King Solomon High School Newsletter

6 May 2025, 8 Iyar 5785

Dear Parents and Carers

I hope you are all well and had a wonderful bank holiday weekend.

Reading a draft of the school's newsletter each fortnight, is one of my favourite parts of my role as Headteacher. This is because the newsletter celebrates our awesome students and showcases the very best of King Solomon High School. I would like to congratulate all of the students recognised in this newsletter for their outstanding achievements in sports and community work.

I am delighted to announce that Ms Ford - Director of English/Assistant Headteacher and Mr Larkin - Head of PE, joined the King Solomon High School staff on 22nd April 2025. They are both settling in well and they are having a positive impact on our school already.

I am very proud that artwork produced by King Solomon High School is on display in the newly built Chigwell & Hainault Synagogue. This project showcases the inspirational work of King Solomon High School students, and it also celebrates the important relationship between the school and Chigwell

& Hainault Synagogue. Thank you to Ms Shepherd and the art department who led this project, and who do such excellent work in nurturing our students' talents.

Last week we commemorated Yom Ha'zikaron and Yom Ha'atzmaut. Yom Ha'Zikaron, or Israeli Memorial Day, is a national day of remembrance in Israel dedicated to the memory of fallen soldiers and victims of terrorism. It is observed on the 4th of the Hebrew month of Iyar, the day before Yom Ha'atzmaut. Yom Ha'atzmaut, is Israel's Independence Day. It is a national holiday in Israel that commemorates the establishment of the modern State of Israel on May 14, 1948. All students had an informative, educational and sensitive assembly about both of these important events, and students who opted to do so, participated in additional educational activities throughout the week. Thank you to Mrs Juggler, Mr Walmer, Ms Aaronson, Ms Spurling, the Shinshinim and the wider Jewish studies team for their work in planning and leading these activities.

Our Year 10/11 boys football team have made it to the final of the knockout stages of the Redbridge Cup. Tomorrow, our King Solomon football boys will play against Trinity Catholic High School in the Redbridge final. We wish them a huge good luck and we are very proud of the success that they have had so far in the competition. Thank you to Mr Walmer for coaching the team.

Our GCSE and A-Level exams begin this week with art exams. Our Year 11 students will be transitioning to a new bespoke revision and exams timetable next week, to maximise their learning time and to boost their exam success. Mr Scott and Mr Palmer are leading the Year 11 exams and revision process and Ms Karlsson is leading the Year 13 exams and revision process. Parents of Year 11 and Year 13 students will receive regular emails and text messages keeping them informed of revision sessions and exams. Good luck to all of our Year 11 and Year 13 students.

Finally, you will see further information in this newsletter regarding an opportunity for parents to sponsor a mezuzah. ***Mezuzah*** (Hebrew: מְזוּזָה "doorpost"; plural: מְזוּזוֹת ***mezuzot***) is a piece of parchment inscribed with specific Hebrew verses from the Torah, which Jewish people affix in a small case to the doorposts of their homes. These verses are the Biblical passages in which the use of a mezuzah is commanded (Deuteronomy 6:4–9 and 11:13–21); they also form part of the Shema prayer. According to traditional Jewish law, a *mezuzah* must be placed on every door post within a Jewish home/building/office, with the exception of bathrooms (where the name of G-d is forbidden). We are in the process of installing new mezuzot to the parts of our school that have been refurbished this year. I hope that parents and carers will see this sponsorship opportunity as an honour and will be keen to support the much needed fundraising.

Thank you for all your support. Wishing you all a wonderful week.

Ms Phillips

Headteacher

Parasha Reflections - Mrs Juggler

There is a great Jewish folk tale about a woman who goes to her Rabbi and tells him that no one in her village is talking to her. All she did, she tells the Rabbi is tell the Butcher that Mrs Cohen was having marriage problems and now no one wants to talk to her. The Rabbi thinks and tells her to return to the synagogue tomorrow and bring with her a pillow. When she returns the following day, he rips the pillow, and all the feathers fly out and the wind carries them away. 'Rabbi!' she cries 'that was my most expensive pillow, what have you done?' The Rabbi replies: 'Collect the feathers.' The woman tells the Rabbi that this is an impossible task, the feathers have spread far and wide. 'Exactly' the Rabbi responded. 'Once you release some gossip, it is very difficult to get it back'.

This week's parasha is about leprosy; the punishment bestowed upon the Israelites should they indulge in Lashon Hara, evil speech.

Upcoming Trips

Trip	Date	Year Group
Go Ape	**21st July**	8
Go Ape	**22nd July**	9
Nuclear Races	**23rd July**	7
Go Ape	**24th July**	10

PLEASE NOTE - The final deadline for payment to secure a place on the above trips is **23rd May** and this must be a minimum of **£15.**

Should you have any questions, please contact Miss Aaronson (Assistant Headteacher) at - **jaaronson.317@kshsonline.uk**

Important Dates

SPRING TERM 2025

Tuesday 22nd April 2025 - Tuesday 29th July 2025

First Day of Term - Tuesday 22nd April 2025

Bank Holiday (School Closed) - Monday 5th May 2025

HALF TERM including Bank Holiday (School Closed) - Monday 26th May 2025 - Friday 30th May 2025

Shavuot (School Closed) - Monday 2nd June & Tuesday 3rd June

Last Day of the School Year - Tuesday 29th July 2025. Early closure (1:30pm)

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, Report

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

Sponsor a Mezuzah

Following our recent refurbishment, we have now purchased mezuzahs for a number of doors. A mezuzah is a piece of parchment inscribed with specific Hebrew verses from the Torah, which Jewish people affix in a small case to the right-hand side of doors (apart from bathrooms). An example of this is shown on the right.

We would like to give families the opportunity of sponsoring one of our mezuzahs. Any donation would be gratefully received, please see what certain donation amounts would cover:

- **£10.99 - would cover the cost of a case**
- **£70 - would cover the cost of a prayer scroll**
- **£80.99 - would cover the cost of both case and scroll**

If the above amounts are not suitable, please feel free to make a donation of your choice.

Donations can be made via the SCOPAY app/website, under Trips & Events - Mezuzah Donation 2025. Please fill out your details before making a donation.

Thank you in advance for any donation you can give.

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Yom HaShoah

In Hebrew, Holocaust Remembrance Day is called Yom HaShoah. 'Shoah' is the Hebrew word for 'catastrophe' and 'utter destruction' and is commonly used in Israel and by Jewish communities around the world to refer to the Holocaust.

Yom HaShoah was proposed by the Israeli Government in 1951, but it was only in 1959 that it was established by law. The day of remembrance falls on the 27th day of the month of Nisan according to the Jewish Calendar and marks the anniversary of the Warsaw Ghetto Uprising (generally, this date falls between March and April in the Gregorian calendar). This year, Yom HaShoah observance began on the evening of Wednesday 23rd April through to the following evening on Thursday 24th April.

Yom HaShoah is a day for internal reflection. It is a day for communities to pass on the torch of remembrance, honour the victims of the Holocaust, and understand its contemporary relevance. Lighting a memorial candle on Yom HaShoah has also become a ritual for Jewish communities.

Though it was established in Israel, Yom HaShoah is a day marked globally by communities and individuals. In Israel, Yom HaShoah begins at sundown with a state ceremony in Warsaw Ghetto Square, Jerusalem. Holocaust survivors light six torches representing the six million Jewish men, women and children murdered in the Holocaust. Globally, Jewish communities hold commemorative ceremonies, which include memorial services and educational programmes on or around Yom HaShoah.

In school, we marked Yom HaShoah with a special programme of events including special assemblies, memorial ceremonies and getting involved in the Yellow Candle project. Our year 8 students created unique commemorative projects in their JS lessons, Mr Walmer writes -

"*Our Year 8 students created a Holocaust memorial for our unit on this topic. They had to plan, design and decide where they would go and why. They wrote a rationale behind it which had targeted questions, to show they had learnt the key facts about the Holocaust and why it is important to remember.*"

You can see pictures of the fantastic work they created on the next page.

The Yellow Candle Project

The Yellow Candle Project, managed by Maccabi GB, is a practical and informal educational tool to remember Jewish Holocaust victims on Yom HaShoah, and broaden participants' understanding of the Holocaust, in the safe space of their homes.

The project aims to distribute yellow remembrance candles to as many individuals in the community as possible; alongside each Yellow Candle, a card with the name, age, date, and place of death of someone who perished in the Holocaust is enclosed. Participants are invited to share images of their lit candles on social media on the eve of Yom HaShoah, thereby creating a modern-day collective communal memorial.

Yom HaShoah Programme

Yom Ha'atzmaut

Yom Ha'atzmaut is Israeli Independence Day, a day of great celebration held every year in late April or early May - on the day (in the Hebrew calendar) which, in 1948, Israel declared its independence. Across Israel, events and celebrations take place to mark Independence - both on a national and local scale, with almost every city, town, and village, having some sort of celebration. In 2025, Yom Ha'atzmaut fell from sundown on April 30th to sundown on May 1st.

On Thursday 1st May, we celebrated Yom Ha'atzmaut in school with a range of different activities including informal studies aimed at educating students about the history of Israeli Independence Day. The celebrations were rounded off with music and dancing in the main hall.

The pictures below tell you that a great time was had by all!

Yom Ha'atzmaut

Collaboration with Chigwell & Hainault Synagogue

Since the beginning of this academic year, King Solomon High School's art department has been working in collaboration with Chigwell & Hainault Synagogue to brighten their display areas with artwork completed by current and past KS art and photography students.

Representative for Chigwell & Hainault Synagogue Mrs Judith Brandman writes:

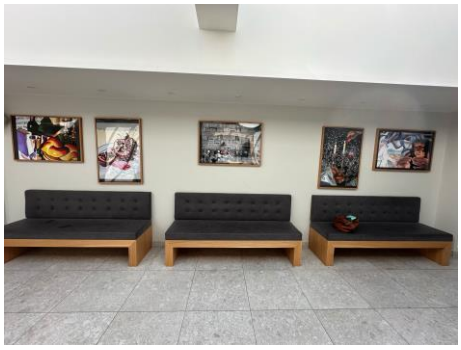
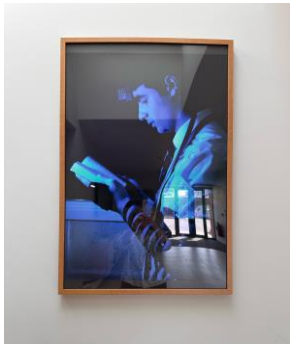
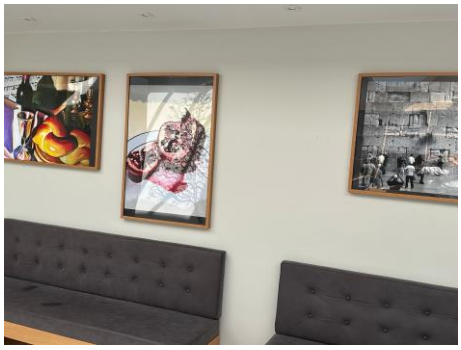
"Chigwell and Hainault Synagogue recently completed a building project which has transformed the building into a beautiful space which as well as a synagogue, has become a hub which serves the community in a variety of ways.

One of these ways is a collaboration between the synagogue and King Solomon High School to showcase some of the students' artwork. We've been working with Miss Shepherd and together we've chosen seven pieces which are now prominently on display in the foyer for everyone who enters the synagogue to enjoy.

The pieces comprise of both paintings and photographs and are exquisitely beautiful. The students are incredibly talented, and we hope they will be delighted that their work has been chosen to be displayed.

We are very grateful to Miss Shepherd who has taken time to work with us and to frame the art works before delivering them to us.

It's hoped that this will be an ongoing project and over time we will have the opportunity of adding to our collection."

Sporting Achievement - Lucia Vajushi

The ENG Youth Netball Premier League has been created to offer a platform to elite youth netball clubs across country so they can access high level competition more frequently.

The league format and design gives teams the opportunity to experience the environment professional teams and athletes compete in which will help develop them as a team and individuals.

The aim is to offer a platform which will inspire and develop the future athletes of the elite sporting world.

ENG U15 YNPL Grand Finals 2025

The ENG YNPL Grand Finals brings together the first to fourth-place teams within the Northern and Southern Conference leagues. Final placings and the chance to be crowned YNPL Grand Final winners are up for grabs. Year 10 student **Lucia Vajushi** will be taking part in the Grand Finals.

The event takes place on Sunday 18th May 2025, 15:00 - 20:00 in Walsall, Magdalene Rd, Walsall WS1 3TA, UK. To purchase tickets please click the following link - **https://www.engynpl.co.uk/event-details/eng-u15-ynpl-grand-finals-2025**

We are all incredibly proud of Lucia's netball achievements and wish her the very best of luck in the Grand Finals on the 18th May.

Congratulations Lucia and Good Luck!

Sporting Achievement - Adwaaith Shanmugha Sundharam

On the 19th April, the 8th edition of the Hundred Blaze, organised by Capital Kids Cricket (CKC), came to a thrilling close at Seven Kings Park, delivering two days of exciting, high quality cricket and spotlighting some of the most promising young talents in the game.

This year's competition saw six teams in action: England, England Lions, India, Bangladesh, Pakistan, and the British Tamil Cricket League (BTCL representing Sri Lanka). The tournament was coordinated by an inspiring coalition of community cricket leaders and organisations including Middlesex Cricket in the Community (Tower Hamlets), BTCL, Leyton CC, and Cricfit Sports (CFS).

After a fiercely competitive group stage, Pakistan and BTCL met in the final. In a match full of energy and skill, Pakistan emerged victorious, chasing down BTCL's 101/9 with a confident 103/4, winning the tournament by 6 wickets.

The Head Scout of Essex Cricket attended the finals and praised the standard of play, suggesting the tournament could become a key space for talent scouting.

The Hundred Blaze, open to players under the age of 21, is not just a tournament - it's a celebration of cricket, culture, and community. It gives young people the chance to compete under the banner of their ethnic heritage, creating both pride and opportunity. Many use this tournament as preparation for the summer season, which begins in just a few weeks.

Year 10 student **Adwaaith Shanmugha Sundharam** lead the England Lions Team in the tournament and on Friday 25th April he led his team again, this time for the Midlands Cricket School vs Derbyshire County Cricket Club at Stowe School, Buckinghamshire.

We are all incredibly proud of Adwaaith's continued achievements in his cricket career.

Congratulations Adwaaith!

Year 9 Careers Trip - KPMG

On Friday 2nd May, 50 year 9 students travelled to KPMG headquarters in Canary Wharf where they took part in a careers session all about building employability skills and all of the potential jobs that are available at KPMG. The students also got to take a tour of the building and meet different people who perform numerous different roles within the organisation. The students engaged incredibly well with everybody they met and learned a huge amount about the variety of different career options available to them. They went away feeling inspired about their future careers!

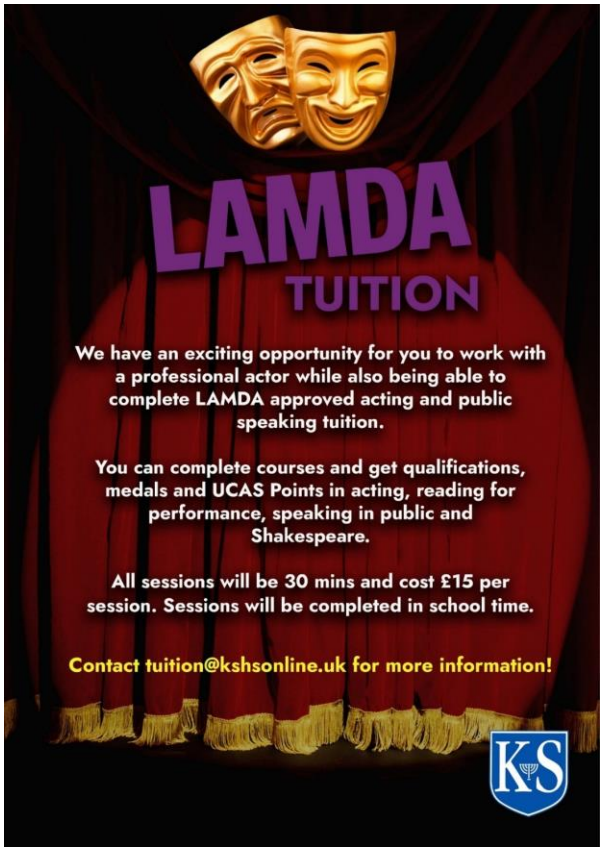
Next week we are delighted to be taking 50 year 10 students on the same trip and hope they have a similarly enriching experience.

Performing Arts - Tuition Opportunities

Are you an aspiring musician or performer?

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 1 on 1 tuition.

If you would like to know more or would like your child to sign up for tuition, please email Miss Mallach on tuition@kshsonline.uk or for music tuition, you can scan the QR code on the leaflet below.



Jujitsucise - Extra-Curricular Club

We are excited to announce the launch of a brand-new extra-curricular club at King Solomon High School: Jujitsucise, led by Mr. Saunders.

Jujitsucise is a dynamic fitness class that combines strength and conditioning exercises with practical, easy-to-learn self-defence techniques rooted in traditional Japanese Jujitsu. This club offers a unique opportunity for students to improve their physical fitness, gain confidence, and learn how to protect themselves in real-life situations - all in a fun and supportive environment.

Club Details

Boys' Jujitsucise Class

This high-energy class is designed to develop strength, self-regulation, and discipline, while also enhancing awareness, conflict resolution abilities, and practical self-defence skills from a wide range of attacks.

- **Tuesdays | 3:20 pm - 4:20 pm**
- **Dates: 13/05, 20/05, 10/06, 17/06, 24/06, 01/07, 08/07, 15/07, 22/07 (9 weeks)**
- **Cost: £45**

Girls' Jujitsucise Class

The girls' only class provides a safe and supportive space to improve fitness and self-defence skills, with an emphasis on female-oriented scenarios and techniques for defending from disadvantaged positions. Each session is designed to build empowerment, awareness, and confidence.

- **Wednesdays | 3:20 pm - 4:20 pm**
- **Dates: 14/05, 21/05, 11/06, 18/06, 25/06, 02/07, 09/07, 16/07, 23/07 (9 weeks)**
- **Cost: £45**

How to Book

Please complete the **Jujitsucise Extra-curricular booking form**

How to Pay

Parents can either pay the £10.00 to secure their place or the full £45.00.

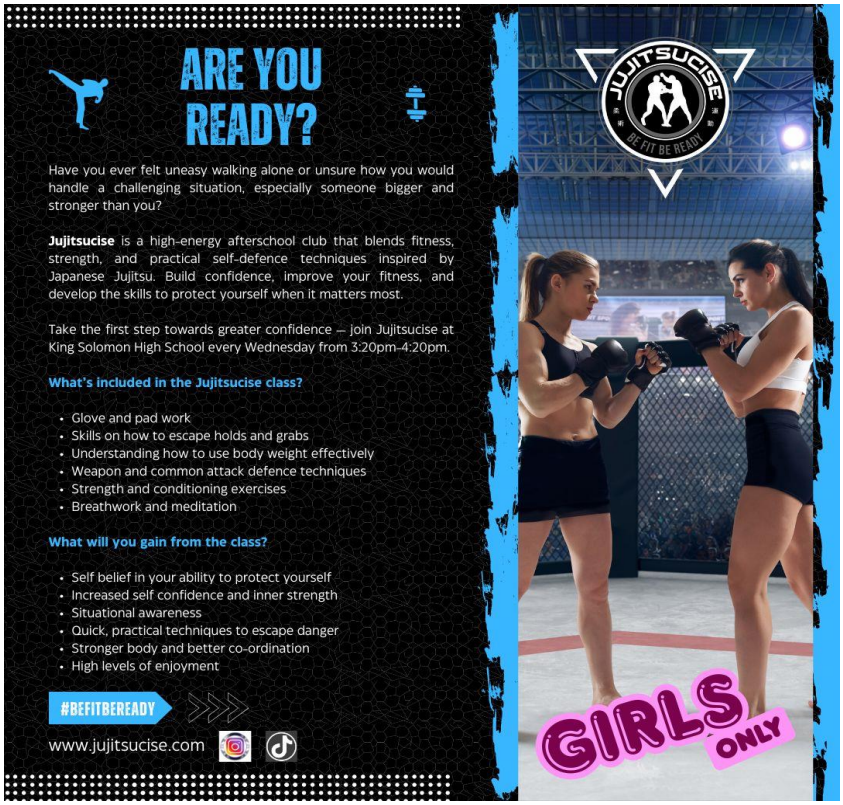
Full payment will need to be made by **12th May** unless you have requested financial assistance, in which case the finance team will contact you to discuss options.

Payment can be made via the SCOPAY app/website under Trips and Events: Boys' Jujitsucise Class OR Girls Jujistucise Class.

If you require financial assistance please complete this **Form.**

If you have any questions, or if you would like to discuss the content of the class further, please don't hesitate to get in touch with Mr. Saunders via info@jujitsucise.com.

Check out www.jujitsucise.com or the Instagram page https://www.instagram.com/jujitsucise/.



Welcome!

Get to know our new Head of PE Mr Reece Larkin

Hi, my name is Reece Larkin, and I have just taken up post as Head of Physical Education at King Solomon High School.

Although I have only just started here at KS, this is actually my sixth year of teaching, and I was a head of year for4 ½ years at my previous school.

I am really passionate about teaching children new sports and giving them the opportunity to try a physical activity they may have never tried before or thought they were not able to do.

I love all things sport! Outside of school, I play football and like to watch West Ham play, although we are not doing great at the moment!

Another thing I am passionate about is raising money for charity. When I was a bit younger, I did a lot of fundraising for two charities in particular, ForCrohns and Crohns and Colitis UK. I raised around £5000 for them over the course of 3 years. My biggest accomplishment was running 10k for charity after being awake for 36 hours straight!

My hopes and ambitions for the future are to be a positive and impactful member of staff here at KS for both students and the school leadership team.

Sports News

KS VS In Christo Florebimus

REDBRIDGE CUP FINAL

GOOD LUCK!

Good luck to our Year 10/11 boys football team who take on Trinity Catholic High School in the final of the Redbridge Cup.

The game will take place on Wednesday 7th May at Shield Academy, Starch House Lane, Ilford, IG6 1PT (Pitches behind King Solomon High School) 4pm Kick Off.

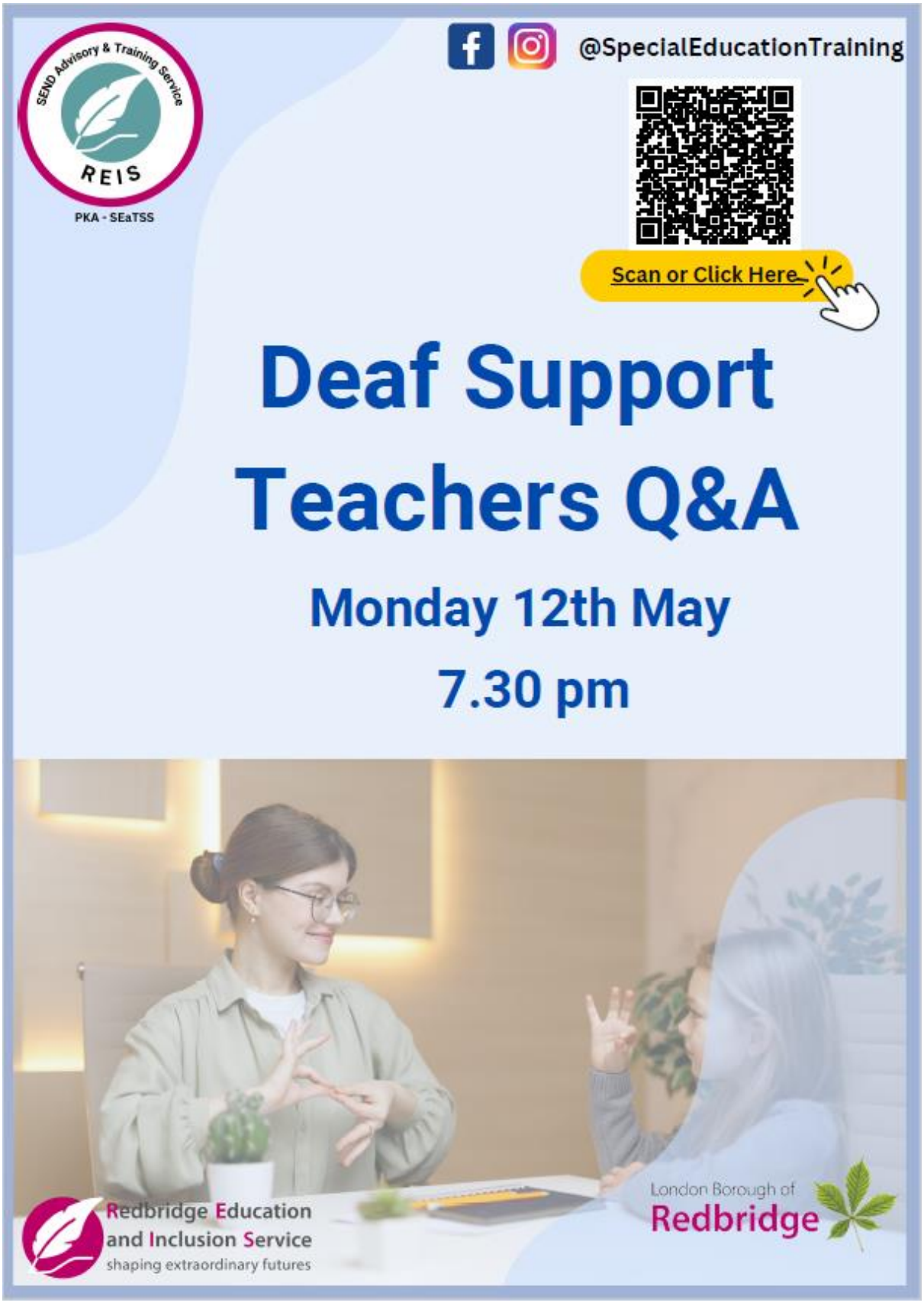
Please come down and show your support!

SEND

Free May Webinars

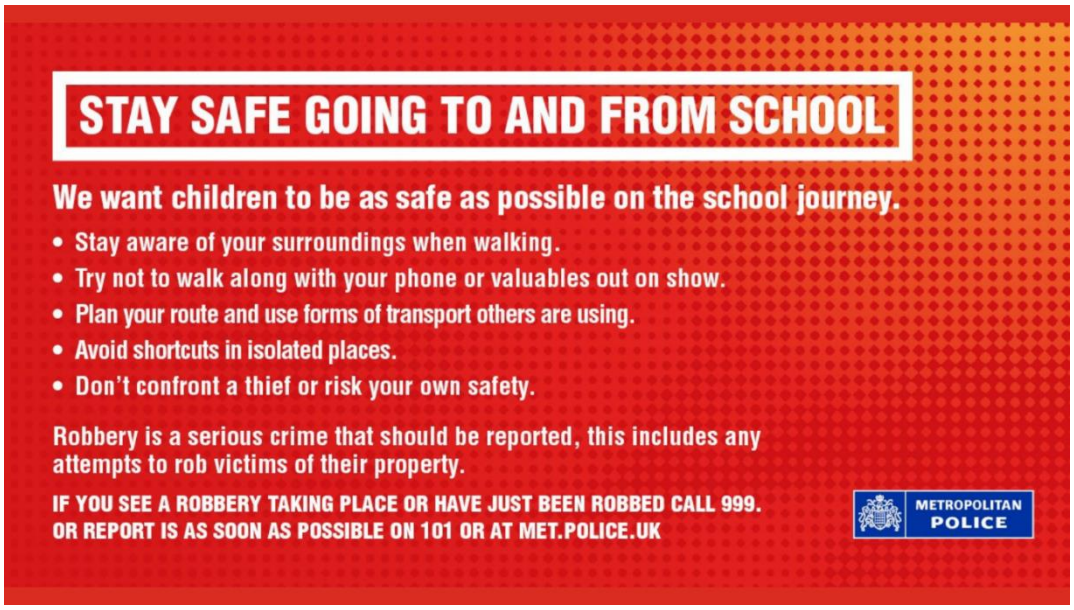
Free May Webinars

Deaf Support Teachers Q&A



Staying Safe

Unfortunately, as the weather/daylight improves, and we spend more time outdoors we are starting to see an increase in the number of robberies being reported. As such, the Metropolitan Police are once again sharing their advice about staying safe on the journey to and from school.



Streetsafe

STREETSAFE

The StreetSafe website *www.police.uk/streetsafe* allows anyone to record areas where they don't feel safe. This will help police and partner agencies make the streets safer for everyone, particularly women and girls.

You may have felt unsafe due to environmental factors like lack of street lighting, abandoned buildings, vandalism or perhaps you've been followed or verbally abused.

Your information could help police and partner agencies to pinpoint problem areas and make changes which could include installing CCTV, street-lighting or introducing night-time patrols.

Please note: 'StreetSafe' is not for reporting crime or incidents.

To report a crime, please visit *www.met.police.uk* or dial *101*.
In an emergency, always dial *999*.

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