

King Solomon High School Newsletter

24th November 2023, 11th Kislev 5784

Parshat Vayeitzei



Dear Parents and Carers

I hope you are all well and looking forward to the weekend.

This week year 11 and year 13 are doing their mock exams. We have new and improved mock exam systems in place to ensure that students get the most out of the mock exam process. We have been very impressed with how our year 11 students have conducted themselves during the start of the mock exam process.

I wanted to let parents and carers know that this weekend there is a national solidarity March Against Antisemitism that is taking place on Sunday 26th November at 1.30 pm. The event will be entirely non-political and non-denominational - this is wholly focused on promoting the importance of saying no to anti - Semitism. This march will be attended by people of all faiths, from across the UK, standing in solidarity. The March will start at 1.30pm from the Royal Courts of Justice, Strand, WC2A 2LL.

At King Solomon High we take a zero-tolerance approach to discrimination of any kind. You will see in our new behaviour policy that we take a firm position when it comes to issuing sanctions for discriminatory behaviour and language. We also believe in the importance of educating students about British Values, which includes the value of mutual respect. It would be wonderful if members of the school community can support this event. We are grateful for parental support on this matter.



Shabbat shalom and have a lovely weekend.

Ms Phillips

Headteacher

Key Dates for the second half term

Monday 27th November – Y13 media trip

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

Thursday 14th December – Y7 Chanukah concert

Monday 18th December – Inset day – no students in school

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

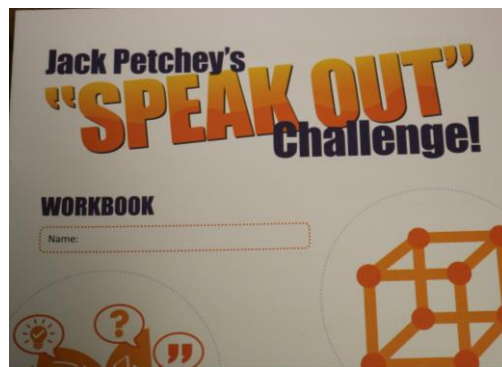
Message from the office

Synergy

If you don't currently have a login for Synergy please contact the admin office and they will arrange for you to be sent one.

Jack Petchey – Year 10 “Speak Out” challenge

Our year 10 students got the opportunity to take part in the “Speak Out” Challenge, this is a workshop ran by Jack Petchey. The workshop shows students how to craft their spoken language to prepare a speech that could change the world! The students spoke about a variety of subjects including football, education, politics, and animal cruelty. It was great to see them speak about something they feel so passionately about. Students were selected to go to a semi final to decide a winner that will compete with other schools in the borough. This will be held at Oaks Park in February.



6th Form Open Evening

We were delighted to see a packed hall at our recent 6th form open evening. After a warm welcome by our Headteacher, Mr Judge (Head of 6th form) spoke about expectations and the two-year journey students experience at KS. We also heard from our Head prefects Lewis Feldman and Ruby Howes. The feedback received was incredibly positive and applications can now be made. If you have any questions or were unable to make the evening, please contact Mr Judge.



Therapy & Dogs Nationwide

We were delighted to welcome Therapy Dogs Nationwide to work with some of our students as part of our wellbeing provision. Freddie who is a toy poodle gave fantastic cuddles and was a joy to have in the classroom!



Spotlight on Food Technology

As we begin the second Food Technology rotation, this is a great opportunity to showcase what students have been up to over the last 10 weeks are so.

Year 7

The focus for year 7 students is 'Back to basics'. Pupils have developed their knowledge of food safety & hygiene; healthy eating (Eatwell guide, 5-a-day, sensory analysis); how heat is transferred to cook foods (conduction, convection & radiation); food provenance (how foods are grown, reared or caught); some key scientific terms and concepts (dextrinization, enzymic oxidation). Alongside this theory students have begun to develop a range of basic practical skills (weighing & measuring, use of hob/grill/oven), confidence and safe use of some common kitchen equipment. breadmaking (what make bread rises). Below are examples of dishes made in year 7.





Year 8

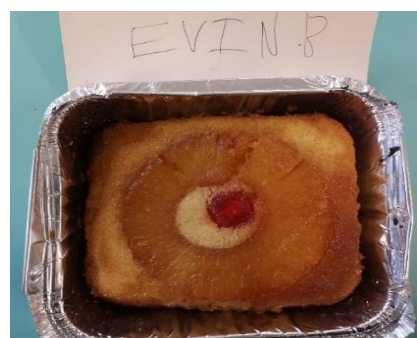
The focus for year 8 students is World foods. Students have built on their knowledge from year 7 of the principles of food safety, learning how to prepare cook, store, buy and serve food safely by utilising 'the 4Cs'. They have revised healthy eating, with particular emphasis on macronutrients (carbohydrates, protein & fat), food choice (seasonality, food miles), food labelling & reference intakes, vegan & vegetarians, food science (function of ingredients raising agents – yeast); food investigation – gelatinisation. Students have begun to expand on year 7 fundamental cooking skills. In Practical skills - rubbing in method; aeration, dough making, sauce making (roux & reduction sauces)



Year 9

Students have been learning about factors that affect food choice, (medical, religious, moral, ethical); food spoilage & contamination; how micro-organisms are used in food production; food labelling and nutritional analysis. The commodities students focus on in year 9 are Cereals & Eggs. So, students have learnt about the processing and farming methods of these ingredients and what their functions and uses are in cooking. Students have produced a range of savoury and sweet dishes to accompany the theory. They have showcased their knife skills by demonstrating their ability to create a range of classic vegetable cuts), made

shortcrust pastry from scratch and used this to make a savoury quiche; a rice based dish (risotto); a pasta dish where the focus was a sauce made by the 'reduction' method; honeycomb, which showed the action of a chemical raising agent in action; a cake made using the 'creaming' method



Year 10

Year 10s have made a great start to the foundation year of their GCSE. The first term was spent learning about macro & micronutrients, Nutritional needs & health, factors affecting food choice in addition to food science elements. Students are building and developing their food preparation and culinary skills which include pastry making (shortcrust, rough puff & choux), pasta making and breadmaking. Students are building their ability to reflect/critically evaluate dishes made and focus on improvements they could make.



Year 11

Year 11s have been applying all their skills and subject knowledge from year 10 to complete the first of the two Non-Examination Assessment (NEAs) set by the Exam Board which contribute 50% towards their overall GCSE grade.

The Food Science Investigation (NEA1) involves a written report on the investigation with photographs to support written conclusion. Students have now finished this report and have been working towards their upcoming mocks. Once the Mocks are completed students will begin to prepare for the Food Preparation Assessment (NEA2), this will include a portfolio of evidence to show research into chosen dishes, photographs to evidence practical work and clear and well-structured evaluation. After submission of these Reports in May, the focus for yr11 students will be preparation for the final written exam in the Summer of 2024.

Football success

Congratulations to our Year 9 Football team who beat Langdon Academy 4-2 in the Essex Cup and our Year 10 Football team who beat Forest Academy 1-0 also in the Essex Cup. Good luck in the next round boys.

Year 7

Year 7s have done a fantastic job settling into secondary school life. Students know their way around school and have a good understanding of school expectations and routines. Thank you for your continued support throughout this transition, this could not have happened without your support!

Please remember, Year 7 students will now be receiving homework. To continue supporting your child, you can see homework set on Synergy. If you are having trouble accessing Synergy please contact the school and we will support you.

I am looking forward to our Channukah Concert on 14th December. Year 7s have been working hard preparing for this concert and I am looking forward to seeing them on stage. You should have received a letter yesterday with the details and I hope to see you there to support our wonderful students and to celebrate the joyous occasion of Chanukah!

I would like to take this opportunity to congratulate the following Year 7 students:

Nickita Iancu-Lucuta	Imaan Yaseen	Sophie Fineman	Prajesh Krishnandapavan
Talia Yarlett	Rebecca Mwasinga	Max Feldman	Isabella Page
Henry Newman	Keano Iyeli	Joshua Cole	Millie Gladstone
James Kaye	Logan Glicksman	Summer Conway	Jasper Mager Littler
Charlie Gold	Lily Rayner	Saitha Koneswaran	Oliver Lee
Brooke Strong	Daniel Taylor	Alicia Paulino	

Thank you for your continued dedication to your studies, this is reflected in the number of reward points you have received so far. Well done and thank you for your contributions to our school community.

Miss Khun Khun (Deputy Head of Year 7) and myself are so proud of what Year 7s have accomplished so far and we cannot wait to see what else we can accomplish this academic year!

S Liu

Head of Year 7

Staff spotlight



Name:	Laila Schiffman
Job title	Informal Jewish educator
How long have they been at KS?	I have worked here since September but was a student here for seven years.
What does your role entail?	My role entails organising the school buddy system, sorting out activities for different festivals and events, hosting lunch time clubs in the Kehilah lounge and coordinating, facilitating informal Jewish studies lessons and more.
What do you enjoy about working at KS?	My favourite thing about working at KS is the community environment- the people here look after each other and my transition from student to staff was made very easy by my colleagues around me.



Name:	Natalie Spurling
Job title	Informal Jewish educator
How long have they been at KS?	Nearly 4 years
What does your role entail?	Coordinating all festivals, buddy System, trips to Israel/Poland, sixth form Atid sessions, arrange for external facilitators to come and speak to the students, working alongside the Jewish studies department to facilitate the informal lessons, run Shacharit, lunch and learn and help with the Kehila lounge club for year 7s.

What do you enjoy about working at KS?

I really love the people I work with, it is a very warm environment and I get a great sense of satisfaction seeing the students of all faiths being introduced to new traditions. King Solomon is like an extended family to me.

The annual Menorah run is taking place on Sunday 10th December. We would love our parents, carers or even students to take part, help raise money and join in with this fantastic community event.

To register for the run please click: <https://bookwhen.com/fact/e/ev-s7xr-20231210000000>

To donate please click: <https://ctsf.enthuse.com/pf/menorah-run-2023>



The poster features a central photograph of a group of runners in various athletic gear, including shirts with names like 'DANNY', 'MAT', and 'BEN'. Above the photo is a blue menorah logo with a red silhouette of runners below it. A large red banner across the top reads 'MENORAH RUN 2023'. Below the photo, another red banner reads '10TH DECEMBER 2023'. A yellow starburst graphic on the right says 'If you would like to join please get in touch'. At the bottom, there are logos for three schools: Clore Tikva (תקווה), KS, and Wohl IJPS (נעשה ונשמע). The text below the logos states that all money raised will be divided equally between the three schools and provides a link to register. It also mentions that the event has three distances: 5K/3 miles, 10K/6 miles, and 22K/13 miles.

MENORAH RUN 2023

10TH DECEMBER 2023

This event is open to all - the run is fast becoming part of the communities annual Chanukah tradition raising much needed funds for our local Jewish schools.

All money raised will be divided equally between the three schools.
Please show your support by donating on the link below and sharing with friends and family.

<https://ctsf.enthuse.com/pf/menorah-run-2023>

This year more than ever we feel more united as a community and these events help us to raise even more money for our local Jewish schools.

The Menorah Run has 3 distances - 5K/3 miles, 10K/6 miles or 22K/13 miles.
Taking in all six local menorahs and all three local Jewish schools en route.

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.

Urgent mental health support - 24/7 crisis lines

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>

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



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.