

King Solomon High School Newsletter

27 September 2024, 24 Elul 5784



Dear Parents and Carers

As we approach the Jewish High Holidays (followed by Sukkot and Simchat Torah). I would like to take a moment to reflect on this significant time of year and extend my warmest wishes to each of you. Rosh Hashanah, the Jewish New Year, offers us all a unique opportunity to reflect on the past year, seek renewal, and set our intentions for the future.

At our school, we strive to instil values of reflection, growth, and community in everything we do, and these values are found in the traditions of Rosh Hashanah. This religious festival encourages us to pause, take stock of our actions, and think about how we can improve, both as individuals and as a community. Yom Kippur (11th and 12th October) is about repentance and seeking forgiveness. Judaism teaches that we must seek forgiveness from each other before we ask G-d for forgiveness. Next week, our students will have the opportunity to engage in reflective apology activities.

Having been in post as Headteacher for just over a year, I want to take this opportunity to renew my commitment to King Solomon High School's future success. My understanding of the school and the community, along with my deep care and love for the school, has grown from strength to strength over the last year. We have had some wonderful feedback from parents and students about the positive start to the new school year, and long may this continue. I know that not all parents and carers have agreed with all the decisions that school leaders have made in the last year, but the students and the future of the school have been, and always will be, at the heart of all decisions made. As a school we will continue to listen, reflect, grow and improve.

Keeping students safe is our top priority. I would like to take this opportunity to remind parents to please not share on social media or outside the school community, letters, emails and event dates sent by the school, as this creates a security risk for the school.

You will note a second attachment to this email. This is our Jewish High Holidays special feature newsletter, which brings Rosh Hashana, Yom Kippur and Sukkot to life in more colourful detail.

Wishing our Jewish community a Shana Tova and Shabbat Shalom.

Wishing all our community a peaceful weekend, health and happiness for the year ahead.

Ms Phillips

Headteacher

Jewish Festivals - Information from Mrs Juggler

Rosh Hashanah - Thursday 3rd and Friday 4th October - SCHOOL CLOSED

Sukkot - Thursday 17th and Friday 18th October - SCHOOL CLOSED



Rosh Hashanah, the Jewish New Year begins on Wednesday 2nd October at Sunset and ends on Friday 4th October. School will close at 1.20pm on Wednesday and not reopen until Monday 7th October. On Wednesday 2nd October, all students will be able to participate in the custom of dipping apple in honey and wishing each other a sweet new year. Students will also have the opportunity to hear the shofar during tefillah (collective worship) that week.

Yom Kippur, the Day of Atonement will begin at sunset on Friday 11th October. School will end at the normal time of 1.20pm on this day. The theme of Yom Kippur is seeking forgiveness from G-d for your wrongdoings of the previous year. However, Jewish tradition tells us that G-d does not forgive us until we have sought forgiveness from the other people that we have hurt. During the week, students will have the option of writing sorry cards to students, teachers or members of their families to seek forgiveness.

The festival of Sukkot follows a few days later. School will close on Wednesday 16th October at 1.20pm and reopen on Monday 28th October. One of the themes of Sukkot is temporary shelter and we have partnered with Redbridge food bank to collect food for those who are in temporary accommodation across the borough. On Monday 14th and Tuesday 15th October, students can bring in Instant noodles, dried mash potatoes, dried milk, ring pull tinned items such as baked beans, sweet treats, crisps and individual packs of fruit juices and deposit them in the foodbank bins which will be stationed outside the canteen. Please do not send in anything that is perishable or any meat products.

Wishing those who celebrate a Shanna Tova and may all King Solomon families have a successful, prosperous and healthy year ahead.

Congratulations - Celebrating 25 years of service

Last week, two members of our cleaning team celebrated a huge milestone, 25 years of continuous service! Patricia Allison and Althea Phillips began working at the school on 13th September 1999 and have been here ever since. A lot of the work they do goes unnoticed but without their hard work, the school could not run effectively. We would like to thank them for their many years of commitment and dedication and congratulate them on their outstanding achievement.



Reminder for parents from the admin team

We have a new telephone system in place at King Solomon High School.

Please listen carefully to the number for each department so your call can be dealt with efficiently.

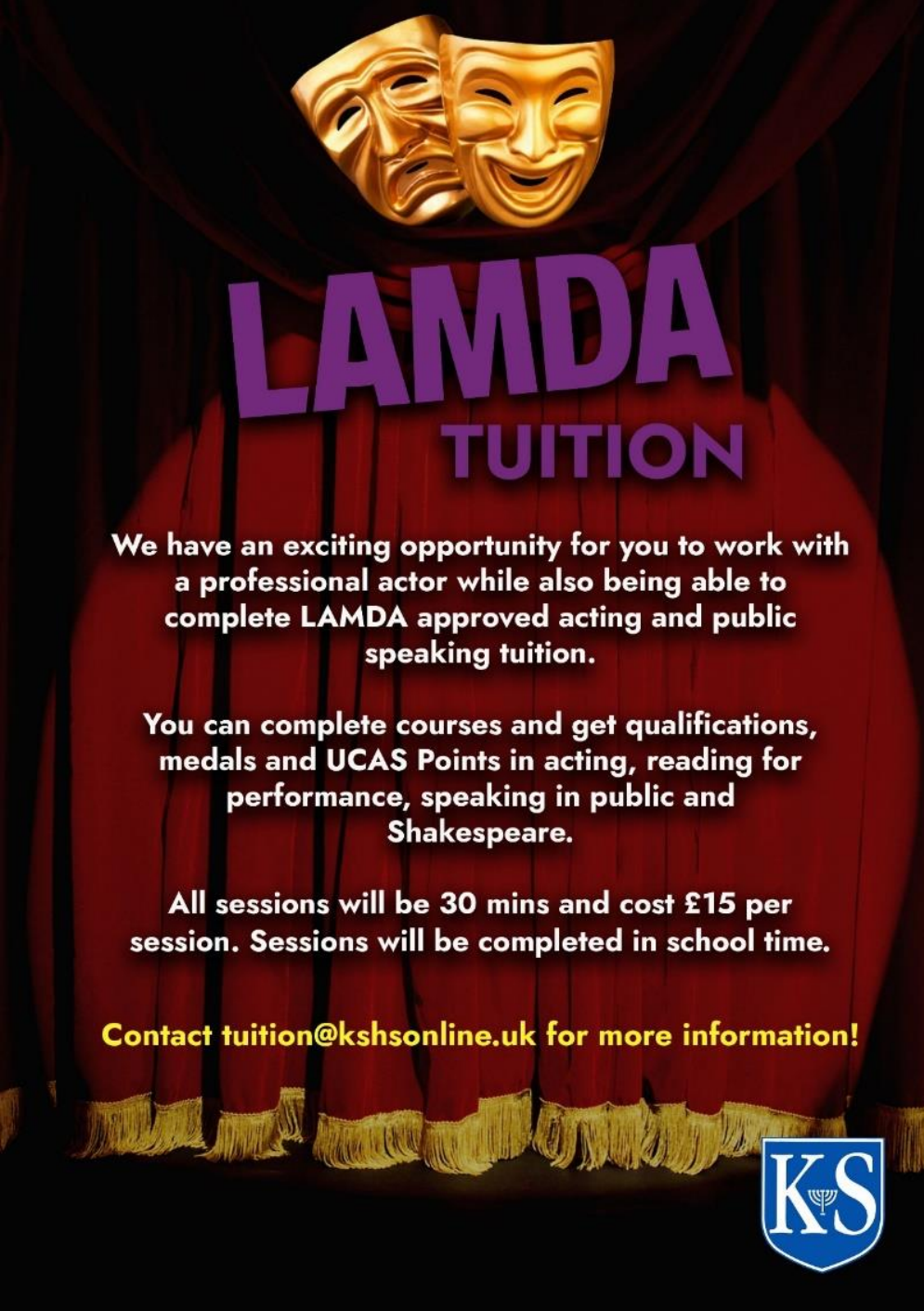
Co-curricular Activities

Lunch Clubs 2024-25

Name	What will this involve?	Year group	When	Location	Teacher
Design and Tech	Develop students' practical skills and ambition for Design and Technology through supportive, project-based learning	All Years	Tuesday, Wednesday and Thursday	DT Workshop	Mr Porpiglia
Computer Science Upskilling	Catch up missed content and upskilled programming concepts	Year 11	Week 1 Monday	125a	Mr Halder
Colouring for fun	Express themselves through colour and creativity. Students will learn to let go of perfectionism, embrace progress as the goal, and be open to learning from their mistakes	All Years	Every Monday	111	Mx Ibbetson
Drama Pharmacy	To gain one on one experience, develop your talents, see best practice master a craft and ignite a spark	All Years	Every Wednesday	012	Miss Coggin
Mindfulness	Learning strategies to improve mindfulness and positive thinking	All Years	Every Tuesday	004	Miss Slatter
Glee Club	Singing and performing at school events	Year 7, 8, 9	Every Monday	011	Miss Daniels
Mindful Colouring	To enjoy a calm peaceful environment whilst producing some therapeutic artwork	All Years	Week 2 Wednesday	021	Ms Testler
The Behaviour Bureau	Introduction to basic psychological concepts and the science of human behaviour. Simple, engaging activities to foster curiosity about how the mind works	Year 7 and 8	Week 1 Monday	103	Mrs Malah
Art Club	To have a fun lunchtime art experience, being hands on, experimenting with different media and materials whilst creating original pieces of art, hand made by you	Year 7 and 8	Every Thursday	117	Ms Turner

Performing Arts

At King Solomon High School, we offer both LAMDA Public Speaking/Acting tuition and Music tuition. There are so many benefits for your child to engage in one-to-one tuition. If you would like to know more about it or would like your child to sign up, please email Miss Mallach on tuition@kshsonline.uk.




**LAMDA
TUITION**

We have an exciting opportunity for you to work with a professional actor while also being able to complete LAMDA approved acting and public speaking tuition.

You can complete courses and get qualifications, medals and UCAS Points in acting, reading for performance, speaking in public and Shakespeare.

All sessions will be 30 mins and cost £15 per session. Sessions will be completed in school time.

Contact tuition@kshsonline.uk for more information!





Want to learn how to
play an instrument or
learn how to sing?

GET ONE TO ONE
**MUSIC
LESSONS**

Improve your skills in
playing various
instruments under the
guidance of expert
musicians

EMAIL: TUITION@KSHSONLINE.UK FOR ANY ENQUIRIES

SIGN UP NOW!

Step into Dance

Step Into dance started with great excitement on the 12th of July with many new year 7 students joining Rachel Newby from the Royal Academy of Dance. Throughout the session, students had the opportunity to be introduced to dance fundamentals and the dance style: contemporary. Students also got the chance to experiment with movement and creating a routine that uses a mix of ballet and contemporary dance.

Over the next half term students will be creating a routine with Rachel to showcase at our annual Chanukah concert. If your child would like to attend, please email Mr Coates on rcoates2.317@kshsonline.uk. The sessions run on Thursdays from 2:30 until 3:30.



**STEP INTO
DANCE**

Thursdays from 14:30 - 15:30
In room 012

Contact rcoates2.317@kshsonline.uk if you would like your child to attend or sign up via synergy.

The poster features an illustration of three young women in colorful athletic wear (pink, yellow, and green) dancing in a studio. They are surrounded by large black speakers and musical notes, set against a light yellow background with a red dotted pattern at the top.



Poetry Competition



National Poetry Day
3rd October 2024
Competition Time!

A winner from each year group will be chosen and each winner will receive a prize voucher

How to enter:
Create an acrostic poem for the word 'READ'
Submit this either in person to the library or email jmallach3.317@kshsonline.uk
Deadline: 3rd October 2024

The poster features a red quill pen on a scroll, surrounded by colorful confetti and a KS logo in the top right corner.

Get to Know

Miss Shelley Jackson



Hola! My name is Shelley Jackson, and I recently relocated from the United States. I grew up in the great state of Tennessee, known as the home of country music and Southern hospitality. I began teaching Spanish in 2001 but have taken breaks to pursue other endeavours such as a wholesale vegan & gluten free bakery business with my late husband.

Over the years, I have loved seeing my students' curiosity or even trepidation of learning another language transform into a passion for the Spanish language, peoples and cultures. Sharing my love of learning and travel has been one of my greatest joys.

In my spare time, I love to read, dance, write, travel, participate in church activities, spend time at coffee shops, explore museums, attend West End shows and expand my foodie palette.

Two fun facts about me - I taught English for a year in Peru and was a contestant on an American game show.

I am thankful for the chance to make an impact in the King Solomon High School community and grateful that this dream of teaching in the UK finally became true!

Mx Ray Ibbetson



I am Ray Ibbetson (I like to think that I am like a Ray of Sunshine!), a South African sciences teacher. I have been given this amazing opportunity to not just teach, but also learn, at King Solomon High School. I have been teaching for almost four years now. In South Africa, I only taught biology, but I will be teaching sciences including chemistry and physics, to year 7-9 students, and PSE to year 10.

I am passionate about being able to be the sciences teacher I always needed - but most importantly, to be the sciences teacher that my students now need. My priority as a teacher (and as a person) is the wellbeing of my students. My goal is to have all of my students feel comfortable to learn from their mistakes, to strive to be better than they were yesterday. If I can get a few of my students to also change their attitude to sciences to a positive one, and those who already love the sciences to stay curious, then I will have left my mark on Earth.

Outside of work, I love creating oil paintings, particularly of birds of prey. Science shows that music is a great way to produce endorphins and that is very true for me - I listen to music of all genres at any opportunity. I also do spoken word. I get bored if I am not learning, so much of my free time is spent researching topics of interest - such as best teaching practices, the psychology of teenagers, how to solve a Rubik's cube and other puzzles, and the effects of gratitude on mental health.

A fun fact about me is that I studied Entomology in my undergraduate degree (entomo- insects, ology - study of) which is not to be confused with another passion of mine - etymology (the origin of words). Etymology is especially important in the sciences with all the complex scientific terminology.

My hope for the future is to inspire a generation of curious critical thinkers who can navigate the world with confidence, and, who knows, maybe one of my students will cure cancer. I always believe in all of my students. My ambitions are to be a great leader, not just for my students, but hopefully for my peers too - the best way to lead is by example.

To end off, I would like to share my quote of the year: "We can choose courage, or we can choose comfort, but we can't have both. Not at the same time." - Brene Brown. I moved to a whole new hemisphere by myself to work with the students here. I was comfortable in my previous job, but you do not learn in a place of comfort. Always be curious, and always be courageous.

Private Fostering



Are you looking after a child who is not your own?



- Is the child under 16 (or 18 if they have a disability)?
- Are you NOT the child's step parent, sibling, aunt, uncle or grandparent? This also includes host families to overseas students
- Do you plan to have the child with you for more than 28 days?
- This is called "private fostering" and we must be LEGALLY notified to ensure the child is safe.

Please contact Redbridge Children's Services:

020 8708 3885

CPAT.Referrals@redbridge.gov.uk

or visit: www.redbridge.gov.uk/private-fostering for more information

Aveti în grijă un copil care nu este al dvs.?
Copilul are mai puțin de 16 ani (sau 18 ani dacă are un handicap)?
NU sunteți părintele vitreg, fratele/sora, mătușa, unchiul sau bunicul/bunica copilului? Sunt incluse și familiile gazdă ale studenților din străinătate
Înțenționați să găzduiți copilul la dvs. mai mult de 28 de zile?
Acest lucru se numește „private fostering” (plasament privat) și trebuie să fim anunțați LEGAL pentru a ne asigura de siguranța copilului.
Vă rugăm să contactați Redbridge Children's Services (Serviciile pentru copii din Redbridge):
020 8708 3885
CPAT.Referrals@redbridge.gov.uk
sau vizitați: www.redbridge.gov.uk/private-fostering pentru mai multe informații

آپ اپنے کسی بچے کو دیکھ رہے ہیں جو آپ کا اپنا نہیں ہے؟
بچہ 16 سال سے کم عمر ہے یا اگر وہ معذوری کا شکار ہے تو اس کی عمر 18 سال سے کم ہے؟
آپ اس بچے کے سوتیلے والد والدہ، بہن بھائی، اٹن، اٹنکل یا دادا دادی نہیں ہیں؟
ان میں غیر ملکی طلباء کے میزبان خاندان بھی شامل ہیں
کیا آپ کا دن سے زیادہ بچے کو اپنے پاس رکھنے کا ارادہ ہے؟
اسے نگرانی رکھتے ہیں اور بچے کے محفوظ ہونے کو یقینی بنانے کے لیے ہمیں "28" دنوں تک بچے کو اپنے پاس رکھنے کا ارادہ ہے؟
اس کی اطلاع دینا ضروری ہے۔
براہ کرم ریڈ برج سروسز برائے اطفال سے رابطہ کریں
020 8708 3885
CPAT.Referrals@redbridge.gov.uk
www.redbridge.gov.uk/private-fostering: لیے مزید معلومات کے لیے
ملاحظہ کریں

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ملاحظہ کریں

Empowering Parents Together (EPT) - Free Events

Please see the below posters for EPT'S upcoming webinars and coffee mornings for SEND parents/carers.



**EMPOWERING
PARENTS
TOGETHER**

Working together today, Improving their tomorrows

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 FREE SEND webinars

ULTIMATE GUIDE TO ANNUAL REVIEWS FOR PARENTS AND TEACHERS
THURSDAY 17TH OCTOBER 2024 AT 8PM

ADVOCATING FOR AUTISTIC CHILDREN IN SCHOOL
THURSDAY 7TH NOVEMBER 2024 AT 8PM

PATHOLOGICAL DEMAND AVOIDANCE (PDA) IN EDUCATION
TUESDAY 12TH NOVEMBER 2024 AT 8PM

**UNDERSTANDING & SUPPORTING ARFID
(AVOIDANCE RESTRICTIVE FOOD INTAKE DISORDER)**
THURSDAY 14TH NOVEMBER 2024 AT 8PM

UNDERSTANDING DISABILITY DISCRIMINATION & APPEALS
THURSDAY 21ST NOVEMBER 2024 AT 8PM

EOTAS (EDUCATION OTHER THAN IN SCHOOL) & THE LAW
THURSDAY 28TH NOVEMBER 2024 AT 8PM

**PLEASE CHECK EPT FACEBOOK PAGE FOR FURTHER DETAILS.
PLEASE JOIN EPT FREE MEMBERSHIP AND BOOK THE WEBINARS BY TEXT OR EMAIL.**

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

FOLLOW US ON FACEBOOK: Empowering Parents Together – Redbridge

FOLLOW US ON TWITTER: @EPT_Redbridge



07486 880 799
07486 880 646





contact For families with disabled children





Working together today, Improving their tomorrows

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?

Upcoming COFFEE MORNINGS

Time: 10am - 12noon

DATE: THURSDAY 19TH SEPTEMBER 2024

VENUE: ALBERT ROAD CHILDREN'S CENTRE, ILFORD

DATE: WEDNESDAY 2ND OCTOBER 2024

VENUE: GEARIES CHILDREN'S CENTRE, GANTS HILL

DATE: WEDNESDAY 13TH NOVEMBER 2024

VENUE: NEWBURY HALL CHILDREN'S CENTRE, NEWBURY PARK

DATE: MONDAY 25TH NOVEMBER 2024

VENUE: GEARIES CHILDREN'S CENTRE, GANTS HILL

DATE: MONDAY 9TH DECEMBER 2024

VENUE: COMMUNITY ROOM, TESCO EXTRA GOODMAYES

COME ALONG AND MEET OTHER PARENT CARERS, SHARE EXPERIENCES, SIGNPOSTING & GAIN MUTUAL SUPPORT. LIGHT REFRESHMENTS PROVIDED.

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.

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



**07486 880 799
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 student's wellbeing
- **Multi Agency Safeguarding Hub (emergency team):** 020 8496 3000
- **Barnardos:** 0800 008 7005

Let us know . . .

- 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

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.

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. If you are ever concerned that your child is at risk due to very 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

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>



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