



Kings Langley School News

Issue 29

A note from the Principal Assistant Headteacher - Mrs Harris

As we move well into the summer term, it's a great time to reflect on the achievements of this academic year. Our Year 11 and Year 13 students are currently undertaking their GCSE and A-level exams, approaching them with commendable maturity and focus.

We would like to extend our heartfelt thanks to all the parents, carers, and friends who continue to support our young people in unlocking their full potential during this important period.

There have been many stories in the news and across social media regarding online safety over the past few months and we would like to share some 'Top Tips' on how you can support your child at home.

Online Safety: Top Tips for Parents

Keeping children safe online is more important than ever. Here are some essential tips from the **NSPCC** and **The National College** to help you support your child's digital wellbeing:

School Events

Monday 16th June

Friends of Kings Langley
Meeting - 5.30pm - 6.30pm

Wednesday 18th June

STEM Event - 4.30pm -
7.30pm

Saturday 21st June

Kings Langley Carnival -
Music performance and
stalls



1. Talk Regularly About Online Life

Start open conversations about what your child does online. Ask about their favourite apps, games, and who they talk to. Let them know they can come to you with anything that makes them uncomfortable.

2. Use Parental Controls

Set up parental controls on devices, apps, and your home Wi-Fi. These tools help manage screen time, filter content, and monitor activity.

3. Set Boundaries Together

Agree on screen time limits, appropriate apps, and online behaviour. Involve your child in setting these rules to encourage responsibility.

The National College regularly provides updates for parents on changes in social media and to support our understanding of the plethora of apps available.

You may find the #WakeUpWednesday resources useful if there is a particular app you wish to learn more about. Please use this link to find out more: <https://nationalcollege.com/institutions/national-online-safety>

As we begin to enjoy the warmer weather, you and your child might like to explore some of the local activities available across Dacorum and Hertfordshire. Spending time outdoors and taking a break from screens can have a positive impact on our mental health and overall well-being. Please find links below:

<https://www.enjoydacorum.co.uk/family-fun/>

<https://letsgowiththechildren.co.uk/places-to-go/hertfordshire/>

Thank you for your on-going support.

Mrs L Harris

Principal Assistant Headteacher



Sponsorship Update - Can you Spare a Fiver?

A final shout out for anyone wanting to contribute to our charity fundraising event.

This weekend, Andrew Bilton (Kings Langley) and Mike Garvey (St Clement Danes) are running Rat Race: The Wall, which is a 70-mile cross-country running event, from Carlisle Castle to Newcastle's Gateshead Bridge. They have 26 hours to complete the course, against around 1,000 runners.

They are raising money for both Breast Cancer, and for specialised trikes for Felix and his friends, who are all pupils at a specialist school in Watford, which supports young children with highly complex disabilities. Felix is unable to walk, or talk, and needs 24 hour care – the trikes help him strengthen his legs and give him huge joy. To date, almost £2600 has been raised for these magnificent causes.

Over 20 students from Kings Langley are also doing their own mini-sponsored event this weekend, to mirror the above run, and to raise some additional funds.

The aim is to try and reach £3,000. If you are able to donate, that would be simply lovely.

<https://www.justgiving.com/crowdfunding/andrew-bilton-1>

Kind regards - Lucy (Year 9, School Council)



Friends of Kings Langley School (FOLKS)

Tombola Donations Please



At this year's **Kings Langley Carnival** on **Saturday 21st June**, the Friends of Kings Langley School will be running a tombola stall to raise funds for equipment and new resources in our school. Please bring in your donations of sweets, bottles or unused gifts like toiletries that you haven't touched since your birthday, or even Christmas and probably don't actually want / need! Also, please do come along and support the summer carnival on Kings Langley Common on the day!!

Thank you very much. Ms Chabrel with 8C

Year 7 100% Attendance

Congratulations to the following students that have achieved 100% attendance since September last year.



Jake 7A, Ievan 7C, Alexandra 7P, Madalin 7P, Holly 7J, Daniel 7C, Callum 7D, James 7J, Thomas 7A, Mariia 7G, Anneka 7D, Benji 7A, Luke 7D and Luke 7D.



Congratulations to the students photographed above for achieving at least 97% attendance since September.





Recognition

Being noticed for doing something positive or achieving something

Students of the Week w/c 6th June

Art	Taylor 9G
Superb lino cutting skills and conscientious application and attitude.	
Business Studies	William 12HAD
Continuous stickability and empathy, both in and out of the classroom.	
Drama	Masha 8A
Fantastic attitude to drama. Excellent group work showing creativity and maturity.	
English	Archie 8D
For always being a bright spark in lessons and for never shying away from trying and working to a high level always.	
Economics	Jaydyn 12LIY
Completing extensive wider reading and contributions to class discussion.	
Geography	Charlotte 9A
Excellent work in each and every geography lesson, and care for homework tasks too. Your book is a joy to mark!	
History	Monica 10C
For having such a focused and purposeful attitude in class, as well as a beautifully organised exercise book. In addition for also completing homework tasks in detail and to deadlines.	
Maths	Ali 8C
Excellent result in recent maths exam.	
MFL	Annabelle 7G
She consistently attempts every extension task in Spanish lessons and produces thoughtful answers. She is a pleasure to teach.	
Music	Daniel 8P
For showing a commitment to hard work and stickability in his last music assessment and developing his skills an enormous amount as a result.	
Politics	Raquelle 12LIY
A proactive approach to homework essays.	

Library	Chanelle 12BRY
Consistently making constructive use of her time in private study, and a considerate library user.	
Physical Education	Katie 7J
Very committed to everything that she does, she has been involved in all levels of school games and represented the school well showing Empathy, Stickability and Aspiration. A role model to all.	
Photography	Rhea 12HAD
Superb start to her photography essay showing dedication and passion.	
Psychology	Sybella 12ANE
For showing an excellent work ethic and moving ahead independently.	
Philosophy, Religion, Ethics	Tara 10D
Excellent effort in PRE lessons! Keep it up!	
Science	Beth 8J
For always completing her tasks to a high standard.	
Sociology	Max 12ANE
For excellent contributions to classroom discussion.	
Year 7 Head of Year	Shaazil 7P
Excellent record of recognition points for aspiration and stickability.	
Year 8 Head of Year	Gianluca 8P
Always tries his best and was key in winning the inter-house football competition.	
Year 10 Head of Year	Sasha 10C
Captaining the girls football team to the National Football Finals!	
KS5 Head of Year	Eva 12HAD
Showing commitment to her studies.	

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



Kings Langley School

Staff V Students' Cricket Match

Aiming to win 'The Shephard Shield'

Organised by
The Friends of Kings Langley School

Kings Langley Cricket Club

Monday 21st July

4-8pm

£7.50 for the buffet,
from The Kitchen at Inspired.

Payment on school iPay
or use the the QR code below



PE News

Why PE is Important for Health and Personal Development

Physical Education has often been undervalued and sometimes dismissed by students. Derided as a 'break' from the more important academic lessons, PE has a reputation for being merely a chance for some students to slack off and play a few games.

But recent studies have shown that a well-rounded PE curriculum can improve everything from physical health to mental, social and cognitive capabilities. It could even reduce the risk of heart disease, insomnia and depression. Participation in Physical Education lessons plays an important role in the health and personal development of children; setting them up with good habits in this vital stage of their lives.

Children between the ages of 5 and 18 should be participating in at least 60 minutes of moderate to vigorous exercise every day, according to the NHS. Less than half are meeting these requirements.

With all the unprecedented difficulties and stress faced by children and young people in the last few years, it would be easy to let something as seemingly innocuous as PE fall to the wayside. But the importance of remaining active cannot be understated. It's incredibly important for people of all ages. In children, it is absolutely vital.

Three days a week, physical activities should be high intensity to help develop muscles and strengthen bones. In order to reap the many benefits of regular activity, children need to be introduced to a wide variety of sports that cater to every aspect of their physical development.

Beyond the fitness aspects of PE, its importance in developing social skills and cognitive abilities is becoming increasingly apparent. Developing physical skills is only half the battle; memory, focus, motor skills and mental health can all be vastly improved when regularly engaging in PE lessons. Building social skills and friendships during PE can help boost self-esteem, and in doing so improve a child's mental health and personal development.

Somewhat unsurprisingly, PE is known to have a positive impact on your physical well-being. Physical Education teaches children the importance of remaining active. Getting into the habit of exercising regularly comes with a whole swathe of health benefits: it improves your immune system, heart health, and lowers cholesterol – and that's



only scratching the surface.

While the physical benefits of PE may not be too shocking, the psychological benefits may surprise you. Research shows that PE has a positive effect on mental health and cognitive abilities. The endorphins released when exercising help combat a whole host of mental health issues, including depression and anxiety.

PE lessons are normally group-focused. They typically involve working together in group exercises and team sports, often requiring effective communication to reach a common goal. PE is unlike any other subject in school – it is perfect for building social and leadership skills.

Exercise reduces the time it takes to fall asleep and increases the amount of time spent in deep sleep each night. Deep sleep is the most important part of the sleep cycle for children, as it is the most physically restorative phase.

Physical activity gives your cognitive abilities a boost. Memory, focus, self-control and general brain function are improved – potentially leading to better grades and performance. According to WHO, the link between physical activity and academic performance is closer than you might think. PE has been shown to improve focus, self-discipline, and brain development. The benefits of an improvement in cognitive development and boost to self-esteem have a knock-on effect on grades.

Regular aerobic exercise reduces tension, stabilises mood levels and boosts self-esteem. The endorphins released while exercising have a positive effect on your mood; PE is a fantastic outlet for reducing anxiety and stress. Keeping physically active generally leads to better mental health.

The Kings Langley PE Department provides extensive opportunities within curriculum time and through additional extra-curricular opportunities for our students. Support from parents and relatives is vital in encouraging participation and we do thank all those parents who have been in contact to ask what more they can do with their child.



Football News

On Wednesday 4th June the Year 7s took part in the Inter House 7v7 Football Competition. All forms were represented well with a mixture of boys and girls in their teams. Some lovely football was played within the spirit of the game, fantastic goals and fantastic skills were on show. The students made the event a fantastic event and they all are a credit to their forms.

Results

Team	7A	7C	7D	7G	7J	7P	TOTAL
7A		4-0	1-0	2-0	0-0	1-0	13
7C	0-4		1-0	0-2	2-2	1-1	5
7D	0-1	0-1		0-1	0-0	1-0	4
7G	0-2	2-0	1-0		0-1	2-0	9
7J	0-0	2-2	0-0	1-0		3-1	9
7P	0-1	1-1	0-1	0-2	1-3		1

1st - 7A - 30 points

2nd - 7J - 20 points

3rd - 7G - 10 points

7G finished 3rd on goal difference.



Sports News

NATIONAL FINALISTS!!

History was made in Norfolk on Friday, as our U/15 Girls Football Team won their National Semi-Final 5-0 to reach the English Schools FA National Cup Final. This is the first time any football team from Kings Langley School has reached this stage of a national competition. Having already beaten schools from Devon, Kent, Hertfordshire and Essex, the girls travelled to Wymondham in Norfolk to play their semi-final. Up against players and a school who had previously won a national title last year, the girls got off to a nervy start giving away possession too easily. As the game went on, the girls became more composed and started to dominate the match. Two nil at half-time, and they finished 5-0 at the end, with a hat-trick from Ruby (9A) and two from Elisha (10C). Details of our opponents and the date and location of the final have not been confirmed, but it is fair to say we will take a large number of supporters to the final to cheer on the girls.



On Monday 9th June the Year 8s took part in the Inter House 7v7 Football Competition. Some lovely football was played by all teams, some fantastic goals and fantastic skills was on show. The students made the competition a fantastic event and I am sure the teams will come back stronger next year.

Results:

Team	8A	8C	8D	8G	8J	8P	TOTAL
8A		1-2	3-1	0-1	1-1	0-1	4
8C	2-1		3-2	2-1	0-0	1-1	11
8D	1-3	2-3		0-1	1-1	0-3	1
8G	1-0	1-2	1-0		1-0	0-1	9
8J	1-1	0-0	1-1	0-1		0-2	3
8P	1-0	1-1	3-0	1-0	2-0		13

1st - 8P - 30 points

2nd - 8C - 20 points

3rd - 8G - 10 points





Be inspired with a career in food

Careers are as diverse as the food we eat!

From farm to fork – careers that feed the nation



Producing

Agriculture	Aquaculture and fishing
Agronomy (soil and crop science)	Forestry and land management
Animal husbandry	Horticulture



Processing

Food safety and quality	Nutrition
Food science	Packaging
Ingredient purchase and sales	Primary processing and manufacturing
New product development	Technology and engineering



Providing

Events management	Professional cookery
Hospitality and catering	Retailing

From farm to fork – careers that inform the nation



Advising

Dietetics	Health care
Environmental health	Nutrition



Educating

Research	Teaching
Resource production	Training



Communicating

Advertising	Food styling
Campaigning	Food writing
Designing	Marketing

Read inspiring career journeys here: 
www.foodafactoflife.org.uk/whole-school/careers



TOOLED UP[®]

BECAUSE EVIDENCE MATTERS

Children love to explore and have fun through play and this week, **UNICEF's International Day of Play**, reminds parents and carers to celebrate just how vital it is. Recognising its importance, the United Nations has even declared play a universal right for every child.

Beyond enjoyment, **play supports children's overall wellbeing**. It nurtures mental health, encourages social interaction, sparks new interests, and helps develop physical and emotional skills.

In fact, the world of play and its benefits is much broader and richer than you might realise. These Tooled Up resources will help you reflect on how and why playful experiences are central for your child's development.

Professor Paul Ramchandani has the unique title of Lego Professor of Play at the University of Cambridge. In this interview with Tooled Up he **explores different kinds of play and explains why they are vital for children's development** and wellbeing: [Dr Weston Talks with Professor Paul Ramchandani: The Importance of Play](#)

Rough and tumble play has its own special value for children, and although it can sometimes be alarming for parents, if there are clear boundaries in place, it is something to be embraced. **Read these tips on [Helping Young Children to Respect Boundaries During Play](#)**.

For older children, play time likely includes gaming. Some parents might instinctively feel that gaming is a less valuable type of play, but what does the research say? Watch Professor Pete Etchells' webinar on [The Truth About Gaming](#) to find out more.



KLS Colour Awards

Flourishing through opportunities and personal development

Do you play for a team (inside or outside of school), learn musical instruments, volunteer, do charity work, belong to the School Council, are you an avid reader...check your planner today to see what awards you can achieve.

Get recognition for the things you do inside and outside of school



Click here to
read more info
and to claim
your awards

Diamond

Platinum

Gold

Silver

Bronze



STEM Challenge

This week's challenge:

Answer next week

What comes next in the sequence?

7, 8, 5, 5, 3, 4, 4, ?

Last week's answer:

What coat goes on wet?

Answer:

A coat of paint



**YOUR
SCHOOL
LOTTERY**

This week's jackpot winning number was:

905568

One of our supporters won £27.30 in the draw!



Family Lives Summer Term Programme 2025

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group

Thursday 15 May to 26 June 9.30am - 11.30am

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

Getting on with Your Pre Teen/Teenager (6 weeks) Online group

Wednesday 4 June to 9 July 7.00 pm - 9.00 pm

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Maybe you have an FFA/CIN/CP in place and need more support. Join our free 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

Less Shouting, More Cooperation (6 weeks) Online group

Friday 6 June to 11 July, 9.30 am - 11.30 am

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Sorting Out Family Arguments (6 weeks) Online group

Tuesday 10 June to 15 July 7.00pm - 9.00pm

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family.

Anxiety around ADHD Online Workshop

Tuesday 24 June 9.30am - 11.30am

A workshop that helps parents understand ADHD and provides strategies to help support you and your child.

Reducing Conflict Online Workshop

Date TBC

A workshop that explores different types of conflict between couples and families.

For more information, please contact Louise or Lesley on **0204 522 8700/8701**, or email **services@familylives.org.uk**. Please scan our QR code for our referral form.





Advertisements & Opportunities

Please contact admin@kls.herts.sch.uk to advertise here

CAMPEXCEL
 CLUBEXCELCAMP

Club EXCEL
Multi Activity Camps
KINGS LANGLEY SECONDARY SCHOOL

FOR CHILDREN AGED 4-13 YEARS

THE ULTIMATE MULTI-ACTIVITY CAMP!
ALL CUSTOMERS GET 20% OFF BOOKINGS!
20% OFF CODE: KINGS20

Please Note: Offer available for bookings at Kings Langley only! Code valid until 04/07

Ofsted
Approved by Ofsted

01923 469475 **WWW.CLUBEXCEL.CO.UK**
INFO@CLUBEXCEL.CO.UK



Advertisements & Opportunities

Please contact admin@kls.herts.sch.uk to advertise here

CARERS WEEK - YOUNG CARERS

Caring about Equality



- Could someone in your family be a young carer?
- A young carer cares for a **family member** who, due to illness, disability, a mental health condition or an addiction, **cannot cope without their support**.
- We are proud of our young carers and the care they provide. However, a young carer **may miss out** on extra support offered and opportunities in their education, careers and personal lives due to their caring role.
- You can get them further support by contacting the Young Carers Service at Carers in Hertfordshire.

THINK

REFER

SUPPORT



email: young.carers@carersinherts.org.uk



Visit: www.carersinherts.org.uk/young-carers



SPOT THE SIGNS, SUICIDE PREVENTION WEBINAR

15TH SEPTEMBER
2025

FREE FOR ALL
HERTS PARENTS

7PM - 9PM
ONLINE



Contact us to discuss your training needs, or head to our website by scanning the QR code below:



Please contact cyp@hertsmindnetwork.org to book your space!



THE COMMON ON SATURDAY 21ST JUNE 2025 from 12.00 noon to 5.00pm

DOG SHOW ENTERTAINMENT FUNFAIR

FOOD & DRINK CRICKET CLUB BAR ICE CREAM

STALLS SELLING GOODS & PROMOTING LOCAL GROUPS

**PARKING AT
KINGS LANGLEY SCHOOL
AND THE STEINER SCHOOL**

WWW.KINGSLANGLEYCARNIVAL.COM



KINGSLANGLEYCARNIVAL



STAGE ENTERTAINMENT

- 12:30 Kings Langley School
- 12:55 Revelation Majorettes
- 13:20 Kings Langley Primary School
- 13:40 Electric Umbrella
- 14:10 Salsa Tropicana
- 14:40 Kings Langley Community Choir
- 15:05 The Dance Place
- 15:35 Skehill Academy
- 16:00 The Chevtones
- 16:45 Raffle Announcements

KEY EVENTS

- Dog show: registration from 12 noon, classes from 1pm
- Entertainment including Electric Umbrella (fresh from ITV's Britains Got Talent) & new performers Brilliant Theatre Arts
- 15 food outlets and a bar at the Cricket Club
- Ice cream and slush
- 70+ stalls selling goods and promoting local groups
- Funfair

'Bring a Tin'
for the All Saints
Food Bank

RAFFLE PRIZES

FIRST PRIZE: A meal for 4 at The Glasshouse, The Grove

SECOND PRIZE: 5 course dining experience for 4 @ The Kitchen at Inspired.

THIRD PRIZE: Voucher from Taylors Tools + over 25 other prizes. Tickets £1 each

Look out for Dog Show
registration from 12 noon & classes from 1pm
£2 a class



Kings Langley Carnival is trying to promote a green event again this summer. Local company Imagination Technologies are sponsoring our waste bins and we will have 'Recycling' and 'Non-Recyclable' waste so please take care when disposing of your rubbish. Even better still, take it home with you ♻️

Thanks to our Sponsors, Community Partners and major raffle donors:

1st Homecare; Castles Estate Agents; County Councillor Richard Roberts; Denyer Hill Ltd; Dream Doors; Excalibur Auctions; Furnells Transport and Storage; Kings Langley Parish Council; Midshires Search & Rescue; Missenden Electrical; My Local News; Proffitt & Holt; Roman Roofing; Saracens Head; Scala Financial; Total Flooring; Taylors Tools; The Grove; The Kitchen at Inspired; The Loan Partnership; Utopia Signs.