



Kings Langley School News

Issue 18

A note from Mr Moyo - Teacher of Religious Studies / Learning Area Leader of PHSE & Character Development

Smoking cigarettes

One of the most worrying trends at the moment is the rise in vaping among young people. In response Kings Langley school decided to invite youth workers from **Services for Young People (Hertfordshire)** to come and run assemblies about vaping. During the assembly students were taught about the short and long-term effects of smoking. According to the NHS Every year around 76 000 people in the UK die from smoking, with many more living with debilitating smoking-related illnesses. Smoking increases the risk of developing more than 50 serious health conditions. Latest figures from the NHS show that smoking causes around 7 out of 10 lung cancers and many cancers including mouth, throat, bowel, stomach, bladder and pancreas.

Vaping

Chinese pharmacist Hon Lik came up with the idea of an e-cigarette in 2001. It was a way for him to cure his own smoking addiction following the death of his father from lung cancer.

School Events

Tuesday 6th February

Y10/12 Work Experience
Parents Information evening
7pm -8pm

Thursday 8th February

Ski trip Parent Meeting
6pm—7pm

Friday 9th February

Y13 Reports Home

Saturday 10th February

FoKLS Pre-loved Uniform
Sale and coffee morning
9am-11am
Y11&13 Music Composition
workshop

1.30pm - 3.30pm



KINGS
LANGLEY
SCHOOL

According to the NHS, vaping can be used successfully by smokers to help quit smoking. There has been a significant rise in the number of nonsmokers vaping. A recent survey from NHS Digital showed that 9% of 11 to 15-year-olds say they are vapers. Vaping companies are now using a variety of strategies to target young people. E-cigarettes are sold in vibrant, bright and colourful packages to attract young people.

As a school community we are thrilled to learn that the government intends to impose a ban on selling disposable vapes, which has clearly driven an alarming rise in youth vaping. The law will restrict vape flavours, introduce plain packaging and change how vapes are displayed in shops so they don't appeal to children. The Prime Minister was quoted recently as saying, ***"The long-term impacts of vaping are unknown and the nicotine within them can be highly addictive, so while vaping can be a useful tool to help smokers quit, marketing vapes to children is not acceptable"***.

Health risks of vaping

Although almost certainly significantly less harmful than smoking tobacco, vaping is not risk free. Most e-cigarettes contain nicotine, which is highly addictive, as well as other ingredients such as propylene glycol, glycerine and flavourings. Quitting vaping may be as hard as quitting smoking. None of us know the long-term health effects of vaping. However, there is medical evidence that nicotine can harm the developing adolescent brain. Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control. From accessories to flavours, vaping may seem very appealing. Unfortunately, it is not as harmless as it appears.

Vaping and the Environment

The materials and chemicals used in vapes are potentially hazardous and pollute the environment. According to Greenpeace, disposable vapes are difficult to recycle because they are made from a mixture of materials – including plastic, copper, and a lithium battery. They are designed as one unit, which means the batteries can't be easily separated from the plastic shell and other materials. This makes disposable vapes difficult and expensive to recycle.

Tips for parents

- Ask non-judgmental questions, for example, "I keep hearing about vaping. Do your friends do that? What do you think about it? And: How safe do you think it is?" This would allow your child to tell you how much they know about vaping and create an opportunity for you to talk to them about the risks associated with vaping.

- Listen to your child, their experience, and their point of view.
- Give them some facts about vaping. Ask them what they think about the facts.
- If your child is already using vapes, ask them what they like about vaping. Talk about the risks, including addiction to nicotine.
- If they feel pressured into vaping by friends, you can teach them helpful skills of being assertive and confident in saying 'no thanks, it's not for me'. At Kings Langley School we teach our students the importance of assertiveness and the skills to deal with peer pressure.



Signposting

For more information;

[Vapes | FRANK \(talktofrank.com\)](https://www.talktofrank.com)

[Action on Smoking and Health - ASH](https://www.actiononsmoking.org.uk/)

<https://www.servicesforyoungpeople.org/support-for-young-people/>

Unlocking potential for life

Christmas Jumper day—2023



Last December KLS took part in the Save the Children charity Christmas jumper day - we raised a fantastic £443.80. Thank you to everyone who took part.



Colour Awards



Congratulations to Joshua 8A who has achieved his community silver colour award.

Attendance

Many thanks for your support this year in ensuring that your children have been punctual to school which has resulted in punctuality to school being very good. The vast majority of students arrive on time and this is clearly very important as tutor time is a key part of the day where along with a tutor time programme key messages are relayed to the students which impacts on the school day.

Recently roadworks have started on some of the routes into school which has resulted in more students arriving late. As a parent myself I fully understand the pressures on a household in the morning but can I please ask that journeys to school start a little earlier in some cases so that form time is not affected.

Mr Shaw, Assistant Headteacher



Best at Bedrock! Week 18

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

- Keedan- 7D (149 points)
- Sastika- 8A (151 points)
- **Adam- 9P (217 points)**
- James- 10G (97 points)
- Bobby- 11D (65 points)

Highest progress made in each year group

- Tylisha- 7A (350%)
- **Sam- 8T (227%)**
- Molly- 9D (525%)
- Katie- 10J (355%)
- Arda- 11J (500%)



Confident voices, strong literacy





Recognition

Being noticed for doing something positive or achieving something

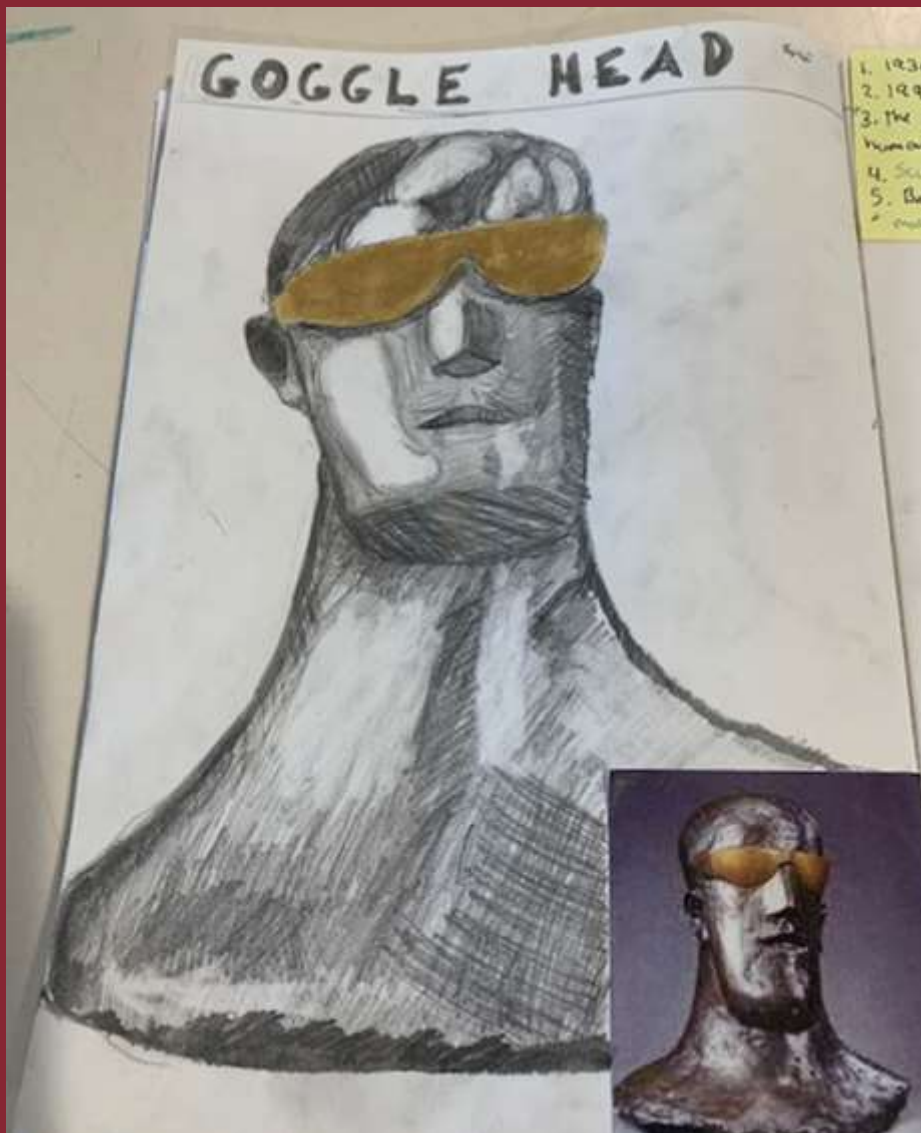
Students of the Week w/c 29th Jan

Drama	Kamile 12ARN
For their hard work and dedication in A Level drama, both in and outside of the lesson.	
English	Emma 8D
Emma has consistently demonstrated an excellent work ethic; her book is exemplary in terms of effort and progress made.	
Food Technology	Zac 11P
For always coming into lesson prepared and for showing amazing improvement with stickability.	
Geography	Jamie 9J
Exhibiting superb growth in geography; creating a well-structured essay and improved self-regulation.	
Graphics	Olivia 9A
Excellent detail in shop prototype.	
History	Rosie 10G
Fantastic effort and work ethic in history lessons which has resulted in a brilliant result in the end of unit test. Well deserved, Rosie!	
Library	Tom 8C
Always demonstrates excellent character – a leader amongst his peers.	
Mathematics	Chloe 11G
Excellent focus in lessons and test result last week.	
Modern Foreign Languages	Dylan 9J
Tremendous attitude to learning demonstrated last week in his covered Spanish lessons.	
Music	James 8A
Fantastic attitude to learning in music over the past two weeks. Well done!	
PHSE	Roma 8J
Excellent work in PSHE lessons. Keep it up!	

Physical Education	Elise 7C
Applies herself fully in every aspect of the lesson. Great attitude and always shows a willingness to support her peers.	
Product Design	Harriet 11D
For excellent practical and independent work.	
Philosophy, Religion, Ethics	Joshua 7G
For consistent excellent work and sharing brilliant ideas in class discussions. Well done!	
Science	Monique 10A
Completing all work to a high standard consistently – well done!	
Textiles	Harry 9A
Excellent design work.	
Year 11 Head of Year	Ana – Louiza 11P
Personifies the character traits of KLS daily.	

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

Artwork of the week



Sophie Y7

Year 7 students are looking at portraiture leading up to making a small clay head based on their work. As part of this they have been studying the British Sculptor Dame Elizabeth Frink. This is Sophie's drawing in 7D. She has worked hard at creating a three-dimensional surface and has recorded the dramatic tones well. Good effort Sophie.



Eton College Visit

On Tuesday 30th January Mr Fisher and Mr Tubb visited Eton College after receiving an invitation from them to explore developing a partnership with the world renowned and prestigious education institution. The visit enabled Kings Langley School to establish links with several departments and areas of the school where ideas of how to provide young people with diverse and exciting opportunities have already been initiated and we really look forward to seeing this partnership benefit our school and Sixth Form community.

Visiting The Tony Little Centre provided the opportunity to discuss partnership working with regards to innovation and research in learning, forging a link whereby staff from Kings Langley School and Sixth Form can engage in reciprocal learning and evidence-based research opportunities between not only Eton, but several other esteemed schools and institutions.

We are excited as a school to be in the position that we can work alongside Eton, not only by giving young people opportunities to experience what Eton has to offer, but by providing Eton with the opportunity to learn from what we do as a high-performing secondary school in areas such as character education, inclusion, diversity and belonging, as well as the pedagogical approaches we have that enable our young people to succeed.

We will be exploring the multitude of opportunities discussed on the visit and we look forward to announcing these in the near future.



Charity Skydive - Daniel 13SCO

It's not often that you get an opportunity to do something as surreal as a skydive. It's a real bucket list activity. With the help of local groups, my Mum and I have been offered the chance to complete a skydive and for a good cause too.

The jump will take place on the 13th of July this year so any contributions until then would be greatly appreciated. The money from this skydive will be used to aid the Rennie Grove Peace Hospice. They do amazing work providing help and care for both adults and children with life-limiting conditions across Buckinghamshire and Hertfordshire. They aim to provide the best quality of life possible for the people there through the combination of outpatients, rehabilitation and supportive care services, Hospice at Home and inpatient care that is specifically tailored for their needs. We are hoping to raise £800 pounds of total funding on top of the £140 we have put in already. This is to cover the skydiving costs and then have a few hundred pounds each to donate. So far our Just Giving page is sitting at roughly £200 from various generous donators. All we ask is that you consider donating and spread the word to friends and family in order to aid this cause. If not for anything else, you get to see my Mum and I's terrified faces as we jump from a plane at 15000 feet.

So to wrap it up, donating is a win-win because a local charity gets important funding to aid those who need it most, and you get watch my Mum and I's horrified look while skydiving. If you'd be kind enough to take a minute out of your day, our just giving page is linked below with our goal and a further bio explaining what we are doing. Any donation or mention of our skydive to friends and family would be hugely appreciated.

Just Giving Link: <https://www.justgiving.com/page/christalla-daniel-garrood-1706024659888>



TOOLED UP[®]

BECAUSE EVIDENCE MATTERS

We are delighted to remind you that Kings Langley Secondary School is a Tooled Up school. Tooled Up is a truly inspiring online digital library of evidence-based resources, for parents and school staff, on all aspects of parenting, education and family life. The team at Tooled Up has collated the best and most up to date research from around the world and distilled it into usable resources that are easy to understand and which can be instantly applied to all of our daily lives. As a school, we have paid for you to have access to these very effective and informative resources created from the highest quality studies conducted in collaboration with some of the world's most reputable researchers.

We are also delighted to extend an invitation to all parents and carers to Tooled Up Education's programme of webinars. Once you have registered for a Tooled Up account, you will have immediate access to the Tooled Up library of resources and will be able to book a **free** place on any of the Tooled Up webinars or watch back any of the recordings at your leisure. Please find a link to the Tooled Up resource **10 Things You Need to Know about Tooled Up** which we hope might be of interest.

How to use Tooled Up Education

If you have already set up your account, just go to <https://members.tooledupeducation.com/log-in>

Enter your email address and then follow the link to gain instant access to over 700 evidence-based resources.

If you ever need help setting up or accessing your account, or finding what you need, please email support@tooledupeducation.com



Witnessing problems with children's eating at home?

If they are fussy about their food, enjoy tips from dietician Anjane Kholi [here](#). If you are worried about the early signs of disordered eating, this [FAQ](#) on eating disorders with Dr Sophie Nesbitt may help.

If you are an allergy parent, enjoy our [Allergies Webinar](#) with [Professor Adam Fox](#). We subsequently invited him back for a [follow-up webinar](#) and have him booked in for a spring webinar on asthma (please get in touch with your questions).

Our [Advice for Parenting Girls during puberty](#) can help you talk confidently about body changes, and anticipate some of the questions that will arise during that time. For positive ideas about supporting girls' physical health, this podcast on [Female Bodies and Women's Health](#) with [physiologist Dr Emma Ross](#) focuses on all things related to staying active and healthy.

We want to help **parents of boys** too: [Professor of Psychology Charlotte Markey](#) joined us for this [podcast](#) on boys' body image, and Dr Kathy Weston shared her perspective in a webinar on [Raising A Resilient Teen Boy](#).

Parents might be interested in our popular webinar with [Dr Fionnuala Barton](#) on the **menopause**, and be interested in learning more about the importance and most prevalent issues of **men's mental health**.

We often feature lived experiences within our platform. Laura Barrett, the author of Unconditional Love, recounts her experiences after her son was diagnosed with cystic fibrosis. In this [podcast](#) she shares **advice for any family coping with a difficult diagnosis and the prospect of time in hospital**. Whatever is going on for you in family life, we are here for you.





STEM Challenge

Answer next week.

Five friends (Allegra, Ben, Clara, Flora, and Zach) are each allergic to something different: pollen, shellfish, bee stings, cats, or nuts.

- Allegra has a food allergy,
- Ben can play with his kitten for hours without issue (or medicine).
- Clara's allergy is not related to animals.
- Flora has seasonal allergies.

Who is allergic to what?

Last week's answer:

You wake up one morning to discover a scarf, carrot, 5 pieces of coal and sticks on your neighbour's lawn. Why are they there?

Answer:

They are left over after a snowman melted



The following jackpot winning number for this week is:

954291

Our supporter won £30.60 in the draw!

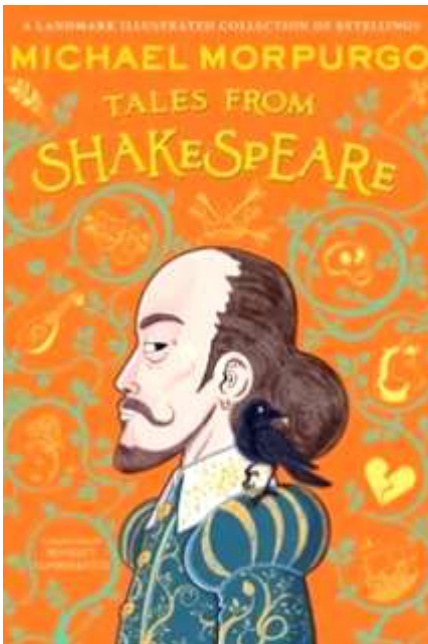
Remember to check your email to see if you've won!

If you haven't signed up yet visit our lottery here - <https://www.yourschoollottery.co.uk/lottery/school/kings-langley-secondary-school>



Books of the Month

Key Stage 3



Tales from Shakespeare by Michael Morpurgo and various illustrators

This collection includes *Romeo and Juliet*, *A Midsummer Night's Dream*, *Macbeth*, *Hamlet*, *King Lear*, *Henry V*, *Twelfth Night*, *Taming of the Shrew*, *The Winter's Tale* and *The Tempest*, all retold for younger readers in Morpurgo's warm, accessible and inimitable style, and illustrated by some of the best modern illustrators of books for young people.

Key Stage 4



Lunar New Year Love Story by Gene Luen Yang and illustrated by Leuyen Pham

Val is ready to give up on love. It's led to nothing but secrets and heartbreak, and she's pretty sure she's cursed — no one in her family, for generations, has ever had any luck with love.

But then a chance encounter with a pair of cute lion dancers sparks something in Val. Is it real love? Could this be her chance to break the family curse? Or is she destined to live with a broken heart forever...?

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The Library

Books of the Month

Sixth Form Fiction

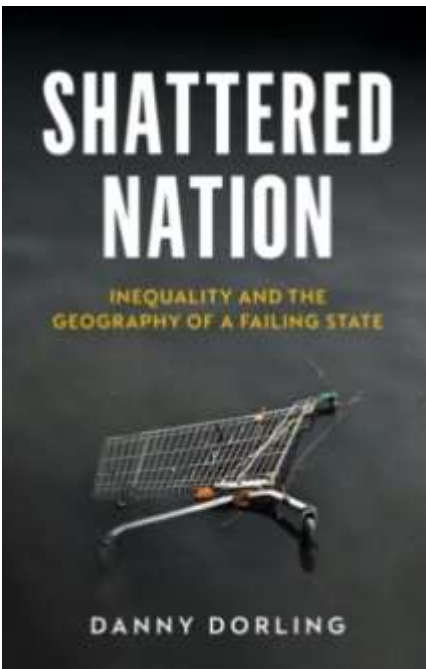
The Blue Book of Nebo by Manon Steffan Ros



After nuclear disaster, Rowenna and her young son Dylan are among the rare survivors in rural north-west Wales. Left alone in their isolated hillside cottage, they must learn new skills in order to remain alive. With no electricity or modern technology they return to the old ways of living off the land. While they become stronger and more skilled, the relationship between mother and son changes in subtle ways, as Dylan must take on adult responsibilities, especially once his baby sister arrives.

Sixth Form Non-Fiction

Shattered Nation: Inequality and the Geography of a Failing State by Danny Dorling



Recommended by Ms Chabrel!

Visiting sites across the British Isles and exploring the social fissures that have emerged, Danny Dorling exposes a new geography of inequality. Middle England has been hit hard by the cost-of-living crisis, and even people doing comparatively well are struggling to stay afloat. Dorling identifies the five giants of twenty-first-century poverty that need to be conquered: Hunger, Precarity, Waste, Exploitation, and Fear. He offers powerful insights into how we got here and what we must do in order to save Britain from becoming a failed state.

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VALENTINES DAY 2024

Get hearts racing this Valentines Day by contributing to our week-long, non-stop cycle in an effort to cycle 300miles



Mon 12th Feb. - Fri 16th Feb.

8.30am - 3.15pm, everyday

Spin bike in the Sixth Form building

Target of 300 miles

Sixth Form students & KS5 Staff

How many minutes can you give?

**Sign-up
sheet in 6F
Office**



Friends of Kings Langley School Second Hand Uniform & PE Kit

SALE

**Blazer / Shoes £5
All other items £2**



**Saturday 10th February
9am - 11am**

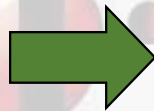
In the dining hall / Tea & Coffee served.



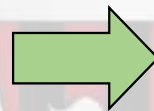
Attendance Ladder

*MORE TIME IN SCHOOL =
MORE TIME TO LEARN!*

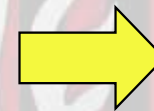
4 SCHOOL DAYS
OFF EACH YEAR



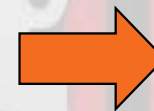
7 SCHOOL DAYS
OFF EACH YEAR



9 SCHOOL DAYS
OFF EACH YEAR



11 SCHOOL DAYS
OFF EACH YEAR



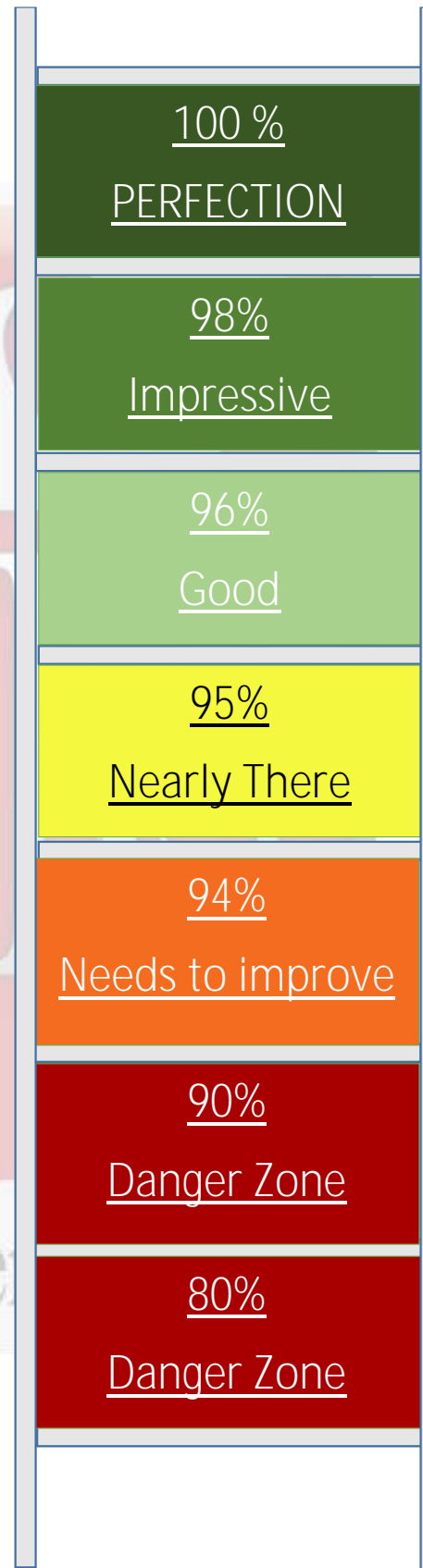
19 SCHOOL DAYS
OFF EACH YEAR



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)



Online Safety Links

Monday 5 th February	What Parents and Carers Need to Know about YouTube youtube-2022.pdf
Monday 12 th February	What Parents and Carers Need to Know about TikTok tiktok-2022.pdf
Monday 26 th February	What Parents and Carers Need to Know about Roblox roblox-2022.pdf
Monday 4 th March	What Parents And Carers Need to Know about Group Chats group-chats.pdf
Monday 11 th March	What Parents and Carers Need to Know about Age-Inappropriate Content age-inappropriate-content.pdf
Monday 18 th March	10 Top Tips: Remote Education for Parents and Carers 10-top-tips-remote-learning-for-parents.pdf
Monday 25 th March	10 Top Tips: Remote Education for Children 10-top-tips-remote-learning-for-children.pdf