

Today's Prayer

Listen or read the Prayer for the Day and join in with thousands of others saying these words.

[Today's Prayer | The Church of England](#)

23/24 Issue No 30

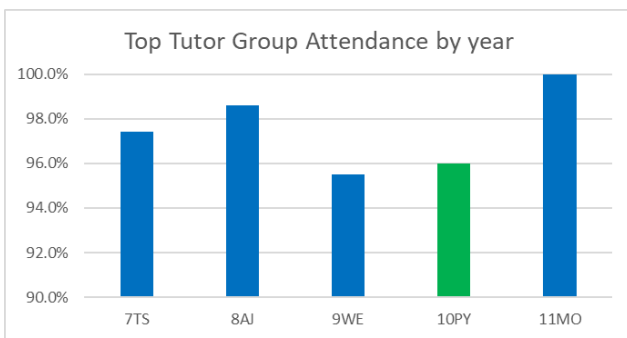
Friday 10 May 2024

Dear Parents and Carers

I am delighted to inform you that Year 11 have made a strong start to their GCSE exams and have sat their first big core exam as a year group. We are exceptionally proud of them and thank all Year 11 parents for the support they have giving us in preparing them – I didn't see a single student without a calculator this morning!! Getting the basics right makes such a difference to the smooth and orderly running of all aspects of school life.



Well done to all who have completed their Bronze Duke of Edinburgh practice expedition. We have record numbers participating in this great character-building activity. More details can be found on page 2.



As a school we are committed to stopping vaping in our student population. Please [CLICK HERE](#) for the parent letter, which outlines in detail our concerns

We are committed to:

1. Provide educational input into the dangers of vaping within PSHE sessions, tutor time, pastoral support and assemblies.
2. Work with young people and families affected to provide support and signpost external assistance wherever necessary, particularly where individuals are seeking to quit.
3. Work with local and regional schools, sharing good practice and support effective safeguarding practices.
4. Continue to work with external agencies, such as the police and health promotion agencies to help educate our children and keep them safe from harm.
- 5. Issue high level sanctions to all students caught in possession of vapes. We will also report all vape incidents at the school to the police as it's likely a criminal offence has been committed in selling a vape to someone under 18.**

Vacancies in our school

Click the link below for opportunities to join the school. [Vacancies - King Edward VI School \(king-ed.suffolk.sch.uk\)](#)

Polite Reminder to Parents

We have a First Aid provision in school for incidents, accidents and illness that occur during

a school day. We cannot deal with pre-existing injuries that have occurred outside of school. Please do not direct your child to our First Aider in these circumstances because they will not be dealt with or we will simply contact you and ask you to collect them from school.

Duke of Edinburgh

We recently had over 90 Year 9 students attend the Bronze Duke of Edinburgh practice expedition! They did a brilliant job honing their outdoor skills and navigating their way from Nowton Park to Hartest. The Bronze qualifying expedition across Thetford Forest is in early June and the Silver practice expedition is next weekend.



West Suffolk Cup Winners!

Wow what a year it's been for our Year 7 Football Team, progressing all the way to the West Suffolk Finals. Along the way they have faced some difficult opponents. Beating Stowmarket 1-0 (away from home), beating Thurston 4-2,

beating Sybil 2-0 (away from home). Then finally winning the Cup Final against Castle Manor on Tuesday evening. It was a nervous 60 minutes on the field on Tuesday evening with the game going straight to penalties after a 0-0 score line in normal time. The penalty shootout was so intense it went down to the 7th penalty taker.



A special mention to Jake who needed to save the 5th penalty to keep them alive in the shootout, which he managed to do! Reuben then slotted the 7th penalty away. Castle Manor needed to score to stay alive in the shootout and they missed. It was a tough game, but the boys managed to bring the Cup home. Congratulations to the Year 7 boys on winning the West Suffolk Cup. Mr Wragg and Mr Wilson were extremely proud of every single one of the boys for showing hard work and determination throughout the whole competition.



Mental Health Awareness Week: 13-19 May 2024

Next week is Mental Health Awareness Week and the theme for this year is **Movement**.

Place2Be are encouraging not only students, but staff and families, to incorporate more #MomentsforMovement into their daily routine. To mark the week, Place2Be shared some [tips](#)



[to help get children moving for their mental health.](#)

You can also check out the resources on the Place2Be website for [practical advice to help young people, schools and families manage stress during exam season.](#)

Place2Be also offer: [Parent and carer services](#) such as:

- Online parenting course
- Parenting advice
- Parent-child training sessions
- Access to their parenting advice site

And also offer [Pupil services:](#)

- Drop-in and one-to-one counselling service
- Online wellbeing community and crisis text line

Exam Stress – useful resources for parents and students



The Department for Education have a range of advice and guidance for students and parents to help alleviate or lessen the anxiety they have about sitting exams, including:

- [NHS Help your child beat exam stress](#)
- [Anna Freud: How to identify the signs of academic stress, and ways to help](#)
- [Student Minds – resources, tips and blogs about exam stress](#)
- [Ofqual: Coping with exam pressure – a guide for students](#)



Kooth

With many young people preparing for their upcoming exams this term, please let them know that Kooth are here to help with any stress or anxiety they may be feeling. They also have a [support guide](#) for students on coping with exam stress, an [exam stress recorded webinar](#), and articles on Kooth such as "[The ultimate exam stress toolkit](#)" that can help.

Kooth are also offering live-streamed virtual sessions to coach students through a range of mental health topics relevant to their age group.

This month we'll be live streaming sessions for all year groups about staying safe online:

[Book our May online safety webinar](#)

In June/July Kooth are delivering live-streamed sessions around transitions for Years 6, 11, and 13:

[Book our Year 6 transitions webinar](#)

[Book our Year 11 transitions webinar](#)

[Book our Year 13 transitions webinar](#)

Bridge the Gap – Family Hub

BRIDGE THE GAP
BRIDGE FAMILY HUB

TUESDAY 14TH MAY
10:30 - 12:30
WITH SHARON SOUTHWELL
EDUCATION WELFARE TEAM
SARA PENNELL
FAMILY SUPPORT WORKER

Do you have a child who struggles with school attendance?
'Bridge the Gap' is a drop-in support space for children and their families who struggle to attend school for whatever reason.

JOIN with other parents and carers
ENJOY activities for your child including sensory circuits, creative space, lego station, games and separate sensory space.
CONNECT to gain the support and advice you need to overcome the barriers to accessing school regularly

Bridge Community Church,
68 Queens Rd, Bury St Edmunds, IP33 3EW

BRIDGE COMMUNITY CHURCH
for further details please contact
emma@bridgecommunitychurch.co.uk
07501 408608

Stifford family hubs
Local help for all families

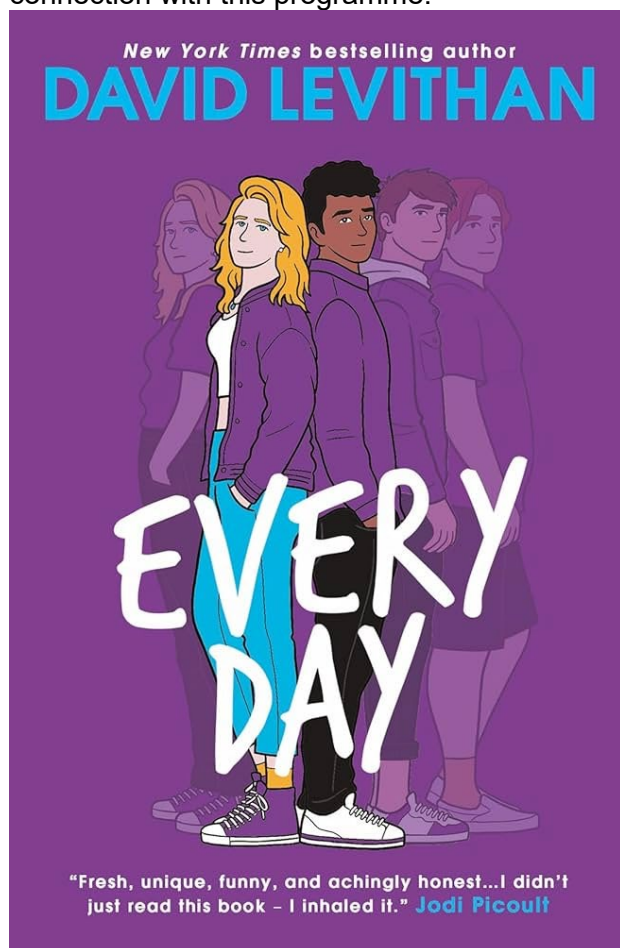
Reading for Pleasure - First Chapters

For this week's First Chapters, students heard the opening chapter from "Every Day" by David Levithan.

The blurb:

"Each morning, A wakes up in a different body. There's never any warning about who it will be, but A is used to that. Never get too attached. Avoid being noticed. Do not interfere. And that's fine – until A wakes up in the body of Justin and meets Justin's girlfriend, Rhiannon. From that moment, the rules by which A has been living no longer apply. Because A has found somebody he wants to be with – every day..."

Feel free to ask your child about the opening. If they seem interested and didn't win the raffle, it may be a perfect opportunity to take them to the wonderful Library in Bury St Edmunds, who will be ordering in multiple copies of the book in connection with this programme.



Bury St Edmunds Library

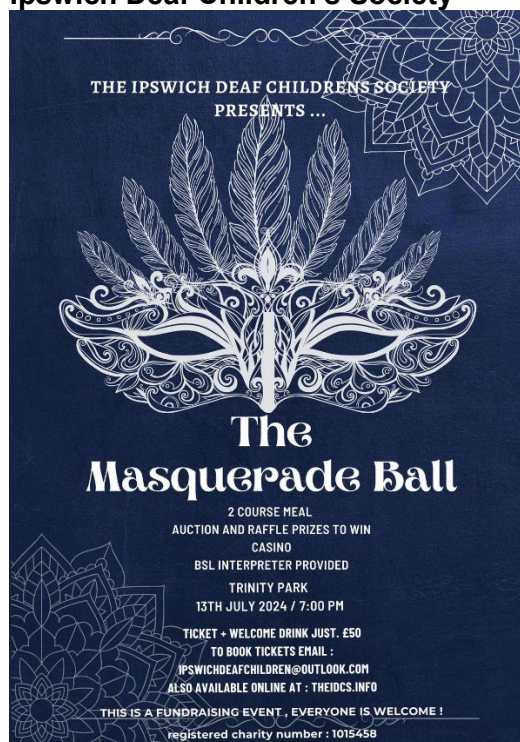
The next YA book group meeting is being held at Bury Library on Saturday 1 June at 2pm.

The YA group will be discussing 'The Graveyard Book' by Neil Gaiman. Copies are available to borrow from the teen section upstairs in the Library, although members are always more than welcome to come along for general book chat even if they haven't read the book. YA is a very informal group run by staff (with hot chocolate and biscuits provided) and always keen to welcome new members to help shape how the group is run and to choose titles they would like to chat about.

The group is ideal for anybody aged 11-15 to come and chat about books and make friends. Here's a link to the entry about the title on the

Suffolk Libraries catalogue:
https://suffolk.spydus.co.uk/cgi-bin/spydus.exe/FULL/WPAC/BIBENQ/630538/99839787_1

Ipswich Deaf Children's Society



Safeguarding Message – Smart Phones

As a school, we regularly support students having issues online with their peers, as it can be too easy to become a keyboard warrior and say something cruel. We appreciate it can be tough to stay on top of your child's smartphone usage but encourage you to have open conversations about what they are party to, especially with the huge rise of online harm that they are potentially being subjected to.

The NSPCC found that 56 % of 11–16-year-olds have seen explicit material online, one-third have encountered sexist, racist or discriminatory content and 23% of children have been exposed to hate speech online. While only 9% of parents are aware of their child's experience.

This links from Internet Matters could support you in these conversations and are a great source of advice with practical ideas to tackle these issues. [Learn about inappropriate content online | Internet Matters](#)

[Get smart about smartphones | Internet Matters by Internet Matters - Flipsnack](#)

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Follow our SEND Instagram page

https://www.instagram.com/kevis_learninghub?utm_source=ig_web_button_share_sheet&igsh=ZDNIZDc0MzlxNw

Everyone at King Edward VI would like to wish you a wonderfully warm weekend.



Deri O'Regan

Dates for your Diary	
Term Dates for 2023-2024 and Term Dates for 2024-2025 . Additional information can be found on the calendar page of the website	
Fri 17 – Sun 19 May	Duke of Edinburgh Silver Practice Expedition
Mon 27 – Fri 31 May	Half Term
Sat 8 – Sun 9 June	Duke of Edinburgh Bronze Qualifying Expedition
Mon 10 – Tues 11 June	Duke of Edinburgh Bronze Qualifying Expedition
Tue 25 June	Prom
Fri 28 June	School Closed - PD Day

Thought for the Week

Weak men wait for opportunities; strong men make them.
Orison Swett Marden

All past issues of this Newsletter are available [on our website](#).