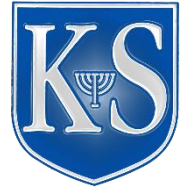


King Solomon High School Newsletter

10th November 2023, 27th Ceshvan 5784

Parshat Chayei Sarah



“As we fix the red poppy to our clothes and bow our heads, we remember the courageous men and women who gave their lives to defend freedom, to create harmony and in the hope of a better future. We must honour their memory by safeguarding the values they fought to preserve; democracy, security, and peace between nations.” *Chief Rabbi Mirvis*

Dear Parents and Carers

I hope you are all well. My newsletter this week has some very important messages about matters related to the school's Jewish ethos, student behaviour and social media. I will also be paying respects to Remembrance Day.

Behaviour and social media

Schools are wonderful places to work. Seeing young people develop and having a role in this development is a privilege. Schools can also be very challenging places, for many reasons. Young people often test boundaries and adolescence brings with it complex emotions. School staff are here to support young people and to help them make the right choices. However, school staff should never have to experience insults, discrimination, physical abuse or abusive comments. Schools nationwide are experiencing significant staff shortages. Student behaviour is one of the reasons that people are discouraged from working in schools. I put much emphasis on high expectations of student behaviour, so that everyone feels safe and respected.

It has come to my attention that some students have created Tik Tok accounts under the King Solomon High School name. These Tik Tok accounts contain some deeply offensive, inappropriate and hurtful messages about staff at the school. Words do not do justice to the impact that these offensive videos have had on the wellbeing of the staff being targeted. These humiliating Tik Tok accounts are then fuelled by the hundreds of young people who follow the account, like posts and add unkind comments. I am thankful to the few students and parents who have reported these accounts to us. I am, however, disappointed by all the people who saw these accounts and not only did nothing to inform the school, but added likes and comments. We have reported the account to the police and Tik Tok, and the main account has been

removed. However, another account has now been created. Social media allows for unhelpful anonymity, but I need to make my position here very clear. Students found to be commenting on these videos and posts will receive a serious sanction (please see our new behaviour policy). Depending on the nature of the comments and videos, students may risk losing their place at the school.

Please can all parents take the following action to enhance the safety of their children's Tik Tok account, while also taking collective action to prevent their children from fuelling these awful fake school accounts with support.

- Parents should monitor their children's social media accounts on a regular basis. Sit with your child and ask them to take you through the social media accounts. Ask them who they are following and who their followers are. Question anything that looks not quite right. Remove people from your children's accounts that you are not sure about.
- Please ensure that if your child is following a fake King Solomon account on Tik Tok or any form of social media, that you delete this immediately.
- Young people often set up Tik Tok accounts with a fake age as this gives them more freedom and access. All accounts created by 13-16-year-olds are set to private by default. This is an important safety feature. Please check the date of birth that your child has used for all their social media accounts. If you find that your child has used a fake date of birth, then please ensure they either change this, or close the account and create a new one with their real date of birth.
- Tik Tok has a parent sharing feature, which provides parental controls. I use this on my children's Tik Tok account and it is a very helpful feature.
- Please see here for the [NSPCC's guide to Tik Tok for parents and carers](#).

The Department for Education is very clear that schools can sanction students for their behaviour outside of school. Our new behaviour policy makes it very clear that students who engage in negative behaviours in the community and online, will be held to account for this behaviour.

As always, I commend the vast majority of students whose behaviour is exemplary.

Jewish ethos

King Solomon High School is proud to be a modern Orthodox Jewish School. We are a unique Jewish school in that our student intake represents the local multifaith and multiethnic community in Redbridge. This makes King Solomon High School a shining example of community cohesion and interfaith relations.

Judaism permeates every aspect of school life. Our values of learning (Torah), charity (avodah) and community (gemilut hasadim) are at the core of school life, and these are values found in all major religions. As a Jewish school, students are taught about the special and important role that the holy land of Israel has in Jewish history and in the lives of the Jewish community and other communities. All students study Jewish studies, alongside the comparative study of Islam and Christianity at GCSE, which strengthens mutual respect and understanding of a range of religious beliefs.

Students who use discriminatory language and/or who behave in a way that is not consistent with the ethos of the school will be sanctioned. This sends a clear message to the school community that everyone has the right to feel safe at school.

Remembrance Day

We have been marking Remembrance Day this week. Remembrance Day is a Memorial Day observed in Commonwealth countries, since the end of World War One. This day honours members of the armed forces members and emergency services who died while bravely protecting their country and our freedoms. Mr Abrahams led assemblies this week, which taught students about the importance of Remembrance Day.

At 11am today we held 2 minutes silence to honour Remembrance Day. Students also listened to the Last Post. The Last Post is a piece of music that has become associated with war remembrance and military funerals. This dates back to the mid-19th century, when it was played at the graves of soldiers who had died in conflict abroad – the idea being that the call of the end of the day also signifies the end of life. Today, it forms a part of ceremonies on Remembrance Sunday.

Our prayers are also with the 236 Israeli civilians who are still being held hostage, and all the civilians on both sides, who have lost their lives or been displaced.

Please do read the remainder of this newsletter, which shares with you the dates of our parents evening and academic reports for this year.

Thank you all for your support.

Shabbat shalom and have a lovely weekend.

Ms Phillips

Headteacher

Key Dates for the second half term

Thursday 16th November – Sixth form open evening (5-7pm)

Monday 13th – Friday 17th November – Mental Health Awareness Week

Monday 20th & Tuesday 21st November – Year 7-11 flu vaccine (previous permission must have been given)

Wednesday 22nd November – Year 8 Lion King trip

Monday 27th November – Year 13 media trip

Monday 27th November - Y10 Dr. Jekyll & Mr. Hyde performance

Year	Reports	Parents evening	Other meetings
7	1. 24 th November 2. 22 nd March 3. 5 th July	11 th April	
8	1. 24 th November 2. 8 th March 3. 21 st June	TBC	
9	1. 24 th November 2. 9 th February 3. 7 th June	29 th February	Year 9 Options Webinar – 8 th February
10	1. 24 th November 2. 8 th March 3. 5 th July	14 th March	
11	1. 12 th January 2. 16 th April	18 th January	
12	1. 9 th February 2. 21 st June	15 th February	
13	1. 12 th June 2. 16 th April	1 st February	

Timings for parents evening will be confirmed shortly

Behaviour reminder

- No chewing gum allowed.
- No phones to be seen or heard anywhere on the school grounds (apart from Y12/13 who can use phones in the 6th form block).
- Blazers must be worn at all times. Teachers can give permission for blazers to be removed during lessons. Blazers may be removed while playing a sport at lunch time.
- All students must clear up after themselves in the canteen

Spotlight on Science

Year 7

Students have just completed a Chemistry topic on matter studying particle theory and applications of this. Practical work involved separating mixtures using chromatography, filtration and crystallisation. Students are now studying the Physics topic of forces and are investigating how forces affect speed and acceleration. Students will be carrying out homework to investigate the best paper aeroplane design and report their findings. Later in the term students will take on the role of Forensic Scientists to solve a murder in the science department!

Year 8

Students have just completed a Physics topic about forces which builds what they studied in year 7. To draw free body diagrams and calculate resultant forces. They also carried out a practical to investigate Hooke's law and spring extension. Students are now studying the Biology topic organisms where they will learn what the organs of the digestive system and the respiratory system are and how they work. Later in the term students will take on the role of dieticians and advise patients on how to have a healthy diet containing all the nutrients needed!

Year 9

Chemistry - Students have been studying the development of ideas about the atom over time, from Ancient Greeks to our modern understanding. They have learnt how the periodic table was initially put together by Dmitri Mendeleev and is still changing with the recent discovery of 3 new elements.

Physics – Students have learnt how to use distance/time and speed/time graphs to display data and calculate distance travelled and acceleration. They are now studying Newton's three laws of motion and how to apply them.

Biology – Students have learnt about the different organelles in plant and animal cells together with their functions. They have also learnt about specialised cells such as red blood cells and how these are adapted for their job. Students are currently studying diffusion and osmosis and how these control movement of substance in and out of cells.

Year 10

Students in year 10 will be taking their first pit stop assessments over the next few weeks. Revision lists for these will be appearing on synergy.

Chemistry – Students have been studying acids and bases and have carried out practical work to neutralise acids by different methods. Students are learning how to write word and symbol equations to represent these reactions.

Physics – Students have been studying the behaviour of waves such as reflection, refraction and dispersion using ripple tanks. They are currently studying the electromagnetic spectrum and the dangers and applications of these electromagnetic waves.

Biology – Students have been studying growth in animals by the process of cell division called mitosis. They have also been looking at stem cells and their applications and the ethical issues this research brings about.

Year 11

Students are now preparing for their mock exams in class. Detailed revision lists and online resources have been made available to them in the year 11 revision team. All students have been sent a link to this microsoft team and should be using it for mock preparation for all their subjects.

Interventions are taking place for Combined Science after school on Thursdays.

Year 12

Students have made an excellent start to their A-level courses in Biology, Chemistry and Physics, embracing the challenge of the jump up from GCSE . The first set of pit stop assessments have taken place with many impressive results.

Year 13

Students are also preparing for their mock exams. Detailed revision lists and online resources have been made available to them in the year 13 revision team.

Interventions are taking place as follow:

Biology – Wednesday lunch times

Chemistry – Monday after school

Physics – Wednesday after school

STEM club

STEM club runs every Week 2 Thursday from 3.30 – 4.30.

Students interested in joining should see Mr Calvo in room 005

Students have been working on projects about water purification. They have also been learning how to write a research project. Students have built their own water purification devices and will present the projects next week.

Congratulations to Daniel Szybiak in year 8 who designed and built the most successful purification system.



Year 10



Welcome to Year 10 at KS. This is a very important year for our students who are focused on looking at the road ahead recognising that a successful exam outcome includes commitment, responsibility, and good behaviour choices.

This year, students in Year 10 have begun to explore their GCSE options, navigating subjects that they chose last year to continue studying up until year 11. We were steadfast in supporting our students with their selection of subjects that they truly enjoy, and it is a real pleasure to see that they are making a very positive start in their GCSE journey. Being one of the year groups that had faced severe disruption in their learning due to the COVID pandemic, I am so proud to be seeing students in Year 10 persevering and overcoming this huge obstacle with their amazing attitudes to learning. I would like to give special praise to the following students:

- Ali Anwar
- Bray Berry
- Harry Gladstone
- Benjamin Ofori-Nyarko
- Roni Ben-Shir
- Aleena Malik
- Renel Makangila
- Wiktoria Bafia
- Evelyn Jean-Pierre
- Joel Saville
- Ella-Louise Hart
- Leona Hnep

Well done for achieving as many rewards points and being such a great role model to the lower school.

Mrs Grant-Bampton and I are extremely lucky to be Deputy and Head of Year 10 and we cannot wait to see all of you reaching your full potential.

R Vendrell

Head of Year 10

Staff spotlight



Name:	Vicky Jones
Job title	Office Supervisor
How long have they been at KS?	17yrs
What does your role entail?	Overseeing the admin team who are responsible for medical, admissions, detentions, attendance and behaviour and reception.
What do you enjoy about working at KS?	Over the many years I have worked here I have thoroughly enjoyed getting to know our students and watching them grow and flourish into young adults. I also love that no two days are the same.

KS Remembers

Assemblies were held across the school this week to commemorate Remembrance Day on 11th November. All week poppies have been sold during break and lunchtime. Last week we were delighted to welcome Leslie Sutton's daughters. Leslie came to visit our school every year with his medals and shared inspiring and fascinating stories about his time serving for his country. Sadly, Leslie passed away a few years ago and we are so grateful to his children for giving up their time to come and speak to our students.



Attendance

Your child's welfare is of paramount importance to us, and we believe that regular attendance throughout the year is essential for their success and fulfilment. As we approach the time of the year with seasonal coughs and colds, it is important to remember that if your child is unwell and unable to come into school, it is the parent/carers responsibility to contact the school through synergy every day to inform the office of your child's absence.

Please also be reminded that if your child is unwell for 5 days or more, parents/carers will be required to provide medical evidence for their child's absence.

It is also important to mention, leading up to the half term/end of term breaks that at King Solomon High School, whilst acknowledging that each family's circumstances are different, we are dedicated to the education of all our pupils and believes regular attendance throughout the year is essential to every child's success and fulfilment.

Therefore, in accordance with Government guidelines, any leave of absence for holidays cannot be granted during termtime unless there are exceptional circumstances to consider. We expect you to consult the school before booking a holiday that means your child will be absent, or before making any plans that will involve your child's absence from lessons or other commitments.

Because each request is unique, the decision by the school in this instance cannot be directly compared with decisions made by the school in the past, and nor does it set a precedent.

We appreciate all the continued support by our parents and carers as we strive to achieve outstanding attendance for all our students at King Solomon High School.

Miss K Burack

Assistant Headteacher

Safeguarding, Attendance and Student Wellbeing

Helpful numbers and websites

- **Childline:** 0800 1111
- **NSPCC helpline:** 0808 800 5000
- **The police:** (if you are in danger): 999.
- **LGBT switchboard:** 0300 330 0630
- **Kooth:** www.kooth.com - support service for students wellbeing
- **Multi Agency Safeguarding Hub (emergency team):** 020 8496 3000
- **Barnardos:** 0800 008 7005

Talk to someone....

- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel anxious or unable to cope
- if someone has hurt you physically, emotionally, or mentally.
- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel worried about someone at home
- if you are being threatened or forced to do things


- if someone has done something to you without your consent
- if you feel unsafe in school, at home or on the streets.
- about anything else worrying you

Mental Health and wellbeing

We are continuously working hard to improve our understanding as a community of mental health, to enable us to provide the best possible outcomes for the young people in our lives. The school is fully committed to supporting the well-being of its students, staff and parents. To encourage a supportive well-being culture, we have a wide ranging and comprehensive mental health provisions within place at school and want to ensure there is information available for when students are at home. At King Solomon High School, we aim to promote positive mental health and wellbeing for our whole school community (children, staff, parents and carers), and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health. We recognise that children’s mental health is a crucial factor in their overall wellbeing and can affect their learning, achievement and emotional wellbeing. All children go through difficulties during their school career, and some may face significant life events. Life brings a range of stresses and strains and to make the most of life they will need to learn to manage feelings and cope with the experiences of life to ensure they do not get in the way of their learning and living, therefore emotional wellbeing is our coping and resilience in relation to situations that may affect our mental health and is therefore unique to the individual. We encourage our students to look after their mind is just as important as looking after their body and caring about their physical fitness.

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Urgent mental health support - 24/7 crisis lines



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

Every mental health trust in London has put in place a 24/7 crisis line for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder ([link below](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

If you are ever concerned that your child is at risk due to extremely poor mental health, please inform the school.

You can also contact one of these numbers to seek support from a specialist. The Crisis line is there to offer guidance if your child may be having suicidal thoughts and is possibly in immediate danger. If you do ever find yourself in a position where you need to use these resources for your child, please make the school aware so we can provide appropriate support within school for your child.



Student medical needs

If your child needs to take regular medication in school, please request a [Medicines Consent Form](#) from the Admin office to give the school consent to administer medication to your child.

All medications that are kept in school must be stored in the medical room.