



Today's Prayer

Listen or read the Prayer for the Day and join in with thousands of others saying these words.

[Today's Prayer | The Church of England](#)

Issue No 31

Friday 20 May 2022

Dear Parents and Carers

It is great to see many of the normal elements of education flourishing once again at the school and it is a delight to see our Silver Duke of Edinburgh expedition setting off this weekend. We wish them the best of luck and look forward to hearing about their accomplishments.

It was a joy to listen to the depth of talent which King Edward's students possess in the Open Mic music event this Wednesday. We are lucky to have so many gifted musicians and are committed to supporting them in providing performance opportunities. See under for more.

Year 11 have been exceptionally focused throughout this week and we wish them good luck in their second week of examinations. As always, we ask that any Year 11 who is finding the going tough to reach out to someone in school as we will do whatever we can to help at this stage.

Parent Governor Election Result

Thank you to everyone who cast their vote. Brooke Wyatt has been elected to our Governing Body.

Language Options for Year 7 and Year 8 Students

- **Year 7 students only**

In Year 8, students have one lesson per week of French, and one lesson per week of either German or Spanish. If your child is currently in Year 7 they will need to choose their language options by completing this form: <https://forms.office.com/r/rZbgCnUg4P>



- **Year 8 students only**

Next year, Year 9 students will learn just **one** language (four lessons per fortnight). This will enable them to study the language in more depth and ensure that they are better equipped to continue that language at GCSE level. If your child is currently in Year 8 they will need to choose their language option by completing this form: <https://forms.office.com/r/1EJ1QhgHyG>



Open Mic

Mrs Fouracre-Smith said "a big well done and thank you to all the students who performed at our summer open mic event on Wednesday. It was a pleasure to hear you all perform. To see students across year groups performing in a wide range of styles; from grade 1 piano solos, pop songs, musical theatre, funk, punk pop, britpop, power ballads and original rock compositions is fantastic! My favourite thing about this event is that it gives space to students with all levels of experience a chance to get up and perform music they enjoy and build their confidence as musicians and performers."



Visiting students from Thailand

On Friday we said goodbye to the group of Thai students who spent two weeks with us to sample life in an English school. Thank you to teaching staff who welcomed them into their lessons and to the students who they were buddied with.



Cathedral Activities in Half Term

This half term holiday the Cathedral is running free activities on Tuesday 31 May 2022, for anyone in Year 6 and above. They will be making pebble mosaics for the patio and hammering leaf prints on the bunting – come and make your mark! For the evening, we will be having a fire pit and toasting veggie marshmallows and Starbursts.

You can find us at The Yard, across the green opposite the Cathedral café doors (to the rear of the shop).

Tuesday 31 May 2022. Choose from 11.00-1.00pm, 2.00-4.00pm and 6.30-8.30pm. Please pre-book, limited spaces available. To book please contact janedow@stedscathedral.org



'NHS 111 Option 2'

We would like to share with you information about a new service for Mental Health Support. **NHS 111 Option 2** is a helpline for people of all ages in Norfolk and Suffolk who need urgent mental health support. The helpline is available all day, every day.

If you are experiencing something that makes you feel unsafe, distressed or worried about your mental health phone the helpline on 111 and select option 2. Proactive strategies useful for everyone in increasing mental health levels can be found here:

[5 steps to mental wellbeing - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Safeguarding

We would also like to share news from Ormiston Families. The Breaking Barriers service is a free 1:1 service, offering a series of 6-8 interventions to children and young people affected by the imprisonment of a loved one.

The project aims to support families in West Suffolk who may be struggling with supporting their child(ren) and are experiencing the hardships of familial imprisonment. By providing a safe space to talk, play and express themselves, we enable children and young people to explore their feelings. We help them to break down some of the barriers that may prevent them from engaging with school or family, and from maintaining positive ties (as appropriate) with their imprisoned family member.



For further information please contact Rebecca Adams
Rebecca.Adams@ormistonfamilies.org.uk Web site: www.ormiston.org



Deri O'Regan

Reluctant Reader Tip 21: Try biographies/autobiographies that interest your child. Recent student favourites have been *Maddie Diaries* by Ziegler & *The Greatest* (Muhammed Ali) by Walter Dean Myers.

Dates for your Diary	
Term dates for next academic year 2022-2023 are now on our website.	
Sat 21 May – Sun 22 May 22	Y10 DofE Silver Practice expedition
Fri 27 May 2022	Y7/8 Deadline for Language Options
Tues 31 May 22	Deadline for opt-in applications for school transport
Mon 30 May – Fri 3 Jun 22	Half Term
Sat 11 Jun – Sun 12 Jun 22	Y9 DofE Bronze Qualifying expedition
Fri 17 Jun 22	'& Juliet' Theatre Trip London
Thu 23 Jun 22	Y11 leavers' day
Tues 28 Jun 22	Y11 GCSE Exams end
Weds 29 Jun 22	Y11 National Exams Contingency Day
Thu 30 Jun 22	HPV Vaccinations Years 8, 9 & 10 (2 nd date)
Thu 30 Jun 22	Y11 Prom at Blackthorpe Barn
Fri 1 July 22	School closed in lieu of the extra Jubilee Bank Holiday
Mon 4 July 22	PD Day school closed to students
Sun 3 – Wed 6 July 22	Y9/10 Paris Trip
Fri 22 July 22	First day of Summer Holidays



Suffolk and North East Essex

Walk-In COVID Vaccination Clinic

no bookings, just turn up

Please do not contact the centre

If you have queries please go to www.sneevaccine.org.uk
or call the NHS patient helpline 0344 257 3961
Alternatively the vaccinator will be happy to answer your questions on the day.

NHS VACCINATION BUS

ARC Shopping Centre

Bury St Edmunds
IP33 3DG

Wednesday 25th May

10.00 – 17.30

First & second dose 12 years plus
Booster dose 16 years plus
4th dose available for 75 years plus

*(4th dose must be at least 6 months since your booster)

Please check vaccination eligibility against latest government guidelines
www.sneevaccine.org.uk/what-you-need-to-know/tags/

If you suffer from anxiety or have a needle phobia and wish to discuss the process; please come and speak to a member of our team who are more than happy to talk you through the process with no obligation

Thought for the Week

‘It takes 20 years to build a reputation and five minutes to ruin it.
If you think about that, you’ll do things differently.’

Warren Buffett

All past issues of this Newsletter are available [on our website](#).