

Friday 23rd February 2024

# King James's School Newsletter

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## The Headteacher's Message

I hope you had an enjoyable half term break. I want to start by thanking parents for your support of our 'uniform push' this week. The standards of uniform have been fantastic! Students look smart and purposeful and are wearing our KJS uniform with the pride we expect – thank you!

Clare Martin

## Amanda Newbould visit

On Wednesday we had a visit from Amanda Newbould, North Yorkshire Assistant Director for Education and Skills. It was lovely to show her around our school – as expected she got a great impression of the positive ethos and levels of engagement in lessons.

## National Careers Week - 4th March 2024

Each year National Careers Week celebrates and explores the myriad of career opportunities available and aims to empower young people to make informed career decisions by providing insights into various professions. We will be acknowledging National Careers Week at KJS in a couple of weeks and in preparation for this we welcome all parents/carers to share their personal careers journeys with a view to the information received being used anonymously in resources that will be delivered to students. Please complete the Forms link below and do get in touch if you feel you could support with students having encounters with employers/employees and experiences of workplaces in the future. <https://forms.office.com/e/vbJZ12umhg>

## Key Stage 4 Revision Evening

Many thanks to the parents and students who attended the GCSE revision evening on Monday. It was lovely to see so many people there. We presented information about how memory works, the best ways to revise and exam rules and regulations. We advise that students use the subject revision programmes to plan out a weekly timetable. Little and often is the key, using techniques such as chunking, flashcards, mind maps.

Both Year 10 and 11 students should have started their revision in preparation for their exams. Year 10 exams start on 10th April and Year 11 in May. There are also lots of revision sessions available for Year 11 for all their subjects. A copy of the presentation, resources to support revision and the subject revision pages can be found on the website at the bottom of the homepage. Please use the links below. We wish all our students the best of luck in the summer!

<https://www.king-james.co.uk/year-11-revision/>

<https://www.king-james.co.uk/year-10-mock-exams/>

## Key Stage 5 Revision evening – Monday 26th February 2024

This takes place in S1 at 6pm. We welcome all our Year 12 and 13 parents and students to attend. It will be a useful evening for all our students in preparation for their exams in the summer term. We do hope you can make it. Please note that all the subject revision programmes for Year 13 for all subjects are now on the website in the Sixth Form area. Please use the link below.

<https://www.king-james.co.uk/year-13-a-level-revision/>

## Intermediate Maths Challenge

In January, 120 pupils in Year 10 and 11 took place in the Intermediate Maths Challenge. This is a national competition run by the UK Mathematics Trust. It proved to be an exceptional year with a King James's pupil from Year 10, James L, qualifying for the Hamilton Olympiad competition; this puts him well within the top 1000 pupils sitting the paper nationally and is a phenomenal achievement. A special mention should also go to Angus L in Year 10 who qualified for the Kangaroo follow-on round with a gold award and Finn S & Lazlo C who share the best result in Year 11 mantle with their silver award.

In total KJS are the proud recipients of 3 gold awards, 20 silver awards and 34 bronze awards. A full list of certificate winners can be viewed on our Instagram page @kjsmaths.

At the end of the newsletter, there are three questions from the start, middle and end of the paper for you to have a go at home. and the full paper and solutions are available on the [UKMT website](https://www.ukmt.org.uk/).



## Sustaining high uniform standards

Our students are now very aware of our uniform expectations and we want to sustain the high standards we have seen this week. The same supportive processes will remain in place with students being offered loan items if they arrive into school in incorrect uniform or missing items. Students are expected to wear the full correct uniform each day around the school site – nothing more and nothing less! However, there are a few additional specifics we would like to draw your attention to.

### Lashes/Nails

From w/c 26th February, if students are still wearing false lashes and or acrylic nails, then members of staff will log this as a negative on Bromcom. From w/c 4th March, if students still arrive at school with false lashes and/or acrylic nails, then they will be kept out of circulation until the issue is resolved.

### Kilts

From week commencing 26th Feb, if students are wearing their kilt at an unreasonable length (shorter than mid thigh) then members of staff will log as a negative on Bromcom and ask them to correct it. Bromcom logs will be reviewed at the end of the week and contact will be made with those parents/carers of students who persistently wear their kilt at an unreasonable length. As previously mentioned, they will then be asked to wear the trouser option from week commencing 4th March. In addition, any student who still persists in wearing their kilts unreasonably will be kept out of circulation until the matter is resolved.



1. What is the value of  $\frac{20+24}{20-24}$ ?

- A 8      B -9      C 10      D -11      E 12

15. Carrie the cat and Barrie the bat together weigh 4000 g more than Rollie the rat. Barrie and Rollie together weigh 2000 g less than Carrie. Carrie and Rollie together weigh 3000 g more than Barrie. What is the weight, in grams, of Rollie the rat?

- A 250      B 500      C 750      D 1000      E 1250

25. A gold coin is worth  $x\%$  more than a silver coin. The silver coin is worth  $y\%$  less than the gold coin. Both  $x$  and  $y$  are positive integers. How many possible values for  $x$  are there?

- A 0      B 3      C 6      D 9      E 12

## Mobile phone usage in school



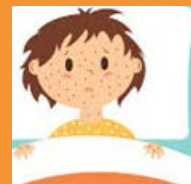
You will have seen the media articles this week about revised government guidance on the use of mobile phones in schools. We already have well-established policies and procedures in place, but it supports our approach which is that students may have mobile phones in school, but they should not be seen or heard while on site. If they are, then they will be confiscated.

## Girls Football



One highlight this week was to receive an email from a member of the community about some of our Year 8/9 girls when they played football for Scotton Scorchers. It was great to read their endorsement of the girls when they wrote that "what I saw amongst those girls moved me to tears as they displayed such wonderful team spirit and they all played utterly brilliantly." Well done girls, we are so proud of you!

## Measles



### Measles Symptoms

- High fever
- Cough
- Runny nose
- Red, watery eyes
- Rash (3-5 days after symptoms begin)
- White dots inside of the mouth (in some cases)

The United Kingdom Health

Security Agency (UKHSA) has declared a national incident following Measles outbreaks in London and West Midlands. In response to this North Yorkshire has created a guidance document, which we have been asked to share with all parents. This can be found at the end of this newsletter.

Answers to Maths questions How did you do?  
Qn 1: D, Qn 2: B, Qn 3: E

## The Week Ahead: 26th February 2024

Personal Development Focus: Engaged - Initiative				
"Make room for reading and use the written word to improve knowledge and understanding".				
Day	Session	Year	Time	Location
Mon	Final EAPI assessment Parent revision support evening	13 12 & 13	6.00pm	
Tue	Final EAPI assessment GCSE Art Exam Research trip War of the Roses Online School Conference	13 Y12 & 13 History students	All day	
Wed	Battle of the Books	Y9 & 10 (6 students)	4.30-7.00pm	
Thur	Y13 Pastoral Parents Evening Hospitality & Catering Practical Exam	13	4.00-6.30pm	
Fri	Hospitality & Catering Practical Exam GCSE Digital Photography Exam England Rugby Training Session	Y9 & 10 (15 students)	9am-2.30pm	Field



**Health  
and Safety**



**Title: UK Health Security Agency (UKHSA) advice on National Measles Incident, shared on behalf of NYC Director of Public Health.**

**Audience:** All schools

**Cascade:** Headteachers – please cascade to parents and all staff.

### **National Measles Incident**

The United Kingdom Health Security Agency (UKHSA) has declared a national incident following Measles outbreaks in London and West Midlands. The best protection against measles for children and adults is to get both doses of the MMR vaccine.

In response to this we would like to share with you the advice from UKHSA currently:

Measles is a highly infectious, serious illness that can be very unpleasant. Those most at risk are under 1's, the unvaccinated, immuno-compromised or pregnant woman. There is no specific treatment available, so it is important to get vaccinated to avoid serious illness.

If you and your child have been vaccinated, it's very unlikely you will catch Measles.

### **Symptoms of Measles**

- **Usually starts with cold-like symptoms**
- **High fever**
- **Sore red watery eyes**
- **Cough and/or runny nose**
- **Small red spots with bluish-white centres inside the mouth**
- **A red/brown blotchy rash which appears several days later, rough to the touch.**

**You should keep your child away from school for at least 4 days from when the rash first appeared and until they are completely recovered.**

**Keep your child away from babies, anyone who is pregnant and those with a weakened immune system.**

### **'THINK' Measles**

If you think your child has measles or has been in contact in the last 3 weeks with someone with a confirmed case of measles, then please stay at home and call your GP surgery.

- **DO NOT** bring your child to school or nursery.
- **DO NOT** visit the GP surgery/ out of hours, or Hospital.
- **CALL** ahead to the GP surgery so measures can be put in place for your arrival.

Children in school who are suspected of having measles will be isolated and parents will be asked to collect promptly.

## Vaccination

If you are unsure about whether your child is due a vaccine or has missed a vaccination you can check your vaccination status by calling your GP surgery or checking your 'red book'. If your child has missed one of their MMR's call your GP surgery and book an appointment.

The MMR schedule is usually 1 vaccine at 12 months old and a 2nd vaccine at pre-school, around 3 years and 4 months. For adults it's never too late to get vaccinated. Adults require 2 vaccines at 4 weeks apart.

You can request a version of the MMR vaccine that **does not contain pork products** from your GP surgery, making it suitable for all faiths. Please note that the GP practice may need to order this product in specially, so it will be helpful to tell the GP surgery before the appointment.

MMR vaccine is not advised during pregnancy, those women of childbearing age should avoid getting pregnant for at least 4 weeks following vaccination.

Pregnant women are advised to contact their midwife/GP surgery if they believe they have come into contact with Measles. Pregnant women who suspect they might have Measles should **not** go to antenatal clinic or any other maternity setting until they have been assessed.

The information provided by UKHSA, should provide clarity and reassurance. We ask that you remain vigilant over the half term holiday and if you are in any doubt about sending your child into school unwell, we would appreciate you considering keeping them at home.

Please follow the links below for further information and guidance:

- [Measles - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- [Think Measles! \(publishing.service.gov.uk\)](http://publishing.service.gov.uk)
- [MMR \(measles, mumps and rubella\) vaccine - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- [Pregnant? Immunisation helps to protect you and your baby from infectious diseases \(publishing.Services.gov.uk\)](http://publishing.Services.gov.uk)



# Newsletter

## Managing exam stress

*The Wellbeing in Mind Team*

## Spring Term 2

### Exam stress

It is normal to feel a bit worried about exams, especially if your child under pressure from school or family. Exam stress can cause young people to feel anxious or low in mood, and this might impact their sleep or appetite. If you recognise any of these feelings in your child, or are worried that exam pressure is taking over their life, try our tips below:



### Signs that your child may be struggling with exam stress:

Every young person is different, but typical signs that your child is struggling with exam stress may include:

- Worrying a lot
- Feeling tense
- Having headaches and stomach pains
- Struggling to sleep
- Being irritable
- Losing interest in food or eating more than normal
- Not enjoying activities they previously enjoyed
- Being negative and having a low mood
- Feeling hopeless about the future
- Always thinking about exams or worrying about them



### Top tips for before exams:

- Get organised – help your child to make a plan of when and where the exams will be to avoid any last-minute panic or confusion.
- Encourage your child to take frequent breaks when revising; using the pomodoro technique can be helpful for them to keep track of revision and break times.
- Break revision down into smaller chunks to make it less overwhelming. Keeping a list of revision that has been covered can help your child to see how much they have achieved.
- Encourage effective studying – practice mock exams, past papers and learn memory enhancing techniques like chunking or mnemonics.
- Help your child get 8-10 hours of sleep each night to help improve thinking and concentration. Encourage your child to have a wind down hour between studying, watching tv, or going on their phone and going to bed to help them sleep better.
- Help your child to find ways to relax – make sure your child still makes time for hobbies, going out with friends and self-care.



## Top tips for during exams:

- Try to encourage your child to practice positive self-talk e.g., “I have revised, I can do this, and it will all be over soon.”
- Prepare items the night before like pens and a water bottle.
- Drinking water regularly can help concentration.
- Practice breathing, grounding or mindfulness techniques on the morning of the exam, just before the exam starts or if panic starts to set in – see [Calm zone | Childline](#) for more examples.
- Read all questions carefully and remind your child to think about their answers before writing them down.
- Encourage exercise during exam season – this can help to boost energy levels, relieve stress and clear the mind.
- Do not add to the pressure on your child – try to support your child by being positive, reassuring and by avoiding any criticism.



## Top tips for after exams:

- Remind your child that whatever their results, try to help them to keep things in perspective – exam success does not define them as a person.
- Encourage your child to relax before their next exam – getting through an exam can be exhausting so it is important to have a break before trying to revise again.
- Once exams are finished, try to remind your child to forget about them. Or if your child wants to talk things through with you, encourage them to focus on the positive parts of the exams instead of the parts they found difficult.
- Remind your child to not compare themselves with their friends as this can make them feel like they aren't good enough.
- Make time for treats and celebrations – plan some rewards for your child doing their revision and for getting through each exam so they have things to look forward to



## For further tips and support, visit:

- [How To Deal with Exam Stress | YoungMinds](#)
- [Download Adapt - Revision Timetable App](#)
- [Exam stress and pressure | Childline](#)

