

# The King's Chronicles



No.4: Week 12 - 16 October 2020

## World Mental Health Day

The theme for our assemblies and tutor reflections for last week was Mental Health.

Our mental health is just like our physical health: everybody has it and we need to learn to take care of it, as mental health problems are more common than we might realise. In the UK, around one in four people are affected by mental health problems every year.

It is possible for us to be mentally healthy and below is some good advice on how we can achieve this.

**1. Talk** – as the old BT advert says, “it’s good to talk!” It is much better to talk about how we are doing rather than bottling it up. Being honest and opening up about how you are feeling is often the first step towards good mental health. If you or someone you know is struggling and feeling a bit overwhelmed or stressed out, please don’t face it alone – find someone and talk it through!

*We can also support good mental health by making healthy choices in our lifestyle:*

**2. Getting enough good sleep** is very important. When we have a good sleep routine and are getting enough sleep it allows our bodies and our minds to recover and helps us with the resilience and strength we need to face each day.

**3. Eating** in a healthy way will help feed our brain and mind and bodies with the good stuff it needs. Not being properly hydrated, not eating enough or missing breakfast can leave you feeling tired, irritable and depressed.

**4. Exercise** – There were a lot of good messages out there during lockdown about the importance of exercise for our health and well-being. Exercise has been shown to have many positive benefits on our self-esteem and mood. It can take many forms: riding a bike, going for a run or just simply walking more. Being in the great outdoors is also a huge boost to our mental health.

Where can students find support?

<https://www.kooth.com>

- Kooth provide online mental health and wellbeing support to young people via any internet-accessible device.

Kooth provides an opportunity to interact in a supportive way with other young people as well as receive support from a qualified counsellor.

*Mr Coe (Director of Ethos)*

### Key Dates

#### October

w/c 19th	House Football (Boys)
26th-30th	Half term
31st	Y6 Admissions Deadline

#### November

w/c 2nd	House Football (Girls)
5th	UKMT Senior Challenge
10th	Virtual Sixth Form Open Evening
10th-13th	House Assemblies
16th-27th	Year 11 /Year 13 Rehearsal

## Free Breakfast Packs

Over 120 students have now signed up to take home free, healthy breakfast packs every two weeks up to the end of Spring Term. This is so helpful to ensure that no one is too hungry to learn. It’s not too late either– to join, students may ask their tutor; or parents/carers can drop us an e-mail at [breakfast@thekingsacademy.org.uk](mailto:breakfast@thekingsacademy.org.uk) (include student name and tutor group) – and students will be notified of distribution dates via their tutor.

*Mr McAllister (Business Manager)*



### Highlights of the Week (from Heads of Year)

**Year 7**– Mr Willis going out of his way to let me know how impressed he is by his Year 7 maths class's work and behaviour this year.

**Year 8**– Well done to year 8 as we have had several members of the science department describing how happy they are with the progress being made.

**Year 9**– improving attendance in Year 9 [*ed- despite self-isolation today for some of them*].

**Year 10**– In the vote to be class representative on student voice it was neck and neck between Joseph Nevison and Theo Pankhurst and Joseph narrowly lost out. I told them they should vote for themselves as politicians do in the election. I found out afterwards that both Joseph and Theo voted for each other which in my opinion shows the humility and kindness required to do the role – hence why we asked if we could have two representatives.

**Year 11**– Tyler Moore and Aaron Cummings were involved in supporting the *Think U Know* website with ensuring their website covers online safety with Key Stage 4.

**Sixth Form** - The successful distribution of our breakfast packs with the able assistance of our Sixth Form students. The Sixth Form were inspired to set up their own collection for the foodbank and other local charities.

## Focus: Science

Teaching science in the Academy when we have Covid-secure bubbles operating has created its own challenges. Where normally we would be supervising the year 7 students earning their Bunsen burner licences and carrying out all the required practical tasks for GCSE, we have found ourselves disappointingly restricted. Teaching science in rooms with no sinks and carpets on the floor has come as a shock (although we have saved Mr Bulley some money on the school's gas bill!).

We have done our best to think around the problem and do as many 'dry' practical lessons as possible, and we have been delighted with the sensible approach that students have taken when doing experiments in unusual rooms. We have also been supported in our change of approach by a brilliant team of technicians, who now think nothing of wheeling model skeletons into RE classrooms, and sterilising everything that the students have used after lessons. Whilst we can still watch many of the traditional demonstrations using video clips and teacher demonstrations, we hope that they won't be a permanent substitute for classroom experiments and the invaluable skills that students learn from these experiences.

*Dr Baird & Mrs Gibbons (Science Dept)*

# Student Voice

We are delighted to have launched our Student Voice this week throughout each year group in the Academy. After a careful and competitive election process, each Head of Year welcomed their first group of representatives. As a result, all students will have the opportunity to voice their opinions and have their views taken into account in decisions which impact upon them. Key Stage 4 have met this week, with Key Stage 3 to follow after the half-term break. We look forward to developing leadership, responsibility, democracy, local and global citizenship and accountability.

Student Voice Representatives for each year group are:

**Year 7** - Ruby Burnicle, Lucas Stevenson, Anya Herman, Anya Ul-Khair, Millie Hall, Mohammed Raheem Hussain, George Godward, Sarah Diarrassouba, Take Twinning, William Colebrook, Jake Parker, Tia Stone, Evi Wood, Abi Price, Kobey Hedley and Zayne Maphosa.

**Year 8** - Alex Townsend, Mohsin Aslam, Katie Riley, Jack Jefferson, Hannah Stuttard, Zachary Fitzhugh, Ethan Harris, Lucie Hindshaw, Savero Hakimzada and Daisy Sykes.

**Year 9** - Ruby Wood, James Slater, Kieran Beattie Lewis, Lilla Long, Alfie Cobain, Junior Arif, Poppy Hill, Edna Kalambo, Katie Marshall, Kayley Taylor, Lewis Reynolds, Lalya Pollard, Jacob Brown, Lucy Shingler, Charlotte Williams and Jack Pitt.

**Year 10** - Paige Fowler, Nicholas Sayer, Theo Pankhurst, Joseph Nevison, Ethan Wadrop, Anem Sharif and Sophie Kitching.

**Year 11** - Ryan McKee, Jake Atkinson, Billy Meridith, Jess Hilton, Georgia Smith, Matthew Morley, and Niloufar Afshari.

*Mrs Dodsworth (Assistant Principal: Key Stage 4)*

### Additional Notices:

If your child is required to self-isolate at home **and** is in receipt of Free School Meals, our catering service can provide a food parcel to enable you to prepare healthy lunches for your child whilst they are required to be absent from school (a supermarket voucher may be provided as an alternative, at our discretion). Please telephone the Academy should your child be in this position and you require this support.