



A note from Mr Moyo - Learning Area Leader of PSHE & Character Development



Cybercrime Training and Awareness

Hertfordshire Constabulary have launched a programme where they go into schools and educate young people about cybercrime. Kings Langley is one of the schools in Hertfordshire that has taken part in this valuable programme.

On the 25th of April 2023, Hertfordshire Constabulary delivered cyber security awareness sessions to Kings Langley School. The Cyber Prevent/Cyber Choices talk, a free national police programme supported by the Home Office and Government, is helping young people make informed choices and utilise their cyber skills in a legal and ethical way.

Cybercrime is an ever-present risk for young people. Students with skills and interest in computing and technology may inadvertently or deliberately stray into

School Events

Monday 8th May

Bank Holiday - school closed.

Tuesday 9th May

A level Art exam

Thursday 11th May

Y8 HPV Vaccination



cyber-dependent crime (crimes that can be committed only by using a computer).

On the day, the cyber protect and prevent officer offered advice and guidance including:

- Explaining the difference between legal and illegal cyber activity
- Encouraging individuals to make informed choices in their use of technology
- Increasing awareness of the Computer Misuse Act 1990
- Promoting positive, legal cyber career opportunities

Students were also taken through basic cyber security measures, including guidance on general e-safety, privacy and location settings on apps, and good password hygiene, which help mitigate the risk of students becoming a victim of cybercrime. Students were also encouraged to spread the crime prevention advice to friends and family who may be more susceptible to these crimes.

For many young people, the internet has immensely improved their lives; it has offered opportunities for connecting with others through social media and gaming. However, it has also exposed young people to risks, including most prominently privacy constraints, misinformation, identity theft, inappropriate content, online abuse, cyberbullying and grooming.

Kings Langley School has worked closely with the Jubilee Centre for Character and Virtues (University of Birmingham) as part of the research on cyber wisdom. They have developed a cyber-wisdom education programme aimed to cultivate character and virtues, such as compassion and honesty in 13-16 year olds in relation to how they use the internet. Through our PSHE programme, we teach our students the importance of character when using the internet. We are using our PSHE speaker programme and lessons to educate our students on staying safe and making informed choices online.

By Mr Moyo

<https://www.nationalcrimeagency.gov.uk/cyber-choices>

Unlocking potential for life

Beat Exam Stress - Mrs Battaglia Head of 6th Form Pastoral

Throughout the year, we have supported our sixth formers with many different internal and external speakers to assist them with their pending exams and the stress that this can bring.

On Tuesday 25th April, we were pleased to have representatives from the Watford Wellbeing team come in and speak to our year 13 students on how to beat exam stress.

The workshop's purpose was to prepare our students for their up-and-coming A Levels and access additional support for their well-being. The team presenting were able to provide students with tools and strategies for managing stress during the challenging revision and examination period.

During the workshop, they learnt what stress was and how to manage it, plus ways to improve their study skills whilst looking after themselves. It offered an insight into common triggers and symptoms of stress and provided guidance on cognitive and behavioural techniques which students can learn and use themselves to tackle these symptoms.

It was a pleasure to see our year 13 students engaged and understand where they can seek support outside of school if necessary.

To refer yourself to this free service

- Visit www.talkwellbeing.co.uk to make an online referral
- Visit www.hpft.nhs.uk/wellbeing-service to download a referral form
- Visit your GP who can make a referral for you

To use this service you need to be registered with a Hertfordshire GP



Follow us on Twitter
[@HPFT_Wellbeing](https://twitter.com/HPFT_Wellbeing)



Find us on Facebook – search:
Hertfordshire Wellbeing Service - IAPT
[@HPFTWellbeing](https://www.facebook.com/HPFTWellbeing)



Recognition

Being noticed for doing something positive or achieving something

Students of the Week w/c 1st May

Drama	Niamh 11P
For being supportive of others and a helpful pair of hands during her GCSE exam.	
English	Tillie 11J
Outstanding narrative writing. It was engaging, succinct and really moving.	
Food Technology	Taylor 10D
Excellent motivation and determination through excellent practical work cooked at home. Well done.	
History	Teddy 8C
For positive engagement in History classes – well done for trying to participate in class discussion, even when you are not always feeling confident!	
Library	Jai 10G
National finalist for Pupil Library Assistant of the Year!	
Physical Education	Billy 10J
Billy consistently shows outstanding levels of effort, a willingness to learn and competitive spirit in each of his lessons.	
Psychology	Felicity 13MCK
For the highest grade achievable in her final Psychology assessment. Well done.	
Philosophy, Religion, Ethics	Paige 8C
A fantastic improvement this term. Constantly challenging herself to complete difficult tasks.	
Textiles	Phoebe 7A
Excellent cushion made and book work done in this rotation.	
Year 10 Head of Year	Raquelle 10C
Fantastic sporting achievement.	
Key Stage 5 Head of Year	Emilie 13ARN
Demonstrating resilience and having a positive attitude.	

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

Best at Bedrock! Week 30

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

- **Freya- 7T (170 points)**
- Ava- 8D (84 points)
- Tymofii- 9A (82 points)
- Babara- 10C (112 points)
- Max- 11J (67 points)

Highest progress made in each year group

- Sammy- 7G (303%)
- Daisy- 8P (525%)
- Alexandra- 9D (500%)
- **Edward- 10G (1340%)**
- Max- 11J (300%)



Confident voices, strong literacy



Drama News

This week the Year 11 GCSE drama students completed their practical exams. Our visiting examiner was treated to performances from a wide range of plays including Bouncers; The Woman who Cooked Her Husband; Tusk Tusk and Find Me. Each student either performed or designed for two extracts from their play. The examiner was particularly impressed that we had candidates who focused on lighting, set and costume as well as acting. It was a long day of performances, but we were very impressed with how our students conducted themselves and the quality of their work. This exam means that drama students have now completed 60% of their course with only the written exam to go.

We wish them all the very best with their exams and look forward to seeing their results in August.

Miss. Abbott & Ms. Carr



Artwork of the Week



Y7 students have been making clay heads and trying to show expressions. Congratulations to James who has done a fantastic job.

James 7A



Library News

Pupil Library Assistant of the Year

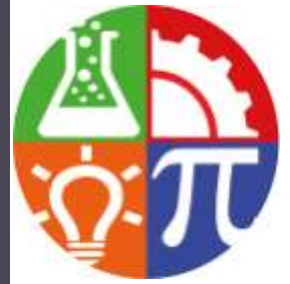
We are delighted to share that Jai (10G) has been announced this week as one of the national finalists for the Pupil Library Assistant of the Year Award. This is in recognition of the varied and valuable work Jai does in the library every week, and the enthusiasm they demonstrate for reading and talking about books.

Jai will now complete two selection tasks assigned by the judges, and will attend the ceremony in London in June, where the overall winner of the award will be announced.

Congratulations, Jai!



STEM Challenge



Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?

Answer next week

Last weeks answer:

Who won the game?

The Reds, the Greys, the Blues, and the Blacks have a round-robin tournament. Each team plays each other team once, for a total of six games.

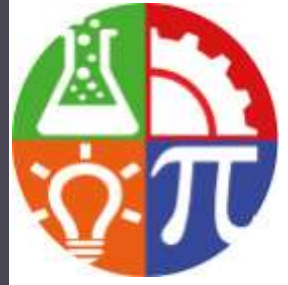
- The Blacks won more games than the Blues.
 - The Greys lost more games than the Blues.
- The Reds tied the Blacks. (This was the only tie in the tournament.)

Who won the game between the Reds and the Blues?

Answer: The Reds.



STEM News



Kings Langley School KS3 STEM Fair challenges
Wednesday 21st June 2023 4.30pm to 8pm

Competitions

You can enter one or more challenge
Enter as an individual or as a group

Competition Challenge 1: STEM INVENTION Create a challenge of your own invention - build your model and bring to the fair with a presentation board to explain your invention

Competition Challenge 2: LEGO Master design challenge - build a model in Lego that represents any aspect of STEM

Competition Challenge 3: Food Create a decorated cake or set of cupcakes with a STEM theme of your choice - present the cakes and or photograph of the cake and a copy of the recipe sheet.

Competition challenge 4: DT recycled item challenge - design and make challenge - create something new out of something old or items you would usually throw away.

Competition Challenge 5: ART create a STEM Sculpture

Don't miss
your chance
to win great
prizes

- Ask your form tutor for details/letter
- Look in collect work from teachers folder, technology and computing, STEM Fair folder
- Speak to Miss Scanlan

Don't miss out
Sign up for your space now
return reply slip to
Miss Scanlan by
19th May 2022



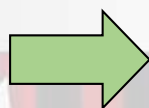
Attendance Ladder

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

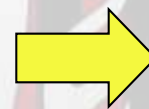
4 SCHOOL DAYS
OFF EACH YEAR



7 SCHOOL DAYS
OFF EACH YEAR



9 SCHOOL DAYS
OFF EACH YEAR



11 SCHOOL DAYS
OFF EACH YEAR



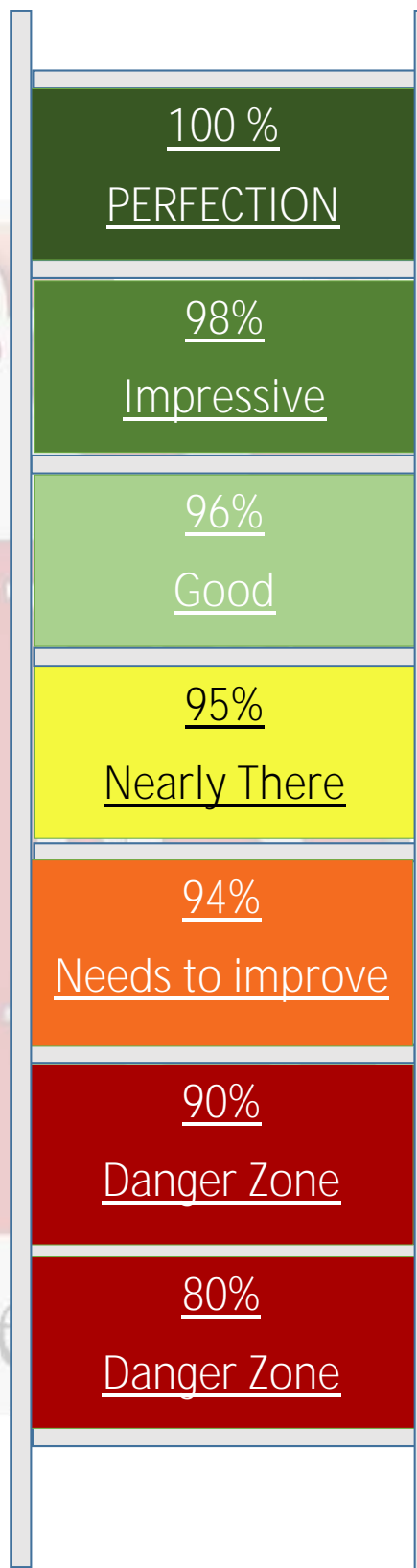
19 SCHOOL DAYS
OFF EACH YEAR



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)



KLSix

Proposed South-West Elevation

BUY A BRICK

We are inviting you to help us to take our new sixth form building project to the next level by sponsoring one or more bricks and help create a legacy for the school and wider community.

Each brick sponsored will improve the facilities within our exciting new build project making the space the best around.

Individual bricks can be purchased for £5 (multiple bricks can be sponsored).

Corporate bricks can also be sponsored a minimum donation of £50 (no upper limit).

Each brick will form a permanent feature artwork wall with your name or company name engraved on a brick. Leave your mark and legacy on this exciting build.

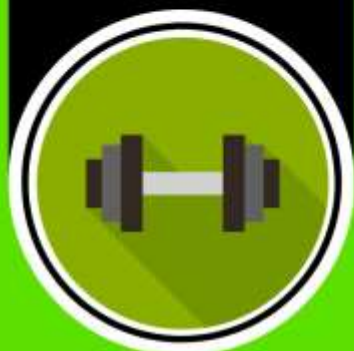


Scan the QR code to make a donation to our 'Buy a Brick Project' or contact Mr Tubb (Principal Assistant Headteacher & Head of Sixth Form) for further information and to ask how to get involved. [Kings Langley School Sixth Form Centre - Buy a Brick Project - JustGiving](#)

Charity Registration No. 1003270

**FIRST
SESSION
FREE**

Only £15 per half term
Pay on ScoPay



SIXTH FORM FITNESS SESSIONS

EVERY THURSDAY
3.30 - 4.30 PM

Led by Mr Newman, Qualified Personal Trainer
Supported by Mr Tubb



INCREASED FITNESS

- Increase stamina
- Build strength
- Burn body fat
- Improve fitness levels



IMPROVED HEALTH

- Healthy heart
- Burns calories
- Helps brain health
- Reduces stress
- Receive advice about nutrition



IMPROVED MENTAL HEALTH & WELLBEING

- Improves mental health
- Supports positive wellbeing
- Encourages positivity
- Provides motivation
- Increase happiness
- Make friends



SCAN HERE TO SIGN UP



**FIRST SESSION
THURSDAY 4TH MAY**



YOUR
SCHOOL
LOTTERY

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

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>

This week's jackpot winning number is

553453

One of our supporters won £31.50 in the draw!



Stationery Shop

'School Ready' pencil case with all equipment— £5

Pens — 10p, black, blue, red, purple or green ink

Pencil — 10p

Rubber — 20p

Protractor — 20p

Ruler — 30p 15cm or 30cm

Highlighter — 30p

Ink cartridge — 30p black or blue

Compasses — 50p

Fineliner pen — 50p

Sticky notes — 50p

Scissors — 50p

Dividers — 50p for ten, or 10p each

Plastic wallets — 50p for ten, or 10p each

Plastic book covers — 50p, A4 or A5

Whiteboard pens — 50p thin nib, or £1 thick nib

Whiteboard rubbers — 60p

Whiteboards — 70p

Glue stick — 70p

Exercise books — 20p mini, 50p A5, or 70p A4 (lined, blank or squared)

Clear pencil case — £1 small, £1.50 large, or £2 tough

Revision cards — £1 small white, £1.50 small multi-coloured, or £2 large

Folders — 20p thin card or £2.50 ring binder

Colouring pens or pencils — £2.50

4-colour pens — £2.50

Earphones — £3

Fountain pen — £3

Hole punch — £3.50

USB drives — £5, 16gb

Scientific calculators — £12



Parent & Carer Courses Summer Term 2023



TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



Thursdays 9.45 -11.15am

20th Apr- 25th May

Online Course 578 

FULLY BOOKED

Tuesdays 8.00 - 9.30pm

11th May - 25th May

Online Course 579 

Tuesdays 8.00 - 9.30pm

6th Jun - 11th Jul

Online Course 580 

Wednesdays 9.45-11.15am

7th Jun - 12th Jul

Online Course 578 

TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 will cover

- The Teen Brain: the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Wednesdays 7.45-9.15pm

19th Jun - 3rd Jul

Online Course 581 

FULLY BOOKED

Wednesdays 7.45-9.15pm

7th Jun - 12th Jul

Online COURSE 582 

Pre-booking essential

To check eligibility and book a place, please contact

Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

Quoting the Course ID

TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:



Dads,
Step-Dads,
Stay at
home Dads,
Working
Dads...

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.

Tuesdays 7.45 - 9.15pm
18th May - 1st Jun
FULLY BOOKED
Online Course 583 

Wednesdays 7.45-9.15pm
7th Jun - 12th Jul
Online Course 584 

TALKING ADDITIONAL NEEDS

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.



Tuesdays 9.45 - 11.15am
3rd May - 17th Jun
FULLY BOOKED
Online Course 576 

Tuesdays 9.45 - 11.15am
6th Jun - 11th Jul
Online Course 575 

Courses are open to parents and carers living in Hertfordshire

Pre-booking essential

**To check eligibility and book a place, please contact
Supporting Links on:**

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

www.supportinglinks.co.uk

Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request



These courses are provided free to parents by
Hertfordshire County Council's Targeted Parenting Fund





The Sandbox is an NHS funded service to support children and young people in Hertfordshire with their mental health and well-being.

This new free service launches on **1st April 2023** and offers a website, with access to games, worksheets, group chats and online events for children, young people, their parents/carers, teachers and other professionals. The Sandbox also provides access to internet enabled Cognitive Behavioural Therapy (iCBT), or one to one support from professional therapists by text, phone, online chat or video call, based on a triage of the young person's needs:

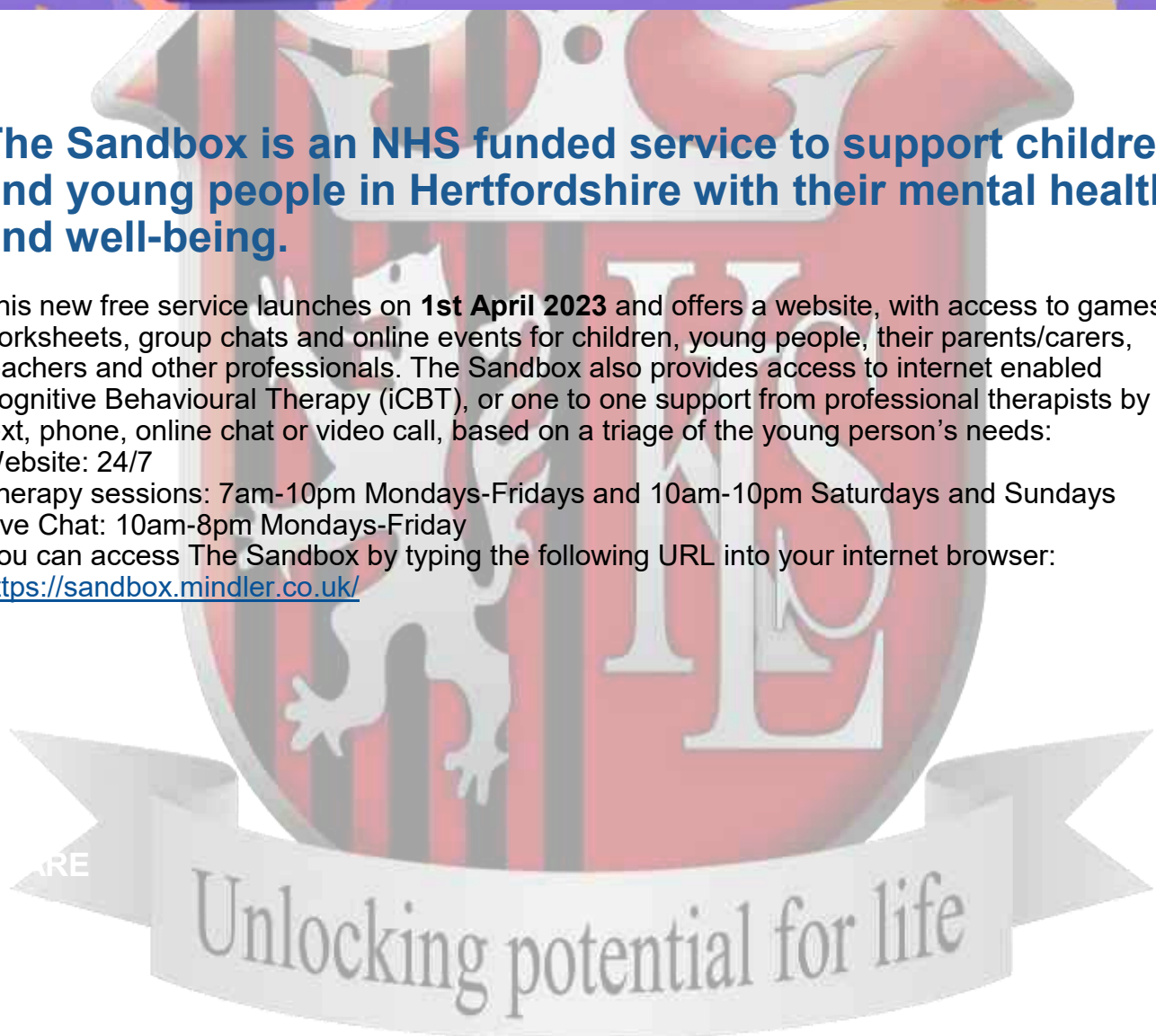
Website: 24/7

Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays

Live Chat: 10am-8pm Mondays-Friday

You can access The Sandbox by typing the following URL into your internet browser:

<https://sandbox.mindler.co.uk/>





Keeping your engine running; the fact & fiction

Fiction

If it's cold outside, I need to keep the engine running to keep the heater on.

Fact

If you switch the engine off when you park and keep the ignition on, the heater should stay warm for up to 30 minutes.

Fiction

If I'm parked on a yellow line, keeping my engine running means I won't get a fine.

Fact

Traffic Wardens can fine you if you are parked somewhere you shouldn't be. They can also issue you with a £40 fine if your engine is idling (switched on whilst you are waiting).

Fiction

But surely it is better to idle because stopping and starting will wear out the engine?

Fact

Sitting in your car with your engine running could cost you more than you think. Between 5% and 8% of fuel use occurs while idling. Based on the average annual fuel bill of £1600, this means you could be wasting more than £100 a year.

Fiction

Sitting in my car protects me from other people's car fumes.

Fact

The air quality inside the car could be up to 12 times worse than outside.

Walking and cycling is healthier, cheaper and better for air quality than driving and parking outside your school.