

King Solomon High School Newsletter

8th December 2023, 25th Kislev 5784

Parshat Vayeshev



Dear Parents and Carers

I hope this fortnight's newsletter finds you all well. It has been a wonderful first term for me, as your new Headteacher, getting to know staff, students and the local community. I am very excited about the future of the school and the great things we can achieve together. I am very grateful for all the messages of support I have received.

As we near the end of term, I am writing to you with a more detailed update of important developments within the school.

Happy Chanukah

I am delighted to begin this newsletter by wishing all of our community a Happy Chanukah.

- Chanukah is the Jewish eight-day, wintertime festival of lights. This is celebrated with a nightly menorah lighting (the menorah is also known as Chanukiah). The word menorah means 'lamp'.
- During Chanukah, Jewish people light candles on a candelabra with eight branches. Special prayers are recited, gifts are exchanged and fried foods are eaten. You can read more about the meaning of Chanukah further down in the newsletter. Chanukah began yesterday (7th December) and ends on the 15th December.

Here at King Solomon High School, we started our Chanukah celebrations yesterday by attending the public menorah lighting at Barkingside roundabout. I attended this wonderful event with Ms Aaronson, and our Jewish Studies Scholars Zachary Poole and Alex Keller, who both spoke so eloquently at the event. It was wonderful to see so many of our community celebrating together. The lovely children from

WIJPS and Clore Tikva were also there, and Lisa West (Headteacher of WIJPS), Adam Katz (Teacher at Clore Tikva) and I were invited to light the shamash (middle candle) together.

Throughout next week we will have a number of Chanukah events in school. I would like to say a huge thank you to Mrs Spurling, Miss (L) Schiffman and Miss Aaronson for planning these events.

- Chanukah fair for year 7 students. This is organised and led by sixth form students.
- Chanukah assemblies for years 7-11, where students will learn about the meaning of Chanukah, we will sing Chanukah songs and light the menorah.
- There will be a donut and chocolate coin sale during lunch time on Tuesday. Donuts will cost £1 and all proceeds will be donated to the Haven House.
- Students will experience the daily lighting of the menorah.
- Year 7 Chanukah concert on Thursday 14th December at 5:15pm. All our year 7 students will be performing in this spectacular annual event. There is still time for year 7 parents to buy tickets. This can be done via your scopay account.
- A collection of hats, gloves and scarves for the charity Crisis. Please bring in new or used (in good condition) on Wednesday and Thursday.

I would also like to acknowledge and send good wishes to families celebrating other winter festivals and festivals of light.

- On the 12th November the Hindu community celebrated the festival of Diwali, where they celebrated the inner light that protects from spiritual darkness.
- On the 25th December the Christian community will celebrate the festival of Christmas, where they celebrate the birth of their Messiah, Jesus Christ, who they believe brought light into the world by dying for the sins of humanity.
- Today, some Buddhists are celebrating Bodhi Day, where they remember the Buddha's attainment of enlightenment under the Bodhi tree in Bodhgaya, North India.

Chanukah, Diwali, Christmas and Bodhi Day, all share the theme of 'light and new beginnings'. Our physical world relies on light for warmth and sustenance. We also need spiritual light to help nurture our inner-selves, to be reflective and to be able to grow and develop our characters.

During this time let us all keep in our thoughts the people who are not able to be with their families in comfort and safety this Chanukah and Christmas. While we are all very happy about the release of many hostages captured from Israel on the 7th October, we desperately await further news on plans for the release of all the hostages. My thoughts are with the hostages who are still held in captivity by Hamas, all the people who have been displaced and lost their homes during the War between Israel and Gaza. While we are all at home with our loved ones this winter holiday, please can we all light a candle in hope of spreading light and joy.

I would like to make a special mention to the following students:

- A huge well done to our Y11 and Y13 students for completing their mock exams
- Our Jack Petchey Award winners who represented our school last night
- Our Headteacher award winners who will receive certificates next week in assemblies

School improvement priorities, Ofsted and Pikuach inspections

Parents and carers who attended the 'meet the new headteacher' event in September heard me speak about my

- ambition for the school
- commitment to high standards
- high expectations of students' behaviour and
- my unwavering commitment in making King Solomon high School a centre of educational excellence.

Parents and carers may be aware that the school is going through a period of change. Before I outline some of these changes, I think it would be helpful to explain the school's current context.

King Solomon High School boasts many positive features, just to list a few.

- Our students are wonderful; polite, caring and hard working.
- We achieve excellent GCSE results. Our GCSE progress score in 2023 put us in the Department for Education's 'above average' category for GCSE results.
- The vast majority of our students are very happy here and thrive under good relationships with their teachers and peers.
- Being a Jewish school with a multi-faith intake, makes us a beacon community cohesion.
- We have a dedicated sixth form centre that has excellent facilities.
- We have a wide range of clubs and activities to enrich students outside of the classroom.
- We have a clear and strong Jewish ethos centred around the values on learning, charity and community. These values bring together our entire community, of all faiths and none.

Ofsted inspection - November 2021

In November 2021 Ofsted inspected the school.

- The inspectors reported many positive features about the school.
- They noted that safeguarding systems are strong, that students are happy and that bullying is rare, and when it happens it is dealt with swiftly by staff. The Ofsted report also praised the MFL department.
- However, Ofsted judged the school overall to be Requires Improvement. This means that the school was not providing a good enough standard of education, behaviour, personal development and leadership to all of its students.
- Ofsted will be back for another inspection anytime between next Monday and March/April 2024. School's find out they are being inspected the day before the inspection takes place. Ofsted will be looking to see that the school has acted on the feedback given in the 2021 inspection and that the school is meeting all of the Ofsted criteria expected of a 'good' school.

Pikuach inspection - November 2023

On the 7th and 8th of November Pikuach carried out an inspection of the school.

- Pikuach are similar to Ofsted in that they are an educational inspectorate body, but they focus solely on the Jewish education and provision in the school.
- The Pikuach inspectors judged some aspects of the Jewish studies provision to be good, such as the provision for personal development. This means that Pikuach saw that we are providing good provision for students' wider development outside of the classroom through clubs, enrichment, assemblies, PSHE and spiritual activities.
- However, Pikuach gave the school an overall judgement of Requires Improvement for our Jewish provision because other areas they inspected, such as the quality of education, did not meet the required standards.

These judgements are of course very disappointing for staff and the wider community, but the judgements are in no way a reflection of the hard work and dedication of the staff at the school.

I truly believe King Solomon High School is a wonderful school. We have so much untapped potential and we are capable of being a highly successful school. However, these judgements cannot be dismissed or taken lightly.

School improvement priorities

As the new Headteacher, my top priority, after the safety of students, is to ensure that we are rapidly improving all aspects of the school, and that we are addressing all areas for improvement in both the Ofsted and Pikuach inspection reports. This is a significant piece of work for the school. The time, money and efforts required to do this transformational work cannot be underestimated.

All schools have a school improvement plan written by the Headteacher and the senior leadership team. Our school improvement plan reflects the high standards and expectations I am bringing to the school. This means that over the next two years parents/carers and students will see changes taking place in how we do things at King Solomon High School.

In order to ensure rapid and sustained improvement, the school has identified the following areas of school improvement. I appreciate that change can be an emotional process and many people (this includes staff, students and parents) find change difficult. But the school has no choice but to embrace change with open arms. The future success of the school rests on rapid change.

School vision
<i>To provide students with a world class educational experience and to be an example of best practice to other schools.</i>
Our school improvement priorities
We will....
1. develop a shared understanding among all staff of what excellence in education looks like.
2. improve behaviour routines and systems.
3. develop the curriculum and teaching to ensure it is suitably challenging for all students and suitably adapted for SEND students. Ensure that lessons are planned to routinely check that students are understanding what they are being taught.
4. improve the attendance and punctuality of students.
5. improve academic outcomes in the sixth form.
6. develop the leadership skills of middle and senior leadership .
7. improve the look of corridors and classrooms.
<i>Classrooms and corridors have not had a refresh for many years. We are in the process of taking down all existing displays around the school. These will be replaced with refreshing new displays that are being professionally created by an external photographer and our in-house photographer, Gemma Shepherd. This project will take several months to complete and when completed we will have wonderful photos of students and the school motto all around the school.</i>

Staffing changes

Congratulations to three members of staff who are moving to new roles within the school.

- Mrs Millan - will become our Behaviour Manager at the start of next term.
- Ms Karlsson - will become our Associate Assistant Headteacher at the start of term.
- Mrs Marks - has taken on the temporary role of School's Admissions Officer, alongside her Marketing role.

We are sad to say goodbye to a number of staff this term, but we congratulate them on their new roles, thank them for their fantastic contribution to the school and wish them all the best in their future careers.

Staff leaving at the end of this term are as follows.

- Mr Villa - Assistant Headteacher/Spanish teacher
- Ms Adam - Assistant Headteacher/Spanish teacher
- Ms Hart - SENCO/Assistant Headteacher
- Ms Latif - Head of DT
- Mr Blankson - Maths teacher
- Ms Sicklin - Assistant SENCO
- Mr Ndungu- Learning Support Assistant

Staff leaving at the end of the spring term

- Mr Judge - Head of sixth form/PE teacher

We are busy recruiting and planning to ensure that the above staff are replaced. Further updates will follow. We will write separately to the parents and carers of students studying DT to explain how GCSE and A-level DT will be taught when Ms Latif leaves. We already have a new Spanish teacher to replace Mr Villa and Ms Adam.

Canteen food

I am aware that some parents/carers and students would like to see improvements in the food offered in the school canteen.

- Before Ms Reece left the school she developed a new plan for our school canteen to ensure that the school was not losing money and that students were offered the types of foods they wanted. This plan has for the most part been successful.
- Part of Ms Reece's plans was that the kitchen was converted from a meat kitchen to a dairy kitchen. This sensible decision was made because kosher meat has become far too expensive.
- Ms Reece and governors wrote to parents and carers in the previous academic year to inform them about the new dairy kitchen. **The dairy kitchen was not my decision**, but it is a decision that I will continue to support as it enables the school to offer foods that our students can actually afford to buy.

Attendance and punctuality

- Please can parents and carers ensure that their children arrive at school on time. Too many students are late to school. This causes significant disruptions to the school day and has a negative impact on students' learning and progress.
- Lateness to school will result in an after school detention, unless there is an exceptional circumstance.

Parental communication with the school

I hope parents and carers will agree that as your new Headteacher, I have done my best to keep you informed. Since I became the new Headteacher I have written to you every two weeks via this newsletter, and in between newsletters I have sent you frequent updates. I would like to outline how parents should communicate concerns to the school.

- If parents and carers wish to communicate a concern or require any information please can they email info@kshsonline.uk. **The headteacher@ email address is no longer in operation.** The admin team will then forward the email on to the relevant member of staff.
- Parents can email Heads of Year directly, but parents/carers should avoid emailing classroom teachers directly. This is because teachers do not receive any admin time for emails. Answering numerous emails results in teachers spending less time on planning and marking. Using the info@ email address will allow for a swifter response.
- Please can I ask that unless the matter is a safeguarding matter and/or a matter about the conduct of a member of staff and therefore needs my immediate attention, that parents/carers use the info@kshsonline.uk. I receive too many emails for my full consideration, and some are best dealt with by other staff.
- Using the info@ email address ensures that there is centralised log of all emails sent to the school.

We value parent feedback, but we also need to balance the time spent replying to parent feedback, with the heavy demands of running a school.

End of term arrangements

The last day of term is Thursday the 21st December and students will be dismissed at 12pm.

INSET day

Monday 18th December 2023 is an INSET day and the school is closed to students.

Thank you all for reading this important information. As your Headteacher I am absolutely dedicated to King Solomon High School and its future success. I am supported by a small but very effective and equally dedicated senior leadership team. We also have immensely caring teachers and support staff, who go the extra mile for students. We have all been working relentlessly this term to start the process of long lasting change. I also want to thank our students for being fantastic young people. They deserve the very best education possible and this is what I am here to achieve for them.

Wishing you all Shabbat shalom, a happy Chanukah and restful weekend.

Ms Phillips

Headteacher

Important Dates

Monday 18th December – School closed for Inset day

Thursday 21st December – School will close at 12pm

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

Request from the office

All absences must be reported via the Synergy app. If you do not have the Synergy app please email the school office at: info@kshsonline.uk and they will arrange for you to be sent login details.

If your child has vomited or had diarrhoea they must not come to school for 48hrs.

Spotlight on Media

YEAR 10

This term, our Year 10 learners have been learning about what Media really is, what it entails, and, breaking the common misconceptions about the subject and the content. We have been reading, watching, playing, studying and writing about a variety of media texts, including *Final Destination* (2000), *Vogue* magazine and *The Last of Us* (2013). Our investigations took us deep into the understanding of what the messages are of each text, the audiences they target and the theoretical ideas behind their existence.

YEAR 11

Our Year 11s have been learning about how to use **Adobe Photoshop** to edit images, as well as to create a variety of different texts. Currently, they are undertaking their second controlled assessment, which involves meeting the requirements of a set assignment brief. This requires the students to design their own logos, posters, magazine covers, magazine feature pages, album covers and leaflets for a topic of their choice, such as musical artists, custom magazine brands, art galleries / exhibitions and video games. Their effort, work ethic, resilience and creativity during this challenging task have been incredible!

YEAR 12

Much like the Year 10s, our Year 12s have been learning about the key concepts of Media Studies, including semiotics, representation, audiences, industry practices, numerous technical aspects and much more. We have already watched and analysed the film *Goodfellas* (1990) and the [Danish] TV series *The Killing* (2007). Just last week, the learners were placed into groups with the aim of teaching each other about the key concepts in relation to how they apply to *The Killing*. They created slideshows, scripts and revision handouts, followed by Q&A sessions with their audience.

Along with the Year 13s, Year 12 students attended the BFI in Southbank for a '**Representation Study Day**' to further their knowledge of how media producers use specific representations, or even stereotypes, to instil particular ideologies in audiences.

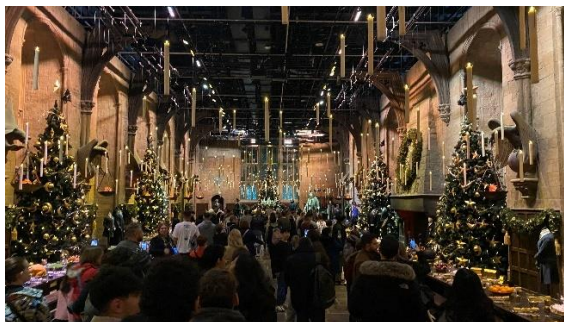
Our next stop is the Channel 4 Police Drama **No Offence** (2015), followed by investigations into the magazines **GQ** and **The Gentlewoman**.

YEAR 13 MEDIA

This term, the Year 13s have been working on their practical projects alongside their exam-based studies. Whilst analysing the film **Blinded by the Light** (2019), the radio play / drama **War of the Worlds** (1938) and the video game **Horizon: Forbidden West** (2022), as well as other set texts, they have been planning and designing their own crime dramas, magazines and posters.

To help them understand the true scale of development and production necessities of professional media projects, we visited **Warner Bros. Studios** – a perfect event for such eye-opening experiences.

For further, independent study, ready for when they sit mock exams and live exams, they have also been using Seneca Learning, an online revision platform. As well as this, each learner has been designing their own 'Revision Slideshow' (since the start of Year 12), which they can use as reference in preparation for their assessments.



CLUBS

A reminder that **Gaming Club** runs every Week 1, Mondays lunchtime for Year 7 and Year 8 learners – sign up on Synergy is required.

Martial Arts Fitness Club will return, for all year groups, after the winter break. Sign-up is also via Synergy.

Year 8 Spotlight

As we approach the end of term and winter holidays it is important to recognise the journey of our Year 8 students who have now fully transitioned into secondary school life and are finding their feet as adolescents. Our students have shown a real endeavour to display the responsibility, effort and commitment required for their holistic growth.

This term Year 8 have had the opportunity to discover new ideas and approach new challenges across the academic landscape. This is a time where we want to see students take ownership over their learning and cherish these new opportunities. In Maths, students are tackling problem solving with surface area and volume. In Spanish they are immersing themselves into the world of travel. They are learning how to describe holiday destinations, make reservations and also manage the many problems that can come along with travel. Ms Cantero has highlighted Llara Adebajo-Martinez, Eric Popescu and Dominic Penchev as standouts in the year group. In History, Year 8 have just finished the tumultuous Tudor period and the 'religious rollercoaster'. Ms Karlsson has highlighted Denic Babiac, Georgi Mateev and Tanaya Chauhan for their exceptional hard work this term. In Geography, they have been tackling the ever relevant issue of climate change and examining how this affects different nations across the globe. Ms Bathie has praised Elias Sandru, Enei Hnep and Galia Brown Varon for their fantastic attitude to learning. Finally, in English, Year 8 have been diving into the spectral world of Gothic fiction, perusing the works of Mary Shelley and Bram Stoker. Ms Stanley has praised Maria Najam, Idris Ali and Leah Kaye for their eerie Gothic stories this term.

Additionally, Year 8 students shone outside the classroom yesterday as a large group headed to represent the school in the Redbridge Indoor Athletics Competition. The students who flew the flag for KS were:

Dominic Penchev, Julian Luke, William Gervasio Noe, Jackson Wade, Francisco Oliveira Magno, Idris Ali Jaiden Parker, Zaira Adebajo-Martinez, Madison Brien, Alfreda Sankoh, Teyanna Chong, Isabelle Maftai, Leonor Oliviera Magno, Leah Kaye.

12 schools competed in the competition and the boys came 2nd and the girls came 3rd! Fantastic results, well done to you all.

Ms Worthing and I eagerly await news of their success and I hope you share my excitement for their successes both inside and outside of the classroom.

Mr L Jeannot

Head of Year 8



Staff spotlight



Name:	Mrs Millan
Job title	Behaviour Manager ((from 1 st January 2024)
How long have they been at KS?	Just over 5 years
What does your role entail?	To lead the schools new behaviour systems to a high standard. Supporting senior leadership with the school's new behaviour policy and the school's serious incident process, enabling all of the incidents to be investigated thoroughly and within in good time frame. Ensuring parents are communicated and children are supported throughout the process.
What do you enjoy about working at KS?	Being given the opportunity to grow and develop new skills. Working in a faith school Excited to see the positive changes for the future of our school.

Chanukah – The festival of light

The eight- day Jewish festival of Chanukah (festival of lights) began last night and commemorates the rededication of the Holy Temple in Jerusalem, after the victory of the Maccabean Revolt against the Assyrian-Greek Empire in the Second Century BC. It is a time of great joy, as Jews light their Chanukiot (eight - branched candelabrum), eat oily foods such as doughnuts and latkes and play the dreidel game in remembrance of the miracles of the festival.



Mr Precious' Menorah!



Zachary Poole and Alex Keller speaking at the Menorah lighting



Sports Scholarship Programme

Within PE at King Solomon, we aim to ensure all students receive quality teaching and learning, supported by an effective programme of enrichment opportunities through clubs, competitions and trips. All students have a right to a challenging and appropriate education. If students have abilities beyond many of their peer group, they need opportunities that exceed the expectations of the standard curriculum. Because of this we run our **Sports Scholarship program**.

News

- Congratulations to all Sport Scholars on receiving places on the East London Sport Talent Pathway (ELSTP) with Sport England and University of East London. Students have been attending strength & conditioning sessions, lifestyle and psychology talks, meeting with nutritionists and sports therapists as well as having opportunities to try new emerging sports. Well done all and keep up the good work!

Sport Scholar Profiles

Football - *Mj Iyeli, Lola Savage, Harry Marks, Alfie Vajushi*

All students are currently playing at a high standard after having trials at teams such as Arsenal, West Ham, Ipswich, etc. MJ and Alfie have also recently represented Essex County schools.

Netball - *Ella Gelkoff*

Ella has been training exceptionally hard on her strength and conditioning as well as her netball skills after just missing out on a place in the London Pulse team. Keep up the great work!

Tennis - *Maya Bathmanathan*

Maya is currently training regularly with a top coach in preparation for her upcoming competition.

Gymnastics - *Sophia Kopluku*

Well done to Sophia who attended the London Challenge Cup qualifier for National finals recently and got 1st place overall and gold in the individual apparatus (floor, beam, bars and vault) out of 40 girls in her category. National finals will take place on 9th December. Good luck!

Kart Racing - *Zack Mumba*

Well done for winning multiple races for Team Brentwood and currently sitting in 3rd place in the Cadet Championships. Also well done for recently receiving you karting '0' plate.

Boxing - *Arjan Bathmanathan*

Arjan has had lots of recent success in boxing and has been invited to compete at the England School Boys competition, coming up soon. Good luck!

Horse Riding - *Talia Yarlett*

Talia has competed twice recently, in all three rounds she received clear rounds and one of them came the highest on her team. Talia placed 5th overall, well done!

Athletics - *Jacob Kaye*

Currently in winter training for next summer after a successful 2023 summer where Jacob won Gold in relay at the London Youth Games, and Bronze in Redbridge 100m final.

Cricket - *Adwaaith Shanmugha Sundharam*

Well done for recently being selected for the Essex Met U15 team. Also, Adwaaith will be traveling to India in April for an international competition for SFS team. Good luck!

Rugby - *Jackson Wade*

Has started playing in the Essex Waterfall Cup this year with his Wanstead RFC team. They have won their recent three games and looking to keep progressing further in the cup. Well done!

Message from the Borough

We are pleased to announce - this year's festive HAF Winter FUN DAY will be taking place on Friday 29th December 2023 at Valentines High School, 11am-4pm.

Come and join us for a fun filled day of multi-sports, arts & crafts, hot food, and much more! This special one-off event is open to all children and young people eligible for HAF, whether you are attending the HAF programme or not.

There will also be an information area for families needing advice on benefits, cost of living, jobs, health, and nutrition.

Booking is required for entry. For further information and to book a place, please visit: <https://eequ.org/experience/5781>

The HAF Winter Fun day is part of the Holiday Activities and Food (HAF) Programme and is available for children and young people who are eligible for benefits related free school meals.

Attached you will find our new Fun Day flyer. Please could you inform your parents. For any HAF related enquiries please email haf@redbridge.gov.uk.

Jack Petchey Awards

Congratulations to our award winners earlier this year who last night collected their awards at Redbridge Town Hall:

Abi Saltman, Zachary Poole, Taha Nasir, Alexandra Puskas, Liam Bell and Aliyah Naidoo



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.

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.

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>

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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.