

King James's School Newsletter



Inside this issue:

- Message from Ms Oakley
- Parking and Road Safety Reminder
- Athletics News
- The Week Ahead
- Football News
- Careers
- UKMT
- Beth Shalom Holocaust Centre
- KJS Studio Production
- Attendance
- Library Book Returns
- Reading
- Mental Health Awareness Week

Parking and Road Safety Reminder

Please help us keep all children and families safe at the start and end of the school day by driving and parking considerately around the school site.

We kindly ask parents and carers to:

- Avoid waiting or parking on double yellow lines
- Do not stop in areas that block visibility for pedestrians or other drivers
- Take extra care when pulling in or moving away from the kerb
- Ensure children exit vehicles safely onto the pavement side where possible
- Check carefully for cyclists, pedestrians and passing traffic before opening car doors
- Be respectful of our neighbours' driveways and access points

Thank you for helping us maintain a safe environment for everyone in our school community.



Message from Ms Oakley

Dear parents, carers and students,



Curriculum Update:

On Thursday a letter was sent home about the curriculum changes that will be implemented from September. Thank you for the positive feedback as we implement these exciting changes.

Students' Have Their Say!

A highlight of this week has been meeting with groups of students in Years 10 and 8 with Ian Yapp, a member of our governing body. Thank you to India R, Sofia M, Eben P, Millie F, Ella S, Rosie G and Sam B for your honest opinions and insight into life at King James's School.

Praise – Praise – Praise

Congratulations to our students who have excelled on the athletics tracks and football fields! It's been brilliant to get regular updates from the PE department about your performance and equally wonderful to hear how you have conducted yourselves.

Praise also goes to our students who attended the Religious Studies trips to the Holocaust Museum. Not only have staff spoken to me about how well-behaved you were but we have received positive feedback from the coach drivers and museum staff.

And finally, it would be remiss not to praise our Year 11 and Year 13 students for their continued resilience during this examination period. Well done to all of you for your outstanding attitudes and engagement with revision sessions.

Kind regards,

Miriam Oakley
Headteacher

Athletics News

On Tuesday, over 55 students competed in the first round of the English Schools Athletics competition.

The students were superb and a credit to King James's School. They performed exceptionally well, giving their best in every event. Three out of the four teams have now qualified for a regional final. A particular mention must go to the Year 9 & 10 boys team who scored the highest points in the North East. They will now be competing in the A Final for a place in the National Finals! Good luck to all.



The Week Ahead: 18th May 2026

Day	Event	Year	Time	Location
Mon				
Tue	A-Level Geography Coastal Trip Leeds Book Awards Ceremony	12	All day 1.00pm	
Wed				
Thur				
Fri	First half summer term ends			

Football News

Congratulations to the Year 10 boys football team, and Mr Berry, who have had a really successful year in football.



They won the North Yorkshire County Cup on Monday, beating Ermysted's Grammar School 3-0. Goals came from Oscar S, Jed P and Max L. A great team performance and a well deserved win.

They are also through to the Area Cup Semi Final where they are due to play Queen Ethelburgas in the coming weeks.

Best of luck to the boys for the rest of the season.



This week, the Year 8 boys played St Aidan's School and the Year 8 girls played Fulford School in the finals. Despite both teams losing out to tough opposition, to be runners up in the County Cup is a fantastic achievement and they represented KJS with pride.

The U15 girls team played Queen Ethelburgas in the semi-final of the Area Cup this week. They played some excellent football and showed great team spirit. They won 7-0 with goals from Issy T, Liv B, Amy D & Daisy G. Everyone gave their all until the final whistle. Well done and now, onto the final!

Well done to all the teams, and thank you to all those members of the PE staff who have coached and supported the teams throughout.



Careers

To help support students making informed decisions about their next steps, students in Year 10, 11 and 12 have full access to our online Careers platform, Xello.

Xello is a valuable careers tool designed to help students explore a wide range of Post 16 and Post 18 pathways available to them including sixth form, college, apprenticeships, university and employment.

Students have had the opportunity in tutor time to log into Xello, complete the interests, strengths and aspirations information and explore the matched career pathways.

Students are able to access Xello from home by going to the school website, clicking on quick links which will enable them to click on student intranet. Once they are on the student intranet page they will be able to access Xello by clicking on the Xello icon.



We strongly encourage parents and carers to explore Xello together at home. Xello will help you to work together as a family to build a clearer vision for the opportunities ahead.

If you need any further support on accessing Xello, please contact careers@king-james.co.uk.

UKMT News

Junior Maths Challenge

At the end of April, 120 Mathematicians in Years 7 and 8 took part in the UK Mathematics Trust's Junior Maths Challenge, representing their houses in the process. We were delighted to receive the results this week. King James's pupils were awarded 15 silver awards and 25 bronze awards.



Special congratulations to Theo M in Year 8 for achieving the "Best in School" accolade and Theo B who got the best score in Year 7.

Intermediate Kangaroo Round

You will recall that after the Intermediate challenge earlier this year, two KJS pupils qualified for the follow-on round named the "kangaroo". Qualification itself is an exceptional achievement; we were therefore really proud that one of the pair, Stellan C in Year 10, who is also a Maths Subject Ambassador, not only qualified but also achieved a silver award for this round.

This is one of the best performances we have seen in a follow-on competition in many years – well done, Stellan.

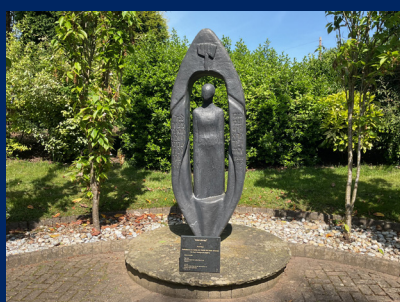
Visit to Beth Shalom Holocaust Centre

This week, KJS RS department took 100 Year 9 students to Beth Shalom Holocaust Memorial museum. We were so lucky to be able to listen to Steven Frank's testimony. Steven delivered his testimony to 50 students on two consecutive visits. His story was compelling; one of kindness, courage, and suffering. A testimony that was heartfelt by all who attended.

Our students were superb and asked some very poignant questions. They were a credit to the school.

The opportunity to hear these testimonies is becoming harder as the years pass, but these remarkable, heartbreaking stories of children in the Holocaust are an important historical record of the tragedy of the Holocaust and a tribute to those who survived.

We will continue to visit the centre annually.



KJS Studio Production

"Winging It!" is two nights of completely, 100% improvised performance comedy. We have no idea what will happen. Our students will create a show based on your suggestions. There is no script, no safety net. It will be fun, it will be chaotic and it can never be the same show twice!

The Studio Production will take place on 16th & 17th June 2026 in the Balcony at 6pm. Tickets are available from the Drama office at lunchtime on Mondays, Wednesdays and Fridays. £5 each or £8 if you get a ticket for both nights! Get yours before it sells out!



Attendance

Sleep is essential for young people's physical health, emotional wellbeing, brain development, and academic performance. Teenagers typically need between 9-10 hours of sleep each night, meaning a 7am wake up ideally requires a bedtime of 9-10pm.

With exams underway, good sleep is more important than ever. A well-rested brain improves concentration, memory, emotional regulation, and resilience to stress.

Many parents experience regular struggles around bedtime, and some of this is linked to normal changes in puberty. Teenagers experience a delayed sleep phase, meaning the sleep hormone melatonin is released later at night, making it hard for them to fall asleep early.

Other factors affecting sleep can include:

- Academic and social pressures
- Excessive screen time
- A desire for independence and control
- Anxiety and overthinking
- Disrupted routines after weekends and school holidays

	Whole School	Y7	Y8	Y9	Y10	Y11	Y12	Y13
4th-8th May	89.74%	94.5%	91.76%	87.87%	87.04%	87.49%	94.16%	91.08%

Tips to support healthy sleep habits

- Maintain a consistent sleep and wake routine where possible
- Encourage a wind-down period 30 – 60mins before bedtime
- Limit screen use before sleep and remove devices from bedrooms overnight
- Use downtime setting on devices to reduce temptation
- Help young people manage worries through talking, journaling, or relaxation techniques
- Encourage regular exercise and time outdoors
- Monitor caffeine intake, particularly later in the day

There is rarely a quick fix to sleep difficulties, but consistency, support, and encouragement can make a significant difference over time. For further advice and support, please visit <https://teensleephub.org.uk/>

100% SPRING 2-WEEK ATTENDANCE CHALLENGE

Complete the challenge for your name to be entered into the draw.



FROM TUESDAY 5TH MAY - FRIDAY 15TH MAY

ATTENDANCE MATTERS



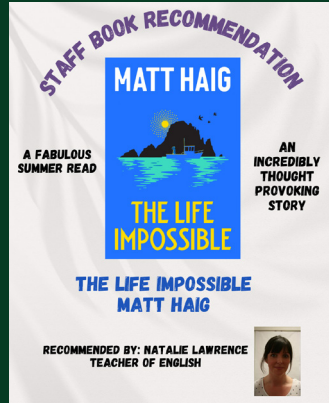
Library Book Returns

Just a gentle reminder that all library books should be returned by Friday 22nd May.

While we prepare the book stock for the next academic year, students are encouraged to explore our two digital libraries, myON and Wheelers ePlatform. Please follow the links below to access these resources. If students have forgotten their logon details, they are welcome to drop by the library during morning break or email library@king-james.co.uk.

<https://www.myon.co.uk/login/>

<https://king-james.eplatform.co/>



Mental Health Awareness Week

During this year's Mental Health Awareness Week, our school community came together to explore the theme of "Action."

Miss Jarrett put together a powerful PowerPoint with key messages and an activity highlighting the importance of mental health and how we can help ourselves and others. In form time, students took part in thoughtful discussions about what mental health means in daily life and, importantly, how we can move beyond awareness and take meaningful action.



This year's theme 'ACTION' highlights a simple but powerful idea:

Understanding mental health is only the first step—real change comes from what we do with that understanding. Students reflected on how small, everyday actions, whether looking after themselves or supporting others, can have a big impact. From checking in on a friend to taking time to rest and recharge, these habits help create a school culture where everyone feels supported, safe and valued.

Turning Awareness into Action

Across all year groups, students showed incredible insight into what "taking action" really looks like. Miss Jarrett collaborated the responses into posters and they have now been showcased on screens around school on the screens to celebrate and share these positive ideas.

Taking Action for Your Own Mental Health

Students highlighted the importance of balance and routine. Key themes included:

- Healthy habits – getting enough sleep, eating well, and managing screen time
- Staying active – walking, exercising, and spending time outdoors
- Connecting with others – talking to friends, family, or trusted adults
- Relaxation and self-care – listening to music, reading, or taking time to unwind
- Hobbies and creativity – engaging in activities they enjoy
- Managing stress – breathing techniques, reflection, and putting less pressure on themselves

Key message: A healthy mind comes from a balance of rest, activity, connection, and enjoyment.

Mental Health Awareness Week continued....

Taking Action for Others' Mental Health

Students' ideas about supporting one another:

- Checking in – asking “Are you okay?” and really listening
- Being kind – showing respect, giving compliments, and avoiding negativity
- Listening without judgment – offering support without trying to fix everything
- Including others – making sure no one feels left out
- Spending time together – encouraging friendships and shared activities
- Noticing and acting – being aware of changes and seeking help when needed

Key message: Kindness, listening, and inclusion can make a real difference in someone's life.

Random Acts of Kindness: Giving Back to Staff

Alongside the form time activities, Miss Jarrett also had the pleasure of working with students on a Random Acts of Kindness initiative to give something back to our hardworking staff. A number of students from each year group were randomly selected and given a special card reading: “Give this to a staff member who...” followed by a range of thoughtful prompts. Students had complete independence to choose any member of our school community to recognise. For some, this was a difficult decision-highlighting just how fortunate we are to have so many caring and supportive staff. In the end, students selected individuals from across the whole school, including:

- Teachers
- Pastoral teams
- Support staff
- Reception staff
- IT team
- Kitchen staff



Each card was delivered alongside a small cupcake as a token of appreciation. The responses were truly heartwarming. We saw shock, smiles, happy tears, and many staff members were genuinely lost for words. For many, it was a simple act that made a huge difference to their day. It was a lovely reminder of the strong relationships and appreciation that exist within our school community.

If you would like to see the acts of kindness, a short video has been put together and is available via the link below, as well as on our @KJS_Cares

<http://www.king-james.co/media/20260515-141534000-iOS.mp4>

Building a Supportive School Community

One of the strongest messages from students was that mental health is everyone's responsibility. It's about the environment we create together—where people:

- Feel safe and respected
- Are included and valued
- Know they can speak up and be heard

No single action changes everything, but when everyone takes small steps, the impact is powerful.

A Message to Our Students

Your ideas, honesty, and creativity have been inspiring. The actions you suggested aren't unrealistic—they are real, achievable steps that can genuinely improve wellbeing across our school. This week has reminded us that: Awareness is important—but action is what creates change. If you or someone you know needs support, please remember that help is always available. Speak to a friend, family member or any trusted adult in school—we are all here for you.

Let's continue to look after ourselves and each other and take action,

Miss Jarrett- Student Health & Wellbeing Coordination

#KJS_CARES
YOUR WELLBEING MATTERS

ARE YOU WORRIED ABOUT SOMETHING...

- happening online?
- mental health related?
- in someone's behaviour
- that feels like bullying
- making you uncomfortable
- that could be abuse
- to do with a friend?

NEED SUPPORT? HERE'S WHAT YOU CAN DO:

- Speak to your tutor
- Use online support
- Talk to your friends
- helplines, or use the
- Join in activities you enjoy
- Confide App
- Stay physically active

SUPPORT IS AVAILABLE FOR ALL STUDENTS DON'T STAY SILENT

#KJS_CARES