



22nd March 2024/ 12 Adar II 5784

Parshat Vayikra



Dear Parents and Carers,

Thank you to all of you for your support over the last two weeks. This is helping the school community to get through a difficult time. We hope and pray that a resolution with the NEU can be reached soon.

I am delighted to dedicate this newsletter to the Jewish festival of Purim. Purim is a festival focused on joy, where Jewish people remember and celebrate the survival of the Jewish people, and remember that goodness prevails over evil. The story of Purim is written in the Megillah (scroll of Esther), and the Jewish heroes of this story and festival are Esther and Mordechai. You can read more about the meaning and customs of Purim on the pages that follow.

In keeping with Purim traditions, today was a day for fancy dress costumes. Many of our students and staff came to school in creative costumes that filled the school with joy. Students enjoyed a day of Purim activities. We started the day with Purim assemblies led by me and Ms Aaronson. All students experienced the reading of the Megillah (scroll) of Esther, recited by Rabbi Goodwin. We have deep gratitude for the dedication and support of our community Rabbis.

Students also participated in making mishloach manot (food parcels), which were donated to the Vi & Johnn Reubens home, Aztec House, Milne Court and the Hilary Dennis Centre. Two of our three school values are charity and community, and we are honoured to be able to give back to our local community in this way. We also had creative workshops taking place, a tuck shop and ice-cream van at break time.

Thank you to all staff for their role in making this a wonderful day for the school community. A special thanks goes to Mrs Spurling, Ms L Schiffman and Ms Aaronson, for all the planning. Thank you also to Tesco in Barkingside and the Forest Farm Shop for their generous donations of food for our parcels.

Other Headteacher announcements

NEU strikes

- There are three further planned strike days next week; Tuesday 26th March, Wednesday 27th March and Thursday 28th March. We will send a plan for these strike days on Monday.
Year 11 will be in school all day.
- The school hopes to enter further talks with the NEU on Monday afternoon.
- The school is then closed for a short Easter break from Friday 29th March, returning to school on Thursday 4th April. However, Thursday 4th April is another planned NEU strike day. If this strike day goes ahead, then students will return to school Friday 5th April.

Year 11 Passover Revision School

We have launched our first ever Passover Revision School for Year 11. Please can parents and carers complete the booking form that was sent to them last week.

Year 11 Prom

Thank you to the students who have already paid for their tickets. A reminder that the deadline is fast approaching so if you wish to purchase a ticket please do so.

End of term trips for years 7-10

We are in the process of organising end of year team building trips. We will be sending out letters with further information next week.

Kind regards

Ms M Phillips
Headteacher

Request from the office

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 our workload.

You need to log into the app, go to your Inbox and under Departments choose "Report an Absence".

If your child is sick (physically) or has diarrhoea they must be clear for a period of 48hrs before returning to school.

Student medical needs

If your child needs to take regular medication in school, please complete a [Medicines Consent Form](#) which can be found on our website.

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

Assemblies

International Women's Day was on March 8th this year, to mark the day we had an assembly where we focused on the huge changes that have taken place over the last 100 years . The achievements and the impact of the changes that have been made so many people's lives can be fairer and easier, although there is still more to be done. In considering the issues around International Women's Day it is always important to think how they need to be reflected within our community, so the week was also one to consider how we treat and value all members of our community. The importance of fairness and respect.

KeshetUK

KeshetUK is an education and training charity with a mission to ensure that Jewish LGBT+ people and their families are included throughout Jewish life in the UK. Jewish LGBT+ people exist in all walks of life. KeshetUK aspires to work with all UK Jewish communities, teachers and young people to ensure that Jewish schools are safe places where all young people can flourish and enjoy learning in an environment that enhances their wellbeing and supports their identity development. We had the privilege of welcoming KeshetUK into King Solomon High School to run an assembly and workshops to our Year 7, 8 and 9s around LGBTQ+ history, inclusivity and influence to society. All students were well behaved and engaged within the sessions.

History Trip

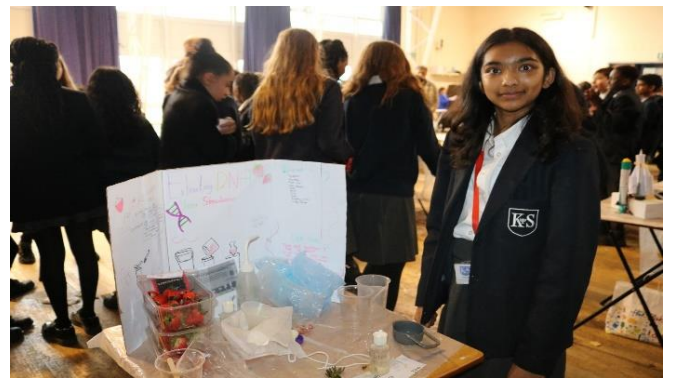
On Wednesday some of our History and JS students participated in a workshop at Oaks Park. The workshop was dedicated to 'Remembering Leon', who was a British-born father and husband living in the Netherlands at the time of Nazi occupation, who went on to survive 18 months of concentration and labour camps. Students learnt about how Leon kept his promise to the world – to tell his story and illustrate the dangers of racism and antisemitism and to promote mutual understanding and respect. Our students were exceptional role models throughout the day, not only leading much of the discussion and activities, but even sharing their own stories of what they had learnt in their studies of the Holocaust, and the stories that resonated with them.



Science Fair

Well done to our Year 7 students who showed off their fantastic pieces of work at our recent Science Fair. We were delighted to be joined by students from WIJPS who also shared their fantastic work with us.





The story of Purim

The story of Purim is set in Persia (modern day Iran) in around 500 BCE, when the land was ruled by King Ahasuerus. The Holy Temple that had stood in Jerusalem was destroyed more than 50 years earlier, and the Jewish people were subjects of the mighty Persian empire that extended over 127 lands.

King Ahasuerus threw an extravagant party to show off his wealth and status. He demanded that his wife Queen Vashti appear and dance for his guests, to show off her beauty. Queen Vashti refused and was consequently banished by the King. King Ahasuerus then held a beauty pageant to find a new wife. Women across the land were brought to the King for this pageant, including Esther, who won the King's favour and was chosen to be the new Queen. On her uncle's advice, Esther initially hid her Jewish identity from the King.

When Esther became Queen, Mordechai, Esther's uncle, would sit by the gates of the palace. One day he heard the King's assistants plotting to kill him. Mordechai informed Esther of this and she informed the King.


The King appointed a new assistant called Haman, who hated the Jewish people. Haman convinced the King to kill all the Jewish people. Esther revealed her identity to the King and was able to save all the Jewish people.

How do Jewish people celebrate Purim?

Celebrating Purim
A Story of Courage and Unity

How do Jewish people celebrate Purim?

1. **Reading the Megillah of Esther**
 - This means reciting the story of Purim aloud.
 - Jewish people should hear this read twice.
 - You will all have a chance to hear the Megillah of Esther being read today.
 - When you hear Haman's name you boo.
 - When you hear Esther and Mordechai name you cheer.




KS Learning Charity Community תונה גמילת חסידים עבונה

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How do Jewish people celebrate Purim?

2. **Dressing up in fancy dress costumes**
 - This is to remember how Esther had to conceal (hide) that she was Jewish, in order to save the Jewish people.




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3. **Hamantaschen: Eating triangular pastries filled with sweet fillings.**
 - Some people say they represent Haman's ears and some say his hat.
 - In Hebrew they are called Oznei Haman (Haman's ears)




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4. **Mishloach Manot**
 - Exchanging gifts of food with friends and family.
 - Haman accused the Jewish people of being "a scattered, and divided nation."
 - So Jewish people send gifts to each other in order to show that they are not divided, but rather are united.
 - The food baskets should contain at least two different types of food.



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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
North Central London	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North East London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
South West London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
South East London	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
South East London	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>

