



Kings Langley School News

Issue 35

A note from Mrs Harris - Principal Assistant Headteacher.

Staying safe online and top tips for parents

As we near the end of term we would like to share with you some online safety advice and guidance before the summer holidays begin.

Our top tips:

1. Check the recommended age ratings for social media apps

As part of our ongoing online safety advice to parents/carers we would like to share with you the recommended age ratings for the following social media apps. We are aware from our recent school survey that many children within our school community do use many social media apps, and you may not be aware of the age-related content within them.

What age do you recommend to begin social networking?

This is going to be different for everyone. However, if the age rating were to do with content, it may be higher. For example, while YouNow's terms state that any user needs to be over the age of 13, some of the content that is being generated on that platform would not be appropriate for someone under the age of 18.

School Events

Monday 8th July

Y8&9—Duke of Edinburgh
Parent information evening.

Tuesday 9th July

Y10 Geography Fieldwork -
Essex coast trip

Y9 Mini Enterprise Event

Y11&12

London Theatre Trip

Thursday 11th July

New intake morning for Y6

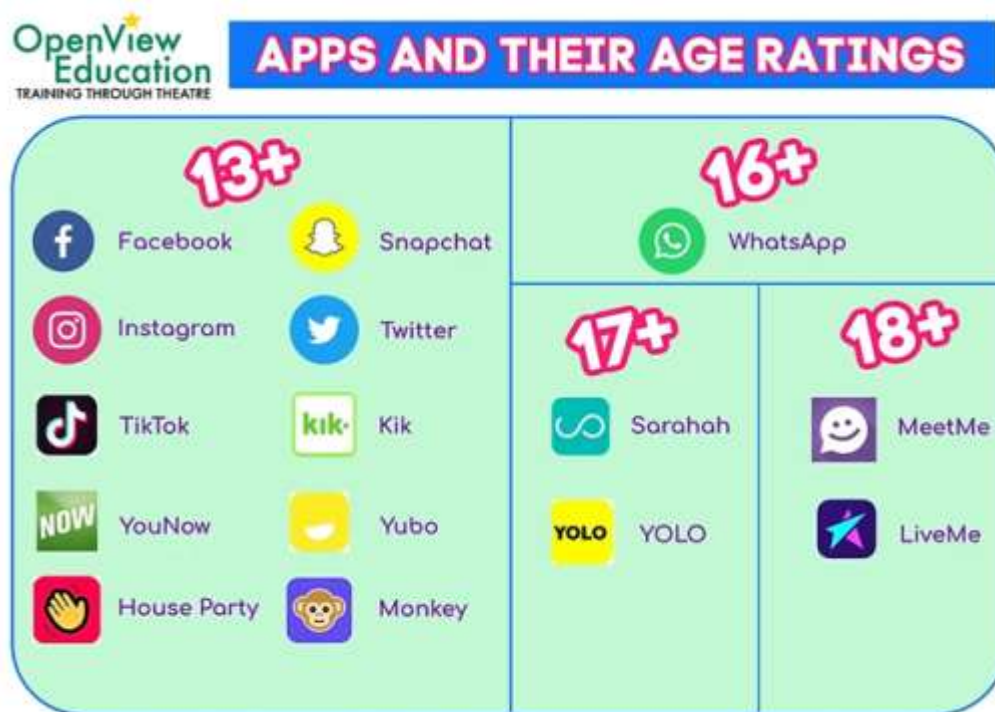
Friday 12th July

Sports Day—Jarman Park

KINGS
LANGLEY
SCHOOL

It's always a good idea to gather as much information as possible before proceeding to download any social media app.

We'd recommend checking out [Common Sense Media](#). They give an overview of the app and also a rating based on opinions from experts, parents/carers, children and young people too.



2. Keeping children safe online.



Set Clear Ground Rules: Have honest conversations with your children about who they communicate with online and what they post. [Encourage critical thinking and discuss reliable sources of information.](#)

- **Use Technology to Protect Them:** Explore parental controls and safe search settings. [Be cautious of free online resources and ensure your child uses trusted websites.](#)

- **Spend Time with Them Online:** Familiarise yourself with the platforms your child uses. [Engage in their online experiences and discuss any concerns or issues.](#)
- **Model Healthy Online Habits:** Demonstrate responsible online behaviour. [Show them how to report worrying behaviour, such as through Child Exploitation and Online Protection Command or the Internet Watch Foundation.](#)
- **Let Them Have Fun and Express Themselves:** Balance safety with allowing your child to explore and enjoy the digital world. [Encourage open communication and address any online challenges together.](#)

Remember, staying informed and having ongoing conversations with your child are key to promoting online safety.

3. Parental Controls



- **Time Limits:** Plan when your child can go online and how long they can stay connected.
- **Content Filters:** Block apps or websites with inappropriate content.
- **Privacy Settings:** Monitor personal information shared on social media platforms.
- [Device-Level Controls: Apply controls across WiFi, phone networks, and individual devices.](#)
- Remember to tailor these settings to your child's age and needs.

Lastly, children can still access the internet using their mobile data. You can monitor this and turn off mobile data for further guidance: <https://parentshield.co.uk/blocking-internet-childs-phone/>

4. Digital Detox & Healthy Habits



- **Set Achievable Goals:** Start by assessing your family's current screen time. Break it down by categories (TV, phone, tablet). Set realistic goals to gradually reduce screen time. Encourage and celebrate progress along the way.
- **Replace with Active Time:** Physical activity positively impacts mood. Encourage brain breaks with activities like biking, walking, yoga, dancing, or gardening.
- **Draw a Line Before Bed:** Turn off screens at least an hour before bedtime. This helps improve sleep quality. Keep screens out of kids' bedrooms to avoid disruptions.
- **Screen-Free Mealtimes:** Avoid distractions during meals. Screens can interfere with family connections and lead to overeating.
- **Reduce Screen time gradually:** Building a new screen time habit won't happen overnight. Any major change takes time and consistency. For better success with your family's digital detox, try cutting back gradually.

Further guidance: [Click Here](#)

We wish you a digitally healthy and safe summer holiday!

Mrs Harris & The Digital Strategy Team

Principal Assistant Headteacher

Food Technology - Update

Food lessons

We have made a change to the provision of ingredients for food lessons.

From September year 8 and 9 students will be expected to bring in their own ingredients and a container to take the dish home in. The recipes will be placed on Teams a week in advance of the practical lesson and will also be available in the year 8 and 9 recipe booklets on the school website on the food curriculum page. There will always be alternative ingredients for those with allergies and special diets, students should discuss this with their teacher. It is essential that students bring the ingredients pre - weighed and labelled up to the amounts specified on the recipe sheet so as to ensure there is time to complete the dishes in the lesson. The weighing and organisation of the ingredients prior to the lesson is the student's homework task for this subject.

Students who fail to bring in their ingredients will be issued with a school ready and will be completing theory tasks in the lessons. Students who forget a container will also get a school ready and will not be able to bring their food home that day as we will not have spare containers, food will be labelled up and placed in the fridge to be collected the next day and if this is not done so it will be disposed of for hygiene reasons.

If you require financial support with providing ingredients for lessons or require any further clarification, please email scanlan@kls.herts.sch.uk

Miss Scanlan - Learning Area Leader for Technology.





Recognition

Being noticed for doing something positive or achieving something

Students of the Week w/c 1st July

Drama	Harry 9A
Positive contributions to discussion on genre and style – always interesting to hear!	
English	Oscar 8J
Wrote and delivered a brilliant speech to his peers!	
Food Technology	Hayden 8T
Improved effort in practical work.	
Geography	Sammy 8G
Can always be relied on to contribute positively to geographical discussions in class.	
Politics	Miriam 12DLK
For being proactive in her EPQ research.	
History	Saffy 7D
Excellent contributions and effort in class.	
Modern Foreign Languages	James 7P
James loves learning Spanish and attends languages club every Friday. What a star.	
Music	Niamh 7A
For excellent work in lessons, and for her commitment to extra curricular music clubs.	
PSHE	Beth 7J
Excellent work in resilience lessons. Keep it up!	
Physical Education	Will 8J
Fantastic application and effort during his PE cricket lessons; using what he has learnt in a competitive scenario successfully.	
Philosophy, Religion, Ethics	William 10J
Excellent contributions in PRE lessons! Keep it up!	

Textiles	Nuha 8D
Finished monster toy – well done	
Year 7 Head of Year	Alice 7G
A great role model for Year 7s and KLS	
Key Stage 5 Head of Year	Benjamin 12DLK
For being our goalie in our sixth form inter form Euro penalty shoot-out competition.	

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



Headteacher Commendations



Congratulations to Alex and Thomas Year 10 who were awarded today with a Headteacher commendation and a bronze Community and Civic Action Colour Award for their volunteering work at Dudley House (A Dacorum Borough Council owned supported housing premises for the elderly).



STEM Fair Winners

Congratulations to the following 2024 STEM fair winners



Invention competition -
Joshua & Lachie 8A



Lego Competition—Niamh 7A



Music Competition - Jack 8A



Recycling Competition - Olivia 8A



Art competition winners - Buddy 7C & Kamile 12ARN





Science Fiction
writing competition -
Charlotte 8A



Cake Competition - Phoebe
8A & Lucy 8C



Congratulations to our overall STEM 2024
Winners Joseph 9A & Tom 8C



Music News

This week, the music department were delighted to have been invited to perform at Breakspeare School. Breakspeare is a school catering for pupils students aged 3-19 who have severe learning difficulties or profound and multiple learning difficulties. Some have additional needs such as visual impairment, hearing or sensory impairment or a physical disability and some have complex medical needs, including life threatening conditions.



The choir, guitar group and a range of soloists from years 7, 8, 9 & 10 all performed for nearly 90-minutes straight to a very excited audience with musical offerings ranging from My House from Matilda Zaria (10C), to Oasis' Don't Look Back in Anger performed by Alex (10J), Tom (10C) and Arthur (10A).

Particular favourites were Phoebe's (8A) energetic performance of I Just Can't Wait to Be King, which had half the room dancing (whether it was moving their wheelchairs in time to the music, or being supported in their movement by their TAs) and the other half clapping and whooping, to Arthur's rendition of Metallica's Enter The Sandman which had the rockers amongst Breakspeare's students shouting with excitement.

Solos were also performed by Scarlett (10D), Tom (10C), Alex (10J) and Gerry (10D). Performing a solo in any context is a nerve wracking experience for young musicians and I was incredibly proud to see them stepping up and performing with such maturity. There was such enthusiasm and joy from our audience that some of us were persuaded into dancing along with them (apologies to all who had to witness Mrs Warren's slightly dated moves). I think it would be fair to say that there could not have been a more engaging and happy audience. Feedback from Breakspeare School last night was "can they come every day?" An enormous 'well done' to all the students who performed so beautifully and professionally yesterday in this most meaningful of events – you were a credit to the Kings Langley community.

Mrs Warren - Head of Music



NATIONAL SCHOOL SPORTS WEEK 2024

KINGS LANGLEY 1 MILLION STEP CHALLENGE

Results...

STUDENTS

494

STAFF

30

20,557,780 steps

60%

**of the school
participated**

LONDON



Sports news

Kings Langley School has pledged to keep our students active for 60 minutes a day, for the UK's biggest annual celebration of PE, play and sport. The Chief Medical Officer's guidelines for England tells us that children need to be active for 60 minutes every day and at least 30 minutes of this should be delivered in school. Our mission to 'play for fun, play for 60' will support our students in reaching their daily 60 minutes of active play, which can have a positive impact on their physical and mental health and will raise awareness of the guidance.

We invited our students and staff to take part in our 'One Million Step Challenge' with their form groups to see who can; do the most steps in a day/week, which team can collectively walk 1,000,000 steps and generally be the most active throughout the week. Here are our results...

Ms Coughlan

Teacher of Physical Education

NATIONAL SCHOOL SPORTS WEEK 2024

KINGS LANGLEY 1 MILLION STEP CHALLENGE

7 3,749,750 steps

7D 1,048,771
7A 866,115
7J 797,845
7G 693,284
7C 343,735
7P 0

54%

100/180 STUDENTS PARTICIPATED

MOST PARTICIPANTS
1ST.7A 2ND.7D 3RD.7G
1112 MILES TRAVELLED
3RD PLACE OVERALL

8 5,587,735 steps

8A 1,270,956
8P 1,265,575
8C 1,099,022
8G 893,010
8J 585,837
8T 473,335
8D 0

68%

142/200 STUDENTS PARTICIPATED

MOST PARTICIPANTS
JOINT 1ST: 8A 8C 8P
2402 MILES TRAVELLED
1ST PLACE OVERALL

9 4,663,885 steps

9J 1,049,502
9P 1,047,133
9C 1,031,588
9A 808,097
9D 727,565
9G 0

63%

114/182 STUDENTS PARTICIPATED

MOST PARTICIPANTS
1ST.9P 1ST. 9C 3RD. 9J
2005 MILES TRAVELLED
2ND PLACE OVERALL

10 2,729,732 steps

10D 1,117,623
10G 694,211
10C 650,506
10P 267,392
10A 0
10J 0

68%

82/181 STUDENTS PARTICIPATED

MOST PARTICIPANTS
1ST.10D 2ND.10G 3RD.10C
1174 MILES TRAVELLED
4TH PLACE OVERALL

12 2,219,000 steps

76%

80/86 STUDENTS PARTICIPATED

DLK 1,115,915
ARN 824,413
MOY 278,672
JNN 0

MOST PARTICIPANTS
1ST.DLK 2ND.ARN 3RD.MOY
954 MILES TRAVELLED
5TH PLACE OVERALL

TOP STEPPERS!

YEAR 7

7D SAFFY 118,980
7A MEGAN 106,285
7G BECK 103,481
7C VERITY 78,000
7J OLIVER 67,800

YEAR 8

8P LOUIE 78,600
8J RONNIE 78,738
8A LUKE 73,818
8C LEXIE 72,243
8D SAMMY 63,030
8T MAISY 44,581

YEAR 9

9A VICTOR 85,808
9J BENJI 79,058
9D BOBBY 88,420
9P MAX 81,921
9A NICOLE 58,080

YEAR 10

10D KATIE 123,003
10C LEON 72,288
10G VIOLET 62,795
10P LIAM 30,111

YEAR 12

DLK UMAR 138,080
ARN JAMES 102,530
MOY JAKE 50,248

STAFF

1. Mr Davies 140,782
2. Mr Annett 105,118
3. Mr Raine 81,457
4. Ms Coughlan 733,88
5. Mr Brett 70,080
6. Ms Shannon 85,1207
7. Miss Scanlan 63,863
8. Mr Jakubowski 63,338
9. Mr Housego 63,320
10. Mrs Markley 62,582

BEST INDIVIDUALS...

1. DLK UMAR 138,080
2. 10D KATIE 123,003
3. 7D SAFFY 118,980
4. 7A MEGAN 106,285
5. 7G BECK 103,481
6. ARN JAMES 102,530
7. DLK LEWIS 87,015
8. DLK JACOB 88,183
9. 7D KEEDEN 87,272
10. 9C VICTOR 85,808

ONE MILLION STEPS...

1. 8A 1,270,956
2. 8P 1,265,575
3. 10D 1,117,623
4. DLK 1,115,915
5. 8C 1,099,022
6. 9J 1,049,502
7. 7D 1,048,771
8. 8P 1,047,133
9. 9C 1,031,588

TOOLED UP[®]

BECAUSE EVIDENCE MATTERS

This week marks **Alcohol Awareness Week 2024**. It's fair to assume that all children will encounter alcohol and other substances as they grow older, whether they choose to use them themselves or are simply around others who do. Interestingly and perhaps shockingly, it is parents, not peers who are more likely to give children their first drink!

We have produced two brilliant guides that give an overview of issues surrounding alcohol and its potential risks. Our [Quick Guide to Alcohol](#) contains information about alcohol's impact on the brain and body, UK law, and some of the risks that alcohol use poses. For those of you with tweens and teens attending parties, our guide to [Alcohol in Social Situations](#) is an important read.

For more insight into teenage drinking, listen to this [podcast](#) with Dr Melissa Oldham from UCL, including how to have positive conversations with teens about alcohol and asking whether giving them alcohol at home is a good idea. You can find a lawyer's perspective on teen party planning in this [webinar](#) with criminal defence lawyer Harriett Mather, herself a mother who knows teen parties all too well!

Along with alcohol, we also need to prepare our children for encountering **drugs** and making the right decisions. Again, you can find Tooled Up *Quick Guides* that give a helpful summary on different substances, how to recognise them, what to expect and what effects they have. [Cannabis](#) is the illegal drug that most people would recognise, and one that is undoubtedly embedded into youth culture. We also have guides covering [psychedelics](#) and [cocaine](#).

Of course, it isn't only illegal drugs that pose a risk to children. Parents



often ask us about the effects of [energy drinks](#) and [vaping](#) as two more examples of potentially harmful substances that commonly feature in young people's lives.

It is never too early to be informed about any of these issues and never too early to talk (in age-appropriate ways) about choices, the company we keep, or the pressures that may come from peers in social situations. Remember open and transparent dialogue with your children is a protective asset for their mental health and overall resilience. Lastly, did you know that good quality [sleep](#) can reduce the risk of impulsivity, which can drive poor decision-making? As always, there is plenty that we can do at home to empower, equip and future-proof our children. See our site for more Tooled Up Tips!



Quick Guide to Alcohol



Alcohol in Social Contexts



Teenage Drinking



Teen Parties & Lawyer's Perspective



Quick Guide to Cannabis



Quick Guide to Psychedelics



Guide to Energy Drinks



Quick Guide to Cocaine



Quick Guide to Vaping



Teenagers and Sleep

KLS Colour Awards

Flourishing through opportunities and personal development

For each award, students need to meet the criteria for each of the following categories for the award and level that they are aiming for:

- Extra-curricular
- Leadership
- Personal Development
- School & Wider Community

For each award, students work through achieving **bronze**, **silver**, **gold**, **platinum** and **diamond** levels. It is advised that students begin working towards their bronze award in Yr7 however, students can work towards the level which they feel confident in achieving. Students are advised to speak to their form tutor and/or subject teachers for guidance and opportunities that exist across the school.



Click here to view the KLS Colours Handbook:

[Colour Awards - Kings Langley Secondary School - Unlocking Potential for Life \(kls.herts.sch.uk\)](https://kls.herts.sch.uk)





STEM Challenge

This week's challenge:

What number when written out appears with all its letters in alphabetical order?

Answer next week.

Last Week's answer:

Farmer Jones has a large farm. Each season he builds 2 haystacks in his south field and 1 in his north field. Every 4 days for the next month he doubles the stacks in the south field and adds 1 to the north field. How many stacks of hay will Farmer Jones have at the end of the season if he puts them altogether?

Answer:

One big haystack if he puts them together.



**YOUR
SCHOOL
LOTTERY**

This weeks jackpot winning numbers are

368403

One of your supporters won £29.40 in the draw!



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)



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Hertfordshire County Council Services for Young People

HOLIDAY ACTIVITY PROGRAMME

Bennetts End Young People's Centre
Kimps Way Hemel Hempstead
HP3 8EN

Join us this Summer
Monday – Thursday each week
29 July to 15 August 2024
2pm-6pm each day

For young people aged 13-16

Priority booking for those eligible for
benefits-related free school meals

- Fun physical activities such as sports, dance and team games
- Creative activities such as cooking, arts and crafts
- Informal healthy lifestyles workshops
- Meet and socialise with other young people
- Free healthy food every day

Use the QR code below or contact
SFYP Dacorum Team to sign up.

Area Service Manager: Karen Haswell
Youth Work Practice Manager: Robert Brown

Tel: 01442 454060
Text: 07880 085195
sfyp.dacorum@hertfordshire.gov.uk
www.servicesforyoungpeople.org
X   @HCCSYFYP

