

# King Solomon High School Newsletter

17 January 2025, 17 Tevet 5785



## Welcome Back!

Dear Parents and Carers

Happy New Year. I hope everybody had a restful break.

The first two weeks of the spring term have started at quite a pace with events, clubs, enrichment activities, school visits, parents evening, assemblies and a number of trips taking place.

On Thursday 9<sup>th</sup> January we welcomed Year 11 parents for the first in person parents evening since the Covid pandemic. It was a fantastic opportunity for parents to meet their child's teachers to discuss their current progress, recent mock exam results and map out what they need to do in order to achieve their potential in their GCSE exams this summer.

On Friday 10<sup>th</sup> January we were delighted to welcome the Rt Honourable Wes Streeting, MP for Ilford North and Secretary of State for health and social care. As part of Mr. Streeting's visit he met with school leaders as well as delivering a keynote speech to years 9, 10 and 13 where he talked about his personal journey into politics, his role as an MP and as a member of the Government and local issues. Mr Streeting also took some time to meet with a group of student leaders, including year 13 head students to discuss issues that were personal to them. Student participation and behaviour was

exemplary throughout the visit, and it was fantastic to see students engaging so actively and positively in the world of politics.

In the last week there have also been several culturally enriching trips taking place with 50 Year 9, 10 and 11 Computer Science students attending the National Museum of Computing and the Year 13 drama students attending a performance of 'Ballet Shoes' at the National Theatre.

Read on to find out more about what has been going on at King Solomon High School. You can also read about how you can get involved from the Royal Academy's Young Artists Summer Show to the Duke of Edinburgh's Award.

Shabbat Shalom and I hope everyone has a lovely weekend. Wishing you all health and happiness for the year ahead.

Ms Phillips

**Headteacher**

## **Parasha Reflections - Mrs Juggler**

This week in synagogue we begin reading the second of the five books of Moses; Shemot (Exodus).

The first chapter starts with a new Pharaoh on the throne 'who does not know Joseph' and is threatened by the Israelites, a minority group living amongst Egyptian society. Pharaoh is concerned that they will overthrow him and challenge his power, so he enslaves them to prevent this. This story, although ancient brings, to the forefront issues that transcend time. Although multiculturalism is a common feature of a globalised world, there are many who feel threatened by it and today we see many politicians and political leaders who use a similar narrative to Pharaoh. Pharaoh was threatened by those that were different and rather than find a way to move forward as a cohesive but diverse community he discriminates against them by killing their sons and making them slaves. As we continue to read the story of the Exodus, we will see this proves to be his undoing. Therefore, as the story is timeless, so does the warning it offers; created a divisive society at your own peril.

Wishing you a shabbat shalom and a good weekend.

## Important Dates

<p><b>SPRING TERM 2025</b></p> <p><b>Monday 6<sup>th</sup> January 2025 - Friday 4<sup>th</sup> April 2025</b></p> <p><b>HALF TERM (School closed) - Monday 17<sup>th</sup> February 2025 - Friday 21<sup>st</sup> February 2025</b></p> <p><b>Last Day of Spring Term - Friday 4<sup>th</sup> April 2025 (Early closure 1:20pm)</b></p> <p><b>Spring Holiday - Monday 7<sup>th</sup> April 2025 - Monday 21<sup>st</sup> April 2025</b></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 2024	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 2024	19 <sup>th</sup> December 2024	24 <sup>th</sup> Feb - 7 <sup>th</sup> March 2025	20 <sup>th</sup> March 2025

## School Visit - Mr Wes Streeting

On Friday the 10<sup>th</sup> of January we were delighted to have Mr Wes Streeting, MP for Ilford North and Secretary of State for health and social care visit King Solomon High School.

Mr Streeting began his visit by meeting school leaders, governors, the United Synagogue and representatives from the local Jewish community, to discuss the importance of Jewish education in Redbridge.

Students in years 9,10 and 13 received a keynote speech from Mr Streeting, where he talked about his personal journey into politics, his role as an MP and as a member of the Government and local issues. Mr Streeting then met with a group of student leaders, including year 13 head students. Student behaviour and participation was excellent throughout the event and many thought-provoking questions were posed to Mr Streeting.

We definitely have some future politicians among our students!



## Computer Science

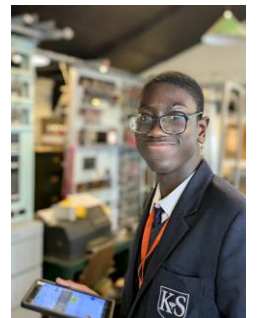
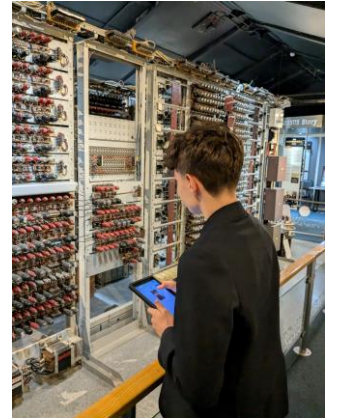
### Trip - National Computing Museum

On Monday 13<sup>th</sup> January, 50 of our Year 9, 10, and 11 students enjoyed an unforgettable educational experience, organized and facilitated by the National Museum of Computing. The day was packed with exciting activities, starting with hands-on Robotics and Artificial Intelligence workshops, where students experienced the development of AI through fundamental principles. These sessions not only sparked creativity but also provided valuable insights into the rapidly growing field of AI. Students further enhanced their technical skills with BBC programming tutorials, discovering the fundamentals of coding and exploring how it drives the digital world around us. A tour of the museum's extraordinary exhibits brought the evolution of technology to life. From pioneering computing machines to cutting-edge innovations, students were captivated by the rich history and future potential of computing.

They also explored the fascinating world of Morse code decoding, cracking secret messages and learning how this historic communication method influenced modern data transmission. The day ended with a gaming experience, where students travelled through the timeline of video game history, from retro arcade classics to today's visually stunning games. It was a fun and interactive way to reflect on the progress of technology.

This fantastic trip was an inspiring blend of learning and hands-on exploration. It ignited a passion for technology and innovation in every student who attended!





## Art

### Royal Academy Young Artist's Summer Show 2025

Now in its seventh year, the Young Artists' Summer Show is a free, open submission exhibition for students aged 4-18 studying in the UK. Artworks are judged by a panel of artists and arts professionals, with selected artworks displayed online and on-site at the Royal Academy of Arts.

Each student can submit one artwork and there is no theme. The artwork can be made using any material; it can be a painting, sculpture, photograph, installation, video, drawing, or a combination. When you enter, you will be asked for an image of the artwork plus some information about the piece such as title, size, and some text which can include why you created the work and what it means to you. The panel of judges will see the artwork and the selected pieces will be shown in the Royal Academy's online exhibition. Some of the artworks will also be shown at the Royal Academy of Arts. Additionally, there are prizes awarded each year for inspiring artworks. You can also vote for your favourite artwork in the annual People's Choice Award.

**The deadline for submissions is 5 March 2025.**

If you are interested in entering a piece of work, please speak to Miss Shepherd in the Art Department or email her at [gshepherd3.317@kshsonline.uk](mailto:gshepherd3.317@kshsonline.uk).

**For more information click on the following link - [Royal Academy Young Artists' Summer Show](#)**



## Performing Arts

### Year 13 Drama Trip - Ballet Shoes at the National Theatre

On Monday the 13<sup>th</sup> of January year 13 drama students, along with Mr Coates went to see Ballet Shoes at the National Theatre. Students enjoyed the amalgamation of ballet and theatre along with the array of engaging design elements. Students were able to gather a number of inspirational ideas from the performance to use in their own creative work and their exam. Students are looking forward to their next theatrical performance.



### LAMDA Public Speaking/Acting tuition and Music tuition

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 refer to the posters below and email Miss Mallach on [tuition@kshsonline.uk](mailto:tuition@kshsonline.uk).

**LAMDA**  
— Exams & Qualifications

**IT'S YOUR TIME TO SHINE!**  
**LONDON ACADEMY OF MUSIC AND DRAMATIC ART**  
Private acting lessons, LAMDA exam and drama school preparation

- \* Inspiring individuals
- \* Communication Skills
- \* Increases self confidence
- \* Develops social and life skills
- \* No experience necessary

Private weekly classes led by Mrs Z Pilgrim A.L.A.M & L.A.L.A.M  
Students hold a 100% pass rate

*"LAMDA has given me the skills and techniques to grow as a person as well as an actor, which gave me the confidence to believe in myself"*  
Daisy (Grade 7)

*"Since I started LAMDA training I have been able to grow as an actor and Zoe has provided me with the key skills and attributes needed to make it in this industry. I'm incredibly grateful for the opportunities LAMDA has given me and it has been a joy to be a part of"*  
Bailey (Grade 6)




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](mailto:TUITION@KSHSONLINE.UK) FOR ANY ENQUIRIES

**SIGN UP NOW!**





## Kehila

### Yoni Jesner Award

On Tuesday 14<sup>th</sup> January, year 8 students attended an assembly about the Yoni Jesner Award presented by Yoni's mother Marsha Gladstone.

The Yoni Jesner Foundation was set up in memory of Yoni Jesner 19 of Glasgow Scotland, an inspirational youth leader and role model who was tragically killed in a suicide bombing on a bus in Tel Aviv Israel on 19th September 2002. The YJF uses Yoni's legacy to inspire young people to do more and care more. The Yoni Jesner award's aim is to use Yoni's legacy to inspire young people to take their first steps to becoming active in their community.

If you are in school Year 7 and 8 you can take part in the award by volunteering 20 hours of your time, making a difference to your community throughout the year. For more information, please click [HERE](#).



## Shacharit

On Thursday 16<sup>th</sup> January, we started up the Jewish girl's enrichment programme to run alongside shacharit (morning prayers for boys) with Ronny, one of our shinshinim. We were delighted to have so many girls attend!

Year 7 Jewish enrichment for boys continues to take place on Thursday mornings with our other shinshinim, Erez.



## SEND Department

### 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.



## Parent Training Events

### SEaTSS - Online Training

Specialist Education and Training Support Services (SEaTSS) is a specialist SEND advisory service supporting children and young people aged from 0-25 years and linking closely with health and other professionals. They are pleased to be able to offer a range of upcoming online parent training events including popular sessions on topics such as study skills and puberty.

If you are interested in signing up, enlarge the below poster and scan the relevant QR code for more information and to book you place.



Redbridge Education and Inclusion Service  
Specialist Education and Training Support Service  
SEaTSS  
Special Education Training

**UPCOMING PARENT TRAINING**

Training on Monday Evenings Online 7:30-8:30pm

<b>Q&amp;A with the VI team</b> 13.01.25 BOOK NOW	<b>Study Skills: Memory &amp; Retention</b> 20.01.25 BOOK NOW
<b>Puberty and your child</b> 03.02.25 BOOK NOW	<b>Understanding ADHD</b> 10.02.25 BOOK NOW
<b>EHC and the law</b> 31.03.25 BOOK NOW	<b>Deaf Support Teachers Q&amp;A</b> 12.05.25 BOOK NOW
<b>Supporting your child with reading</b> 19.05.25 BOOK NOW	<b>Maths difficulties</b> 09.06.25 BOOK NOW
<b>Choosing your child's secondary school Y5 EHCP Parents</b> 16.06.25 BOOK NOW	<b>Year 6-7 Transition evening</b> 23.06.25 BOOK NOW
<b>Motor skills &amp; Impact on handwriting</b> 07.07.25 BOOK NOW	

@SpecialEducationTraining  
Special Education Training  
@RedbridgeSEaTSS

## Parents and Carers in MIND - Webinar Sessions

Hear from Mental Health professionals about how to promote your child's emotional health and wellbeing. Click on the various links below to sign up.

Redbridge Mental Health Support Team presents...

### PARENTS AND CARERS IN MIND - WEBINAR SESSIONS

**REGISTER NOW!** Your monthly parenting digest. Hear from mental health professionals about how to promote your child's emotional health and wellbeing.

#### SUPPORTING EXAM RESILIENCE

A webinar aimed for parents and carers on supporting young people in building emotional resilience during exam periods.

**WED 29.01.25 7-8PM**

#### AN INTRODUCTION TO TICS AND TOURETTE'S

Understanding the difference between Tics and Tourettes, how it may present and exploring ways to support someone with Tics.

**WED 26.02.25 7-8PM**

#### HEALTHY RELATIONSHIPS WITH SOCIAL MEDIA AND TECHNOLOGY

A session focused on understanding the potential risks that children may find online and exploring strategies and tips to nurture online safety.

**WED 26.03.25 7-8PM**

**SCAN ME!** 




FOR MORE INFORMATION & TO SIGN UP  
CLICK HERE,  
VISIT [WWW.REDBRIDGE.GOV.UK](http://WWW.REDBRIDGE.GOV.UK) AND SEARCH 'MHST'  
OR GO TO [LINKTR.EE/REDBRIDGEMHST](http://LINKTR.EE/REDBRIDGEMHST)

London Borough of **Redbridge**   
#BREAKTHESTIGMA 

## Empowering Parents Together (EPT) Events

Please see posters for EPT's upcoming free webinars and events for SEND parents and carers



**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**

**DATE: THURSDAY 16TH JANUARY 2025**  
**TIME: 10AM - 12PM**  
**VENUE: ALBERT ROAD CHILDREN'S CENTRE, ILFORD, IG1 1HL**  
**TOPIC: LET'S TALK ABOUT THE REDBRIDGE SEND STRATEGY**

**DATE: TUESDAY 28TH JANUARY 2025**  
**TIME: 10AM TO 12PM**  
**VENUE: GEARIES CHILDREN'S CENTRE, GANTS HILL, IG2 6TF**




**DATE: THURSDAY 30TH JANUARY 2025**  
**TIME: 10.30AM - 12.30PM**  
**VENUE: FULLWELL CROSS LIBRARY, BARKINGSIDE, IG6 2EA**  
**TOPIC: CREATIVE WORKSHOP WITH BARKINGSIDE ART CLUB**

**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.

**MEMBERSHIP FORMS AVAILABLE FROM:**  
[www.empoweringparentstogether.org.uk](http://www.empoweringparentstogether.org.uk) 07486 880 789  
[info@empoweringparentstogether.org.uk](mailto:info@empoweringparentstogether.org.uk) 07486 880 646

**FOLLOW US ON FACEBOOK:** Empowering Parents Together - Redbridge  
**FOLLOW US ON TWITTER:** @EPT\_Redbridge

**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 FREE SEND webinars**

**RIGHTS OF ACCESS TO INFORMATION (INCLUDE DATA SUBJECT ACCESS REQUEST)**  
**TUESDAY 14TH JANUARY 2025 AT 8PM**

**PATHOLOGICAL DEMAND AVOIDANCE (PDA) & PARENTING**  
**TUESDAY 28TH JANUARY 2025 AT 8PM**

**DYSPRAXIA & DEVELOPMENTAL CO-ORDINATION DISORDER (DCD)**  
**TUESDAY 4TH FEBRUARY 2025 AT 8PM**

**HOME EDUCATION WITH EDUCATION OTHERWISE**  
**THURSDAY 6TH FEBRUARY 2025 AT 8PM**

**SUPPORTING DEVELOPMENTAL LANGUAGE DISORDER (DLD)**  
**THURSDAY 13TH FEBRUARY 2025 AT 8PM**

**PATHOLOGICAL DEMAND AVOIDANCE (PDA) IN SCHOOL**  
**TUESDAY 25TH FEBRUARY 2025 AT 8PM**



**ADHD SUPERPOWERS WITH ALEX PARTRIDGE (FOUNDER OF UNILAD & LADBIBLE)**  
**THURSDAY 27TH FEBRUARY 2025 AT 8PM**

**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](http://www.empoweringparentstogether.org.uk) 07486 880 789  
[info@empoweringparentstogether.org.uk](mailto:info@empoweringparentstogether.org.uk) 07486 880 646

**FOLLOW US ON FACEBOOK:** Empowering Parents Together - Redbridge  
**FOLLOW US ON TWITTER:** @EPT\_Redbridge

## Get to know

### Mr Kingsley Zah



Hello, I am Kingsley Zah, and I have been teaching at King Solomon High School since September 2024. As a teacher, I am passionate about engaging with learners from all walks of life and seeing progress in real time from people skills to confidence, to improvement in academia. Seeing learners express this in their own time is such a beautiful thing and brings so much joy to me.

In my spare time I love going to the museums, galleries, the theatre and to independent cinemas mainly with my two daughters who are in year 7 and year 10.

A fun fact about me is that I used to perform poetry with a live jazz band at an East End jazz café.

My ambition is to be the best teacher I can possibly be, always stretching, improving, adapting and evolving my teaching skills, (as being a teacher is a lifelong journey and there is always lots to learn), all the while achieving this with a positive attitude and an even more positive mindset. I like to approach teaching with a touch of joy, laughter and smiles to give learners the best possible experience at King Solomon High School so they can grow up to be outstanding citizens in society who are hopeful for the future and can become positive role models in their communities.

## Mrs Philippa Millan



My name is Philippa Millan, and I have had the pleasure of working at King Solomon High School for 7 years now.

I began my journey at KS as a Learning Support Assistant, which involved supporting SEN pupils through the academic, emotional, social, and personal elements of school life. In this role, there was not one day that was ever the exact same. It was a very diverse role affected by so many factors, not least of which was the individual needs of each pupil. Despite the role being physically demanding at times, it gave me a huge number of transferable skills needed to transition into my current role as Behaviour Manager which I began at the start of 2024.

When the role was first advertised by our current Head Teacher, I was more than up for the challenge. I have always had a secret passion for being a detective and now I most definitely live up to the nickname DCI Millan. I thoroughly enjoy the investigative process of my job, whether that's watching CCTV footage, interviewing students, or having the opportunity to have restorative conversations.

Outside of school, family is exceptionally important to me, and where I can, I love spending quality time with them.

Prior to working in a school, I worked in Harrods for 10 years where I completed my graduate training scheme. I had the opportunity for a year to work in the celebrity executive suite where I had the pleasure of meeting David Beckham, Michael Jackson, Britney Spears and many more famous faces.

My hope for the future is to continue to work with the students to give them the belief and hope that when they fail or make mistakes, they can pick themselves up and turn things around.

## Duke of Edinburgh's Award (DofE)

As the world's leading youth achievement award, DofE equips young people aged 14 to 25 with the skills, experience and confidence to successfully navigate adult life. Thanks to the support of the Pears Foundation, hundreds of Jewish young people enrol for their K kosher DofE through JLGB each year from schools, youth groups, synagogues and communities across the UK.

Before the end of term, JLGB came into school to speak to students about the Duke of Edinburgh's Award during assembly.

The Duke of Edinburgh's Award is a fantastic opportunity for students to learn amazing life skills, basic first aid and is really good for their confidence. It is also something impressive to include on a CV or UCAS application, for employment or apprenticeships.

In case your child has not spoken to you about it, [HERE](#) and below is a letter detailing how the award works and how to sign up, there is also a link [HERE](#) providing more information.

If you have any queries about the award, please contact JLGB directly using the contact details on the letter provided. If you have any difficulties signing up, please do not hesitate to contact Miss Spurling on [nspurling.317@kshsonline.uk](mailto:nspurling.317@kshsonline.uk) or Miss Aaronson on [jaaronson.317@kshsonline.uk](mailto:jaaronson.317@kshsonline.uk).



Dear Parents,

I'm writing to you today to ask for your active support in encouraging your child to take up the fantastic and highly subsidised Duke of Edinburgh's Award (DofE) at King Solomon High School in partnership with JLGB. Our school has been increasingly participating in the DofE Award – the world's leading achievement award for young people.

JLGB trains over 1000 young people a year, in almost every Jewish Secondary school across the UK, to complete their award. We are proudly working in partnership with King Solomon High School to make sure our DofE provision is available to every student in Year 9 and matches the philosophy of the school in a safe and secure environment.

I urge you to look at all the benefits the DofE has to offer your child and sign them up to take part. We are extremely proud that over the years many hundreds of students from KS have taken the challenge and enrolled for the Bronze Level of this highly prestigious award.

As in previous years, all students in year 9 have taken part in expedition training sessions. This training have equipped the students with useful, transferable skills for life; including basic first aid and what to do in an emergency, the countryside and highway code, basic map reading, food & nutrition and team building.

The DofE is one of the most valued and sought-after additions to a UCAS form, C.V. and looks great to future employers or apprenticeships. It helps prepare our students to become well-rounded citizens and the community leaders of tomorrow.

Now is the time for your child to enrol for this years' DofE programme and to find out more, visit our website at [www.jlgb.org/dofe](http://www.jlgb.org/dofe) or contact our dedicated JLGB DofE team on [0208 530 8220](tel:02085308220) or email [dofe@jlgb.org](mailto:dofe@jlgb.org).

Additional financial support is available to families who, for whatever reason, cannot meet the full costs of the Award. All requests are dealt with in strictest confidence. Please contact us for more details. Thank you for your support for what we hope will be an exciting year for our DofE provision in King Solomon High School.

Daniel Lever,

National Duke of Edinburgh's Award Manager




Follow us at @JLGBHQ



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President The Lord Levy  
Chair of Trustees Norman Terret  
Chief Executive Neil Martin OBE

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Guarantee: 771997  
Charity Commission Number: 286990



## 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.

Should your child have an accident inside or outside of school that requires them to attend A&E, please inform the school as soon as possible as a Risk Assessment Meeting may need to be arranged. Any new medical conditions also need to be reported to Mrs Levy (Welfare/Safeguarding Officer).

## 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