

Friday 17th May 2024

# King James's School Newsletter

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## The Headteacher's Message

I am pleased to report that the start of the exam season has gone extremely well this week. Good luck to all our Year 11 and Year 13 students now that they are in the midst of them!

**Clare Martin**  
Headteacher

## Summer Uniform

We were so optimistic about the arrival of summer at the start of this week that we agreed to move to the summer uniform earlier than usual. Maybe that was a bit premature, as it seems to have got colder again, but a reminder that students do not need to wear blazers or jumpers from now until the end of the academic year. We do still have high standards and expectations, however, and so shirts should be tucked in, ties worn, and kilts worn at the appropriate length (mid-thigh).

## Flood Damage Update

To update you on the damage that occurred due to the heavy rainfall on bank holiday Monday, unfortunately we have now had to de-commission the use of Chaloner Hall and several classrooms. We have put in place alternative arrangements for lunchtime, with students using the dining hall at staggered times according to their year group. This arrangement is going very well and may even result in us having similar plans going forward. Over the remainder of this academic year there will be significant works going on in school to rectify the damage and there will be some unavoidable disruption. Thank you for your understanding and for conveying the need for flexibility and patience to your children.

## UKMT Maths Challenge Results

You may recall that one of our Y10 students, James L, qualified for the Olympiad follow-on round after the intermediate challenge, we are pleased to announce that James performed exceptionally well earning himself a merit for his performance in the second round.

April saw 30 Year 7 and 90 Year 8 pupils take on the Junior Maths Challenge to try to earn house points. Overall KJS pupils were awarded 3 gold, 12 silver and 18 bronze certificates.

Special mentions to Archie R for the best performance in Year 7 and Henry P in Year 8 for the overall best score on the day. Henry has progressed to the kangaroo follow on round, we wish him the best of luck!

Final house points positions for the Juniors were:

- 1) Nidderdale
- 2) Swaledale
- 3) Airedale
- 4) Wharfedale

Well done to all!

## Gold D of E Success

Two of our former students, Abs C (currently in Year 13) and Alex O-H both successfully completed their Gold Duke of Edinburgh Awards and Abs collected the award at Buckingham Palace this week. Both students achieved these awards whilst at King James. This is fantastic achievement so well done to them both.



## Football Success

The boys football teams in Year 7, 9, 10, 11 and 6th form have all reached the Area cup football final. The Year 8 team are currently at the semi-final stage too. It is therefore possibly we could be represented in all 6 finals. In addition the Year 10 team play in the County cup final next Monday.

Let's hope the teams finish off the excellent season with a few trophies. Thanks to all the staff for the work with these teams throughout the season.



## Mental Health Awareness Week 13th-19th May 2024

'Movement: Moving more for our mental health' is the theme of Mental Health Awareness Week 2024. Students have received input from the Wellbeing in Mind Team about this topic in form time this week. Please see an excellent resource attached to this newsletter which covers tips for moving more to support our mental health.

## Swimming Dangers

Following the brief period of warmer weather, some of our students have been swimming in the quarry on Boroughbridge Road. We have been asked to issue a warning regarding the dangers of swimming in the quarry at the moment. As well as the normal hidden objects and cold water, there is also a severe blue algae situation at the moment in the quarry which is highly toxic and will make the students very poorly (can kill a dog in 10 mins).

Please can we ask for your support in discouraging students from swimming in the quarry.

## May Half Term Activities

North Yorkshire Council are running an action-packed Adventure Club in the May half term school holiday that will get young people active, outdoors and in touch with nature. A mix of land and water programmes suitable for ages 8-13, activities could include climbing, caving, high ropes, river scrambling and water sports such as canoeing and sailing. Dates are 28, 29, 30 and 31 May and you can choose from either Beverley Park Outdoor Education Centre in Pateley Bridge or East Barnby Outdoor Education Centre in Whitby. Find out more and book now at <https://outdoored.co.uk/adventure-clubs/>

To find out more about family activity days, for adults with young people aged 8 years upwards, and to book places, visit <https://outdoored.co.uk/family-activity-days/>

## Vacancies

Current vacancies at KJS include the following:

- Senior ICT Technician
- Cover Supervisor/PE Technician
- Associate Assistant Headteacher (Key Stage)
- Teacher of Art & Textiles

Further details are available on the school website: <https://www.king-james.co.uk/vacancies/>

## The Week Ahead: 20th May 2024

### Personal Development Focus: RESPECTFUL - Empathy

*"What small changes can I make that will make a big difference to others?"*

Day	Session	Year	Time	Location
Mon				
Tue				
Wed				
Thur	A-Level Practical Day (Science)			
Fri	First Half Summer Term Ends			

# TIPS FOR MOVING MORE

FOR YOUR MENTAL HEALTH



**MENTAL HEALTH AWARENESS WEEK**  
13-19 MAY 2024

Movement is important for your mental health. It can increase your energy, reduce stress and anxiety, and boost your self-esteem. Read our tips to help you get moving more for your mental health.



## Find moments for movement every day

When life's busy, it can be tricky finding time for wellbeing-boosting activities. Finding moments for movement might be easier than you think. Why not use the time you spend waiting to move more? When you're waiting for the kettle to boil; for your kids to come out of school; or for a bus to arrive. These moments will add up!

## Set small, achievable goals

Set yourself small goals. It might be walking to the end of your street. Then you can push yourself a little further each day. As you make progress, you will create positive feelings that can boost your confidence and mood.

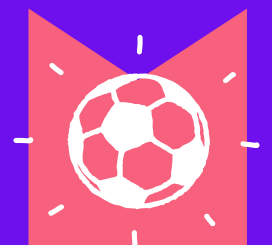


## Take a break from sitting

Many of us sit for long periods during the day: working at desks, driving, or watching our favourite TV show. Research shows that it's unhealthy to be still for long. Set a timer to take regular breaks to stand up, walk around and stretch.

## Find the fun

Choose activities you enjoy that get you moving. Instead of thinking of movement as a chore, embrace your inner child and find the joy in movement. Fun alongside movement will increase your motivation and the psychological benefits.



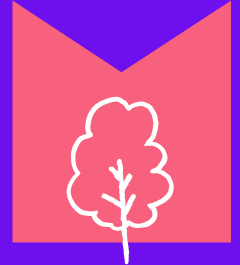


## Connect with others

We can strengthen our relationships or even make new friends when we take part in moving with others. These social connections are also great for our mental health. Think about ways to make your catch-up with friends more active. Check out groups and activities happening in your area.

## Move in nature

Research suggests that moving in nature has greater positive effects on our wellbeing compared to indoors. Take your moments for movement out in the wild. Go for a walk in the countryside or try cold water swimming. Parks, gardens, nature reserves, all provide opportunities for movement and meeting new people.



## Try something new

Trying new experiences can boost our wellbeing. Pushing ourselves to try new things opens us up to new opportunities for movement, making new friends, and having fun. Having the courage to try something new will also give your confidence a boost.

## Plan things to look forward to

Having events and plans in the diary to look forward to is great for mental health, it can give a sense of hope and excitement for the future. Add moments for movement to your diary and make plans to do fun things that you can get excited about.



## Listen to the music that gets you moving

Some songs are just made for moving. We all have favourite tunes that get us dancing. So, crank them up and have a living room disco where you can dance like no-one's watching!

Get more tips and advice at  
[MENTALHEALTH.ORG.UK/MHAW](https://www.mentalhealth.org.uk/mhaw)



**MENTAL  
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13-19 MAY 2024