King Solomon High School Newsletter

26 September 2025, 4 Tishrei 5786

Dear Parents and Carers,

As Yom Kippur approaches, we want to take a moment to extend our warmest wishes to those in our community observing this sacred day.

Yom Kippur is a time for reflection, prayer, and renewal. A chance to pause, seek forgiveness, and look ahead with hope and intention. Whether you are fasting, attending services, or spending the day in quiet reflection, we wish you and your family an easy and meaningful fast.

May this Day of Atonement bring peace, clarity, and connection to you and your loved ones.

G'mar Chatima Tova - may you be sealed in the Book of Life.

Wishing all our community a peaceful weekend, health and happiness for the year ahead.

Parasha Reflections - Mr Levene

Vayelech

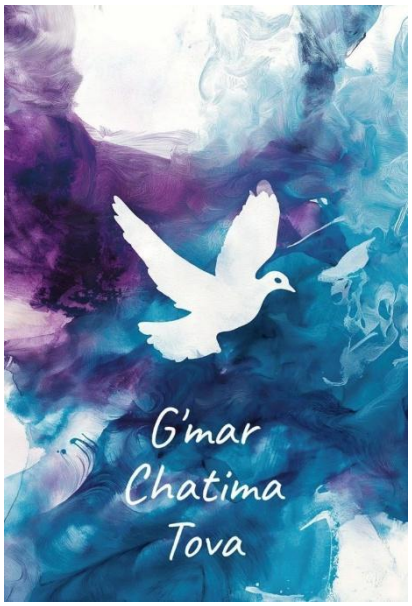
This week's portion of the Torah reading is Vayelech (pronounced Vai-yea-lekh), where Moses finishes his final speech to the Israelites and prepares for his death. The entire book of Deuteronomy, Moses has been delivering this enormous speech to the Israelites, where he reminds them of their obligations to G-d, instructs them in the Commandments, and prophesises that they will sin but ultimately return to G-d. The final Commandment:

"Now therefore write down for yourselves this song and teach it to the people of Israel. Put it in their mouths, that this song may be My witness against the people of Israel" (Devarim 31:19).

The Sages, the traditional Rabbinic commentators, interpret this "song" to refer to the entire Torah; and therefore require every person to engage in writing a Torah scroll at some point across their lifetime. The symbolism of this is clear: Torah, like music, can be accessed by anyone, regardless of their age, knowledge, or status. Everyone can sing, and everyone has a share in singing the song of the Torah.

Yom Kippur

Next Wednesday/Thursday night, Jews will gather to fast, pray, and ask for forgiveness from their friends, family, co-workers, and from G-d. Yom Kippur is one of the oldest and holiest festivals in the Jewish calendar, and one of the most widely celebrated across the religious and cultural spectrum of Jewish observance. Its English name is the "Day of Atonement". It is a 25-hour fast, where Jews above the age of 13 and 12 (for males and females respectively) will avoid all food and water; and many will avoid showering, brushing their teeth, putting on perfume or deodorant, and will avoid wearing leather shoes, belts or accessories. These practices are designed to "afflict" the person fasting, and demonstrate their commitment to change and repentance.



Term Dates

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

AUTUMN TERM 2025 **Monday 1st September 2025 - Friday 19th December 2025**	
Monday 29th September 2025 **Early close**	Early close at the end of period 3 for Open Evening
Tuesday 30th September 2025 **Late start**	Late start at the start of period 2 following open evening
Wednesday 1st October 2025 **Early close**	Erev Yom Kippur (the eve of the Day of Atonement) Early close at the end of period 4
Thursday 2nd October 2025 **School closed**	Yom Kippur (Day of Atonement) School closed
Monday 6th October 2025 **Early close**	Erev Sukkot (Eve of the festival of Tabernacles) Early close at the end of period 4
Tuesday 7th October 2025 **Wednesday 8thOctober 2025** **School closed**	Sukkot (festival of Tabernacles) School closed
Monday 13th October 2025 **Early close**	Eve of Shemini Atzeret and Simchat Torah (eve of the celebration of the Torah) Early close at the end of period 4
Tuesday 14th October 2025 **Wednesday 15th October 2025** **School closed**	Shemini Atzeret and Simchat Torah (celebration of the Torah)
Monday 27th October - **Friday 31st October 2025** **School closed**	**HALF TERM** **School closed**
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**

Year 6 Open Evening - Monday 29th September

Open Morning - Wednesday 1st October

We are really excited to host our 2025 Year 6 Open Evening on **Monday 29th September**.

Lots of our students have signed up to support us at this important event - thank you to all our parents and carers who have given permission already.

The night is open for visitors from **5:00pm - 7:30pm**.

Our student helpers are expected on site at 4:00pm so they can get set up for their tours or in their departments. They will be dismissed from 7:45pm. All entry and exit will be via the Starch House Lane gate.

We have had lots of families sign up already, so please do inform others in our local community of this event so they do not miss this opportunity.

To sign up for Open Evening or open morning, please use the following link - **Open Evening/Morning Sign Up Form** or click the link in the flyer below.

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
Abraham Iddris	10Z
Maxwell Feldman	9M
Ciara De Matos Crato	8Z

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

Student	Form
David Lisnic	7P
Ciara De Matos Crato	8Z
Maxwell Feldman	9M
Abraham Iddris	10Z
Alvis Dosti	11G

Keep up the outstanding work!

David Lisnic 7P

Ciara De Matos Crato 8Z

Maxwell Feldman 9M

Abraham Iddris 10Z

Alvis Dosti 11G

Tashlich

This week, students had the opportunity to perform a popular custom for the High Holidays - Tashlich ("casting away") at Fairlop Waters.

Students reflected on what they wanted to leave behind this year and what they want to take into the next. To reflect this, students threw stones into the lake to symbolise their commitment to change.

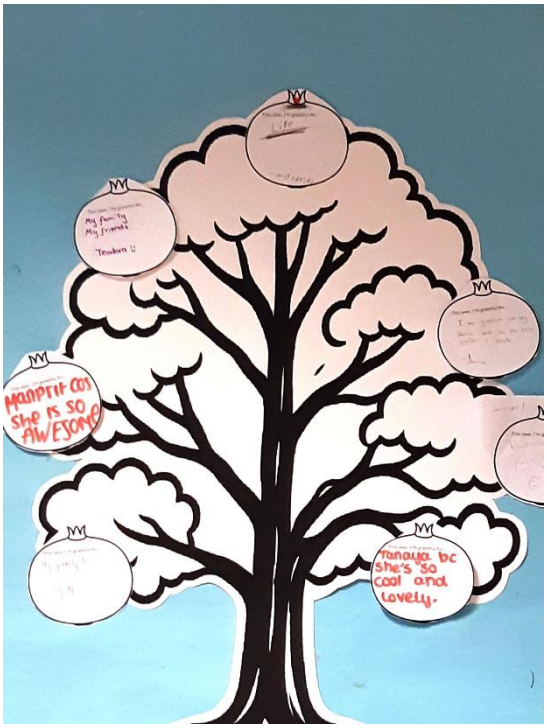
Kehila News

The Kehila Department offers exciting and accessible Informal Jewish Education programmes for students of all faiths and no faith across the school.

Some of our programmes include running Lunch and Learn educational sessions with exciting and engaging educators from Jewish organisations, taking students to perform Tashlich at Fairlop Waters, and helping local Jewish charities decorate their Sukkahs.

Recently, we concluded our first Rosh Hashana Card Making Competition for Year 7, where students created fantastic New Year's Cards for children under Chai Cancer Care (some of which you can see on the next page).

Pictured is our new tree mural, which students are currently in the process of decorating with pomegranates containing what they are grateful for.

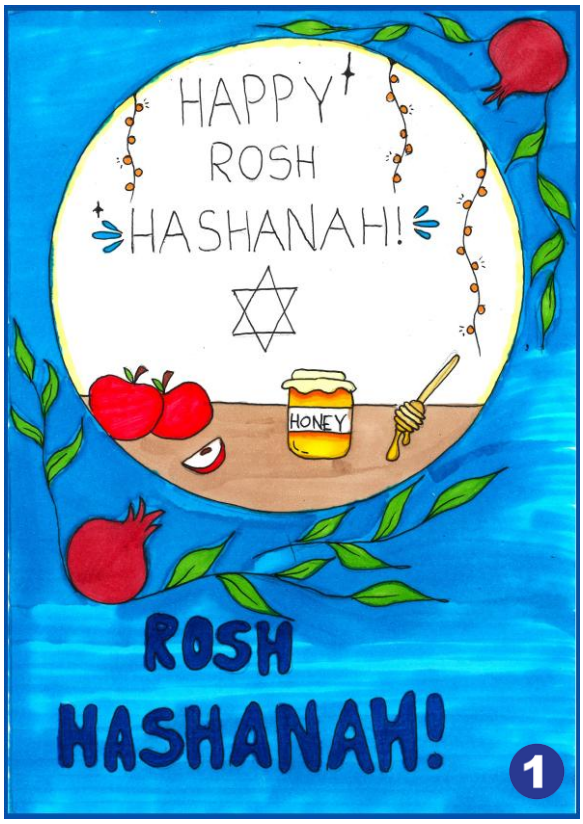


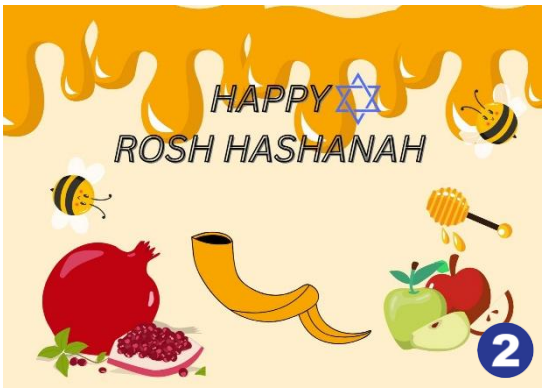
We are looking forward to the year ahead!

Rosh Hashanah Card Making Competition

A big thank you and well done to all the Year 7 students who designed Rosh Hashana cards for Chai Cancer Care.

We had lots of entries which will be sent off to Chai Cancer Care this weekend. You can see some fantastic examples below.





Entries by:

1. Daryna Prokopenko 7G

2. Mila Shalom 7K

3. Alexia Gherase 7Z

4. Lilly Obolevica 7Z

We will be announcing the winners of the competition on Monday!

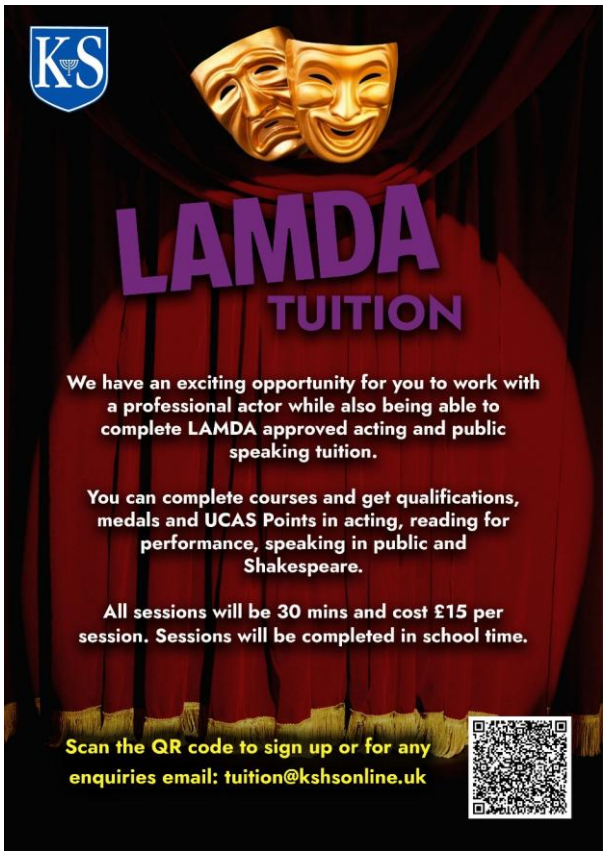
Performing Arts - Tuition Opportunities

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 your child to sign up for tuition, you can scan the QR codes on the leaflets below or click on the following links **LAMDA Public Speaking/Acting Tuition** | **Music Tuition**

For any further enquiries please email Miss Mallach on **tuition@kshsonline.uk**.



Extra-curricular Activities

Step Into Dance

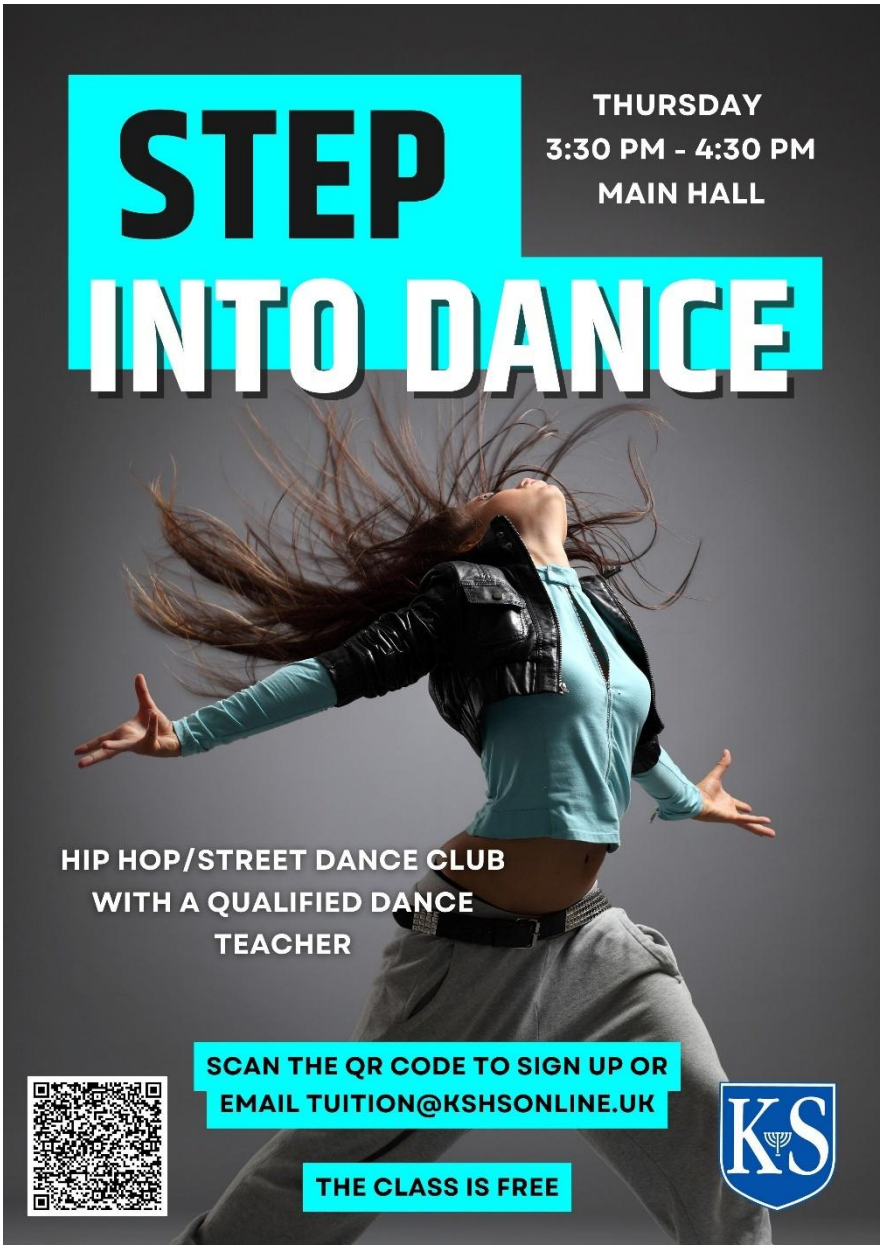
Yesterday we launched our Hip Hop/Street Dance club, Step Into Dance.

The club is run by qualified dance teacher Susie from the Royal Ballet. It takes place every Thursday from 3:30pm - 4:30pm in the school hall. PE kit must be worn.

To sign up scan the QR code on the poster below or click the following link -
Step Into Dance Sign Up Form

If you love to dance, please sign up, grab your PE kit and join in the fun!

Please sign up quickly to secure your place.



Jujitsucise

We are excited to announce that our popular extra-curricular club Jujitsucise, is back this year 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

Every Thursday (In the Sports Hall) for Years 8-11

3:20pm - 4:30pm

£91 for 13 weeks (£7.00 a session)

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

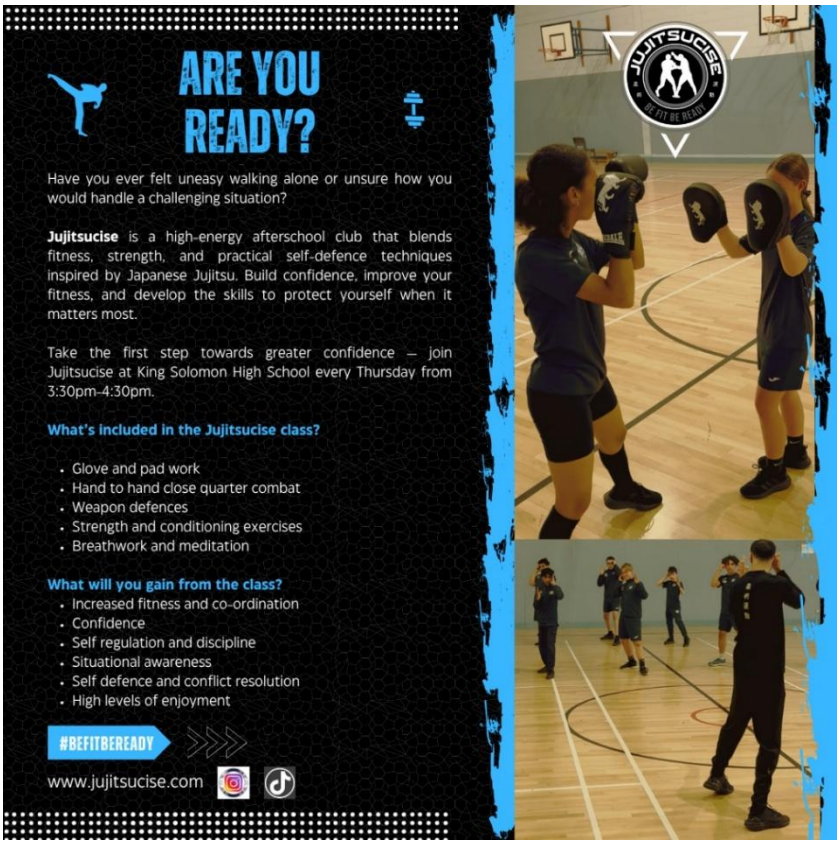
How to Book/Pay

Payment for classes can be made via SCOPAY under Trips and Events - Jujitsucise Autum 2025.

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 Instagram page



JLGB Lunchtime Club

Every Monday Lunch Time (1:35pm) in the Sixth Form Block for Years 7 - 10.

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