

Friday 26th September 2025

King James's School Newsletter

Inside this issue:

- Geography Fieldtrip
- Wellbeing Ambassadors
- Assemblies
- Attendance
- Reading - Book Clubs
- Staff Reading Recommendation
- The Week Ahead
- Staff Reading Recommendations
- Careers
- Harvest Festival Collection
- KJS Talent Show
- Knaresborough Auditions for new musical

Wellbeing Ambassadors

Exciting new opportunity for years 10, 11, 12 & 13.

Become a Wellbeing Ambassador and help continue shaping a happy, healthy school community!

Open to Years 10–13 — apply by October 3rd!

See Miss Jarrett for an application sheet and return it before the deadline.

Let's make a difference together

★ ★ ★

BECOME A WELLBEING AMBASSADOR!

★ ★ ★

OPEN TO YEAR 10, 11, 12 & 13

WHAT IS A WELLBEING AMBASSADOR?



- A student who promotes kindness and wellbeing.
- Supports peers and encourages a positive environment.
- Helps shape and attend wellbeing activities and events.

WHY APPLY?



- Develop leadership and teamwork skills.
- Make a real difference in your school community.
- Be voice for student wellbeing

Deadline 3rd October 2025

For more information, contact:
Miss Jarrett, Wellbeing Co-ordinator
jarrett@king-james.co.uk

Geography Fieldtrip

Tuesday saw the Year 13 Geographers out of school collecting data for their Personal Investigations. Leeds, Harrogate, East Keswick, Knaresborough and The Holderness Coastline were the focus of their studies. Fortunately the weather held fair and unlike the previous Saturday the rain held off. The Year 13s now begin writing up their results (which is worth 20% of their final A Level grade) and the staff look forward to reading and marking their finished work.



Assemblies

Assemblies next week are varied and aim to meet the specific needs of each year group.

Year 8 & 9 have an assembly linked to World Mental Health Day with a focus on raising awareness of mental health and wellbeing and identifying strategies to help manage and support. Mr Walker will be delivering the Year 8 assembly and the Wellbeing in Mind team are delivering the Year 9 assembly.

Year 7, 8, 10, 12 & 13 have assemblies led by Mrs Cermak, which are linked to our school value of RESPECTFUL and focuses on Black History Month and encourages students to develop a deeper understanding of diversity, recognising contributions, promoting empathy and challenging stereotypes.

Year 11 have their first Post 16 presentation assembly from Ms Watson, Director of Key Stage 5, linked to our school value of ENGAGED. Ms Watson will provide our Year 11 students with everything they need to know to consider King James's School Sixth Form as one of their Post 16 options.

Year 13 have an assembly led by Miss Baker, linked to our school value of ENGAGED and focused on extracurricular, enrichment and leadership opportunities that are available for students to engage in and the importance of these in developing their personal qualities.

READY RESPECTFUL ENGAGED

Attendance

T'is the season... for coughs and colds.


No, not the big ho-ho-ho, just yet, but the time of year when seasonal illnesses start making the rounds. With more than 1,400 students in our school, it's almost inevitable that coughs, colds, and other bugs will circulate. For some children these can feel quite severe, while for others they are more of an inconvenience.

We completely understand that children may feel a little under the weather, but we ask parents and carers to carefully consider whether they are truly too unwell to attend school. Even a few days absence can have a significant impact on learning, progress, and confidence, particularly at the beginning of the school year. Wherever possible, we encourage students to come in and do what they can; teachers will always make adjustments and provide support if they are not feeling 100%.

Of course, if your child has a contagious illness such as sickness and diarrhoea, or a high fever, they should remain at home until they are fully recovered. Otherwise, attendance, even if they are not feeling their best, helps keep learning on track and maintains good habits for the future.

For further guidance please visit:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>



Should I Stay Home?

A Guide to Staying Home Sick

Knowing when to stay home from school is important for your health and the well-being of others. This worksheet outlines key symptoms that indicate you should rest at home while also reassuring you about minor ailments that are usually fine for school.

Always listen to your body! If you feel unwell, use this guide to decide whether to attend school or stay home. Those under minor symptoms are generally okay to come into school.

SERIOUS SYMPTOMS

- Sickness and diarrhoea
- High temperature
- Flu
- High temperature (38C or more)
- Recent injuries including fractures, surgeries, serious lacerations

CONTAGIOUS ILLNESS

- Chickenpox
- Measles
- Scarlet fever
- Mumps
- High temperature (38C or more)

MINOR SYMPTOMS

- Minor issues like a **sniffle** or mild cold
- Feeling anxious or worried
- Tummy ache or headache
- Slight cough
- Cold sores
- Conjunctivitis
- Mild Covid symptoms
- Mild ear ache
- Head lice
- Sore throat
- Period pain

	Whole School	Y7	Y8	Y9	Y10	Y11
8-12 Sept	94.4%	97.2%	94.8%	92.1%	93.9%	94%

Reading - Book Clubs

Reading is an essential skill, not just for school but for life. As a Reading School, it doesn't matter at King James's whether we are in the classroom or the lunch queue, we just love to chat about books! This year, there are book clubs for everyone - here are 5 reasons why you should come along and get involved:

1. Make new friends

Joining a book club is a great way to meet new people and I can guarantee it will be a lot of fun discussing and debating your favourite books.

2. You'll read more books

Our everyday lives can be very busy and finding time to sit down and lose yourself in a good book can sometimes be difficult. Having a deadline to finish reading a book is the best excuse to prioritise your reading.

3. Reading is good for your mental health and well-being

In a recent survey conducted by the National Literacy Trust, students commented that reading helped them to relax, made them feel happy, more confident and helped them deal with problems.

4. Enhance your debating skills

Book clubs offer a safe space that can help you become more confident and comfortable in group discussions giving you new ideas and perspectives.

5. It's fun!

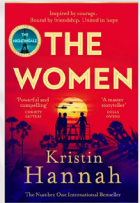
Finally, and perhaps most importantly, book clubs are a lot of fun. So, if you love books, want to love books, or have a book you think everyone should read then come along to one of the clubs below:

Mondays – Years 9/10 Book Club (Miss Gilbert)
 Wednesdays – Year 8 Royal Readers (Miss Thompson)
 Thursdays – Years 11, 12 & 13 (Mrs Middleyard)
 Fridays – Year 7 Regal Readers (Mrs Bryden)
 If you are interested in joining this club after Christmas, please see Mrs Bryden as soon as possible.

All the book clubs take place on the top floor of the library from 12:35 – 13:05. We can't wait to hear what you have been reading!

This week's Staff Reading Recommendation

Staff Book Recommendation




THE WOMEN
Kristin Hannah

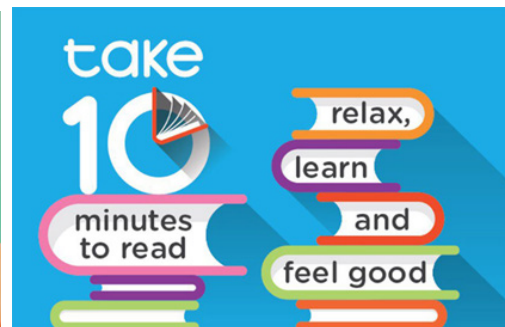
Genre: Historical Fiction
Set in the Vietnam War

Educational and emotional.
Great characters

The Women
Kristin Hannah

Recommended by: Lucy Nisner
Pit to the Headteacher





The Week Ahead: 29th September 2025

Day	Event	Year	Time	Location
Mon	Start of Cross Country Week			
Tue				
Wed	Y13 Pastoral Parents' Evening Y7 Pastoral Parents Evening	Y13 parents Y7 parents	4.00-6.30pm 4.00-6.30pm	In school In school
Thur	SEND Careers Transition Event	Invite only	4.00-6.00pm	SEN Dept
Fri				

Careers

The York College Year 11 Taster Day bookings are now open. These days provide a fantastic opportunity for Year 11 students try some of the subjects they are interested in, as well as get a feel for college life. Students should choose one of the days to attend. Students can choose which Taster Day they would like to book on to:

Tuesday 13th January
or
Thursday 15th January



There is overview information about Open Events and Taster Days on the [Events for School Leavers](#) pages . We encourage students and parents to access this page. Information can also be found on the [Events](#) pages.

Whilst students can make their booking on any device, we would recommend using a tablet or computer to view the booking screens more clearly.

Places are allocated on a first-come, first-served basis, and the deadline for all bookings is Sunday 23rd November. It is not possible to book after this date. If you need any further information, please email info4schools@yorkcollege.ac.uk.

Harvest Festival Collection

King James's School has decided to do a collection for Gracious Street church again this year to help give back to our community. In gratitude for the harvest, we will collect food and household donations that will be shared between Harrogate Homeless Project and Resurrected Bites.



Items which are currently needed include:

- Washing up liquid
- Laundry detergent
- Bleach
- Cooking oil
- Flour
- Sugar
- Mayonnaise
- Tomato ketchup
- Cooking sauces
- Tinned Peas / Carrots
- Tinned Fruit / Pears / Peaches / Fruit Cocktail
- Tinned Meat
- Cereals
- Pickled onions / Beetroot / Red Cabbage



Further information regarding the drop off point etc will be communicated in due course. Thank you for your support

KJS Talent Show

Our new KS3 talent show will be coming to our stage in December! See details below on how to get involved.



Knaresborough Auditions for New Musical

We at Yorkshire CREATE are reaching out to spread the word about our exciting upcoming production for young people aged between 12 and 18.

Orpheus: A New Musical is being taken to the Edinburgh Fringe by Yorkshire CREATE in the Summer of 2026! It follows the story of Orpheus as he travels into the underworld to find Euridice and all the challenges he must face to bring her back. We would love for the cast and crew (whether that be performers, designers, or technicians) to be made up of local theatre-lovers!

If you know of any children who have a passion for performance or could make an amazing creative contribution to our production, please encourage them to attend our audition on Wednesday, 8th October, from 7-8.30 pm at Hexagon House, Grimbald Crag Close, Knaresborough, HG5 8PJ. Auditions can be secured at the link below.

<https://bookwhen.com/yorkshirecreate/e/ev-sk47-20251008193000>

There will be many chances for performance in the lead up to the Fringe in August 2026. We will be taking Orpheus to Ripon Theatre Festival in July and Knaresborough's feva Festival in August.

All in the company will be able to develop their skills, supporting Duke of Edinburgh participants, as well as having the opportunity to complete Arts Award Bronze, Silver or Gold qualifications along the way! To find out more, come along to the audition or email us at admin@yorkshire-create.co.uk.



Empower



Are you aged 14-17?

Want to feel better about yourself?

"...no pressure to talk about anything if you don't want to."

"I feel more aware of myself."



8 sessions, all FREE

Talk about real stuff

Trained counsellors

Positive group work

Our next Empower course...

Thursday 2 October 2025
6.30pm-8pm

Where..

WellspringHouse,
78 High Street,
Starbeck, Harrogate,
HG2 7LW

Contact Jo & Jane to find out more...

✉ empower@wellspringtherapy.co.uk

☎ 01423 881 881

wellspringtherapy.co.uk/youth/empower/

Registered Charity, number 1100420, and a Company limited by guarantee, Number 4728509

"I love coming because I feel seen and I don't feel weird."



Open Evening

Thursday 9th October 2025

'TO SET NO LIMITS ON WHAT WE CAN ACHIEVE'

King James's School
King James Road, Knaresborough, North Yorks, HG5 8EB
Website: www.king-james.co.uk | Telephone: 01423 866061