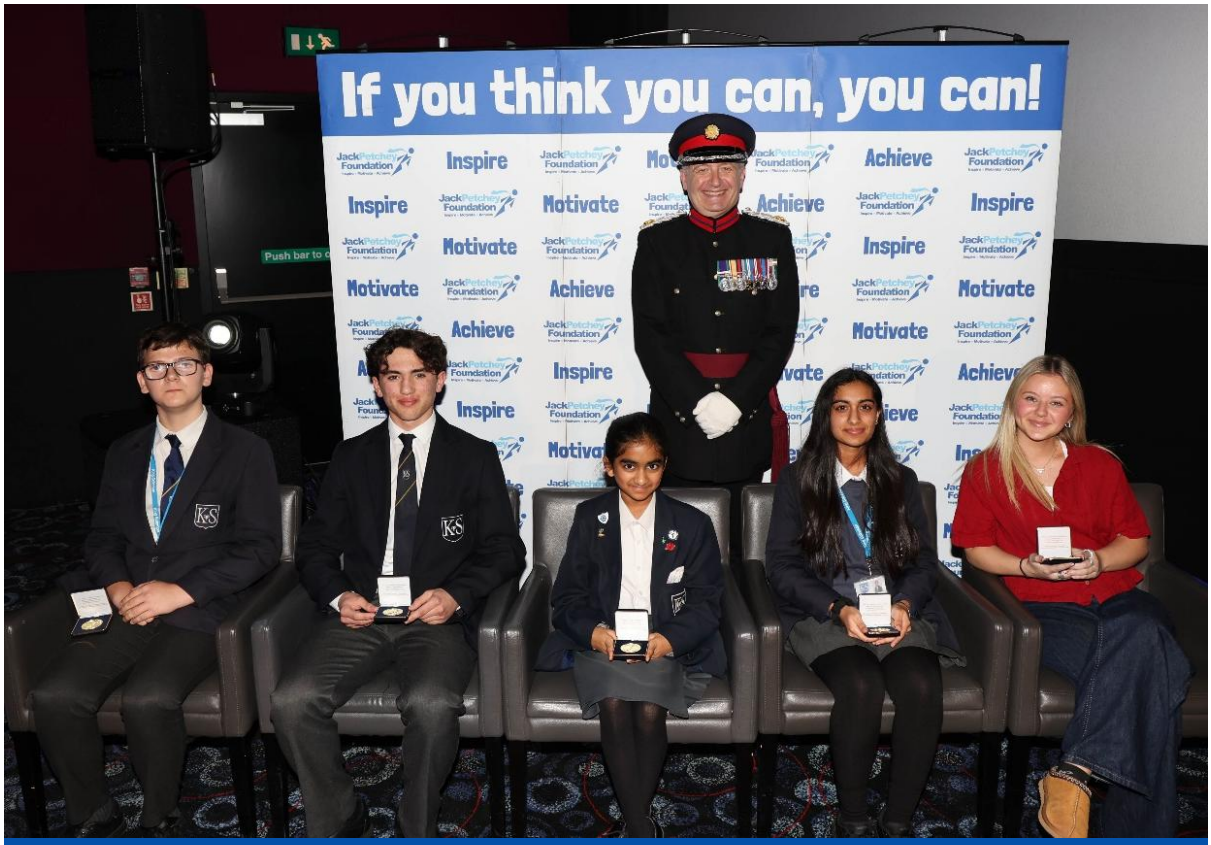
King Solomon High School Newsletter

14 November 2025, 23 Cheshvan 5786



Jack Petchey Award recipients at the Redbridge Schools & Clubs 1 Achievement Award event

Dear Parents & Carers

The first two weeks back since half term have been packed at King Solomon High School, from achievement awards and sports fixtures to a full programme of extra-curricular clubs and enrichment opportunities.

Last week, we were incredibly proud to see several of our students attend a prestigious ceremony to receive their Jack Petchey Achievement Awards. Congratulations to **Sophia Marks, Priya Vaja, Jackson Wade, Kiran Matharu and Daniel Szybiak** on this outstanding recognition. We also extend our congratulations to those who topped the reward-point charts this fortnight. Their continued effort and excellent attitude are truly commendable.

This week marked Anti-Bullying Week, and we celebrated it with a series of events designed to reaffirm our school values, our zero-tolerance stance on bullying, and our strong culture of inclusion and diversity. On Tuesday, we were delighted to welcome singer, songwriter and producer Shao Hao,

who spoke to students in Years 7-10 about diversity and positive mental health.
On Thursday, the whole school embraced Odd Socks Day, an annual celebration of kindness and individuality. Staff and students wore colourful mismatched socks in a vibrant display of unity and recognition of what makes each of us unique. Throughout the week, students also took part in a poster-making competition and created “words that matter” cards, further showcasing the strength of our community spirit.

This week also saw the launch of a new Year 7 Jewish Studies discussion group and a new lunchtime club run by JLGB. These ran alongside our already established Lunch and Learn club, which takes place every Thursday. In addition, our sports teams were in action with three football fixtures taking place.

Read on for all the details of the fantastic activities happening at King Solomon High School!

Term Dates

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

AUTUMN TERM 2025 **Monday 1st September 2025 - Friday 19th December 2025**	
Friday 19th December 2025 **Early close**	Last day of the autumn term Early close at the end of period 4
Monday 22nd December - **Friday 2nd January 2025** **School closed**	**WINTER HOLIDAY** **School closed**

SPRING TERM 2026 **Monday 5th January 2026 - Friday 27th March 2026**	
Monday 5th January 2026 **School closed to students**	**INSET DAY**
Tuesday 6th January 2026	First day of the spring term All students first day back
Wednesday 4th March 2026 **Early close**	Purim Early close at the end of period 4
Monday 16th February - **Friday 20th February 2026** **School closed**	**HALF TERM** **School closed**
Friday 27th March 2026 **Early close**	Last day of the spring term Early close at the end of period 4
Monday 30th March - **Friday 10th April 2026** **School closed**	**PASSOVER/SPRING HOLIDAY** **School closed**

Parasha Reflections - Mr Levene

This week's portion (parasha) of the Torah deals with the death of Sarah, the first Matriarch of the Jewish People. In our previous parasha, G-d instructed Abraham, Sarah's husband, to sacrifice their son, Isaac. At the last minute, an angel stops Abraham's hand and Abraham sacrifices a ram instead of his son. The *midrash*, a compilation of ancient Rabbinic writings on the Torah, tells us that *Satan,* the evil inclination, told Sarah that Isaac really was killed by his father. We're told that it was the shock of hearing this that caused Sarah's death. It would not be a stretch to say that she literally died of a broken heart. For me, it is the small details about the humanity of these characters, like how emotionally difficult this episode was for Sarah, that really brings this text to life.

The story of Sarah's death reminds us that even the greatest figures of faith are deeply human, shaped by love, loss and the pain of what they cannot control.

Attendance

Please be advised that all student lateness, medical appointments, or absences must be reported by emailing **absence@kshsonline.uk**

To help us manage attendance efficiently, please **do not use** the following for absence notifications:

- info@kshsonline.uk
- attendance@kshsonline.uk
- staff members' direct email addresses
- the telephone absence line (voicemail)

The telephone absence line should only be used if you experience a technical issue with your email service on a given day.

Thank you for your cooperation and for helping us keep our communication processes running smoothly.

Top Achievers - Reward Points

Congratulations to the students who received the highest number of reward points over the last two weeks. Their consistent hard work, positive attitude, and dedication to both academics and school values have been recognised by staff.

The students with the highest number of reward points are:

Student	Form
Ansh Bindal	8P
Naitik Makwana	10Z
Maximillian Achimugu	10G

The students with the highest reward points in each year group are:

Student	Form
Millie Green	7G
Ansh Bindal	8P
Prajash Krishnanandapavan	9M
Naitik Makwana	10Z
Genevieve Leberman	11Z

Keep up the outstanding work!

Millie Green 7G

Ansh Bindal 8P

Prajash Krishnanandapavan 9M

Naitik Makwana 10Z

Maximillian Achimugu 10G

Genevieve Leberman 11Z

Jack Petchey Achievement Award

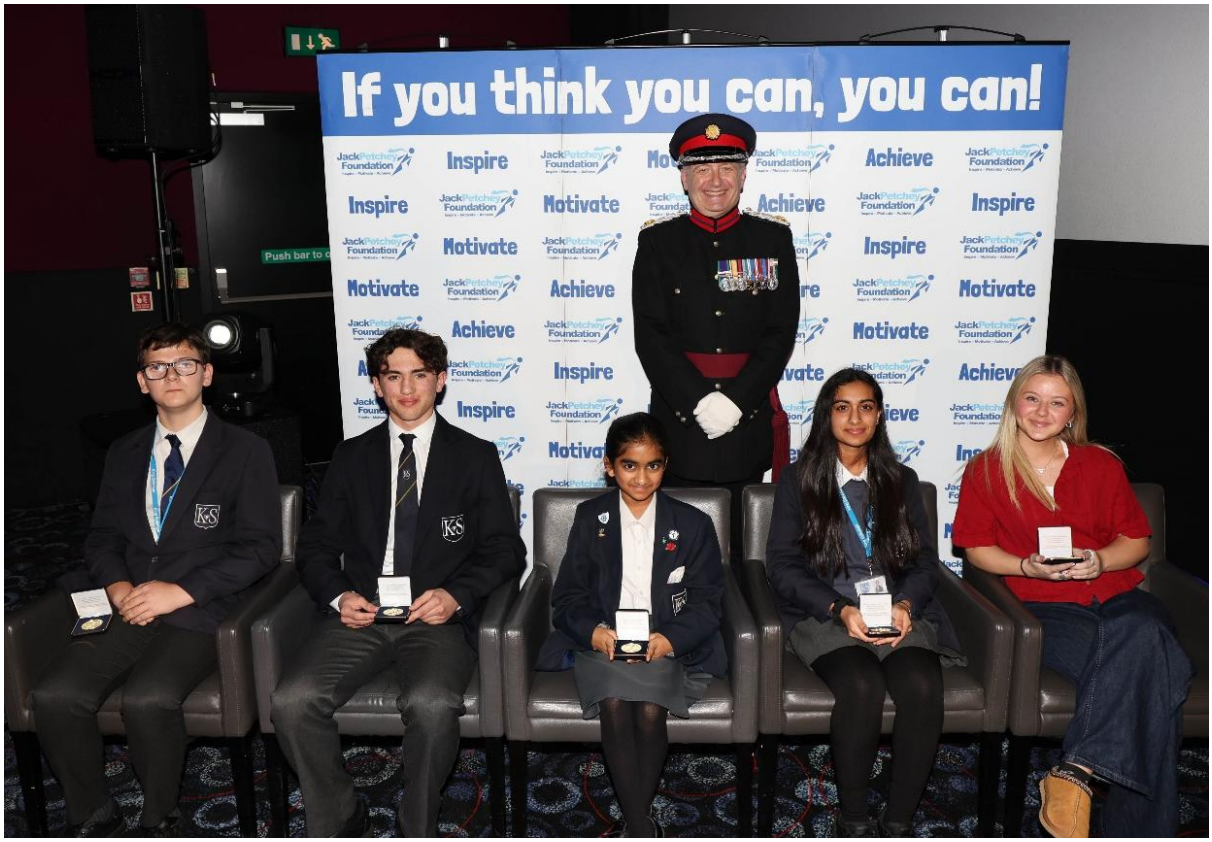
The Jack Petchey Achievement Awards are a programme run by the Jack Petchey Foundation to recognize and reward young people in London and Essex for their achievements. Awards are given to students who go "above and beyond" in various ways, such as overcoming personal challenges, contributing to school life, volunteering, or excelling in a team. Award winners receive a certificate, a pin badge, and a £300 grant to be spent on a school project, and their efforts are celebrated at school assemblies or borough-wide events.

Congratulations to our Award Recipients

We are delighted to extend our warmest congratulations to **Sophia Marks (KSHS alumnus)**, **Priya Vaja 8M**, **Jackson Wade 10M**, **Kiran Matharu 10M** and **Daniel Szybiak 10P** who each received a Jack Petchey Achievement Award at a prestigious ceremony held on Wednesday 5th November, at Cineworld Ilford.

The evening was a truly inspiring occasion, featuring distinguished guests, young performers showcasing their talents on stage, and young people being celebrated for their incredible achievements.

We are incredibly proud of our award recipients for their hard work, dedication, and positive contributions. We look forward to seeing all that you continue to accomplish in the future.



Sophia Marks (KSHS alumnus)

Priya Vaja 8M

Jackson Wade 10M

Kiran Matharu 10M

Daniel Szybiak 10P

A Zero-Tolerance Approach to Bullying at King Solomon High School

As we mark Anti-Bullying Week, we would like to take this opportunity to reaffirm King Solomon High School's unwavering commitment to promoting kindness, respect, and inclusion.

Here at King Solomon High School, everything we do is underpinned by our core values of learning (Torah), charity (Avodah), and community (Gemilut Chasadim).

We maintain a zero-tolerance approach to bullying and to any behaviour that is cruel, unkind, or disrespectful. Such actions have no place in our school, whether on-site or beyond the school gates.

We define bullying as negative behaviour by an individual or group that is repeated over time and intended to hurt another person physically or emotionally. We take this extremely seriously, as we understand how difficult it can be for those being bullied to defend themselves or to speak out. Bullying can take many forms, including online abuse, verbal comments, physical actions, or harassment. It often involves an imbalance of power, leaving those affected feeling isolated, powerless, and distressed. We recognise the profound impact this can have on a student's wellbeing and mental health.

For these reasons, we aim not only to sanction inappropriate behaviour but also to educate our students about respect, empathy and responsibility. This education is embedded throughout our PSHE lessons, form time activities and assemblies.

While we strive to create a safe and supportive environment, we acknowledge that bullying can occur in any school. That is why we have a clear Anti-Bullying Policy and specific procedures in place to support everyone involved. All concerns are taken seriously and investigated thoroughly. We also understand that students who are being bullied may not always come forward, which is why our staff are trained to recognise possible signs such as changes in behaviour, becoming withdrawn or anxious, feigning illness, clinging to adults, taking unusual absences, or worrying about specific lessons. Staff are also alert to changes in work patterns, lack of concentration or a sudden drop in academic performance. When these signs are noticed, staff act promptly, either by speaking directly with students or referring concerns to their Head of Year.

Our dedicated pastoral team, safeguarding staff, and mental health first aiders are always available to support students who need help.

We also encourage all students to report any instances of bullying, harassment, or unkind behaviour, whether they experience it themselves or witness it happening to others. Reports can be made to a Head of Year or our Behaviour Manager, and we will work closely with everyone involved to reach a resolution and restore positive relationships.

Our ban on mobile phone use further supports our efforts to protect students from online bullying and helps foster a more focused, respectful learning environment.

At King Solomon High School, we care deeply about every member of our community. We remain committed to creating a school environment where exemplary behaviour, mutual respect, and kindness are at the heart of daily life, allowing all our students to flourish and achieve their full potential.

Anti-Bullying Week 2025 - Monday 10th - Friday 14th November

Anti-Bullying Week is an annual UK event which aims to raise awareness of bullying and to highlight ways of preventing and responding to it. In England, Anti-Bullying Week is organised by the Anti-Bullying Alliance, which is a network of more than 100 member organisations all united against bullying. The theme of Anti-Bullying Week is Power for Good. At school, we marked anti-bullying week with a series of activities.

Shao Hao

On Tuesday (11th November), we were thrilled to welcome singer, songwriter and producer Shao Hao. Renowned for his work in both K-pop and mainstream music, Shao is also a passionate advocate for mental health, equality and diversity.

During his visit, Shao performed for students in Years 7-10 and shared openly about his experiences as a member of the LGBTQI+ community and as someone living with neurodivergence. He uses his music and personal story to connect with young people, inspiring them to embrace who they are.

The students thoroughly enjoyed the performance, clapping along and waving their arms to the music. They also had the opportunity to ask Shao a number of thoughtful questions, making it a memorable and engaging experience for all.

WHERE IS MY HOME
SHAO HAO

‘Words That Matter’ Card Making

On Wednesday (12th November), students came together in the canteen to create ‘Words That Matter’ cards. This activity gave everyone the chance to share kind and meaningful messages, offering words of encouragement, appreciation or support to others across the school community. Many of the cards contained thoughtful and uplifting messages, reflecting the strong sense of friendship and belonging at King Solomon High School and our shared commitment to building a safe, inclusive and positive environment for all.

Odd Socks Day

Odd Socks Day is an annual event that takes place as part of Anti-Bullying Week. It promotes kindness and celebrates individuality, encouraging everyone to wear mismatched socks as a fun reminder that being different is something to be valued and celebrated, not criticized, excluded or made to feel less than others.

On Thursday (13th November), we rounded off Anti-Bullying Week in style by wearing our wackiest and most colourful combinations of odd socks. Students were also encouraged to donate £1, with all proceeds going to charity. The day was filled with laughter and positivity as everyone admired each other’s quirky sock choices, a fun and vibrant display of unity that perfectly reflected both our school’s values and the spirit of Anti-Bullying Week.

Anti-Bullying Week was a fantastic opportunity to celebrate our school's core values and highlight our zero-tolerance stance on all forms of bullying. While the activities were fun and light-hearted, they carried an important message: our differences should be embraced and treating each other with kindness and respect is at the heart of everything we do. Together, we aim to create a safe, welcoming, and nurturing environment where everyone feels valued, supported, and free to be themselves.

Sports Bulletin

Year 8 Boys Football

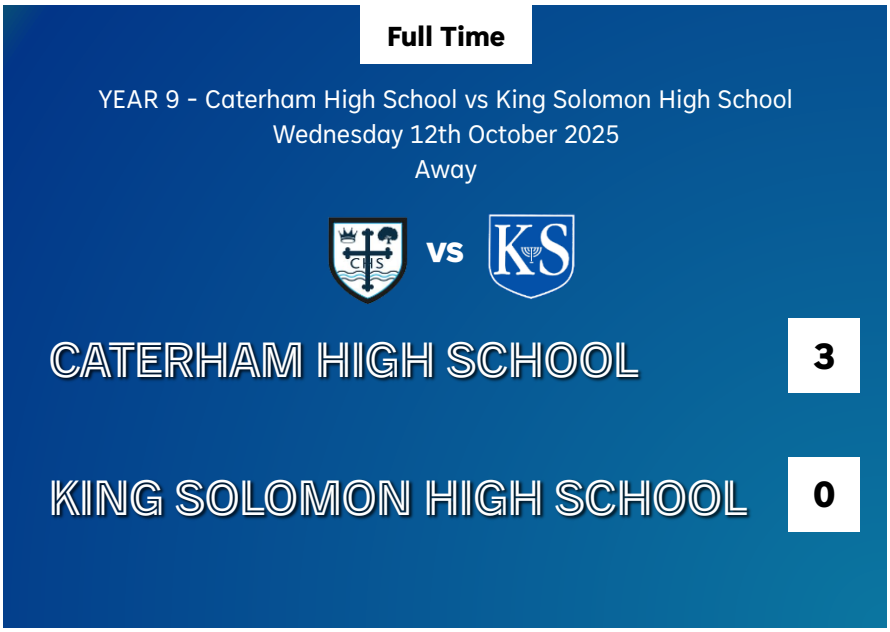
The Year 8 team delivered a fantastic performance this week, demonstrating excellent teamwork, determination, and skill throughout the game. Despite controlling much of the match and creating numerous chances, the final score finished 3-2 against us, a result that didn't fully reflect the boys' strong performance.

Brian-Johnson Asher opened the scoring with a composed, well-taken finish, and **Alex Kapal** followed with a smartly executed goal, keeping us firmly in contention. In midfield, **Ralph Kott** was outstanding, calm on the ball, strong in the tackle and a real driving force for the team.

Overall, it was a performance full of positives. With displays like this, victories are certainly on the horizon. Well done, boys!

Year 8 Squad: Ralph Kott, Alex Kapal, Ethan Kissin, Eitan Von-Brown, Alfie Levy, Benas Puskovas, Jacob Block, Louis Ballen, Cruz Clarke, Joseph Sankoh, Brian-Johnson Asher, Josh Nathan and Harisson Woodham.

Year 9 Boys Football



The Year 9 team put in an excellent performance this week in a thrilling and highly physical encounter. Despite the final score ending 0-3, the boys can hold their heads high, having battled hard from start to finish and matched the opposition for most of the game.

All three goals came late, as tired legs began to show after an intense contest. Up until then, it was a fantastic display of teamwork, determination, and spirit. The match was extremely physical, and the team gave everything in every challenge.

Special mentions go to **Mario Nikoloski**, **Olly Student**, **David Winton**, **Abubakar Kulaten**, **Keano Lyeli**, and **Jayden Jones** for their outstanding efforts across the pitch, and a huge shout-out to our captain, Reegan, who led by example throughout. Every player contributed brilliantly.

It was a performance full of heart and commitment; one the entire team can be proud of!

Year 9 Squad: **Keano Lyeli, Daniel Taylor (GK), Shehab Ahmed, Kaiden Cummings-Williams, Mario Nikoloski, Keaton Jay, Maxwell Feldman, David Winton, Danyel Khan, Olly Student, Reegan Vernege (C), Jayden Jones and Abubakar Kulaten**.

Year 11 Boys Football

The game began in frenetic fashion, with King Solomon falling 2-0 behind inside the first five minutes. KS soon settled though, and found their rhythm through Dean Sheikh, who not only pulled the side level but put them ahead with a calmly converted penalty just before the break, completing an impressive first-half hat-trick. A whirlwind opening period ended with KS leading 3-2.

In the second half, KS continued to apply pressure and looked in control, but a series of missed chances allowed Ilford County back into the contest. Ilford County equalised and, unfortunately for KS, the floodgates opened as they added four more goals to finish 7-3 winners.

A disappointing scoreline given King Solomon's dominance for large parts of the match, but one the team will use as motivation going forward. A valiant effort nonetheless, and a special mention to **Dean Sheikh** for his emphatic hat-trick.

Year 11 Squad: **Zachary Poole, Luca Nathan, Harry Marks, Eliot Bajra, Kai Shaw, Aksharan Sotheeswaran, Aaron Blitz, Morgan Fiszzon, Rian Macdonald, Dean Sheikh, Great Michael, Zack Steinberg, Nathaniel Phillips-Brill, Aayan Asim**.

PE Department - Clubs

Football and Trampolining

We are pleased to offer two exciting after-school clubs open to all year groups and genders: **Football** and **Trampolining**.

Both clubs will run every week from **3:20pm to 4:20pm**. Students should head to the PE department at the end of the school day, dressed in their KS PE kit. All students will be dismissed from the **main reception at 4:20 pm**.

To take part, students must be registered via the **Bromcom "My Child at School" App**.
Trampolining is currently capped at 10 students, please check regularly for open spaces.

How to sign up:

1. **Download and log in:** Search for *"MyChildAtSchool - Parent App"* on the Apple App Store or Google Play Store. Use the School ID, username, and invitation code (sent via email) to log in.
2. **Register for a club:** Tap the menu icon → Select **"Clubs"** → Choose either **Football** or **Trampolining** → Tap **"Register for This Club"** → Select the membership period and confirm your registration.

Come along, get active, and have fun while developing your skills in a supportive and inclusive environment. We look forward to seeing students getting active and having fun!

Kehila - Extra-Curricular Activities

Jewish Studies Discussion Group - Year 7

Last week, the Informal Jewish Education department launched a Jewish Studies enrichment opportunity for select Year 7 students. The group gathered to discuss the weekly Torah portion and explore philosophical topics connected to Judaism. The session inspired thoughtful discussion and plenty of excellent questions.

Lunch and Learn

Lunch and Learn sessions invite Rabbis and representatives from Jewish charities and community organisations to visit King Solomon and speak with our students. Participants have included groups such as the Jewish Blind and Disabled (JBD), Community Security Trust (CST), and Generation to Generation.

These sessions give students the chance to explore Jewish learning, deepen community awareness, and grow personally outside the classroom.

Last week (6th November), Josh Marcovitch, Youth Development Officer at Woodford Forest United Synagogue, led our Lunch and Learn session. Students had a fantastic time learning, playing games, and enjoying a slice of pizza!

JLGB Lunchtime Club

On Monday, 3rd November, we were delighted to welcome JLGB for the launch of their new lunchtime club at King Solomon. Students gathered in the Kehila area (formerly the Sixth Form block) to enjoy food, fun, and a lively game of Israeli bingo. Everyone had a fantastic time!

If you'd like to join in, the club meets every Monday lunchtime at 1:35pm in the Kehila area and is open to Years 7 - 10.

Jujitsucise

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

Every Thursday (In the Sports Hall) for Years 7-11 until the end of term

3:20pm - 4:30pm

£7.00 per session

If you would like to join mid-term, please contact finance@kshsonline.uk to confirm price

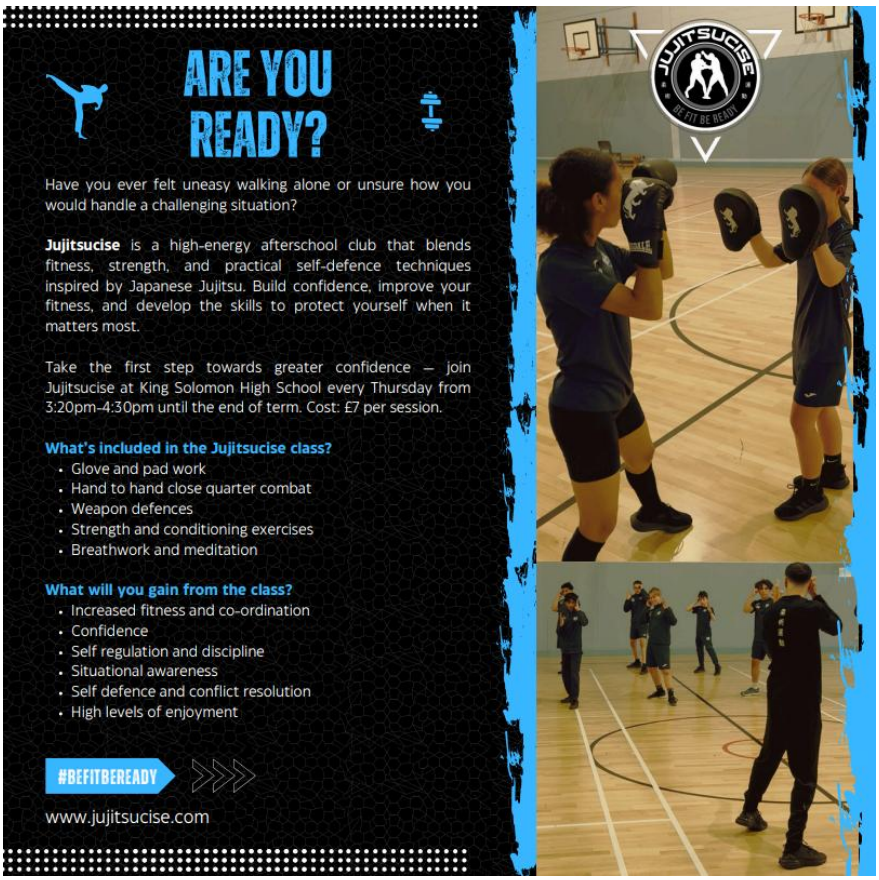
How to Book/Pay

Payment for classes can be made via SCOPAY under Trips and Events - Jujitsucise Autum 2

Please complete the booking form here - **Jujitsucise Sign Up 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 Jujitsucise Instagram page



Safeguarding Contacts

Designated Safeguarding Lead - Miss Davies (Associate Assistant Headteacher).

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 fill in a **Medicines Consent Form** and hand in to Student Services 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

Forest **line.uk**