



Kings Langley School News

Issue 9

Armistice and Remembrance Assembly

Miss Hardingham has been delivering assemblies this week to all year groups about Armistice Day with her History student leaders. In History Club, students have been researching the global impact of World War One. Their assembly has focused on the lives of 10 selected individuals from around the world who served during World War One, many of whom are not well-known figures. Students felt that individual stories and sacrifices were all too-often forgotten in remembrance activities; the sheer scale and magnitude of casualties during both wars can become overwhelming, and thus these figures can obscure the individual stories behind them. So, in their assemblies over the next fortnight, students are sharing these stories with their peers, so that they are heard and, most importantly, remembered.

We would like to thank the History Club and Year 13 students who have delivered these assemblies: Tom 8C, Isaac 8C, Joseph 9A, Olivia 9G, Ella 9P, Izzy 9P, Madison 9P, Tymon 10G, Adam 10G, Nathan 13SCO, Aaliyah 13SCO, Harry 13SCO and Kalilah 13LIY.



School Events

Monday 13th November

SENCo Surgery 3.30-5.30pm

Thursday 16th November

Yr10 Parent Consultation
Evening (online)

Saturday 18th November

Yr12 & Yr13 Bar Mock Trial
Competition (Oxford)

Wednesday 22nd November

Sixth Form Open Evening,
6-8pm



Weekly Character News

Quote:

“Alone we can do so little; together we can do so much.”

Helen Keller.

Focused Character Traits and Reflection Questions:

Self-awareness: *If I asked my best friend to describe my personal qualities, would they match what I think about myself?*

Honesty: *Am I honest with myself? Do I tell myself how it truly is?*

Themes for the Week:

Armistice Day

Continuing from last week

STEM fortnight

6th – 17th November

Opportunities and Activities:

With our focus on self-awareness, we have invited an external speaker to come and talk to us about mental health. This is a talk covering a variety of issues that impact our well being and mindfulness. It is being taught as part of our PSHE programme on Tuesday.

With mental health and anxiety being on the increase, it is important that we understand what affects us, but also looking at what we can and can not control. By increasing students' awareness and understanding of anxiety, we hope to provide information on the things that they can do to help themselves, and also an acceptance of what they can have an affect on and what is out of their hands. Hopefully the students will find this very useful.

The Sixth form have their KS5 British Film Festival which includes a variety of activities and a chance to find out about multiple careers in the industry. The sixth form are in for a busy week as some of them are also involved in an inter-schools' competition on Saturday in Oxford. This is where a group of students hold a mock trial trying to win their cases through reasoned and rational arguments, as they progress through the rounds, more cases are fought and argued – good luck to our team!

With honesty in mind, it is year 10 parents' consultation evening this week, so year 10, having just started your new GCSE courses, it is time for honest reflection. How are you doing? How hard have you been working? Who is working harder: you or your teacher? These secrets will be revealed on Thursday I am sure!



School of
CHARACTER

Weekly Character News (continued)

Character: Emma Charlotte Duerre Watson

Emma Charlotte Duerre Watson (born 15 April 1990) is an English actress. Known for her roles in both blockbuster and independent films, she has received a selection of accolades, including a Young Artist Award and three MTV Movie Awards. Emma Watson has been ranked among the world's highest-paid actresses by *Forbes* and *Vanity Fair*, and was named one of the 100 most influential people in the world by *Time* magazine in 2015.

As a child, she rose to stardom after landing her first professional acting role as Hermione Granger in the *Harry Potter* film series, having previously acted only in school plays.

From 2011 to 2014, Emma Watson split her time between working on films and continuing her education, graduating from Brown University with a bachelor's degree in English literature in May 2014. That year, she was appointed a UN Women's Goodwill Ambassador and helped launch the UN Women campaign HeForShe, which advocates for gender equality. In 2018, she helped launch Time's Up UK as a founding member. Emma Watson was appointed to a G7 advisory body for women's rights in 2019, consulting with leaders on foreign policy. In 2020, she joined the board of directors of Kering, a luxury brand group, in her capacity as an advocate for sustainable fashion.



School of
CHARACTER

So what did you do over the half term?

Whilst many of our students played video games, slept in, washed the dishes, others were taking up the gauntlet and slaving away over their competition entries. There were two set on Teams by Mrs Jennings, The Dove poster which builds confidence, self esteem and kindness around your school, and the Lego challenge redesigning a building so it works better for the wildlife and local environment. These were National competitions as well as being set as a half term challenge.

Congratulations should go to all competition entries

Dove competition:



**Enter Dove's
Spread the Confidence
competition**



Kayla 7P	Alice 7G	Grace 7P
Abbie H7J	Sofija 7A	Marnie 7P
Charlie 7A	Luca 7G	Amy 7G
Myriah 7D	Faith 7P	Masha 7A
Sania 7A	Hollie 7P	Lesley 8C
Oliver 7J	James 7P	Justina 8J
Stephanie 7C	Ilaria 7C	Summer 8G
Kian 7G	Roman 7C	Natila 8C
Finlay 7D	Ella O7J	Manase 8G
Sophie 7D	Kyle 7J	Kaylani J8T
Lucy 7J	Paige 7A	Jack 8A
Polly 7A	Maddison 7C	Oliver 9C
Beau 7G	Jay 7C	Jack 9G
Lucas 7C	Ella 7J	James 10J

Lego competition:

Georgina 7J	Amy 7G
Alice 7G	Connor 7D
James 7P	Ella 7J
Kian 7G	Finlay 7D
Niamh 7A	Joshua 8A
Abbie 7J	Joshua 8A
Stephanie 7C	Chloe 8P
Imogen 7A	Jack 8A
Grace 7D	Thomas 8C



You will all receive a recognition point and 5 points for your House!





KLS Colour Awards

Developing yourself and your character



KLS Colour Awards recognise the activities you are participating both inside and outside of school.

Work your way through bronze, silver, gold, platinum and diamond level criteria to be awarded your colour badges.

New this year:

'Discovery Award'.

Complete one activity for each of the four awards



Check the school website section 'Rewards & Consequences' and in student planners for award criteria and further information.

BRONZE



SILVER



GOLD



PLATINUM



DIAMOND



Into the Sixth Form Open Evening

Wednesday 22nd November, 6pm-8pm



- ◆ Find out about the courses we offer
- ◆ Learn about A-Level subjects and recommended subject combinations
- ◆ Speak to subject specialists
- ◆ View and experience our brand new, purpose built Sixth Form building
- ◆ Speak to our SENCO
- ◆ Find out about bursary information
- ◆ Speak to current students of the Sixth Form
- ◆ Hear about the successes and destinations of past students of the Sixth Form
- ◆ Find out why KLS Sixth Form can further unlock your potential and take you towards your career aspirations

The Head of Sixth Form talk will start at 7pm.
If you would like any information about the

TOOLED UP[®]

BECAUSE EVIDENCE MATTERS

Learning to notice, name and manage our emotions is an important part of growing up. Over the years in Tooled Up, by examining available research and talking to experts, we have learned that how we talk about emotions in family life matters. By modelling our language and behaviour towards our children, we equip them for life. We need coping strategies, as do our children, for navigating the ups and downs of everyday experiences.

We have so much content on [emotional literacy](#) within Tooled Up that we have summarised our resources in one [easy guide](#).

Our [mood thermometer](#) can be used directly with children to ignite conversations around different moods

Our [coping menu](#) is a brilliant toolkit of strategies that the whole family can lean into.

If you feel that your **teen is suffering from low moods** and you are concerned, listen to what [Professor Shirley Reynolds](#) has to say on what differentiates low mood from teenage depression.

Did you know that sleep is a window into mental health?

Increasingly, research indicates that poor quality sleep can impact children's mood, learning, concentration in school and ability to regulate emotions. [Explore](#) our wide range of sleep resources, and perhaps this weekend try out [our sleep audit](#) with your children and see which changes can be made for the better!

When your family wakes up, read through our [breakfast resource](#) to learn more about just how much this early morning meal matters for the day ahead and can also influence how our children cope with daily pressures and emotional challenges.



Supporting Children's Anger



Low Mood and Depression



Sleep Audit



Headteacher Commendations

Language Nut—Top Performers

Yr7—Sofia 7A, Raiyah 7C, Connor 7D, Jude 7G

Yr8—Joshua 8A, Lucy 8C, Eduard 8D, George 8G, Roma 8J, Nathan 8P, Freya 8T

Yr9—Jack 9A, Maeve 9C, Holly 9D, Beth 9G, Sadie 9J, Bethany 9P

Yr10—Harriet 10D, Ethan 10P

Yr11—Olivia 11D, Frankie 11J





Recognition

Students of the Week w/c 6th Nov.

Nominated by staff each week

Art	Katy 12DLK
For the development of painting skills through exploring oil painting.	
English	Harry 11C
For showing real tenacity and determination in his recent mock examinations.	
Graphics	Rose 9A
Super brand design work.	
Library	Sam 8G
Sam is a real gem – he can always be relied upon for calm, patient work at the library desk, and was a great ambassador for the school on our visit to St Laura’s care home.	
Music	Lucy 8C
A wonderful student who always tries her best and contributes in all music lessons.	
Photography	Ryan 12WES
For making a superb start to studying A-Level Photography	
PHSE	Raiyah, 7C
Excellent contributions in Resilience lessons! Keep it up!	
Psychology	Emma 13ELL
For an aspirational work ethic and attitude, always engaged and trying to improve. Well done.	
Religious Education	Leticia, 10P
Fantastic contributions to class discussions. Well done!	
Sociology	Megan 13LIY
For being so engaged in lessons and aN aspirational work ethic and attitude to learning. Well done.	
Textiles	Kaci 9J
Excellent textiles skills and supporting others	
Year 11 Head of Year	Will 11A
Great self-regulation and application during exam period.	
Key Stage 5 Head of Year	Ryan 12WES
Generosiv and contribution to the DFNS Sleen Out to Help Out.	

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

Sixth Form: Sleep Out to Help Out



On Friday 3rd November, students from the Sixth Form staged a Sleep Out to Help Out event which saw them sleep outside the sixth form building with nothing but cardboard sheeting and sleeping bags. Accompanied by Miss Li, Miss Arnold and Mr Tubb, students braved the cold weather and threat of rain and storms, starting at 7pm and finishing at 7am on Saturday morning.

This event was held to raise awareness of the issue of homelessness in the Dacorum area and the challenges that many young people in the area, find themselves having with regards to living arrangements.

The event was organised by the Sixth Form in partnership with local charity, DENS Dacorum who provided the students with information and a presentation at the Sleep Out event.

The Sixth Form are incredibly proud of the students who participated and the empathy that they showed through raising funds and donating high need items for the charity.



Character Theme

Reflection and Amistice Day: Self-awareness & Honesty

As we approach Armistice Day as a school we are taking time to reflect on the past, the present and our future. We remember and commemorate those who lost their lives or were affected by war through the planting of our own poppy field (courtesy of the Technology Department).



Students and staff plant 3000 poppies for remembrance.





The student leadership team and Year 7 student leaders visited form groups this week selling poppies for students to buy to support the Poppy Appeal which raises money for the Royal British Legion. We have hung remembrance flags around the school and we held our traditional two minutes silence on Friday.

Miss Hardingham has been delivering assemblies this week to all year groups about Armistice Day with her History student leaders.

This is then mirrored in form groups when students are asked to reflect on the thought for the week and consider what they can do? How can we reflect on a world full on conflict and find resolution through peace? How aware of themselves are they and how honest are they about themselves and their behaviours, especially towards others? How can they find resolution through peace rather than conflict in their everyday lives? Some big thinking this week in form time!



KLS Netball Squad



Despite the chilly wind and the heavens pouring rain down all day, the intrepid members of KLS' netball squad still managed to sneak in another Friday after school practice: 45 minutes of hard training was rewarded with a glorious sunset.

New members are welcome to join - no experience is necessary. There is a brilliant coach.



STEM Challenge

How can $8 + 8 = 4$?



School Drama Production: MATILDA

Some fabulous work from the cast this week on Matilda, with our first weekend rehearsal taking place tomorrow. Few people understand the time, dedication and hard work that goes into making a show like Matilda work. For example, would you have guessed that so far this term, the performer playing Miss Trunchball has been needed at fewer rehearsals than the chorus? Stanislavski (a great Russian director) once said "There are no small parts, only small actors", meaning that it takes everyone, no matter how many lines they say or how "big" their role is, to make a show. We have definitely found that with Matilda, and we are so excited for you to see the result of all their hard work. Ticket news coming soon, but keep the 14th and 15th December free for an evening of "revolting" entertainment.



Sixth Form Inspiring Speaker



On Wednesday 8th November, Yr12 and Yr13 received an AWESOME and INSPIRING presentation from Jonny Huntington—polar explorer and para endurance athlete.

The presentation provided students with the perfect example of resilience in practice and how motivation can drive success and personal development. The students left the presentation roused by Jonny's story and his words. Find out more about his story on the next page.



HAVE BIG **AMBITIONS**.
UNDERSTAND HOW TO ACHIEVE THEM,
AND **PLAN** IN SMALL CHUNKS



Sixth Form Inspiring Speaker

Jonny's story is awe-inspiring and his presentation covered resilience, motivation and self-reflection. Jonny provided the following information about himself and his current and forthcoming challenges:

I am a disabled Polar Explorer, endurance athlete and Sport Scientist. Having had a stroke in 2014 whilst I was serving as an Officer with the British Army, which left me completely paralysed down the left side, I underwent extensive rehabilitation and discharge from my job. Upon leaving the service, and having to recalibrate my life to accommodate for my new circumstances I was fortunate to be given the opportunity to compete for Great Britain as a para-Cross Country Skier, as well as working for the British Government as an Intelligence and Operations Officer. I returned to the world of endurance sport and expeditions in 2019, and in 2021 took part in the Kayak4Heroes expedition, a World First for an adaptive team kayaking from Lands End to John O Groats. In 2022, I ran the whole of the South West Coast Path, a distance of just over 1000km, in preparation for attempting to become the first ever disabled person to ski solo and unsupported from the Antarctic coast to the South Pole in November 2024.

In doing all of this, my aim is to inspire others through action. I intend to demonstrate what is possible with the right mindset, self belief and a lot of hard work. My hope is to help people to unlock their true potential by providing an exemplar of what is possible despite having the odds stacked against you.

The Manchester to Birmingham to London run is a challenge event I'm doing as part of my build-up training soloing the South Pole. It will take 11 days, and consist of approximately 350km of running, interspersed with community engagement in schools and with businesses and charities along the route. In addition, I have partnered with and am raising money for three charities, the Adaptive Grand Slam (AGS), Armed Forces Para-Snowsports Team (AFPST) and the Invictus Games Foundation in order to raise awareness of what these fantastic charities do for both military personnel and civilians alike who face adversity in their lives.

Kings Langley School and the Sixth Form would like to thank Jonny for his time and wishes him the very best in his completion of Manchester-London and the Solo South Pole expedition. You have left us inspired and in awe of you.



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1s**

All disabilities welcome
Ages 12-25

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CONTACT:

Luke Heskett
luke.heskett@hertscricket.org

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Merchant Taylors' School,
Northwood HA26 2HT

*Running weekly from w/c 8 January
2024 until the Easter holidays

CONTACT:

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luke.heskett@hertscricket.org

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**Hertfordshire
Cricket**

MEMBERSHIP TO LIFE

A woman with short curly hair, wearing a black and white striped shirt and a dark apron, is smiling at the camera. She is holding a circular white sign with an orange scalloped border. The sign contains the text 'Scan for opening times and locations' and a QR code. To the left of the woman is a large orange splash graphic with the text 'Herts Haven Cafés' in white.

Herts Haven Cafés

Scan for
opening times
and locations



- No referrals, no judgements – just an open door and a safe welcoming space to talk
- Professional workers to support you with your wellbeing
- Practical help at your fingertips - coping strategies, stress management techniques and more!
- Emotional support tailored to your needs