolate). This reflects their outstanding effort at KLS in the first few weeks of term. Well done to Polly 7A, Chase 7C, Megan 7A and Myiah 7D.



A final group of Year 7 students met with Mr Fisher and Mr Bilton last week, to celebrate a range of achievements:

Ethan 7C, Lily 7C, Evie 7J and Isha 7D, earning key roles in the forthcoming school production of Matilda.

Harriet 7D and Kayla 7P for outstanding work on Bedrock and being in the top 1 and 2 position respectively in the year group for points achieved.

Ethan 7D for outstanding work in PRE, Billy-Ivory 7A for incredible stickability and Polly 7A for excellent aspiration.





Recognition

Being noticed for doing something positive or achieving something

Students of the Week w/c 9th October

Art	Lucy 13LIY
For helping in photography at open evening last week.	
Drama	Polly 7A
For all her hard work and dedication in lessons and for her commitment and help on parents' evening.	
English	Beth 9G
Consistent effort, and excellent writing.	
Food Technology	Tony 10G
For his excellent attitude in cooking lessons.	
Geography	Harrison 10A
Doing well in his mid-topic assessment and showing excellent progress.	
Politics	Todd 13SCO
Excellent contributions in politics lessons. Keep it up.	
History	Harry 10A
Unwavering commitment to supporting the history department at Open Evening, guarding the door as a Roman Centurian and refusing to break character!	
Library	Harriet 8J
A phenomenal member of the team on Open Evening! Welcomed every visitor, answered questions thoughtfully, and demonstrated great character.	
Mathematics	Zahra 7G
Showed fantastic character whilst helping the mathematics department during the Open Evening, encouraging Y6 students to participate in activities and welcoming to all. Thank you!	
Music	Stanley 8P
Showing great strength of character and determination in music this week. Managed to perform with both hands on the piano. Well done!	
PSHE	George 8G
For your exceptional work during Open Evening. Parents were impressed with your manners and knowledge of the PSHE curriculum.	

Physical Education	Daisy 11G
Thank you for her support at open evening and well done on the most recent test score including a perfect 4-mark answer!	
Philosophy, Religion, Ethics	Megan 13LIY
For superb help at open evening last week.	
Science	Megan 13OHA
For her exceptional effort and help at open evening - a stellar performance!	
Textiles	Millie 10D
Excellent practical and write up work.	
Year 7 Head of Year	Levi 7G
Excellent start at KLS, with a substantial number of recognition points achieved.	
Year 11 Head of Year	Jannah 11D
Great contribution to the school assembly.	
Key Stage 5 Head of Year	Joe 13LIY
For his enthusiastic participation in World Mental Health Day.	

Well done to all of our students who have achieved 'student of the week'.

Best at Bedrock! Week 6

All of these names have been placed into a prize draw which will be drawn at the end of the term.

Highest points earned in each year group

- Sophie - 7D (128 points)
- Elsie - 8A (154 points)
- **Adam—9P (198 points)**
- Liam - 10A (70 points)
- Alice - 11G (51 points)

Highest progress made in each year group

- Amelia - 7G (61%)
- **David - 8D (660%)**
- Evie - 9J (450%)
- Phoebe - 10P (65%)
- Rehman - 11C (133%)



Sports News

Abbots Langley Tough Ten

Congratulations to Oliver (12JNN) who won the Abbots Langley Tough Ten 5k on Sunday 1st October. In a dominant performance, Oliver won the race by almost a minute.



Drama News

We have had a wonderful week of rehearsing **revolting children**. It has not been **quiet** at all whilst we get to grips with the **school songs**. It is a **miracle** that my classes haven't all wished desperately for **when I grow up** and stop giggling at the **biggest burp**. Surely I will soon get a sniff of **the smell of rebellion** and **my day of reckoning** will come, at which point I will act like an **escapologist** and run (unless Miss Abbott is still **holding my hand**.)

Ms Carr



Library News



Megan and Daniella in 7A worked hard in their after-school Knitting Club last week to make a headscarf for Mr Bilton's sausage dog Mabel. It took about 10 minutes to finally persuade Mabel to wear it, but now she loves it.

Knitting club takes place on Thursday afterschool 3.30 - 4.30pm.
All students are welcome to join!



STEM Challenge



Four cars come to a four-way stop, all coming from a different direction. They can't decide who got there first, so they all go forward at the same time. They do not crash into each other, but all four cars go. How is this possible?

Answer next week.

Last week's answer:

Which tyre doesn't move when a car turns right?

A spare tyre.



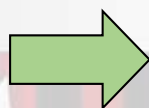
Attendance Ladder

MORE TIME IN SCHOOL =
MORE TIME TO LEARN!

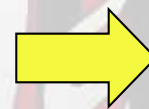
4 SCHOOL DAYS
OFF EACH YEAR



7 SCHOOL DAYS
OFF EACH YEAR



9 SCHOOL DAYS
OFF EACH YEAR



11 SCHOOL DAYS
OFF EACH YEAR



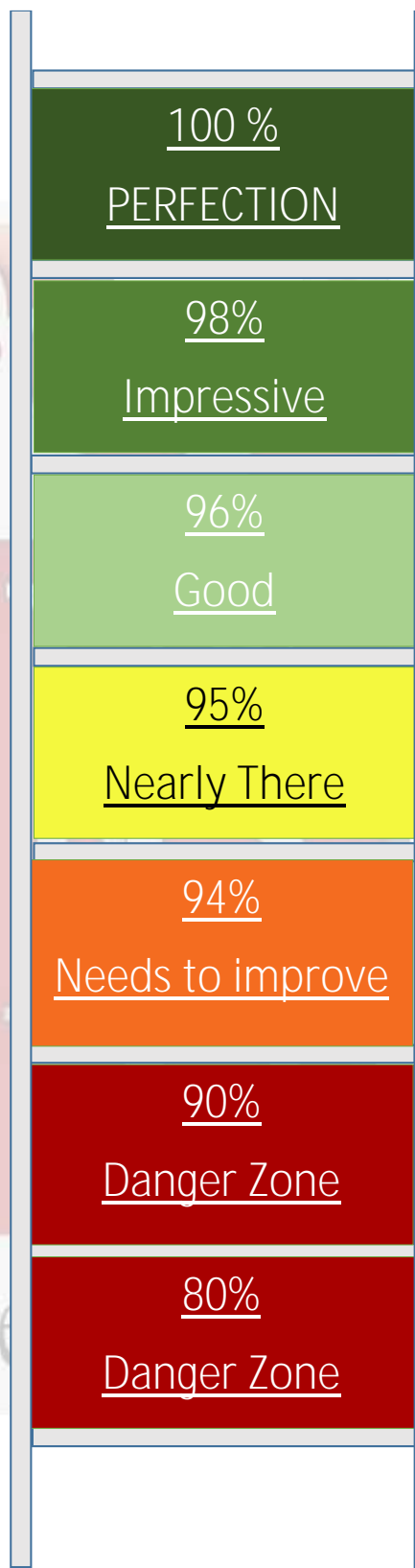
19 SCHOOL DAYS
OFF EACH YEAR



2 MONTHS
OFF EACH YEAR



Nationally, only 35% of students who miss between 10% - 20% of school go on to achieve 5 GCSEs at grade 9 to 4 (A* - C)





YOUR SCHOOL LOTTERY

This weeks jackpot winning numbers are:

447998

One of your supporters won £32.40 in the draw!

This week's results are in!

Remember to check your email to see if you've won!

**If you haven't signed up yet visit our lottery here - [https://
www.yourschoollottery.co.uk/lottery/school/kings-langley-
secondary-school](https://www.yourschoollottery.co.uk/lottery/school/kings-langley-secondary-school)**

Have a great weekend everyone!

Total funds raised:

£43.20

Tickets in this week's draw

108

Unlocking potential for life