King Solomon High School Newsletter

4 April 2025, 6 Nissan 5785

Dear Parents and Carers

Today is the end of what has been a fantastic spring term. This bumper newsletter showcases all the wonderful opportunities and activities that have been taking place at King Solomon High School. I am immensely grateful to all the staff who have given their time to plan and organise these activities, and to our brilliant students for such positive participation.

When I arrived at King Solomon High School, I was very keen for our Year 7 and Year 8 students to experience a Passover meal as part of their wider cultural and spiritual education. I am pleased to report that today, thanks to Mr Walmer, Ms Aaronson, Ms Spurling and our Shinshinim (Jewish community gap year volunteers), we had our first in-school Passover celebration with Years 7 and Year 8. All students participated with respect, enthusiasm and maturity. I am pleased to say that we have started a new King Solomon tradition, and I look forward to this being an annual event.

As part of our wider commitment to supporting the academic achievement of students, there will be a revision school over the holidays for Year 11 and Year 13 students. All relevant information has been sent to Year 11 and Year 13 students and parents. Thank you to all the staff giving up time over their holiday to run sessions for students preparing for public exams.

Today we say farewell to Mr Gerstenberg, maths teacher and Head of Year 10. Mr Palmer has been appointed to the new role of Key Stage 4 Manager, which includes being Head of Year 10 and Year 11. Mr Palmer will also be joining the senior leadership team as an Associate Assistant Headteacher. We also say farewell to our administrative officer Mrs Costas who is moving onto a new role. We thank Mr Gerstenberg and Mrs Costas for their committed contribution to the school and we wish them well in their new roles.

Next term we welcome the arrival of Ms Ford - Director of English & Literacy. Ms Ford will also be a member of the school's Senior Leadership Team. We also welcome Mr Larkin, our new Head of PE. These are both long awaited appointments and we are delighted to know that both PE and English will be under strong leadership from next term.

Over the next two weeks our Jewish community will be celebrating the festival of Passover (Pesach), and our Christian community will be celebrating the festival of Easter.

Passover is one of the most important Jewish festivals as it marks the exodus of the Israelites from slavery in ancient Egypt. Following the leadership of the prophet Moses, ten plagues and nine thwarted attempts for the Israelites to escape the cruelty of Pharaoh's harsh regime, the Israelites finally escaped slavery and captivity. The Israelites spent the next forty years in the wilderness, until they were finally able to enter the promised land. During the Passover Seder (meal) Jewish people retell this ancient story of their ancestors.
I would also like to wish our Christian community a happy Easter.

I am sure we are feeling the positivity of the increased daylight hours and sunshine. May we all pray for spiritual light, wisdom and compassion to be shed on the most challenging global situations facing our world at the moment. May we also pray for freedom and justice for all those in suffering and turmoil.

We look forward to welcoming all students back to school on Tuesday 22nd April at the usual time (gates open at 8.20am and all students must be on site by 8.30am).

Wishing you all a restful break.

Ms Phillips

Headteacher

Parasha Reflections - Mrs Juggler

Pesach is the festival of celebrating freedom. It is an intrinsic part of our Jewish identity and cultural practice. A recent survey suggested that 93% of the worlds Jews attended a Passover seder each year and Jews are frequently commanded through the Torah to "Remember when you were slaves in Egypt." How is it, that this festival plays such a prominent role in Jewish life? I believe that the concept of freedom is one of the things that inspires Jews to retell the story of the Exodus at their Passover Seder. We are acutely aware that whilst we are celebrating our freedom, there are many communities who do not enjoy such freedoms. There are those that face discrimination and persecution on a daily basis. Freedom is something we expect but we need to see it as the privilege it is. I also think that elements of the Seder, the Four Sons for example illustrate how our community remains diverse and each person sitting at our tables sits there for a different reason and with a different perspective of this annual event. As a child, my favourite part of the seder was the moment when my uncle would call out the Ten Plagues and we would dip our fingers in the wine as they were announced. When I was younger, I believe that this was a custom my uncle invented to keep the children interested. As an adult, I discovered that the reason was far more meaningful than that. A midrash tells the story of the Angels cheering at the drowning of the Egyptian army at the Yam Suf (Sea of Reeds). The angels were amazed to see that God had shed a tear. When they questioned God, God replied "I am crying at the death of my creation. We must never celebrate the downfall of our enemies, as they too were made in the image of God". A response that perhaps transcends time.

For those celebrating may you have a Chag Sameach and for those marking Easter may it be a meaningful weekend.

Important Dates

SPRING TERM 2025

Monday 6th January 2025 - Friday 4th April 2025

HALF TERM (School closed) - Monday 17th February 2025 - Friday 21st February 2025

Last Day of Spring Term - Friday 4th April 2025 (Early closure 1:20pm)

Spring Holiday - Monday 7th April 2025 - Monday 21st April 2025 (Easter Monday school closed)

First Day of Summer Term - Tuesday 22nd April 2025

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

Mock Seder 2025

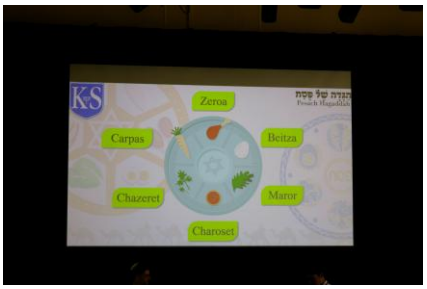
Today (4th April) we held our first ever mock Seder (traditional Passover meal) at King Solomon High School for Year 7 and Year 8, led by Miss Aaronson and Mr Walmer. Students were all given their own Hagaddah (book of readings for the seder service), which they could take home with them, and they got to experience the various different parts of a Seder which many Jewish people will be doing in a weeks' time to celebrate Pesach.

The student's behaviour and engagement was excellent throughout. They really got involved in all of the singing and enjoyed the somewhat unusual elements that make up a Seder plate.

Well done to all of the students for taking part and a massive thank you to all of the staff who helped to organise and facilitate such a joyous event. It was a fantastic way to mark the festival of Pesach as well as the end of term.

Mock Seder - Year 7

Mock Seder - Year 8



Wales Geography Field Trip - Year 10

Day 1

On Sunday 23rd of March, our Year 10 GCSE Geography students arrived in the Brecon Beacons in Wales! After a good sing song on the coach, they grabbed their walking boots and headed for a nice afternoon hike up the Black Mountains. The view at the top was not as picturesque as they had hoped due to the thick fog, but the students worked well as a team nonetheless and encouraged one another to complete the hike.

Day 2

The second day in Wales involved the students collecting their rivers fieldwork to prepare them for their Paper 2 exam. They all worked incredibly well as a team and were even treated to some Welsh sunshine!

Later in the afternoon, they took part in some team building activities including the all-time KS favourite, laser tag! Everyone had a really enjoyable second day in the Brecon Beacons.

Day 3

On the third day in Wales, students took part in their optional activities. One group of students elected to take part in gorge walking, one group went caving and the third group did canoeing. All of the groups worked incredibly well as a team, taking part in activities that pushed them out of their comfort zones. The canoeists were particularly lucky as they got to paddle the lakes in the sunshine which is not typical weather for Wales in March!

All of the students had an unforgettable experience and were are a real credit to the school throughout the trip. All of the students gained a valuable insight from their rivers fieldwork which will help prepare them for their Paper 2 Geography exam and hopefully made some lasting memories!

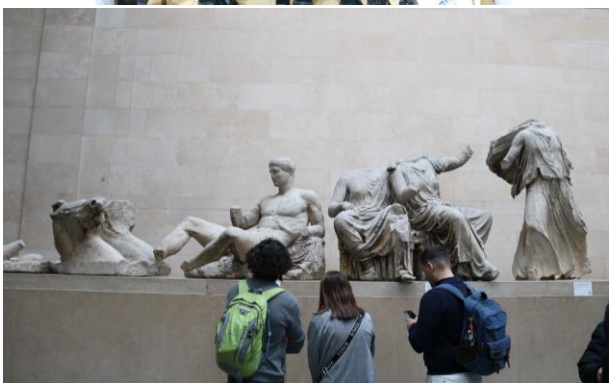
The British Museum - Year 10 Trip

On Monday 31st March and Tuesday 1st April we were glad to be able to take Year 10 students to the British Museum as part of their cultural capital trips offer.

While at the museum, students explored the various exhibits and had the opportunity to experience the numerous artefacts from cultures around the world, from Ancient Egypt, Ancient Greece and Rome to Asia, Europe and more.

Students completed a fact-finding quiz as they walked around the museum and finished their day with a short stop in Russel Square Park and Garden to soak up a bit of sun before heading back.

The students thoroughly enjoyed their day and were a credit to the school.



The British Museum - Year 10 Trip

Bat mitzvah

Amelie Saville

Year 7 student Amelie Saville began her journey into Jewish adulthood by celebrating her bat mitzvah recently. As part of the celebrations, Amelie decided to dedicate her bat mitzvah to Niv Raviv, a young girl who tragically lost her life on October 7th in Israel. Amelie has been in touch with Tami, Niv's mum for over a year now and her heartfelt and thoughtful gesture has meant a lot to her as well as Amelie's family who are all immensely proud of her.

Amelie's decision to dedicate her bat mitzvah to Niv Raviv reflects her deep sense of empathy as well as her strong values which echo the community aspect of our school ethos.

Below is a short interview with Amelie outlining what she did for her Bat Mitzvah.

What did you do for your bat mitzvah?

As part of my bat mitzvah celebrations, I did a twinning project. It is common for people to twin their bat mitzvah with somebody from the Holocaust, but I thought it would be more special to dedicate it to somebody more recent, so I twinned my bat mitzvah with Niv Raviv.

How did you decide to twin your bat mitzvah with Niv Raviv?

I spoke with one of my cousins from Israel and Niv was somebody that they knew and that meant I was able to contact Niv's mum.

What did you do?

I wrote a D'var Torah (a talk or essay based on the weekly Torah portion) dedicated to Niv. We also lit candles in her memory and there were pictures of her up at my bat mitzvah.

How did this make you feel?

It made me feel connected not only to Niv but to my Jewish Faith. It made me feel special as well because when I went to Israel for by brother's bar mitzvah, I really felt at home. It also felt heartwarming as Niv and I had a lot of similarities and things in common.

Do you plan to stay in touch with Niv's family?

Yes, I do. Niv's mum and sister have a Facebook page called Remembering Niv that I follow. I have shared my Bat Mitzvah with Niv's mum and my brother is going to Israel in July and is planning on meeting Niv's family while he is there.

Congratulations

Adwaaith Shanmugha Sundharam

A huge congratulations to Year 10 student Adwaaith Shanmugha Sundharam who after completion of an England Schools Cricket trial, was selected for the Midlands School U15 age group and has also been invited to train with Northamptonshire County Cricket Club U15's.

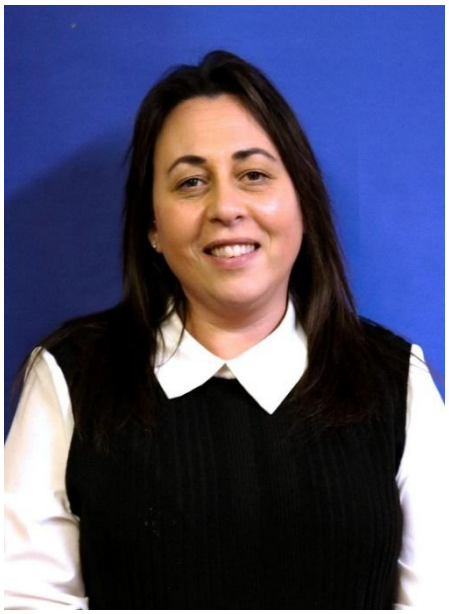
Adwaaith has been described by his coaches as an excellent all-round cricketer with his pacy bowling being his strongest attribute.

His successful trial means he is now eligible to play all matches against clubs, schools, districts and counties.

Everyone at King Solomon High School is incredibly proud of Adwaaith's achievements and we wish him the best of luck as he continues his cricketing career.

Get to Know

Mrs Laura Speakman



My name is Laura Speakman, and I work in the SEN Department. I began working at King Solomon High School as a Learning Support Assistant (LSA) which I did for two years however, for the past year and a half my job role has changed to SEND Administrator.

I absolutely love what I do and seeing and working with the students every day is truly a lovely experience. I am passionate about helping students overcome barriers and realise that they can achieve anything that they have their heart set on.

Outside of school, I enjoy spending time with my friends and family as well as reading and relaxing. I also love to travel and enjoy going on holiday, exploring different countries, one of my favourites is Cuba!

A little fact that some people do not know about me is that I am actually an ex-student of King Solomon High School and that some of the teachers that taught me are still working here! When I tell the students this, the look on their faces is quite comical.

My hopes for the future are that my children succeed at school and continue to be happy.

National Reading Champions Quiz

The National Reading Champions Quiz is an aspirational event that recognises and celebrates the book knowledge of more than 2,000 keen readers aged 10 to 14 each year.

23 regional heats are delivered across the whole of the UK and the winners of the heats go on to compete in an amazing grand final event in London where one team will be crowned National Reading Champions 2025.

At King Solomon High School, we believe that reading for pleasure improves children's wellbeing, confidence, imagination, empathy, and academic achievement, helping them to learn more effectively and improve their self-esteem. Reading really can change lives!

We wanted to challenge and encourage our students to use the knowledge they have gained on their reading journeys, which is why we were so excited for them to take part in the National Reading Champions Quiz in association with the National Literacy Trust.

On Tuesday 25th March, Mrs Worthing and Miss Mallach took a group of Year 8 and 9 students to Harris Academy in Chafford Hundred to compete against other teams in a National Regional Heat in a bid to get to the National Grand final in May.

Students competed in 8 challenging rounds of literacy questions allowing them to demonstrate their love and knowledge of reading.

Out of 22 schools from across East London and Essex, our Year 9 students placed 6th and our Year 8 students placed 19th. We also won the participation prize for being the most enthusiastic team at the quiz!

We are incredibly proud of all the students who took part, particularly as this was our first time participating in the event. We hope to enter again next year and aspire to reach the final.

Here is an account by some of the students who took part:

Last Tuesday (25th March), the four of us had the amazing opportunity to participate in the National Reading Champions Quiz. This is a quiz of general knowledge about literature and modern-day authors and illustrators where many schools, including primary, across the country compete with a chance to get into the final round or even win. Once we arrived, we sat at our allocated table and went through seven rounds consisting of ten questions each, and an eighth round consisting of five questions. Each round had a particular category including siblings, odd one out and brainteasers. There were 'True or False' questions, multiple-choice questions and specific questions which required us to write our own answer. After the quiz was finished, we were proud and excited to discover that we had placed 6th out of the 22 teams that had competed. There were many prizes up for grabs, where first, second, and third place won book tokens. Other prizes consisted of best Primary school, newcomer award and the participation award. This award was for being enthusiastic and visibly enjoying the experience which we had the pleasure of winning. Overall, we are grateful to have had the opportunity to participate in this wonderful trip.

By Leah Kaye, Lara Sarikaya, Brodie Schiffman and Daniel Szybiak.

Well done to Leah Kaye, Carmen Karanja, Anishka Nair, Lily Rayner, Summar Roopra, Lara Sarikaya, Brodie Schiffman and Daniel Szybiak!

A Level Drama Performance

On Thursday the 3rd April, our A-Level drama students had their component two drama exam. Students performed a devised piece using the practitioner Frantic Assembly and a Theatre of Cruelty scripted performance piece form the play Psychosis 4.48. Students amazed their audience with impressive lifts, choreographed dance, and exaggerated characterisation in their devised piece which was all about how we often don't see what happens behind closed doors and how people are impacted in dark spaces. They also shocked their audience with grotesque and ritualistic movements, lots of exaggerated vocal work and reflecting the worst of us in their psychosis 4.48 piece about how often people with severe mental health needs have not historically been supported well by our medical professionals. The students all worked hard to realise their artistic intentions and the Performing Arts department are so proud of all of their hard work and how much they have developed their skills and knowledge since starting the A-Level course.

A Level Drama Performance

Streetwise and JWA PSHE sessions

Last week, Streetwise partnered with Jewish Women's Aid to deliver PSHE drop-down days for Year 11 and Year 13 students at King Solomon High School.

Year 11 students explored Sexual Health with Streetwise and Consent with JWA, while Year 13 took part in sessions designed to prepare them for their next steps, post-school. JWA led discussions on tackling sexual violence at university and workplace harassment, while Streetwise provided in-depth guidance on contraception, identifying STIs, and accessing support, care, and testing.

The day concluded with a newly developed Transitions programme, led by Streetwise. Students were presented with real-life scenarios that linked to their learning, encouraging them to apply their knowledge to a range of real-life situations, with a focus on making safe and considered decisions. We hope this learning empowers them to step into their next chapters, whether that be university, a gap year, or the workplace, with increased awareness and confidence.

The sessions were incredibly informative and empowering, helping students to make informed, safe choices, support their peers, and advocate for themselves as they begin to gain greater independence and responsibility.

Sports News

Year 10/11 Football - King Solomon High School vs Ilford County High School

5 - 3

KS PROGRESS TO THE FINAL OF THE CUP!

On Wednesday afternoon (2nd April), King Solomon High School's year 10/11 football team progressed to the final of the Redbridge Cup with an impressive victory over local rivals Ilford County High School.

KS started the game with real intent, getting off the mark within the first 5 minutes. An in swinging Ryan Awad corner was met by the head of Mason Tea who steered his header past the Iford County keeper. The second goal was a carbon copy of the first, with the same two combining. Another Ryan Awad corner, again met by the head of Mason Tea. By half time, KS found themselves 3-0 up with the third goal coming from another Ryan Awad corner, converted this time by Alfie Vajushi. KS went into the break with a comfortable lead.

As the second half kicked off, KS were caught cold with a quick-fire goal from Ilford County reducing the deficit to 3-1. Master tactician Mr. Walmer then made a substitution which had an immediate impact with Rayness Tshobi coming on to pounce on a loose ball and tap home KS' fourth, restoring their three-goal cushion. With victory in sight and perhaps a bit of complacency setting in, Ilford County fought back to set up a tense end to the game. First, they scored an audacious strike from distance and moments later were awarded a penalty which they converted, making the game 4-3. After settling back into their rhythm, KS finally put the victory beyond doubt with a solo goal from Max Hart who cut in from the left and planted the ball into the corner making the game 5-3 to the home side.

The victory means that KS progress to the final of the Redbridge Cup which will take place on the 7th May at Shield Academy, Starch House Lane, Ilford, IG6 1PT. Time TBC. Please come and show your support!

Congratulations to the entire Year 10/11 football squad!

Ryan Awad, Roni Ben-Shir, Elijus Gadeikis, Harry Gladstone, Max Hart, Kallum Isaac, Davanii Johnson-Taylor, Harrison Lewis, Harry Marks, Davor Nikoloski, Rafi Salahi, Kai Shaw, Zack Steinberg, Mason Tea, Rayness Tshobi and Alfie Vajushi.

Events

Be Heard Sessions for women and girls

Be Heard – Help Shape a Safer Ilford for Women, Girls and all!

Women and girls often feel unsafe and underrepresented in public spaces, leading to feelings of exclusion in parks, streets, and connection routes. We want to change this by ensuring that new public spaces in Ilford are designed **by and for** women and girls in the local community.

We're inviting women and girls (aged 16–25) who live, work, or spend time in and around Ilford town centre to join us in shaping how these spaces are designed. No prior experience is needed—just a passion for sharing your voice and helping us create safer and more welcoming places for your community.

How to Get Involved

We are hosting sessions, paying you for your time, and ready to listen:

Session 1: Creating Public Spaces for Women & Girls

📅 **Date:** Saturday 5th April
⏰ **Time:** 10.30am – 12.30pm (Arrive from 10.15am, for 10.30am start)
📍 **Location:** Studio 1, Redbridge Central Library, Clements Rd, IG1 1EA
🍽 Light refreshments will be provided

In this session, we will explore what makes public spaces feel safe, welcoming, and inclusive. Through guided discussions and group activities, you'll have the opportunity to share your experiences, hear about upcoming projects, and influence how they take shape.

At the end of this session, you'll have the chance to express interest in joining a **community-client group**—a small team of young women and girls who will work closely with **Redbridge Council** over the coming months to shape the design of new public spaces. More details will be provided at the session, such as time commitment etc.

Session 2: Becoming a Decision-Maker

📅 **Date:** Saturday 12th April
⏰ **Time:** 10.30am – 12.30pm (Arrive from 10.15am, for 10.30am start)
📍 **Location:** Studio 1, Redbridge Central Library, Clements Rd, IG1 1EA
🍽 Light refreshments will be provided

This session will bring together the **community-client group** and introduce you to your role in shaping the project. We'll develop key skills and explore how you can play an active role in decision-making to ensure Ilford's public spaces reflect the needs of women and girls. The community-client group, will be paid for their time with vouchers.

If you're interested in attending any sessions and want to **confirm a spot,** would like more information, or have access requirements, please email: kuljeet@diversedialogues.com

Join us - We can't wait to meet you and work together!

In collaboration with:

London Borough of Redbridge

Community Action Redbridge

Parents and Carers in Mind - Webinar Sessions

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.

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

NHS

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