

Friday 11th October 2024

# King James's School Newsletter

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## Message from the Headteacher

What an amazing Open Evening we had last night! Thank you to parents of Year 6 who came for a look round, and to students who helped showcase departments or guide families around the school. There was a real buzz around the building – so much fun and excitement, and lovely to see staff and students so proud of their school.

Clare Martin  
Headteacher

## Knaresborough Youth Council

We are very excited to tell you about a new Youth Council that is being set-up in Knaresborough to allow young people from Year 6 to Year 13 to raise & discuss issues that are affecting them or their community - giving young people a voice!

Getting involved in the Youth Council could also provide experience in fundraising & bid writing, setting meeting agendas & chairing meetings, and knowledge about how local democracy and elections work. Youth Council meetings are likely to be held straight after school in a community venue in Knaresborough (including snacks!), and students would just require collecting after the meeting by parents/carers.



KJS has 2 places on the council in September, for an elected 'Youth Councillor' and a 'Deputy Youth Councillor' to represent those who are home educated. If students would be interested in taking part in the Youth Council and would like to nominate themselves, they should submit the following to us: Write 150 words on your personal strengths and 2 big issues you would like to work on, that young people are facing.

Please find below links to forms for students to submit their statement of values on and return to the address below (post box or by email) by Friday 11th October 2024.

<https://www.king-james.co.uk/wp-content/uploads/2024/10/Covering-letter-and-more-information.docx.pdf>

<https://www.king-james.co.uk/wp-content/uploads/2024/10/NEW-Knaresborough-Youth-Council-potential-participants.pdf>

Inspire Youth Yorkshire, 9-10 Half Penny Close, Knaresborough HG5 0TG  
youthcouncil@inspireyouth.uk Competition to design a logo?

We would also like your help in designing a logo for the new Knaresborough Youth Council and therefore we are running a competition, which is open to all students currently in Year 6 to Year 13, to submit a logo design by Friday 11th October 2024 (to the details above – by post box or email). We are happy to take pencil/pen drawings or designs created digitally, as the finished design will be edited to allow it to be used for high resolution print or online. We very much look forward to hearing from you.

## Assemblies – week beginning 14th October

Next week is House assembly week. House assemblies foster a sense of unity and bring students from Year 7 – 13 together in a supportive atmosphere to recognise participation, celebrate achievements and promote opportunities.

- Tuesday – Nidderdale House Assembly led by Mx Joynson
- Wednesday – Wharfedale House Assembly led by Mrs Northcott
- Thursday – Swaledale House Assembly led by Mr Bell
- Friday – Airedale House Assembly led by Mr Phillips



## Sixth Form News

The recent Sixth Form Cake Sale raised a total of £362.00 which will be split between Macmillan Cancer Support and Mind. We had some absolutely beautiful & delicious student & staff home made bakes - Star Bakers are shown here.



Congratulations go to Sam O-H in Year 13 who achieved his Cadet Leader Award at St John's Ambulance at the weekend.



Our Year 13 students who have applied to study medicine at University had a very informative and insightful visit from Dr Sudip Badhuri, to talk about careers in healthcare and provide them with some interview advice and guidance. The students really enjoyed the session and gained a lot from it, Dr Badhuri also commented that he was very impressed with the students and their enthusiasm and informed questions.

### YEAR 12 TUTOR GROUPS CHALLENGES - AUTUMN TERM A

Challenge 1: to fly a paper aeroplane the farthest distance - winners: 12A1 Mrs Andrews & Dr Child

Challenge 2: to build the tallest spaghetti & marshmallow tower - winners: 12S1 Mrs May

Challenge 3: to take the best perspective photo - winners: 12W1 Mrs Symington & Mr Gordon

Challenge 4: to draw/ design/build a Sea Monster - winners: 12N1 Mr Aughton



## Restart a Heart Day



On Wednesday 16th October we have Yorkshire Ambulance Service staff visiting us to teach students in Year 8 how to perform CPR. King James's are one of 171 secondary schools across Yorkshire taking part in the event.

## Thought for the Fortnight

The Thought for the Fortnight for week beginning 14th October is linked to the work we are doing that is focused on mental health awareness.



"You don't have to control your thoughts. You just have to stop letting them control you" (anon)

Key takeaways are:

- It's human to have thoughts. It means you have a healthy and functioning brain
- It's impossible to completely silence your mind, but it is possible to be less controlled by your thoughts & far more present & peaceful.
- To help with focusing more on the present, try a grounding technique such as: Take a moment to pause and name: 5 things you can see around you, 4 things you can touch or feel, 3 distinct sounds you can hear, 2 things you can smell, 1 thing you can taste. This exercise anchors you in your surroundings, helping you to appreciate the present moment.

## Harvest Collection Supporting Gracious Street Community Church

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 and Resurrected Bites. Items which are currently needed include:



- Long-life milk
- Coffee
- Sugar
- Tinned fish
- Tinned tomatoes
- Tinned veg & fruit
- Tinned desserts
- Jams & spreads
- Rice/noodles
- Flour
- Biscuits
- Toilet roll
- Toothpaste
- Deodorant
- Shaving foam/gel
- Shampoo
- Cleaning products e.g. washing up liquid, detergent, laundry detergent, bleach.

You are welcome to bring your donations to School and leave at reception. We will start collection from 7th October and will be running up to and including Friday 18th October 2024.

## Reading News

We are delighted to be taking part in BookBuzz organised by the charity Book Trust with Year 7. All pupils in Year 7 will be receiving a book of their own to keep shortly before Christmas. At the launch last week, pupils listened to the 16 shortlisted authors



give 30 second pitches of their books and are now busy making the exceedingly difficult choice of which one they would most like! Our library team have been supporting pupils with this in their accelerated reader lessons. Many thanks to parents who have made a voluntary financial contribution towards this, the option is still available on ParentPay if you would like to support us.

On Thursday, the whole school took part in the #take10toread campaign run by the National Literacy Trust which seeks to emphasise the link between reading for pleasure and positive wellbeing. All pupils were read to by their subject teachers for 10 minutes at 10am.

Please continue to support our mission as a reading school by encouraging your child to use the school or town library or join one of our in-school book clubs. Just 10 minutes reading per day can have a profound effect on mental health, social skills and wider academic achievement.

## Halloween Family Open Day at Allerton Waste Recovery Park - 30th October

Looking for something fun to do this October half term?

Allerton Waste Recovery Park is hosting a FREE Halloween Family Open Day on Wednesday 30 October 2024.

There will be upcycling activities, hands-on composting demos with the North Yorkshire Rotters, and loads of tips on how we can all reduce, reuse, and recycle. Tours of the waste site (for ages 7+) will run at 11am, 1pm, and 3pm. Come along and discover what really happens to our rubbish in North Yorkshire.

Book your free spot here: [Eventbrite](https://www.eventbrite.com) or email [thaliacomms@thalia.co.uk](mailto:thaliacomms@thalia.co.uk). For more information visit [Thalia.co.uk](https://www.thalia.co.uk). Contact email: [thaliacomms@thalia.co.uk](mailto:thaliacomms@thalia.co.uk)

## The Week Ahead: 14th October 2024

Day	Session	Year	Time	Location
Mon	Y11 Art Mock Exam	11	All day	Art
Tue	Y11 DP Mock Exam Research Day 1	11		
Wed	Restart a Heart	8	from 9.00am	S1
Thur	Mock A-Level Music Performance Exam	13	2.15pm	Music
Fri	DofE Silver Assessed Expedition Wear it Pink Fundraiser starts	9	9.00am	



Tees, Esk and Wear Valleys  
NHS Foundation Trust

# Parent ADHD Session

**A Wellbeing in Mind Team & CAMHS  
webinar to provide information,  
resources, practical ideas, and  
strategies to support  
children & young people with ADHD**

**Date and Time**

**Tuesday 22<sup>nd</sup> October at 5.30 – 6.30 pm**

**To Join the Meeting  
Click on the LINK below  
Microsoft Teams**

**[Join the meeting now](#)**

**Meeting ID: 357 929 456 384**

**Passcode: TsDvW4**

**[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_N2YzNGQ1N2MtNDY5Mi00MDJILWE5NDItY2M4NWQ3ZTgyMWY0%40thread.v2/0?content=%7b%22id%22%3a%2237c354b2-85b0-47f5-b222-](https://teams.microsoft.com/l/meetup-join/19%3ameeting_N2YzNGQ1N2MtNDY5Mi00MDJILWE5NDItY2M4NWQ3ZTgyMWY0%40thread.v2/0?content=%7b%22id%22%3a%2237c354b2-85b0-47f5-b222-)**

*Wellbeing in Mind Team – Team of NHS staff working with schools to provide advice, support, and training on wellbeing issues, as well as forming a link between school and other services supporting young people. This work includes direct support for young people experiencing mild to moderate mental health, such as anxiety and low mood, support to utilise online resources and develop skills, as well as classroom-based educational sessions in conjunction with the school's pastoral team to improve knowledge and understanding about wellbeing.*