

Friday 13th June 2025

King James's School Newsletter

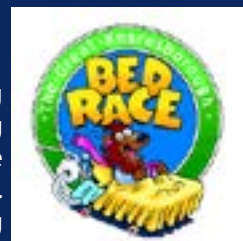
Inside this issue:

- Bed Race News
- Studio Production Performance
- Latest House News
- Athletics Achievement
- Reading Funding
- The Week Ahead
- National School Sports Week
- Thought for the Fortnight
- Children's Book Awards
- Careers
- EBSA
- Empathy Day
- Summer Book Fair
- Violence Survey
- How to save water this summer



KJS Bed Race Teams Ready to Roll!

The countdown is on for one of Knaresborough's most exciting and eccentric annual events – the Knaresborough Bed Race! King James's School will once again be out in full force, with three fiercely competitive teams representing us in this year's race. All teams have been training hard on the roads, conquering the river crossing, and putting serious effort into the all-important bed decorating (we hear there's glitter, paint, and even feathers involved!). The atmosphere is buzzing, and the competition is heating up!



Bed Race Parking

A reminder that parking will be available on school site on Saturday, £5 all day, with all proceeds going to MacMillan.

Bed Race Art Work

Key Stage 3 Art Club with Mrs Clitheroe on Monday lunchtimes have been working hard on posters for the bed race and made some great collaborative pieces. Good Luck to all those KJS teams in the bed race this Saturday!

Thank you to Georgie, Hattie, Scarlett, Cecile, Elodie, Sophia, Freya and Isabelle.



Year 10 Team – Ready for Take-Off!

If you notice a suspicious number of sunhats, suitcases and red uniforms around their bed, you might just guess their theme – think cheap flights, clapping on landing, and onboard scratchcards... Jetting in are:

Alex M Alfie P George C Will A Teddy M Noah S Jamie D

Year 12 Team - Special Delivery Incoming!

This team might just fly past you with their wings of creativity! With a bed that gives a special nod to the UK's quirkiest online card retailer, they're bringing style and speed:

Jack A Freddy N Harry B Jonathan S Zak C Ben M

The brilliant creative team behind the Year 12 bed design and build includes: Emma D, Sophia N, Imogen G, Freya B, Maddie E, Bessie H and Ellen C – an absolute dream team of creativity and craftsmanship!

Staff Team – Leading the Charge with British Bulldog Spirit

This team may be a little older (and possibly creakier), but don't be fooled – their bed carries the legacy of a certain bulldog... a tribute to resilience, strength, and a rousing speech or two! Representing the staff this year are:

Mr Phillips Dr Brodie Mr Atkinson Mr Philpott Mr Frey Mr Berry
(our
magician of
design!)

And riding proudly on the staff bed will be Eric T from Year 7 – what a brilliant representative for our youngest year group!

The Knaresborough Bed Race is always a highlight of the local calendar, and we'd love to see as many of you there as possible to cheer on our incredible teams. The competition is fierce this year, and every cheer counts!

Studio Production Performance

A huge congratulations to the cast and crew of 'Wonderful World of Dissocia'! A fabulous two nights of theatre from a professional and mature cast that we are so proud of! Thank you to our wonderful audiences each night. Your support and attendance at this events is what keeps the department going and allows us to continue to offer these extra curricular opportunities to our students!

To quote Mr McIntosh: The students' talent, passion, and dedication shone through in every moment on stage, captivating the audience with a bold and emotionally resonant interpretation of the play. From powerful acting to creative staging, the production was both thought-provoking and deeply moving—an unforgettable showcase of the incredible skill and hard work of our young performers. A fantastic achievement all round and huge thanks also to Mr Haughton.



Athletics Achievement

The Year 8 Junior Boys athletics team won the North East Regional round of the English Schools' Cup on Friday and have qualified for the National Final in Essex.

This is a fantastic achievement and they are the first KJS team to ever reach the final stage of the competition.



Latest House News

The latest house events took place over the last fortnight. The Year 7-10 boys participated in house softball whilst the Year 10 girls participated in house rounders. Attached below are the overall results for events:

House Softball:

1. Airedale
2. Swaledale
3. Wharfedale
4. Nidderdale

House Rounders:

1. Nidderdale
2. Airedale
3. Wharfedale
4. Swaledale

Well done to the Airedale boys and Nidderdale girls for winning in their events!



Reading funding - please help if you can!

A student survey in 2022 revealed that over half of our pupils rarely or never read for enjoyment. As you may know, strong literacy skills and regular reading are among the best predictors of academic success and long-term social mobility.



Since then, we've developed a structured programme of form-time reading in our lower school, which has been well received by both students and staff. We're now keen to build on this momentum next year.

However, like many schools, we face ongoing funding challenges. We are therefore reaching out to parents, local businesses and charities to ask whether they might consider making a donation to help us purchase books and resources to expand this programme. This would enable us to buy class sets of novels for Year 10 students to read with their form tutor.

Any support you could offer would be hugely appreciated.

If you have any questions or would like to discuss this further, please don't hesitate to email me at eastaughp@king-james.co.uk or contact the main school reception on 01423 866061, and I'll be happy to return your call.

Here is a link to our school reading page on the website where you can see all the wonderful things that are happening to support our student read more widely.

[Reading - King James's School](#)

Assemblies

There will be no assemblies the week beginning 16th June due to GCSE and A-Level exams.

The Week Ahead: 16th June 2025

Day	Session	Year	Time	Location
Mon	Year 10 Exams Week 1 Year 12 Exams Week 2 French Opal Coast trip departs	10 12		
Tue				
Wed				
Thur	UCAS Exhibition 2025			
Fri	Y6 SEN Transition Day			



National School Sports Week 16th – 22nd June.

National School Sports Week was first launched by the Youth Sport Trust in 2008 and has been celebrated every year since. We want students to know about National School Sports Week because it helps to highlight the importance of regular physical activity to students' health and wellbeing. We also hope it will help them to see the benefits of engaging fully in their timetabled PE lessons and taking the opportunities that are available for them to do more physical activity after school in the clubs and activities that are offered.

Students will be discussing National School Sports Week during tutor time and reflecting on their physical activity levels. Our Thought for the Fortnight is also linked to National School Sports Week and will encourage discussion and debate on the benefits of regular physical activity.

Careers

Employability Skills Workshop

A small group of Year 10 students took part in a 2 x day Employability Skills workshop with Rachel from NYBEP. Students were involved in a range of activities that helped to improve their employability skills, worked on interview techniques, had mock interviews and created CV's.

Harrogate College & Askham Bryan College Open Events

Harrogate College and Askham Bryan College are holding open events in June. This is a great opportunity for students and parents to visit the colleges and find out more about the Post 16 courses on offer.

For more information about the open events, please click on the links below

[Harrogate College Open Event](#)

[Askham Bryan Open Event](#)

Thought for the Fortnight

The Thought for the Fortnight for the week beginning 16th and 23rd June is linked to National School Sports Week.

"Embracing movement isn't just about fitness; it's about unlocking a healthier, happier you"

Key Takeaways are:

- regular movement supports mental, emotional and social well being
- embracing movement means making physical activity a regular, enjoyable part of your weekly routine.
- movement can come in many forms, however, for any type of activity to benefit your health, you need to move quickly enough to raise your heart rate, breathe faster and feel warmer.
- school provides opportunities for you to be physically active on a regular basis through PE lessons and extracurricular clubs.



Children's Book Awards

Five members of our Y7 Regal Readers book club were selected to join students from all over the country at the National Children's Book Award ceremony held in Birmingham last weekend. The Children's Book Award is the only national award voted for solely by students from start to finish and we were all very excited to have been afforded the opportunity to dine



with the Top Ten authors and illustrators as well as present them with their prizes.



"I thought going on the trip was really fun because you got to meet authors and see who won the awards. My favourite parts were at the start when we got our books signed and eating lunch with the author of Ditching Saskia. I also enjoyed looking at the portfolios because it was interesting to see what people thought about the books. I especially liked the photos of the Seven Million Sunflowers cupcakes." (Eden J)

"After singing the whole soundtrack of 'Six' on our way to Birmingham, we finally arrived at our destination called 'The Studio.' After buying books and getting them signed, we were provided with an amazing choice of food from BBQ chicken, spiced potato wedges, nachos and various deserts including cookie dough pots and Oreo cheesecake! It was very exciting to find out the category winners and overall winner from the books that we had read and discussed in our book club. Seven Million Sunflowers by Malcolm Duffy and I Am Rebel by Ross Montgomery were the category winners and the overall winner was I am Rebel. At the end of the day, we were extremely tired and just chilled thinking about the great day we had all enjoyed so much." (Bessie K).



If you would like to watch the ceremony, please click on the link <https://www.youtube.com/watch?v=KGa6NHSyVW8>. The actual ceremony begins about 9 minutes in.

Emotionally Based School Avoidance

On Monday 23rd June 2025, 7 – 8:30pm, we're pleased to welcome neurodiversity coach Lisa Poole to our school to give an important free talk on Emotionally Based School Avoidance.

EBSA doesn't develop overnight, it's often a gradual process where anxiety and emotional distress build up, eventually leading to school non-attendance. There are early warning signs that can worsen over time and recognising these indicators can make a real difference. Here is a typical pattern showing how EBSA can progress:

- Low level anxiety
- Signs of reluctance to attend school
- Occasional absence
- Avoiding some subjects or days
- Increase in absence
- High levels of anxiety

Other indicators may include:

- Problems sleeping
- Losing interest in hobbies
- Struggling to eat well
- Tearfulness and crying
- Headaches or nausea
- Outbursts of anger

This session is designed to help parent and carers understand what EBSA is, how to spot the signs early, and what support can be put in place to help young people before things escalate.

If any of this sounds familiar, or if you would like to know more, we encourage you to use the link below for some useful information:

<https://www.bbc.co.uk/bitesize/articles/zgjc7v4>

More details about the talk itself can be found on the flyer below.

Summer Book Fair

We're eagerly awaiting the arrival of our book fair on Monday 16th



June. Throughout the week, there will be over 200 books on display in the library for staff and students in all year groups to choose from during break and lunchtime. Furthermore, the library receives up to 60% of the total sales in free books, so it is a great opportunity to purchase books for your child, family and friends, whilst also helping us to increase and renew our book stock.

Please see poster below for more details.

Empathy Day

Thursday 12th June was Empathy Day! According to Empathy Lab's original founder Miranda McKearney OBE, "Science shows that empathy is learnable and that reading is an important empathy-building tool."



To keep on building up our students empathy all year round, below is a list for you share with your child and it would be great if you could encourage them to come to the library and borrow one of the books on the list to read over the summer - after all, reading boosts empathy!

This is Empathy Lab's ninth collection, with [40 books for 3-11-year-olds](#) and [30 for 11-16-year-olds](#).

Violence Survey

Jo Coles, York and North Yorkshire Deputy Mayor for Policing, Fire and Crime, is calling on the public to share their views on violence and community safety in York and North Yorkshire. This year's survey also includes specific questions about violence against women and girls.

Anyone who has been a victim of violence, felt unsafe or been affected by violent crime can take part in the survey to help improve services and support going forward.

The survey is open until Friday 4 July 2025 and can be accessed here: <https://www.smartsurvey.co.uk/s/ViolenceSurvey>

Data shows that between April to September 2024, serious violence fell by 10% in York and North Yorkshire compared to the same period in the previous year. This year's survey will be used to continue to improve support to victims and to reduce violence in the future.

How to save water this summer

It's been the driest start to the year since the 1950s and we need your help. It's so lovely to have some proper sunny weather in Yorkshire, but did you know it's been the driest combined February, March and April for almost 90 years?

Little or no rainfall = low reservoir levels.

It's important we're all mindful of how we're using water and do our bit to use it wisely, especially while our reservoirs are low. That's why North Yorkshire Council would really appreciate your help in getting their water saving messages out to students and their families.

The attached poster gives information about easy ways in which we can all help save water this summer.





KING JAMES'S SCHOOL
KNARESBOROUGH

**** Free School Talk For Parents Who May Be Dealing With EBSA ****

**Monday 23rd June 7 -8:30pm
Sixth Form Common Room**

Understanding Emotionally Based School Avoidance (EBSA): A Collaborative Approach with Lisa Poole

The term *school avoidance* doesn't always capture the full picture of what some children are going through. Emotionally Based School Avoidance (EBSA) is a complex and deeply felt experience — it's not about a child simply refusing to go to



school. For many families, it's not a matter of "won't" but "can't."

If your child finds attending school difficult, you're not alone. And it's not a failure on anyone's part—not the child's, not the parents', and not the schools. Instead, it's a signal that something needs attention, curiosity, and compassion.

This session invites parents into a shared space of understanding. Together, we'll explore some of the emotional and neurobiological reasons behind EBSA, offering insight into what children might be trying to communicate through their distress and how we can support them going forward.

Click [here](#) to register

Save water in your home

From making a brew, to flushing the loo, we're constantly using water in our homes. Here's a few tips, that may seem small, but can go a long way to help you save!

Short but sweet

Swap to a shower instead of a bath and challenge yourself to a 4 minute time limit!

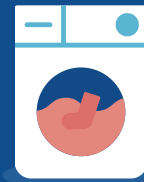
Use less to clean

Avoid pre-rinsing dishes – scrape them instead.



Save loads on your loads

Only start a cycle on your washing machine or dishwasher when you've got a full load and select the eco-setting if you have one.



Check for leaks

Check your taps regularly for signs or sounds of leaks. A tap dripping at a rate of 1 drip per second loses over 12,000 litres per year! (Waterwise UK)



Did you know?

A leaky loo can waste up to 400 litres of water a day, so fix those loos and dripping taps to make a big saving.

 **Use less.
Save more.**

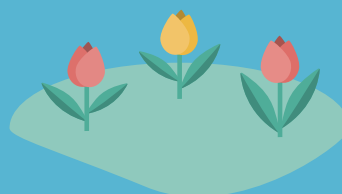

YorkshireWater

Save water in your garden

**Whether you're a keen gardener,
or simply want to keep your garden
thriving, making a few small
changes can make a big difference.**

Leave your lawn

Don't worry about watering your lawn, it'll bounce back when it rains.



Put down the power washer

Using one to clean your car or patio can waste up to 700 litres of water.



Use a watering can

Use a watering can instead of a hosepipe and make sure you water your plants early in the morning or in the evening when it's cooler, so the water doesn't evaporate.



**Come rain or shine it's really
important to save water
where you can, so there's
enough for everyone.**

**For more, easy water saving tips
Visit: yorkshirewater.com/save**