



Kings Langley School News

Issue 4

A Note from the Principal Assistant Headteacher and Head of Sixth Form

Many students and parents will recognise me as the Learning Area Leader for Arts or as Associate Assistant Headteacher. Following promotion to Principal Assistant Headteacher I am excited to have a new responsibility, leadership of the Sixth Form.

The school is proud to continue its commitment to 'unlocking potential for life' for students joining our Sixth Form, where everything we do is designed to provide students with the very best opportunity to achieve their goals and aspirations, preparing them not only for a professional world but as an individual with a sense of character and purpose.

I am proud to be the Head of Sixth Form at Kings Langley School where we fully embrace inclusiveness; central to our ethos is ensuring that all young people can succeed and thrive whilst being in a safe and supportive environment.

School events next week

Tuesday 4th October -

Senior Maths Challenge

Y10/12 - Camps International
Parent Meeting

6.30pm—Hall

Thursday 6th October -

School ends at 12.50pm

Open Evening—5.30 -
8.30pm

Friday 7th October -

School Starts 10am



We believe that every student and parent/carer is entitled to expect the Sixth Form that they have chosen, to provide a first-rate education, and at Kings Langley School Sixth Form, we shoulder this responsibility profoundly, with pride and determination. In choosing Kings Langley School Sixth Form you will be selecting a Sixth Form that offers its students a bright and exciting future, a Sixth Form that understands that every student is unique and a Sixth Form that will not just prepare our students for their next steps but will stay with them for life.



I would like to therefore, draw your attention to the ethos, vision and culture that I intend to create at Kings Langley Sixth Form:



Ethos – ‘Unlocking Potential for Life’

Vision – To be the first choice for students of all backgrounds, whom have a variety of aspirations, the opportunity to unlock their full potential through developing as an individual and as a well-rounded adult, ready for tomorrow and beyond.



Culture – An inclusive community which provides all students a safe and enjoyable environment, where they thrive and succeed as individuals; developing as respectful young adults who take responsibility and ownership of their aspirations and opportunities.

Unlocking potential

Friends of Kings Langley School

We are hosting our first social and fundraising event of the academic year, a quiz for families on Saturday 15th October, from 7pm for a 7:30pm start. Please come along with your sons and daughters and meet their friends too. £5 per ticket, with a maximum of 8 per table. So, you can buy per table or singly from Scopay: [Internet Payments - Kings Langley \(kls.herts.sch.uk\)](https://www.scopay.com/Internet-Payments-Kings-Langley-Secondary-School) or in person from school reception. Please bring your own refreshments, plates and glasses to add to the social time at your tables.

Another way to support the work of our school is to contribute to the School Lottery, the link for signing up for this is on the Fundraising pages of our website and directly at <https://www.yourschoolottery.co.uk/lottery/school/kings-langley-secondary-school>

We will continue to hold second-hand uniform sales during the year, the next one is Monday 5th December, where we will have a stall at our Christmas market. For uniform that isn't good enough to sell on, then please do continue to contribute to the school by putting it in our textile bank at the school gates.

Thank you very much.

Ms M Chabrel, on behalf of FoKLS

11J – Karaoke fundraiser:

On Friday lunchtime, some of the 11J tutor group hosted a fundraiser for the Disasters Emergency Committee appeal to support the survivors of the devastating floods in Pakistan. £108 was raised through the donations on the door of the sports hall, and a range of songs were chosen to entertain the audience.

Specific thanks to James in 11J, who brought the karaoke equipment and the technical know-how to run the event.

Ms M Chabrel



Best at Bedrock! Week 4

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

- Lesley- 7C (110 points)
- **Adam- 8P (210 points)**
- Oscar- 9P (117 points)
- Angel- 10D (74 points)
- Maryam- 11J (60 points)

Highest progress made in each year group

- Lexie- 7C (43%)
- Beth- 8G (177%)
- Eva- 9C (152%)
- **Muhammed - 10C (200%)**
- Jessica- 11A (270%)



Confident voices, strong literacy





Recognition

Students of the Week w/c 26th Sept

Art	Darcy 11P
For her excellent Pablo Picasso GCSE work that was completed independently over the summer break.	
Computer Science	Nomaan 10G
Nomaan has made a fantastic start to the GCSE Computer Science course. He has excelled in lessons but has also taken time out to help support those around him.	
Drama	Farrah 11J
Some excellent written work so far this term – she has really shown commitment to her studies and a strong desire to improve her written work.	
English	Josiah 11A
Engaged, inquisitive nature shown by asking some poignant questions and always displaying deep thinking, especially with Literature- Superstar!	
Geography	Alex 9P
Reflective writing on the range of development indicators considered in class and for homework. Thinking clearly how we make judgements about what we see, as well as what we can measure.	
Politics	Marcus 12ELL
A focused, highly successful start to A Level Politics at Kings Langley School.	
Graphics	Millie 8P
Outstanding design work in Graphics.	
History	Jay 10C
Excellent participation, focus & application of knowledge in History lessons.	

Library	Maeve 8C
Self-motivated, caring and enthusiastic volunteering as a Library Leader	
Mathematics	Zaria 9C
For consistent effort and focus on lessons and always accessing higher work.	
Modern Foreign Languages	Eduard 7D
Great engagement in lessons and always goes the extra mile.	
Product Design	Joe 12LIY
Great start to A-Level Graphics	
Psychology	Ruby 12ELL
For an excellent grade in Psychology bridging work - the highest across both groups, showing personal investment through in-depth research and understanding. Well done.	
Religious Education	Harriet 9D
Reflective thinking about the sanctity of life, and its different applications.	
Year 7 Head of Year	Bella 7D
For working very hard across her subjects and showing an excellent ethos of community service	
Year 10 Head of Year	Terri 10A
Enthusiastic and engaged when attending the Generation Dacorum Careers Fair. Well done for making the most of the opportunities that you are offered.	

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

Character of the Week

Next week the students will be receiving assemblies linking to Black History month and making good decisions. This will be delivered by one of our new Principal Assistant Headteachers, Mrs Sharp, who teaches philosophy, ethics and religion. To go alongside this assembly, students will also be doing some further work in registration time on Black History written by our history teachers. Ensuring that all of our work blends beautifully, the character registration activity during this week, will focus on empathy and using this to enable people to make good choices and decisions.

These topics flow from the assembly that Mrs Lark has given on prejudice to all students and how we must all be encouraged to not accept, and in fact challenge, terminology or comments which cause offence to others. She went onto explaining that if offence is caused to anyone, even if it is a bystander that this is unacceptable and is considered as prejudicial action and should be reported as such. The final slide quoting Martin Luther King jr suggesting that it is not the people who offend us, but our friends who remain quiet and do not support us when these incidents occur that we remember. This is definitely a concept to consider and personally reflect upon with not just the topics that we are currently learning about, but many others to come in the future.

Our student voice groups continue to meet, discuss and create change every week. Details of these groups can be found in the Autumn Term Extra-Curricular Booklet for 2022, alongside many other activities and opportunities that students can access. This was sent out to all parents last week but you can also find it in our website <https://www.kls.herts.sch.uk/assets/Uploads/Extra-Curricular-Booklet-Autumn-2023.pdf>

Thought For The Week:

Injustice anywhere is a threat to justice everywhere.
Martin Luther King Jr.



Character of the Week: Mary Jane Seacole
(nee **Grant**–23 November 1805 – 14 May 1881)

Mary Seacole was born in the British colony of Jamaica and from an early age, she learned nursing and healing from her mother, who used traditional remedies and kept a boarding house for invalid soldiers. As a young woman, Mary explored the Caribbean, visiting Cuba, Haiti and the Bahamas all on her own – a bold and unusual step, especially for a woman of colour.

In 1853, during the Crimean War, Mary wanted to enlist as a military nurse to help the wounded, but her application to the British War Office was refused. She did not let that stop her. She travelled to the Crimean Peninsula with a friend and set up a hotel and boarding house – the British Hotel – behind enemy lines. She used her savvy business skills to provide hot food, drinks and clothes for wounded soldiers. Mary bravely nursed soldiers on the battlefield as well as in the British Hotel. Her dedication to the servicemen was unmistakable – she formed a strong bond with the soldiers she helped. Many years later, when she faced financial troubles many of them banded together to raise money for her.

On 30 June 2016, a statue of her was unveiled at St Thomas' Hospital in London, honouring her as a pioneer in her field. She is remembered as a brave and fearless leader!



A Level Theatre Trip

On the 21st September 2022, we watched a thrilling performance of *The Crucible* at the Olivier Theatre in the National Theatre. As you walk into the theatre you are greeted with the sound of rainfall before seeing the amazing water feature on the stage that symbolises rain. This immediately creates a cold atmosphere and gives the audience a rough idea of what time of year the play is set.

The Crucible is a play written by Arthur Miller about the Salem Witch trials and it takes us through the story of how the majority of the town's female residents are accused of being witches and are sentenced to prison or even death. During the



performance themes of witchcraft, adultery and religion are explored throughout. These themes are prominent through Abigail Williams and John Proctor's affair and having Pastor Paris and Reverend Hale in key moments of the play, alongside the 'rain'. Rain and religion relate as it was believed that God would send rain when bad events happened, which I thought was really effective and tied the production nicely together.

Overall, I thoroughly enjoyed my experience and thought that the actors did such a phenomenal portrayal of their characters which had a positive impact to our experience.

Sofia, Year 13



Music News

KLS musicians Bea (Y8), Gerry (Y9) and Joe (Y13) represented the KLS Music Department at last week's Kings Langley Carnival Presentation Evening hosted by Kings Langley Carnival Committee at the Cricket Club.

The Committee chose to award the KLS Music Department a generous donation as a thank you for their ongoing contributions to the Kings Langley Carnival. In September 2021, when our choirs and bands were re-starting post-covid, Joe (one of our A Level Music students) performed some original songs with confidence and flair (pictured below). In June 2022, our KLS Choir sang a number of songs on the stage including the movie musical classic 'Singin' in the Rain' (despite the glorious weather!). Two of our lower-school students also performed a mixture of original and existing pieces for guitar and voice to rapturous applause.

Joe (Y13) performing at Kings Langley Carnival (September 2021)



Some of our KLS Choir and Soloists receiving their Headteacher Commendations for their performances at the Carnival (June 2022)





KLS students Bea, Gerry and Joe accepting the cheque at the Carnival Presentation Evening.



We look forward to performing on stage at this year's Carnival and at other local events in the upcoming school year. Coming up first, we are excited to be performing at the Kings Langley Christmas Lights Switch-On event on Saturday 26th November – the first since 2019!

Thank you to the Kings Langley Carnival Committee for inviting us to this event and for the generous award – we thoroughly enjoyed the evening.

Miss F. Sargeson
(Head of Music)



Artwork of the Week



Darcy 11P

Darcy has created this stunning transcription copy of a painting by Pablo Picasso as part of her GCSE Art exploration into artists who incorporate skulls into their work. This work was completed independently over summer and shows a great level of both skill and commitment to her studies. Well done Darcy.



STEM Challenge



This week's challenge:



What do an island and the letter "t" have in common?

Answer next week.

Last weeks Answer:

What has cities, but no houses; forests, but no trees; and water, but no fish?

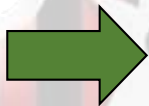
Answer: A Map



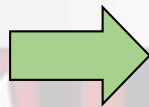
Attendance Ladder

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

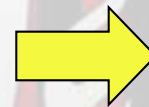
4 SCHOOL DAYS
OFF EACH YEAR



7 SCHOOL DAYS
OFF EACH YEAR



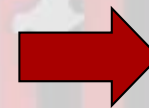
9 SCHOOL DAYS
OFF EACH YEAR



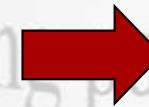
11 SCHOOL DAYS
OFF EACH YEAR



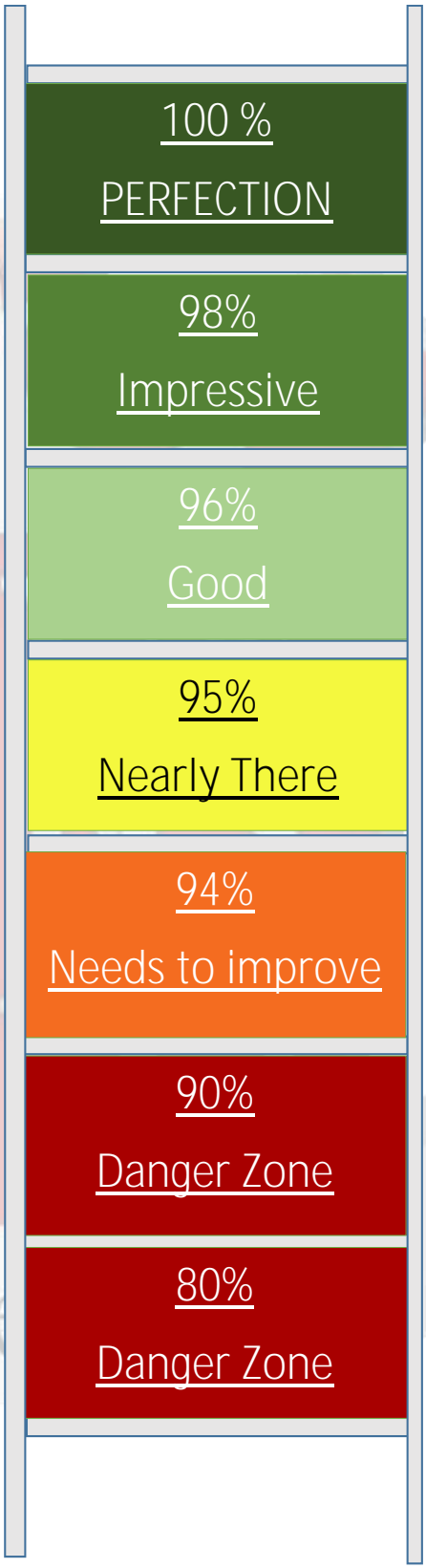
19 SCHOOL DAYS
OFF EACH YEAR



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)



HOUSE EVENT: Art Diversity Writing Competition

Art is an exciting world where people can communicate and express themselves with stories, backgrounds and opinions but up until recently, exhibitions and auctions have not celebrated the true diversity that exists. Shouldn't the art world celebrate diversity of ALL artists, no matter their background?

Competition details:

We are looking for students to produce a piece of persuasive writing that celebrates the work of an artist or collection of artists who prove that diversity should be celebrated. Does this artist challenge the idea of racism, homophobia, gender-equality/neutrality/stereotypes?

Students should submit their written work, which should be no longer than 500 words (+ examples of the artwork), to their Art teacher by **October 31st, 9am.**



Winning submissions will be published in the school newsletter and local press, as well as contributing points to the House System.

One winner will be selected for each year group (7-13)

HOUSE EVENT: Art Christmas Card Design

*"Christmas already" we
hear you say!*

Each year the school has a Christmas card that is sent out to all of our local businesses, charities, organisations, our MP and the Royal Family. We need time to get this card printed and ready.

We are looking for a creative, original and high-quality piece of artwork that will feature as the school's official Christmas card.

Competition details:

Students should submit their artwork (no larger than A4 in size) to their art teacher no later than **FRIDAY 18TH NOVEMBER**. Artwork can be produced in whatever material and media including photography.

Top Tips:

- Your artwork will be seen by many people so only submit work that is your very best.
- Think about how your artwork will stand out amongst the many cards people receive.
- How can your card feature the school logo and colours?
- How will your card grab attention?

The overall winning design will feature as the school's official Christmas card which is sent out to local businesses, charities, organisations as well as our local MP and to the Royal Family





£5
per ticket

Friends of
Kings Langley School

Family Quiz Night

Saturday 15th October
7pm for 7:30pm start

Maximum of 8 people per team

Tickets available via SCOPAY and from
School Reception. BYO refreshments



Kings Langley School
Unlocking Potential for Life



KLS Colours Awards

Developing yourself and your character



New year, new challenge?

Work towards your Colour Awards and get recognition for your achievements, personal development and contribution to the school community

Check the school website section 'Rewards & Consequences' under 'Student Wellbeing' for the full criteria or collect a sheet from the library

BRONZE



SILVER



GOLD



PLATINUM



DIAMOND





Hertfordshire
Family Centre
Service

School Nursing


Hertfordshire Community
NHS Trust
Autumn 2022

Public Health Nursing 5-19 Team Newsletter

Welcome back!

We hope you had a relaxing summer break! We are looking forward to supporting children and young people throughout the new school term.

Please see our Workshop link, with lots of advice and support on your child's emotional health, returning to school and more:

<http://ow.ly/U01750KH9Qk>

Ways to contact us:

Our school nurse duty number is:
0300 123 7572 (Mon-Fri 9am-5pm)

Our website has information about our service:

www.hct.nhs.uk/our-services/school-nursing

HEALTH4TEENS

www.healthforteens.co.uk

A great website, with information and advice for young people aged 11-19.

Referrals

We offer advice and support to children and young people attending Hertfordshire mainstream schools, their parents/carers and schools.

The following areas are suitable topics which we can help with:

- Advice and information for general health issues
- Low level emotional and mental health issues; including self esteem, anxiety, low mood, anger
- Sleep
- Healthy eating and diet management
- Wetting/Soiling & Constipation

For more information please contact our school nurse duty line, or find further professional information on the FCS website with this link:

<http://ow.ly/AW0G50KH7Gg>

Topic of the Term: Sleep

Sleep is especially important and helps development.

Lack of sleep can lead to reduced concentration, increased behaviour difficulties and irritability.

Did you know that young people need around 8.5-9hours sleep at night?

Tips for better sleep:

- Plenty of fresh air and exercise during the day.
- Avoid electronics and devices at least one hour before bed.
- A relaxing activity before bed, such as reading and listening to calming music
- Have a good routine at bedtime and keep regular sleep and wake times.

Have a look at our website for more great advice:

www.healthforkids.co.uk
www.healthforteens.co.uk



Chat Health

Chat Health is a text messaging service for young people aged 11-19 years that runs between 9am-5pm, Monday to Friday and gives the opportunity to contact a School Nurse for support and advice.

Young people can ask for help and advice on a range of issues such as:

- Weight and exercise
- Healthy eating
- Stress and anxiety
- Relationships and sexual health

If you contact Chat Health after 5pm or on weekends and bank holidays, you will receive a bounce back message explaining where you can access support.

Not sure how to start off a conversation? Just say hello!



07480 635050

Relaxation Exercise

Try out this 5,4,3,2,1 exercise to help aid relaxation in a difficult situation:

Exercise Five: 5-4-3-2-1

Work through the five senses to calm you in difficult or stressful situations:



5 Look
What five things can you see? Say them out loud for example: "I see a phone, I can see a pen."

Listen

Close your eyes and you hear? It could be birds singing outside or your parents talking.



3 Feel
How do things feel on your body and think about those things you can touch or feel. For example, "I can feel a cool drink in my water bottle."

Smell

What two things can you smell? This could be your dinner cooking in the kitchen or freshly cut grass outside.



1 Taste
What two things can you taste? What do you like to eat? You could try your favourite snack or fruit. Eating now is your favourite food.

Take a deep breath
Notice what is around you right now and how different it is from the difficult or stressful situation.

Did you know?

School nursing is also on Instagram, Facebook and Twitter!

We post up to date information, support and advice available for young people and parents.

Follow us!



@hct_schoolnursing
@teenhealth.hct



@HCT_SchoolNurse



Hct SchoolNursing



Hertfordshire
**Family Centre
Service**



Want to know more about the Public Health School Nursing team in Hertfordshire?

Check out our platforms:



[https://www.hertsfamilycentres.org/info-and-advice/
parents-and-mums-to-be/school-nurses.aspx#](https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#)

www.hct.nhs.uk/our-services/school-nursing



ChatHealth

07480 635 050

Confidential text message service ran by the school nursing team
for 11-19 year olds. Text in any health and wellbeing concerns



@hct_schoolnursing

@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

9am – 5pm Monday to Friday
(excluding bank holidays)



Advertisements & Opportunities

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



Free Rugby Union taster, all you need is outdoor gym kit and trainers.
Come and try Britain's fastest growing sport for girls.

Release your
Inner Warrior
Sunday 16th October 2022
1 pm - 2.30 pm
Open to all Girls aged 10-18



Contact us for further details - Email -

womensrugby@fullerians.co.uk

Fullerians Rugby Football
Club, Coningesby Drive,
Watford, WD17 3BD