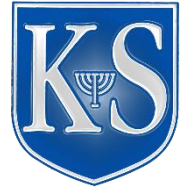


King Solomon High School Newsletter

24th January 2024, 14th Sh'vat 5784

Parashat Beshalach



Our guest speaker Hephzi in front of a plaque unveiled in memory of her mother, Lady Zahava Kohn alongside some of our 6th form students.

Dear Parents and Carers

I hope you are all well and have had a positive start to 2024, as we have had here at school.

You will be pleased to know that the school building survived the storm on Sunday.

We have two important events coming up this week.

Holocaust Memorial Day

Holocaust memorial day is officially on 27th January 2024, and we will be marking this important day throughout this week. There has been a special assembly for each year group and we are also honoured to have welcomed Hephzibah Rudofsky (Hephzi) who gave a talk to our Y12 students about her mother's life during the holocaust. Hephzi is the daughter of holocaust survivor Lady Zahava Kohn, who gave many talks at the school before her sad passing in 2022. Students from other Redbridge schools joined us for this special event.



**HOLOCAUST
MEMORIAL
DAY 27/1**

As a Jewish school, Holocaust Memorial Day has additional importance for us. Many of our students and local community come from families and ancestors whose lives were torn apart by the Holocaust. The devastating impact of the Holocaust on the global Jewish community has never gone away and never will it. The Holocaust taught the world how fragile rights and freedoms are. Many other groups of people who did not meet the Nazi ideal of the Aryan race also perished in the Holocaust. Holocaust Memorial Day is a solemn time in which we remember the suffering of the past while also reflecting on our role as citizens in ensuring peace and harmony for the future.

Here at King Solomon High School we are a shining example of what true inclusion and community cohesion looks like.

**First they came for the Socialists,
and I did not speak out
Because I was not a Socialist.
Then they came for the Trade Unionists,
and I did not speak out
Because I was not a Trade Unionist.
Then they came for the Jews,
and I did not speak out
Because I was not a Jew.
Then they came for me
and there was no one left
to speak for me.**

Martin Niemöller

The following poem was heard by students in our Holocaust assemblies, read by actress Olivia Colman.

The semiquaver chugging of the train on the track
And the people on board who will never go back
And the terror in the eyes of all the young ones to go
With no one knowing as the train comes to slow

Those men at the station as the ramps drop down
Where humanity lost is the only crippled sound
Hope gone for those who stand behind the hard sharp wire
And the smoke in the towers rises just a little higher

And the blue ink stabs a little harder in the skin
Above the veins of despair where murder let it in
And the terror in the eyes of all those about to leave
Another train on the track no last minute reprieve

And the slow, crot...chet chugging of the train on the track;
And the people on board. Who will ne...ver go.

Back.

Tu B'Shvat

On Friday 26th January we have a 'wear green' non-school uniform day as part of our Tu B'Shvat (festival of trees) celebration. A letter has been sent out with further information about this event, clearly outlining the acceptable dress code. Please can parents and carers ensure that their children attend school appropriately dressed.

Wishing you all a fantastic rest of the week.

Ms Phillips

Headteacher

Important dates

Friday 2nd February – Year 11 Poetry Live trip

Thursday 8th February – Sixth form applications closing date

Friday 9th February – Year 12 Reports published

Friday 10th February – Year 9 mid-year reports published

Monday 12th February – LGBTQ+ week

Wednesday 14th February – Year 13 Stratford NEA trip

Thursday 15th February – Year 12 Virtual parents evening

Monday 19th – Friday 23rd February – Half term

Please note, as per our website our end of term dates differ from all other schools in the Borough (except Clore Tikva & WIJPS). We will have a short break for Easter but our end of term break is in line with Passover. All dates are inclusive;

Friday 29th March – Wednesday 3rd April 2024 – Easter break

**Friday 19th April – Wednesday 1st May 2024 – Passover break
(school will close at 12:00pm on Thursday 18th April)**

Year 9

In a previous communication we mentioned a Year 9 options webinar taking place on Thursday 8th February. We apologise for the change, but due to staff absences we have had to postpone the options evening. This in no way impacts the option choices available for students.

Request from the office regarding Synergy

Please be advised that all lateness to school, appointments or absences needs to be reported via the Synergy parent app. Please refrain from using the absence telephone line as this is doubling up the workload.

Please can all parents/carers log into the app, go to your Inbox and under Departments choose "Report an Absence".

If your child is taking temporary medication, such as antibiotics we must look after them in medical. No student should ever have medicine on them. Please complete a 'medication consent form' which can be found under 'About us' on our website.

One Tree Day

The festival of Tu B' Shevat, 'New Year' for trees', takes place on Thursday 25th January. This is a day to celebrate the beauty of the natural world and our responsibility to care for and protect it. It is a custom to eat tree fruits and plant trees, to symbolise growth and potential. Following the success of our JUST ONE TREE day last year where our school donations contributed to 670 trees being planted in Madagascar, we will be marking this special day in school by taking part in **JUST ONE Tree Day 2024**.

On **Friday 26th January** day each child is being encouraged to wear something **green** and bring in **£1** to fund the planting of their own tree, through this special charity. Lessons will take place as normal during this day so students should bring all their usual books.

Please ensure your child brings the suggested donation of £1 to school on Friday 26th January and together we can make Tu B'Shevat a day that benefits people around the world. All donations will be collected during period 1 on the morning of the 26th January.

Please note the following guidance on non-uniform dress code:

- No crop-tops/strappy tops
- No shorts
- No hats, Kippahs must be worn as normal.
- Jackets will still have to be removed in the building.
- No Jewellery

Any students' who are dressed inappropriately will be sent home from school and sanctioned accordingly.

More information about the charity can be found at: <https://www.justonetree.life/>

Our school will be taking part in JUST ONE Tree Day.

Each child will be encouraged to 'wear something green' and bring in £1 to plant a tree - uniting children, parents and schools across the world in taking positive action for our climate.

Together let's plant a future for our children.

JUST ONE Tree is a non-profit Community Interest Company removing CO2 from the atmosphere and reversing biodiversity loss through global reforestation.

JUST £1 plants 1 Tree

On average a tree absorbs 48lbs of carbon dioxide from the atmosphere every year.



JUST ONE Tree supports reforestation projects in Madagascar, Haiti, Indonesia, Mozambique, Nepal, Kenya and Zambia where the deforestation has been devastating.

And in the process helps to provide training, agricultural education and sustainable incomes...



...alleviating extreme poverty within local communities.

www.justonetree.life

Holocaust Memorial Day – January 27th 2024



Lady Zahava and Hephzi at one of our previous seminars. Memorial plaque in our main hall.

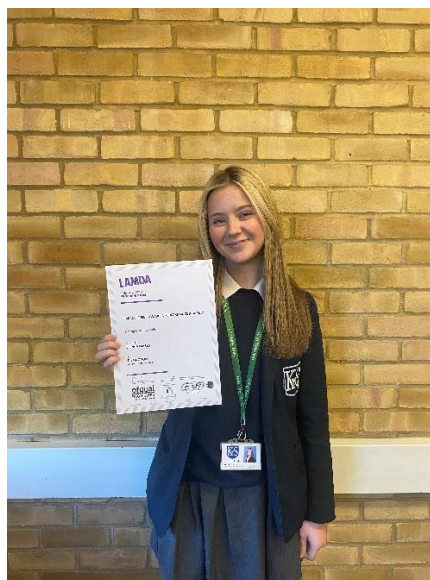
On Wednesday we hosted our annual Holocaust Seminar for Year 12. Our guest speaker, Hephzi told her mother, the late Lady Zahava Kohn's survival story. Lady Zahava joined us every year and dedicated many years to help educate schools across the UK and Europe. Sadly, she passed away at the age of 86 in 2022. Last year was our first seminar without her and her absence was felt by all the staff who attend this special event every year. We were joined by Woodford and Ilford County High and Oaks Park. More information will follow on our social media page and website.



This week our assemblies, led by Miss Karlsson taught keywords to help students understand the Holocaust and the impact it had on the world. We then heard from 6 year 12 students who shared their knowledge about holocaust survivors they have studied. Ethan's story was personal to him and his family.



LAMDA Success



The Performing Arts team is so proud of two of our amazing students who recently went to London to complete their LAMDA acting exams. Sophia Marks received a distinction in her Level 2 assessment and Sofia Margaris received a distinction in her level 3 assessment. Congratulations to both students and to Zoe Pilgrim our LAMDA tutor who has ensured King Solomon has a 100% Distinction level pass rate overall. If you would like your child to sign up for public speaking or acting lessons, email Miss Daniel on tuition@kshsonline.uk

Work Experience



Ava Rose in Year 12

Last week I had the opportunity to partake in work experience at Matrix Chambers in Greys Inn. I have always been interested in a career in law, however I had never observed the legal world from the perspective of a barrister, which is why I knew I would highly benefit from my time at Matrix. During my week I was able to shadow a talented Matrix barrister at the Supreme Court in Westminster, where I heard a telecommunication case- this was highly informative and an eye-opener to what the inner workings of a court case looked like. Throughout my time there, I gained a deeper understanding of the intricacies of the legal profession, which has undoubtedly heightened my aspiration to pursue a career in law. The application process for the experience consisted of an online application form: answering 'interview-like' questions, providing my GCSE grades and A-level subjects as well as a teacher reference. I highly recommend taking part in work experience programmes like this, as they enable you to explore possible careers and gain valuable skills for the world of work!!



Are you a parent or carer of a child or young person with special educational needs or a disability aged 0-25 living in Redbridge?

Do you want your voice heard?

Upcoming COFFEE MORNINGS 10am to 12pm

DATE: THURSDAY 25TH JANUARY 2024
VENUE: ALBERT ROAD CHILDREN'S CENTRE, ILFORD, IG1 1HL
GUEST: SEND TEACHER/FAMILY COACH



DATE: THURSDAY 1ST FEBRUARY 2024
VENUE: ALBERT ROAD CHILDREN'S CENTRE, IG1 1HL
GUEST: MENTAL HEALTH SUPPORT TEAM (MHST)



DATE: FRIDAY 16TH FEBRUARY 2024 AT 10.30AM
VENUE: CHERRY TREE CAFE, WANSTEAD, E11 2RH

DATE: MONDAY 26TH FEBRUARY 2024
VENUE: COMMUNITY ROOM, TESCO EXTRA GOODMAYES, RM6 4HY

DATE: WEDNESDAY 20TH MARCH 2024
VENUE: GEARIES CHILDREN'S CENTRE, GANTS HILL, IG2 6TF

PLEASE NOTE: We do not endorse any speakers or services invited.

FREE MEMBERSHIP

Open to family members and carers of any child or young person with SEND up to the age of 25 years who live in or receive services from Redbridge. Associate membership is available for practitioners.

MEMBERSHIP FORMS AVAILABLE FROM:

www.empoweringparentstogether.org.uk
info@empoweringparentstogether.org.uk

07486 880 798
07486 880 646



FOLLOW US ON FACEBOOK: Empowering Parents Together - Redbridge

FOLLOW US ON TWITTER: @EPT_Redbridge



Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at King Solomon High School, please contact the school on 020 8498 1331 or email the DSL at safeguarding@kshsonline.uk This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

If you are concerned that a child has been harmed or is at risk of being harmed and school cannot be contacted, please contact Redbridge Children's Multi-Agency Safeguarding Hub (MASH) on 020 8708 3885, and all the police on 999 straight away.

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](#)) 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>



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.