

# King Solomon High School Newsletter

9 December 2024, 8 Kislev 5785



Dear Parents / Carers

I hope that you all had a lovely weekend and kept safe in the wind and rain.

Well done to our Year 11 and Year 13 students on completing two weeks of mock exams. I am very proud of the maturity and hard work shown by students over the mock exam period. We look forward to seeing the results.

I am delighted to confirm that our new timetable went live this morning on Synergy and can be viewed by parents. This means that all students in Years 7-11, as of today, have returned to a full five lessons a day timetable, finishing at 3.20pm Monday-Thursday and 1:20pm on Friday, as per usual.

All students received a paper copy of their new timetable this morning during extended form time. They were given time to write their timetable into their planner, and they have retained the original paper copy.

Please can parents and carers please note the following.

- Whilst the timetable is completely new, in the most part students will continue to be in the same classes and have some of the same teachers.
- We have returned to morning form time. Form time will take place on Monday-Thursday mornings for 20 min.
- After school enrichment has now come to an end for now and the Lexia reading programme has been paused. The Lexia programme will resume in January and will take place during the school day.
- In Year 7 Maths, students will be taught in sets rather than form classes in order to support students' learning. All sets follow the same curriculum, with set 1 working in more depth, and set 3 working with more support. Movement between sets will occur as necessary and typically this happens after a mid-year and end of year assessment.
- Spanish in Year 7-9 is increasing back to 4 periods per fortnight.
- Detentions will take place on Mondays, Wednesdays and Thursdays at 3.20pm and on Fridays at 1.20pm (some detentions are 30 min long and some are 40 min). Parents will continue to be notified about detentions in the usual way.

Should you have any questions about the new timetable please email [info@kshsonline.uk](mailto:info@kshsonline.uk) and state your child's form group.

I hope that this return to the full timetable reassures parents and carers that the school is in a stable place and is moving in the right direction.

Wishing you all well and I will write to you all again on the last day of term.

Kind regards

Michele Phillips

Headteacher

## Times of the school day - from today (09.12.24)

<b>MONDAYS - THURSDAYS</b>	
<b>8:20am</b>	Gate opens
<b>8:30am</b>	Gate closes and school officially begins Students are 'late' after 8.30am
<b>8:30am - 8:40am</b>	Line up
<b>8:40am - 9:00am</b>	Form time (registration)
<b>9:00am - 10:00am</b>	Period 1
<b>10:00am - 11:05am</b>	Period 2
<b>11:05am - 11:25am</b>	Break
<b>11:25am - 11:30am</b>	Movement from break to period 3
<b>11:30am - 12:30pm</b>	Period 3
<b>12:30pm - 1:35pm</b>	Period 4
<b>1:35pm - 2:15pm</b>	Lunch
<b>2:15pm - 2:20pm</b>	Movement from lunch to period 5
<b>2:20pm - 3:20pm</b>	Period 5
<b>3:20pm</b>	End of day

FRIDAYS	
8:20am	Gate opens
8:30am	Gate closes and school officially begins Students are 'late' after 8.30am
8:30am - 8:35am	Line up
8:35am - 9:25am	Period 1
9:25am - 10:20am	Period 2
10:20am - 11:15am	Period 3
11:15am - 11:35am	Break
11:35am - 12:25pm	Period 4
12:25pm - 1:20pm	Period 5
1:20pm	End of day

## Form Tutors

### Year 7

Ms George	7K
Mr Porpligia	7M
Ms Mahendran	7G
Ms Testler	7P
Ms Anghel	7P
Mr Mahmood	7A
Ms Choudhry	7Z
<b>Ms Liu</b>	<b>Head of Year</b>
<b>Ms Aaronson</b>	<b>SLT Line Manager</b>

## Year 8

Ms Sotorrio	8Z
Ms Sanchez Lopez	8G
Mr Walmer	8M
Ms Coggin	8P
Ms Thomas	8A
Ms Skela	8K
<b>Ms Van Graan</b>	<b>Head of Year</b>
<b>Mr Coates</b>	<b>Assistant Head of Year</b>
<b>Mr Saunders (Ms Hamit from January 2025)</b>	<b>SLT Line Manager</b>

## Year 9

Mx Ibbetson	9G
Mr Dhansey	9M
Mr Chance	9K
Ms Daniel	9P
Mr Ojo	9Z
Ms Fernandez	9A
<b>Ms Worthing</b>	<b>Head of Year</b>
<b>Mr Saunders (Ms Hamit from January 2025)</b>	<b>SLT Line Manager</b>

## Year 10

Mr Woodcraft	10G
Mr Hylton	10M
Mr Zah	10K
Ms Turner (Tues - Thurs) Mr Schneider (Mon & Friday)	10P
Ms Woods- Jackson	10Z
Ms Louis-Montfort (Tues - Thurs) Mr Neumeyer (Monday)	10A
<b>Mr Gerstenberg</b>	<b>Head of Year</b>
<b>Mr Tomene (Mr Scott from January 2025)</b>	<b>SLT Line Manager</b>

## Year 11

Ms Baker	11A
Mr Calvo (Tues - Thurs) Mr Halder (Mon)	11G
Ms Ravi	11K
Ms Barclay	11M
Mrs Khanam	11P
Ms Arcre	11Z
<b>Mr Palmer</b>	<b>Head of Year</b>
<b>Ms Schiffman</b>	<b>Assistant Head of Year</b>
<b>Mr Tomene</b>	<b>SLT Line Manager</b>

## Year 13

Mr Halder	131
Ms Malah (Ms Iqbal from January 2025)	132
Ms Pointon	133
<b>Ms Karlsson</b>	<b>Director of Sixth Form</b>
<b>Ms Schiffman</b>	<b>Assistant Head of Year 11/13</b>
<b>Mr Kooyman</b>	<b>Assistant Head of Year 13</b>

## Important Dates

<p><b>Last Day of Autumn Term</b> - Friday 20<sup>th</sup> December (Early closure 1:20pm)</p> <p><b>Winter Holiday</b> - Monday 23<sup>rd</sup> December 2024 - Monday 6<sup>th</sup> January 2025</p> <p><b>INSET Day</b> - Monday 6<sup>th</sup> January 2025 (school closed to students)</p> <p><b>First Day of Term</b> - Tuesday 7<sup>th</sup> January 2025 (first day of term for all students)</p>
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## Term Dates

Please click on the icon for **2024 - 2025** Term Dates - 

Please click on the icon for **2025 - 2026** Term Dates - 

## Parents Evening, Assessment, Reports

Year Group	Parents Evening	Mid-year Assessment	Progress Report 1	End of year Assessment	Progress Report 2
7	24 <sup>th</sup> April 2025	10 <sup>th</sup> - 21 <sup>st</sup> March 2025	4 <sup>th</sup> April 2025	9 <sup>th</sup> - 20 <sup>th</sup> June 2025	3 <sup>rd</sup> July 2025
8	20 <sup>th</sup> March 2025	27 <sup>th</sup> January - 7 <sup>th</sup> February 2025	27 <sup>th</sup> February 2025	12 <sup>th</sup> - 23 <sup>rd</sup> May 2025	13 <sup>th</sup> June 2025
9	13 <sup>th</sup> February 2025	6 <sup>th</sup> - 17 <sup>th</sup> January 2025	30 <sup>th</sup> January 2025	21 <sup>st</sup> April - 2 <sup>nd</sup> May 2025	15 <sup>th</sup> May 2025
10	6 <sup>th</sup> March 2025	27 <sup>th</sup> January - 7 <sup>th</sup> February 2025	27 <sup>th</sup> February 2025	23 <sup>rd</sup> June - 4 <sup>th</sup> July 2025	17 <sup>th</sup> July 2025
Year Group	Parents Evening	Mock Exams	Progress Report 1	Mid-year assessment	Progress Report 2
11	9 <sup>th</sup> January 2025 (on site)	18 <sup>th</sup> - 29 <sup>th</sup> November	19 <sup>th</sup> December 2024	24 <sup>th</sup> Feb - 7 <sup>th</sup> March 2025	20 <sup>th</sup> March 2025
13	6 <sup>th</sup> February 2025 (on site)	18 <sup>th</sup> - 29 <sup>th</sup> November	19 <sup>th</sup> December 2024	24 <sup>th</sup> Feb - 7 <sup>th</sup> March 2025	20 <sup>th</sup> March 2025

## Upcoming curriculum and cultural capital trips

Date	Trip	Students
9 <sup>th</sup> and 11 <sup>th</sup> December 2024	Science Museum - Cultural capital trip	Year 8 - Whole year group
18 <sup>th</sup> December 2024	The National Gallery. Van Gogh: Poets and Lovers	Year 11 and 13 Art and Photography students
13 <sup>th</sup> January 2025	National Museum of Computing - Computer Science Trip	Year 9,10 and 11 IT students
13 <sup>th</sup> January 2025	Performance of Ballet Shoes	Year 13 Drama students
5 <sup>th</sup> February 2025	Play at The Lyric Theatre	Year 11 Music/Glee Club students

### GCSE Geography Wales trip - year 10 students

A reminder to all Year 10 parents and carers that letters have gone home regarding the 2025 Wales trip. Please refer to this letter or email Miss Aaronson on [jaaronson.317@kshsonline.uk](mailto:jaaronson.317@kshsonline.uk) should you have any specific questions.

### End of year trips

We are delighted to confirm two end of year trips for Year 7 and 8. Year 8 are going to Go Ape on the **21<sup>st</sup> July** and Year 7 are going to Nuclear Races on **23<sup>rd</sup> July**. Letters were sent home this week with information on payment for these trips, please refer to these letters should you have any questions.

### Go Ape

Here is what they will be doing:

**Tree top challenge** - This is a 2-hour course where students will work their way through 34 daring crossings to test their agility including 8 exhilarating zip wires and a Tarzan swing! To see more please use this link: <https://goape.co.uk/locations/chelmsford-hylands-park/treetop-challenge>





**Baboonzled** - Baboonzled is designed to encourage teamwork and communication through a mix of physical and mental challenges that are sure to get the blood pounding and mind racing.

With one hour on the clock, the aim is to collect as many points as possible to be crowned the winners. <https://goape.co.uk/groups/baboonzled>



## Nuclear Races

Here is what they will be doing:

**High ropes** - This is the biggest High Ropes course in Essex. There are 3 levels and 6 courses with easy, medium and tough challenges along the way. Students will have the chance to complete a 40m Zip wire and travel through 70 aerial obstacles. For more information, please click on this link:

<https://nuclearhighropes.co.uk/high-ropes-adventure/>



**Wild forest obstacle course** - Students will be working their way through lots of challenging but fun obstacles to test their teamwork and endurance skills. To view more about these obstacles please click on this link: <https://wild-forest.co.uk/obstacles/>



## Alan Senitt Upstanders Leadership Programme

The Alan Senitt Upstanders Leadership Programme offers interfaith leadership training to participating schools across London where students learn to create, develop and deliver social action projects with a focus on discrimination in their schools and communities. The schools who take part are a diverse range of state, private, faith and non-faith schools, giving students an opportunity to cross boundaries, meet and get to know others whilst creating their own meaningful projects.

On Thursday 5<sup>th</sup> December, **Kiki Harris, Amelia Palade, Nafertiti Adam, Liba Khan, Aaliyah Butt, Ashriya Bhatia, Jason Brown, Zara Bari, Saurik Das** and **Taha Nasir** along with Mr. Walmer and Mr. Schneider, travelled to North London to take part in the Alan Senitt Upstanders Leadership Programme. Students participated in a number of interfaith activities where they presented information and worked in teams alongside people from different cultures and backgrounds. It was a truly enriching and wonderful experience for all that participated.



## Parasha Reflections - Mrs Juggler

This week's parasha, Vayetze illustrates that complex relationships that permeate through the book of Genesis, Bereshit. Jacob, after stealing the birthright from his brother Esau, flees to Haran to stay with his Uncle Laban. On meeting Laban's daughter Rachel, he falls in love and asks Laban for her hand. Laban grants permission as long as Jacob agrees to work for Laban for seven years. Jacob agrees and at the end of the seven years is delighted to be married at last. However, on his wedding night, it is revealed that he has been misled by Laban and has married Rachel's older sister Leah. When he confronts Laban, Laban says that if Jacob works for another seven years, Laban will give him permission to marry Rachel. Jacob agrees and after fourteen years of waiting finally gets to be with the woman he loves. The sisters spend much of their adult lives competing for their husbands' affections. It is not a happy family dynamic. Why does the Torah include this important story? One interpretation is that Jacob emphasises the attribute of patience. He fell in love with Rachel and was prepared to wait fourteen years to be with her. He wasn't looking for instant reward but knew that if he was patient and put in the effort, Rachel would be his. This ancient tale applies to the modern world perfectly. We live in a society where we want instant rewards and make our decisions after assessing the instant value that these decisions will bring. The reality, however, is not like that. Change and progress takes time and requires patience. Jacobs journey to true love had its twists and its turns but was successful. If we want lasting progress than we need to aspire to be like Jacob, be patient, be determined, be resilient and you will achieve.

## New Look Reception

Our school reception has undergone a transformation in the last 6 months, with the creation of new office spaces and meeting rooms, as well as a fantastic interior renovation. The final phase of these works was completed recently with the installation of our new wall art in the main reception area, creating a modern an inviting space for students, staff and visitors to the school. This also includes the added security of an airlocked entrance system. This building work was paid for by separate funding that all schools receive for building improvements.



## Year 9 - Healthy Masculinity Workshop run by Voicebox



In PSHE last week, all male year 9 students had the opportunity to listen to a guest speaker from the organisation Voicebox. Students discussed how traditional ideas of masculinity can be harmful, and what the alternative might look like and its benefits. The aim was to help our students understand masculinity, its sources, and the effects of societal expectations. Students learnt the differences between healthy and unhealthy masculinity, which empowered them to embrace and promote positive models. We were really impressed with how our students engaged with the speaker. We had particularly good contributions from **Denny Levinson**, **Samuel Czuba-Davies** and **Faiz Akande**.

Well done year 9 for embracing this opportunity!



## Kehila

### Mitzvah Day - Competition winners

In our last newsletter, we announced our Mitzvah Day competition which encouraged students to perform good deeds and send in written and photographic evidence of what these good deeds were. We were inundated with entries so well done to so many of you for taking part.

Congratulations to the two winners of the competition **Cailean Batore** and **Nickita Iancu-Lucuta**. Cailean's good deeds involved helping her mother with the laundry, buying her brother a pair of sunglasses and helping her friend create 'Miss Potato' for a project and Nikita has been spending her weekends helping to transform an overgrown space into a community garden. Both students will receive a prize for their efforts!



**Mitzvah Day 2024**  
**COMPETITION TIME**

This Sunday 24th November it will be Mitzvah day. The Hebrew word 'mitzvah' means commandment and is the term used in Judaism to describe someone doing a good deed.

We would like you to do a good deed this weekend, just because you can, and then email us what you did with photographic or written evidence.

Maybe you will get some shopping for someone, help a friend with their homework, help tidy up at home, buy someone some flowers!

The best deeds, will win a prize but we need evidence!

Please send your entries to [rspurling.317@kshsonline.uk](mailto:rspurling.317@kshsonline.uk) by Sunday 24th November.

Remember a good deed goes a long way!!!!

## Hebrew Club

We have recently started a Hebrew Club. Our two shinshinim, Ronny and Erez are teaching students Hebrew words through games and discussion. If you would like to attend, you can register your interest on Teams or just come to the Kehila Lounge on Thursday lunchtime.

**SHINSHINIM'S HEBREW CLUB!**

kehila launch THURSDAYS 2024-2025

More info :  
- REGISTER ON TEAMS OR JUST COME TO KEHILA LAUNCH!  
lunch time

LOOKING FORWARD MEETING YOU ALL



## Performing Arts

Chanukah Concert - December 18<sup>th</sup>, 17:00 - 19:00



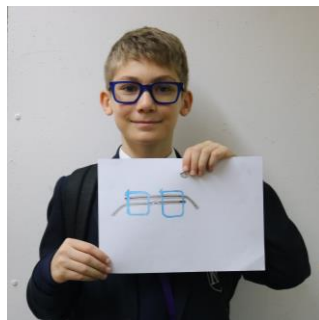
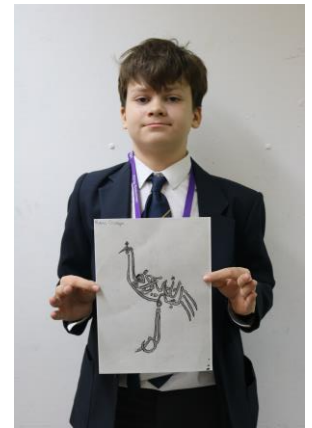
## Music Award

Well done to **Nickita Iancu-Lucuta** who was recently awarded a certificate from the Associated Board of the Royal Schools of Music for passing her Grade 1 Singing Practical which she achieved with a merit. Congratulations Nickita!



## Enrichment Programme - Year 7 Art

Inspired by the art of Paul Klee, students in Year 7 have created calligrams using letters from the Hebrew alphabet. They started the project by learning how to draw individual letters in block script and then went on to use inventive combinations and arrangements in creating an idea from the real world, for example a cat, a giraffe, a butterfly etc. Students were also inspired in their work by the beautiful and intricate calligrams from Islamic culture that they researched online.



## Get to know

### Ms Isabella Sotorrio



Hola! My name is Isabella Sotorrio. I am a Spanish teacher and was born in Miami, USA but grew up in Madrid, Spain. I was raised in a Cuban/Spanish household and am very proud to say I belong to several different cultures and have been brought up by a family that loves and respects every culture.

I have been teaching for 8 years and began my career teaching English in Primary Schools back in Spain. I love that I get to share my rich cultural experience with the students, strengthening their social skills and cultural awareness. I really enjoy being able to empower them with the gift of language, meaning they can communicate with over 500 million Spanish speakers in the world, as well as providing them with new life skills that will help them succeed in the future.

Outside of school, I enjoy watching movies and TV series (my absolute favourite is RuPaul's Drag Race), reading books and listening to music (Afrobeats and Reggaton in particular). I am also very passionate about football, food and spending time with my loved ones, which I do as often as I can.

An interesting fact about me is that I competed at a national level in Rhythmic Gymnastics for 5 years. I also have a season ticket for my football team (Atletico de Madrid), which I retain every year, even if I am living abroad.

My hopes and ambitions for the future are to travel the world, learn more and improve myself as a teacher and person. There is always room for learning new things and becoming a better version of yourself.



## Mrs Sylwia Del Percio



Hello, my name is Sylwia Del Percio and I am a School Administrator at King Solomon High School. I have been working here since September 2023. You can find me in the school's front office welcoming our students and visitors or in the medical room looking after students in need of assistance.

Before the pandemic, I was a Student Services Manager for an international language school in central London. I started my career in Bournemouth where I completed my bachelor's degree in business and management and then I moved to London where I did my master's degree in business innovation.

I'm passionate about my work, I've never been afraid of new challenges and learning new roles and I do my very best for our students. I love working in the education sector knowing that we can all contribute to the education of young people.

My out of office time is mostly taken up by my 3-year-old daughter Adriana and my husband. In my spare little time I like swimming, playing volleyball and whenever possible travelling and discovering interesting places in the UK or abroad.

King Solomon High School is an incredible Jewish Community that is very inclusive and I'm proud to be a part of it. My hopes for the future are to keep working with the great team I have here and to make a difference for the students who have decided to share their journey here with us.

## SEND Department - Events

### Coffee Morning

On the 23d January, The SEND department will be hosting a coffee morning between 10:00 - 11:00am in the main hall. The event is open to all our SEND parents. There will be a talk by Ms Phillips and Miss Hyer as well as Specialist Education and Training Support Services (SEaTSS), who will come in and introduce their service. There will then be an opportunity to have some of your questions that were sent out previously answered.

If you are interested in attending this event please click [HERE](#) and fill in the Microsoft form.



## Creative Workshop for SEN parents

# Parents & Carers therapeutic art session

Event: Light Up for Inclusion – Creative Workshop for SEN Parents\*

**\*Date:** Thursday, 12th December 2024

**\*Time:** 10:00 AM – 12:00 PM

**\*Location:** Fullwell Cross Library, Hainault Room

### About the Event\*

Join us for a **\*free creative workshop** tailored for SEN parents, launching the **\*\*Soul Studio\*** initiative as part of the **\*Light Up for Inclusion campaign\***. This monthly series offers well-being and creative workshops designed to foster connection, relaxation, and self-expression in a supportive environment.

### What to Expect\*

- **\*Creative Exploration\***: Discover printmaking techniques to design personalised tote bags and scarves, inspired by the theme of inclusion and artistic expression.
- **\*Artistic Inspiration\***: Draw from the works of celebrated artists and the values of inclusion to create meaningful art pieces.
- **\*Relaxation & Connection\***: Unwind with tea, coffee, and snacks in a therapeutic and social setting, connecting with fellow SEN parents.
- **\*Guided Expertise\***: Led by **\*\*Elijah Qureshi\***, an experienced art educator, artist, and SEN mum, this session offers a unique understanding of the SEN parenting journey.

### Why Attend?

This workshop offers SEN parents a chance to:

- Create and express themselves through art.
- Build connections with others on a similar journey.
- Celebrate **\*Light Up for Inclusion\***, **\*\*International Day of Persons with Disabilities\***, and **\*\*Disability History Month\***.

It's a space to recharge, socialise, and celebrate the resilience, creativity, and strength of SEN families while fostering a sense of community.

- **\*Cost\***: Free
- **\*Capacity\***: Limited to 20 participants (book early to secure your spot!)
- **\*Booking\***: Reserve your place through **\*\*EPT\***.

This initiative is funded by **\*\*Leading Redbridge** through our nonprofit center, Art for Artists CIC (AFORA)\*. It highlights the vital role organisations like EPT play in educating and supporting SEN parents and their families.





## Redbridge Holiday Fun (HAF) Programme

### About HAF

HAF is the official Holiday Activities & Food programme funded by the DfE (Department of Education).

The aim of this much needed service is to provide eligible children access to many character-building experiences.

Our providers undergo a vigorous procurement process to ensure we select the most dedicated organisations for the job. Some of our partners have included Empower Youth, Learning Hive, Kids In Charge, Foxes Club and Redbridge Youth Services.

During the holidays, they offer free food and a variety of activities such as:

- Physical Activities including multi-sports
- Creative sessions including music, drama, arts and crafts
- Nutritional workshops
- Trips/Fun days out

### When is HAF available?

Our HAF sessions are available as follows:

- **1 week in the Winter holidays**
- **1 Week in the Easter holidays**
- **4 weeks in the Summer holidays**

We usually offer 4 days per week, but this can change depending on the holiday dates available. **HAF does not cover half terms.**

### Locations (Click to Book)

- **Al-Noor Primary School**
- **Frenford Clubs**
- **Gearies Primary School**
- **Isaac Newton Academy - New Year Family Fun Day**
- **Loxford Leisure Centre**
- **Rocket Padel Ilford**
- **St Aiden's Primary School**
- **St Peter's & St Paul's Primary School**
- **Uphall Primary School**
- **Valentines High School (SEND Only)**

## Is my child eligible?

Children must meet the following criteria to be eligible for a HAF place:

- In Reception up to Year 11
- In receipt of benefits-related Free School Meals (FSM) (this does not include the universal meals received by all children in Reception, Year 1 and Year 2).

**BOOK A PLACE AT OUR HAF CLUBS HERE:** <https://eequ.org/redbridgehaf>

**The Winter HAF clubs will take place between Saturday 21st December 2024 and Saturday 4th January 2025.**

The Winter HAF bookings are **NOW OPEN**. Book a place for your child(ren) here: <https://eequ.org/redbridgehaf> OR use our [Booking Map](#) to find the closest venue in your area.

For more information please click the link [Redbridge FiND | Redbridge Holiday Fun \(HAF\) Programme](#).



**REDBRIDGE**  
HOLIDAY ACTIVITIES & FOOD

# REDBRIDGE WINTER HOLIDAY FUN

**21st Dec**  
-  
**4th Jan**

**SCAN TO BOOK**



**ARE YOU IN RECEPTION-YEAR 11 AND RECEIVE BENEFITS RELATED FREE SCHOOL MEALS? ENJOY FREE SPORTS, TRIPS, ARTS & CRAFTS, COOKING & MORE!**

**NEW SKILLS**  **FREE FOOD**  **NEW FRIENDS**

**FOR MORE INFORMATION CONTACT: [HAF@REDBRIDGE.GOV.UK](mailto:HAF@REDBRIDGE.GOV.UK) OR VISIT [FIND.REDBRIDGE.GOV.UK/HAF](http://FIND.REDBRIDGE.GOV.UK/HAF)**

Funded by  
Department for Education

London Borough of  
**Redbridge**  
Community Infrastructure Levy

working towards  
**child friendly**  
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](mailto: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](http://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