

Friday 18th October 2024

King James's School Newsletter

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Message from the Headteacher

I hope you have all been enjoying the autumnal sunshine over the last couple of days.

Today, we have welcomed Year 6 pupils from Hookstone Chase School who were unable to attend the Open Evening due to being on their school residential.

Clare Martin
Headteacher

World Mental Health Day- Mr Phillips

Last week, we marked World Mental Health Day with a range of activities aimed at promoting awareness and open conversations about mental well-being. Across all year groups, students engaged exceptionally well with a challenging form task that addressed this sensitive topic. The feedback was overwhelmingly positive, with many staff noting how mature and honest the students were in their discussions.



In addition to the form task, I had the privilege of speaking during assembly, where I shared a video I created titled "Teachers Talk". This video was designed to emphasise the importance of mental well-being within our school community. I want to extend a special thank you to Mr. Foster, Mrs. Walker, Mr. Haughton, Mrs. Lawrence, and Mr. Kent for their involvement and openness in sharing their own experiences. The students were thoroughly engaged throughout the assembly, and it was encouraging to see them connect with some of their favourite staff members as we worked to break the stigma around speaking out about mental health. If you haven't yet had a chance to view the "Teachers Talk" video, please see the link below.

<https://youtu.be/-etqPt1OkHI?si=Pz6SFcg1DBaAvNZw>

I also had the opportunity to speak at the opening evening to some of our Year 6 students about mental health, which was a great chance to introduce the importance of mental well-being early on. Alongside these more serious discussions, we also made sure to inject some fun into the day. Students enjoyed dressing up and smiling in the photo booth we set up, which brought a lot of joy and laughter. The aim was simple—to put smiles on faces and remind everyone of the importance of positivity in our daily lives.

A special thanks also goes to the Well-Being in Mind team, who partnered with me on the evening to offer additional insights and support. Their contribution was invaluable and greatly appreciated by both staff and students. As part of World Mental Health Day, students participated in a reflective task during form time called the Thought for the Fortnight. The focus was on the quote "You don't have to control your thoughts. You just have to stop letting them control you." — Anonymous

Students learned that while it's normal to have many thoughts, they can manage them without letting them take control. To help with this, they were introduced to a simple grounding technique:

- Name 5 things you can see,
- 4 things you can touch or feel,
- 3 things you can hear,
- 2 things you can smell, and
- 1 thing you can taste.

This technique helps students stay present and reduce stress. We hope it serves as a useful tool for them going forward.

World Mental Health Day serves as a timely reminder for all of us to check in with ourselves and to reach out for support when things aren't feeling right. We will continue to promote mental health awareness throughout the year, with the aim of fostering a culture where seeking support is recognised as a sign of strength.



Careers

There are 2 fantastic opportunities for aspiring lawyers we are delighted to share with you this week.

1. Browne Jacobson Law Virtual Insight Event on Tuesday, 29th October from 9:00am - 4:00pm.

Whether you're planning to work in private practice, join an in-house legal team, or carve your path as a barrister, this event covers all bases. The headline speaker is Baroness Hale of Richmond (Lady Hale), Former President of the UK Supreme Court and widely recognised as one of the most influential figures in law. She'll be joined by a host of other legal luminaries, including:

- Richard Medd, Managing Partner of Browne Jacobson
- Charlotte Leigh, Head of Legal at Mace—a global construction and consultancy powerhouse with an annual turnover of £2 billion
- Katy Handley and Alex Taylor, Barristers at 4 Pump Court
- Akil Hunte, CEO of NRG Lawyers, will lead a panel discussion on non-RG (Russell Group) lawyers, showcasing how individuals from non-traditional university backgrounds can stand out and succeed in the legal field, with contributions from students, trainees, and apprentices.

Plus, you'll gain insights from a panel of SQE trainees, on how to tackle the Solicitors Qualifying Examination and build a personal brand that will help you stand out.

Register now to secure your spot: <https://www.surveymonkey.com/r/Browne-Jacobson-Law>

2. Clifford Chance. This event will take place at their offices in the heart of Canary Wharf in London on Wednesday 30th October, from 5pm - 7:30pm

Clifford Chance are the largest UK Law firm by revenue and are a member of the “magic circle” law firms. They are also ranked within the top 10 law firms in the world and have offices spanning the globe in 23 different countries! This invaluable law opportunity will give you an insight like no other into the legal profession that you do not want to miss out on!

At this event, you will meet and hear from senior members at Clifford Chance who will share their experiences, tips and their knowledge of what it takes to get to the top at such a prestigious law firm. In addition to this, this in-person event will allow you to explore an impressive career in law at Clifford Chance through training contracts or work experience opportunities to make you stand out as a future lawyer.

Application Link: <https://www.surveymonkey.com/r/SBYNKK8>

Our next fortnightly “career pathway” lunchtime session will take place on Thursday 24th October 2024, 12.45-1.10pm in SF4. The focus for this session will be Careers in Sport, and will cover the full range of sport related careers - including coaching, playing, teaching and umpiring. The session will also look at other sports related options such as sport physiotherapy, sport and exercise scientists, and sports journalism. Students will get information on how to research the area they are interested in at a deeper level and how to access guidance and support. Do sign up if you would like to know more.

**CAREERS
in SPORT**

Thought for the Fortnight

The Thought for the Fortnight for the weeks beginning 21st October & 4th November is “the only true way to fail is not to try”



The key takeaways are:

- Everyone fails at some point. Failure is normal.
- Don't be afraid of failure – its how we learn so that next time, we can avoid making the same mistakes.
- Learning from failure requires courage
- Learning from failure requires practice. to appreciate the present moment.

Assemblies – week beginning 21st October

Year 11 have careers assemblies next week focused on Post 16 pathways available to students at the end of Year 11.

Year 7, 8, 9, 10, 12 and 13 will be having an assembly delivered by their Associate Assistant Headteacher which will celebrate the half term and look ahead to next half term.

On Wednesday, we have our local PCSO coming into school to deliver assemblies to Year 7,8,9 and 10 about inappropriate use of social media and sexting.

Timings of the School Day

Please could we draw parents' attention to two key points:

School Opening Time – the school is not open to students until 7.45am, at which time they may go to the dining room where we serve breakfast. The library is not open until 8.20am and so students should not expect to be able to go there until then. Students may also go to their year 'Hub' area at 8.20am. Please could parents not drop students off at school before 7.45am as there is no supervision in place.

Morning registers – government guidance is that morning registers should close 30 minutes after the start of the day, which is 9.15am. Any students arriving after this will be recorded as unauthorised absent. Please could parents reinforce the need to arrive at school at 8.40 for form time at 8.45am.

Student Leadership

We are delighted to announce that five of our students have been successful with their application to be a part of the Knaresborough Youth Council. This is a fantastic opportunity for our students to raise and discuss issues that are affecting them and their community.



Big congratulations to:

Maggie A – Year 9

Maisie F – Year 9

Jessica P – Year 7

Cathen P – Year 7

Special Offer on Bus Fares

Between 15 September and 31 December, young people aged 18 or under will pay only £1 for a single journey on most bus routes in North Yorkshire.

The £1 fare scheme is funded by UK Government. It is available on most bus journeys within North Yorkshire and to York and the Tees Valley.

The fare scheme does not include school routes, tours and bus services closed to the public. You might be asked to prove your age when buying a ticket. More details can be found here: [Bus service changes and news | North Yorkshire Council](#)

Tesco Stronger Starts Project

We are excited to share that our school has been entered into the Tesco Stronger Starts Project! This initiative offers funding for community projects, and voting will take place in stores from the first week of October 2024 until mid-January 2025.

Our project is the KJS Gardening Club. The student council proposed creating a wildlife and nature area to support Year 7 students' mental health and provide a calming space. With this grant, we aim to build an outdoor area where students can learn about growing vegetables, flowers, and caring for wildlife, fostering self-confidence and well-being.

Below are the stores where you can vote for our project. Please spread the word!

Knaresborough Express (HG5 0EN)

Harrogate Express (HG2 7HY)

Ilkley Large (LS29 8UA)

Killinghall Harrogate Express (HG3 2DH)

Ilkley Express (LS29 8BS)

Camb Rd Harrogate Express (HG1 1AA)

Thank you for your support!

The Week Ahead: 21st October 2024

Day	Session	Year	Time	Location
Mon	Wear it Pink Fundraiser continues	All	All week	Sixth Form Centre
Tue	Y10 Art Research Day	10		
Wed	Y13 Pastoral Parents Evening Y8 Pastoral Parents Evening	13 8	4.00-6.30pm 4.00-6.30pm	In school In school
Thur				
Fri	FIRST HALF AUTUMN TERM ENDS			

Restart a Heart

On Wednesday, students in Year 8 participated in the Restart a Heart day, led by Yorkshire Ambulance Service Staff. This is the 11th year of the life saving campaign.

We would like to publicly thank the Yorkshire Ambulance team who organised and delivered the event and who were brilliant in enabling all the students to learn a valuable life-saving skill.



Senior Maths Challenge

We are delighted to announce the results of the Senior Maths Challenge hosted by the UK Maths Trust, sat by pupils at the start of this month.

In a shock result, "best in school" went to James L in Year 11. Special mentions to two year 13 students who alongside James gained gold awards; Nicol H and Charles V. All three pupils have qualified for the follow-on round, the senior kangaroo in November.

Best in Year 12, with a silver award, was Sesathmee A.

Overall we achieved 3 gold, 11 silver and 10 bronze awards. Well done all!

For those who fancy stretching their grey matter, the first five questions from this years challenge are below. Answers are on the UKMT website [here](https://www.ukmt.org.uk/).

Rugby News

The Y11 rugby boys battled their way through the group stages of the Yorkshire Cup yesterday to successfully reach the semi-finals.

Despite narrowly losing by one try to Wolfreton School, they beat Ripon Grammar and drew against Parkside School so the boys went through to the semi-final as group runners up.

Special mentions must go to Will A as captain, Will M and Joe D who played really well. Also, Alex M and Harvey L from Y10.



1. What is two-fifths of the recurring decimal $0.\dot{2}\dot{5}$?
A $0.\dot{i}$ B $0.0\dot{i}$ C $0.\dot{0}\dot{i}$ D 0.10 E $0.\dot{i}0$
2. A *twip* is a very short unit of length, derived from imperial units, and is equal to approximately 0.000018 metres. A *league* is a long unit of length which is equal to approximately 4800 metres. Roughly how many twips are there in a league?
A 270 000 000 B 27 000 000 C 2 700 000 D 270 000 E 27 000
3. Two standard dice are placed on a table, with one on top of the other, so that only nine of the faces of the dice may be seen. The touching faces have the same number on them. The sum of the numbers on the visible faces is 33.
What is the number on the touching faces?
A 1 B 2 C 3 D 4 E 6
4. The sizes of the three angles in a triangle, in degrees, are x , $7x$ and x^2 .
What is the size of the largest angle?
A 10° B 18° C 100° D 120° E 121°
5. When $4^5 \times 5^4$ is correctly calculated, how many digits are there in the answer?
A 4 B 6 C 10 D 16 E 20

Halloween Party

Fancy Dress Optional

30th October 2024

1-3pm

Inspire Youth Yorkshire

9-10 Halfpenny Close,
Knaresborough, Hg5 0TG

Join us for Halloween themed activities, alongside information, support, a safe space, positive activities, (and much more!) for young people provided by qualified youth workers

All welcome
aged 8-14 years

FREE to attend

Donations welcomed



Refreshments
included for all
attending,
see you there!

NO BOOKING NEEDED- JUST TURN UP



www.inspireyouth.uk

**INSPIRE
YOUTH
YORKSHIRE**

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