



Kings Langley School News

Issue 19

A note from the Headteacher

I wanted to start this week by congratulating our exam cohorts with their work effort and engagement with interventions. In particular I wanted to praise our year 11 students for their progress and positivity towards the various interventions at registration, break, lunch and after school. As many parents will know every lunch time I am out on the tennis courts with around 150 students all playing football whatever the weather and as part of this I always find time to talk with students about school life. The year 11 boys in particular have been really positive about the interventions both promoting it to each other and highlighting which ones they are attending. A huge thank you to parents for their support on this and to those staff leading on this programme.

Year 11 Intervention 2023-24

	1Monday	1Tuesday	1Wednesday	1Thursday	1Friday
Lunch	French Spanish	Science: <i>'Aiming higher'</i> Music	PE	English	PRE: <i>Targeted revision</i>
After school	Art French Spanish PE	Science: <i>Supported revision</i> Computer science	Maths Business* D&T Food Preparation	Business*	Music

* On certain dates as published by the Business department and not every week

School Events

Monday 12th February

Metamorphosis Theatre
Trip - 5.30pm - 11pm

Monday 19th - 23rd February half term

Finishing -3.15pm

Saturday 17th February

Year 10

GCSE History Trip to
Berlin departs

Half term - return to
school Monday 26th
February @8.40am

KINGS
LANGLEY
SCHOOL

Year 11 Intervention 2023-24 (continued)

	2Monday	2Tuesday	2Wednesday	2Thursday	2Friday
Lunch	French Spanish	Science: 'Aiming higher' Music	Geography: 'Aiming higher' PE	English	PRE: 'Aiming higher'
After school	Art French Spanish PE	Science: <i>Supported revision</i> Geography: <i>'Getting the grade'</i>	Maths Business* D&T Food Preparation History	Business*	Music

* On certain dates as published by the Business department and not every week.

Year 13 Intervention 2023-24

	1Monday	1Tuesday	1Wednesday	1Thursday	1Friday
Lunch					
After school	Art (studio time) Politics		Business* PE	Business*	

	2Monday	2Tuesday	2Wednesday	2Thursday	2Friday
Lunch					
After school	Art (studio time) History		Business* PE	Business*	

* On certain dates as published by the Business department and not every week.



We are really pleased with progress on our facilities and the impact it is having on young people. The Sixth Form centre was officially opened recently, with student leaders at the event able to articulate the impact it is having on their education to various dignitaries in attendance at the event. There is clearly a lot of interest in our school and sixth form as we now have over 225 applications to our sixth form for

September 2024 with a huge number of external applications from other local schools.

<https://www.watfordobserver.co.uk/news/24104260.inside-look-kings-langley-schools-new-sixth-launched/>



The pitch is in its final stages of completion and we feel by mid-March 2024 we will be able to open this to our school community and towards the end of March open to the schools external community. We know the students are really excited about this facility and we are very much looking forward to seeing our students use it. The only thing that might now slow us up with this

plan, is getting the final checks and licences agreed by FIFA and the FA but we are pushing to get them out as soon as possible. We will hold an official opening in May 2024 where we hope to hold a series of exhibition matches and a parent event. More on this next half term. A letter will come out next week on the footwear expectations for this facility, please read this carefully and use the support mentioned if necessary.



We are also now delighted to confirm following a full tender process over December and January, our new catering provider has been secured and are now in a mobilisation process and are gearing up to rebranding and launch to students in April. Mrs Bell will update parents on this shortly, but I know those involved in the tasting and overall process are hugely excited to see this provider at Kings Langley School.



The Wi-Fi and cloud based strategy is building behind the scenes with all the Microsoft products in place and curriculums ready to be uploaded by all subject areas to Microsoft TEAMS in full. Some subjects have trialled this, for example if you go onto TEAMS with your child and choose Geography, in the resources area all the teaching and support resources can be found there so students can access the work at any point.

The Wi-Fi upgrade planned for the summer term will allow us to implement this across the school and the heat mapping activity has been completed and providers are being reviewed to ensure internet access and speeds match our aspirations for our curriculum offer.

As part of our curriculum we try hard to offer a wide variety of career opportunities in school and our Monday targeted careers assemblies continue at pace building on RAF, Engineering, Hair and Beauty with this week welcoming Sky Studios in to talk about careers in an industry that surrounds our school in screen and film. Please remember reminders go out to students on TEAMS each week for them to sign up and these talks happen every Monday now in the main hall at registration time.

We come ever closer to the end of half term and as always I would like to thank our parents for their attendance at the various events such as work experience evenings, ski trip meetings, PCEs or collecting from trips such as the parliament trip or theatre trips. I know we offer a lot but we do it so the students at Kings Langley can benefit from the experience. Next week we have careers talks on Monday from ASK Apprenticeships for years 10 & 11, theatre trip to see Metamorphosis, a Spanish school visiting us as part of a cultural visit and our Berlin trip leaves for half term. One change to the calendar is that the vaccinations team have moved their visit from the 16th February to 5th March 2024 for year 9.

Finally we end every half term with thank you cards from students to staff along with staff allocating recognition points to students, we also really want parents to get involved in this by just dropping a short email to thank a member of staff for their efforts. Teaching like lots of professions is relentless at times and a small thank you goes a long way.



In Memory of Olivia Smith

On 7th April 2024, Olivia's father will be running the London Landmarks half marathon for Brain Tumour research in memory of his daughter.

If you would like to make a donation, please use the QR code below which will take you directly to the Just Giving Page.



Best at Bedrock! Week 20

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

- Sophie- 7D (162 points)
- Sastika- 8A (132 points)
- **Adam- 9P (244 points)**
- Liam- 10A (78 points)
- Jai- 11D (65 points)

Highest progress made in each year group

- Amelia- 7G (127%)
- James- 8T (300%)
- **Adam- 9P (540%)**
- Lily- 10A (300%)
- Dhillan- 11D (132%)



Confident voices, strong literacy





Recognition

Being noticed for doing something positive or achieving something

Students of the Week w/c 5th February

Drama	Clarke 7C
For always putting 100% effort into his work and contributing so well to lessons.	
Food Technology	Leo 9P
For always having a positive attitude when coming into lessons.	
Politics	Tom 8C
Excellent questions asked during our tour of the Houses of Parliament.	
Graphics	Isla 9A
Great first lesson in graphics.	
Library	Jaydyn 11C
Making good use of the library after school for revision.	
Modern Foreign Languages	Joshua 7G
For his consistent dedication to Spanish.	
Music	Samuel 11D
Showing great stickability with his GCSE music composition.	
PHSE	Elise 7C
Excellent contributions in resilience lessons. Keep it up!	
Physical Education	Thomas 8C
Outstanding levels of effort and commitment in PE lessons.	
Psychology	Amelia 13OHA
For outstanding performance in trials exams.	
Philosophy, Religion, Ethics	Georgina 9D
For excellent engagement and involvement in lessons on the Holocaust.	

Sociology	Nicloe 12JNN
For excellent written responses in class.	
Textiles	Sybella 11J
Beautiful crochet.	
Year 11 Head of Year	Rafferty 11C
Working hard in extra-curricular sport competitions.	
Key Stage 5 Head of Year	Sereena 12JNN
Being proactive and getting a head start in her Post 18 options.	

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

Spanish Club

The Spanish club is happening every Friday at lunch time in F304 with Ms Lavecchia and Katherine, our Spanish assistant from Colombia.

KLS students have fun, they are exposed to Spanish and South American cultures in different ways enjoying the atmosphere of a cosmopolitan classroom environment which gives them the opportunity to learn vocabulary outside lessons through recipes, quizzes, songs, plenty of games and stories in Spanish!

Last week we watched a YouTube video on how to make “pollo al vino tinto” which literally means “red wine chicken” warning the students that the wine will evaporate but will enhance the flavour of the chicken! Cerys and Alice from 7G decided to experiment and cooked it for real! Well done girls, you are super stars!

Here is the link with the recipe and their wonderful picture showing the of making this fantastic and delicious dish!

<https://www.youtube.com/watch?v=uvyDp15l6KI>

You should try it for your friends and family, it will be a success!

“Buen provecho”



French Club

The French club takes place on Friday lunch time every week 12:55pm to 13:25pm. Last week, I decided to celebrate the "chandeleur" with a crepe making session. I prepared the batter in the morning and each student took their turn to prepare their crepes and ate them!

Mr Loussouarn



TOOLED UP[®]
BECAUSE EVIDENCE MATTERS

Please be aware that energy and high caffeine drinks are not allowed on school site. This includes all brands.



Please see the below information from Tooled Up regarding the dangers of energy and high caffeine drinks.



A QUICK GUIDE TO ENERGY DRINKS

WHAT IS THE IMPACT?

- Energy drinks are much easier to consume quickly, compared to beverages such as coffee, simply because they are cold. This means it is easy to take in a lot of caffeine in a short space of time.
- Some individuals seem **more sensitive** to the effects of caffeine, meaning what seems normal for one person can leave another feeling quite unwell.
- Those with **heart problems** may put themselves at risk if they ingest a lot of caffeine, especially if they are exercising as well.
- **Mental health conditions** may be exacerbated by caffeine use, notably any that include anxiety, suicidality or psychosis as potential symptoms.
- Using caffeine alongside other stimulants can increase harmful effects, primarily through raising body temperature and heart rate, and lowering seizure threshold. As it is so cheap, it is also a **common ingredient** in illegal drug manufacturing.
- Combining alcohol with caffeine seems to be associated with an **increase in risky behaviours**, such as unprotected sex, drink driving or having an accident, as it can make people perceive that their coordination or judgement is better than it is.
- There is **emerging evidence** that energy drinks could be a gateway to alcohol for children as young as nine, and that it negatively impacts working memory while increasing impulsivity.
- Some medicines, such as over-the-counter headache pills or cold remedies, contain caffeine, which increases the amount that someone is taking – and also the risk of interactions, tolerance and dependence developing.



HOW MUCH CAFFEINE IS RECOMMENDED FOR SAFE CONSUMPTION?

- Research on the safety of caffeine has led to **recommendations** that children should only consume caffeine in moderation, at a level not more than 3mg/kg body weight. As an example, a typical 10 year old weighing 30kg should have no more than 90mg caffeine per day. **A small can of energy drink may contain more than this.**
- Women who are pregnant or breastfeeding are advised to have no more than 200mg over the course of a day. This is roughly equivalent to two mugs of instant coffee or one mug of filter coffee, and takeaway coffees such as lattes typically exceed this in one drink.
- **For adults**, single doses of caffeine up to 200mg and no more than 400mg in a day are not considered unsafe, but it can be difficult to track caffeine intake.
- The amount of sugar in energy drinks can be startling and even sugar-free variants contain artificial sweeteners, which have been linked to **health issues** such as diarrhoea.
- Many energy drinks contain other stimulant ingredients, which have a poorly understood evidence base and therefore effects can be unpredictable.

A QUICK GUIDE TO ENERGY DRINKS



WHAT CAN PARENTS DO?

Parents and carers have a significant role to play in helping their children stay safe, including when using energy drinks. Here are some tips:



Look at Ingredients.

Shining a light on sugar and caffeine content can be eye-opening.



Role model.

Caffeine is ever-present, so think about your own habits. For example, do you drink too much coffee? How could this influence your child? What about external influences such as the sponsorship of extreme sports?



Use caffeine as a talking point.

Tolerance to caffeine can develop, as can dependence, so be open with your child about any issues you've experienced along these lines. You could even use this as a jumping off point into a wider conversation about coping strategies or even addiction.



What goes up, must come down.

Energy drinks may make people feel more alert and invigorated, but there can be a cost in terms of feeling more tired than ever when the effects wear off.



Focus on sleep.

Energy drinks can be the thief of sleep, which can cause physical and psychological damage.



Be alert for accumulation and mixing.

Caffeine is such a common ingredient, it is easy to inadvertently double up – for example by having an energy drink plus a caffeine-containing cold remedy – and it is a common, and potentially problematic, mixer for alcohol for many young people.



STEM Challenge

Answer next week.

At the local model boat club, four friends were talking about their boats.

There were a total of eight boats, two in each colour: red, green, blue, and yellow.

Each friend owned two boats, and no friend had two boats of the same colour.

Alex didn't have a yellow boat.

Blake didn't have a red boat, but did have a green one.

One of the friends had a yellow boat and a blue boat.

Another friend had a green boat and a blue boat.

Charlie had a yellow boat.

Drew had a blue boat, but didn't have a green one.

Can you work out which friends had which coloured boats?

Last week's answer:

Who is allergic to what?

Answer: Allegra is allergic to shellfish, Ben to bee stings, Clara to nuts, Flora to pollen, and Zach to cats.



**YOUR
SCHOOL
LOTTERY**

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>





Edmund de Langley
et
Isabella de Castille

KINGS LANGLEY PARISH COUNCIL

ENVIRONMENTAL INITIATIVE AWARD 2024



Edmund de Langley
et
Isabella de Castille

Kings Langley Parish Council invite students from Kings Langley Primary and Secondary Schools to tell us about their ideas to help support our local environment. It may be something that they are already doing, or an idea they would like to put into practice, at their school (with the schools permission!)

Suggestions are listed below, but feel free to come up with your own ideas:

**Waste reduction
Tackling plastic
Recycling
Helping wildlife
Combatting litter
Reduce pollution
Saving Energy
Reduce carbon footprint
Reduce airmiles
Planting & Growing initiatives
Helping Bees and Butterflies**

£100 prize awarded to the school of the winner to help support their project.



The winner will be awarded their prize and winners certificate at the Annual Parish Meeting on Thursday 25th April 2024 at the Community Centre, Kings Langley time at 7:30pm

Entries can be made in various ways including;
A written proposal with designs and drawings via email or on paper
A model with a short written proposal
Evidence of an ongoing project, perhaps one that has been added to
Digital presentation; such as a video, photos or power point

Please email written entries to:
Debbi.James-Saunders@kingslangley-pc.gov.uk or by post to:
Kings Langley Parish Council
Charter Court, Vicarage Lane, Kings Langley, Herts. WD4 9HR

Please ring 01923 266391 (Councillor James-Saunders) if you have any queries or want to arrange to deliver an entry in the form of a Papers or a model

Entries must be received by Thursday 18th April 2024



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.



£5
per ticket



Friends of
Kings Langley School

Family Quiz Night

Saturday 9th March
7pm for 7:30pm start

Maximum of 8 people per team

Tickets available via SCOPAY
or scan the QR CODE
BYO refreshments



Kings Langley School
Unlocking Potential for Life

Online Safety Links

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



School of
CHARACTER



- New school completed September 2016 with additional new facilities coming online in 2023/24.
- Good School with Outstanding Features (Ofsted 2018)
- Pupils are well-behaved and courteous (Ofsted 2018)
- Impressive award winning curriculum on character education (Ofsted 2018)
- A commitment to continuing professional development
- A full programme of induction and support for all new staff
- Platinum Arts Mark Status

KINGS LANGLEY SCHOOL

LOVE LANE, KINGS LANGLEY
HERTFORDSHIRE WD4 9HN
Tel: 01923 264504
Email: admin@kls.herts.sch.uk

Premises Assistant
30 hours per week – Term Time plus 15 days
Monday - Friday 8.00am - 2.30pm
H2 – H3 (3-6) (Dependent upon Experience)
Actual salary range £16,584 - £17,427

Do you want to work in a successful and happy school with supportive colleagues, high quality professional development and excellent facilities?

We are looking for a flexible individual to join our busy premises team preferably with experience in a similar position, but this is not essential. If you are a good communicator and have a sense of humour and are ready to take on a variety of tasks this is the role for you!

Closing Date: Wednesday 28th February 2024

The school is committed to safeguarding children and young people. All post holders are subject to a satisfactory enhanced Disclosure and Barring Service (DBS) check.



Youth Choir at All Saints Kings Langley

A new youth choir is launching at All Saints Kings Langley!

Exciting times ahead at All Saints Kings Langley! We have recently appointed a new Director of Music, Bertha Kum. One of Bertha's passions is leading choirs for young people, so she and Fr. James, who some of you will know from The Summit which meets on a Wednesday lunchtime, are launching a youth choir!

The choir will initially be open to anyone from year 6 to year 13. The plan is to meet on Fridays from 6pm to 7pm, overlapping with the existing adult church choir. The youth choir would learn some of their own repertoire to perform on certain Sundays as well as joining in the regular music with the adults.

Singing in a choir benefits mental health and wellbeing, is great for teamwork and confidence and is also great fun! We hope to introduce a voice training programme so that choristers can gain awards as they progress. Any choristers who are undertaking the D of E award scheme could include being part of the choir in either their skill or volunteering section.

As well as attending on Fridays, the expectation is for choristers to attend and sing at the weekly Sunday morning 9.30am Eucharist services on 3 Sundays in the month. There will also be the opportunity to join in special or evening services, and seasonal services and performances.

There will be a taster session on Friday 1st March from 5pm-6pm at All Saints Kings Langley (Church Lane WD4 8JS) which will include music, fun and food, and end with a mini-performance. Practices will begin the following week, and Sunday attendance from 10th March, Mothering Sunday.

To sign up or for more information please get in touch with Bertha kum.bertha@gmail.com

All young singers welcome!



Advertisements & Opportunities

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

All Saints
Kings Langley

Youth Choir Workshop

1 MAR 2024 5-6pm

Join us for an evening of singing, fun, friendship, and food at our Youth Choir Workshop!

Parents are welcome to listen to the mini-performance at the end of the workshop.

For sign-up/any inquiries please email Bertha, Director of Music at All Saints Kings Langley (kum.bertha@gmail.com)