



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](#)

22/23 Issue No 5

Friday 7 October 2022

Dear Parents and Carers

Thank you for everyone who supported the Open Evening last night. It was great to show off the school and the wonderful activities happening here. Year 6 parents were extremely impressed with what they saw and appreciated the opportunity to talk to teachers about our curriculum and learning.

Very few state schools are lucky enough to have a strong Alumni association like ours. Please take some time this week to look at the Old Burians website. [Home - Old Burians Association](#) It's worth noting that they have a small charitable trust which supports young people from the school wanting to engage in extra-curricular activities. If you are an ex-student it would be great for you to get involved. This is a good way to engage with the school and give to the wider King Edward's community.

Thank you to everyone who has prioritised and supported our high uniform standards. It makes such a difference to the school community when we do not need to challenge students on their uniform. If you are struggling to pay for school shoes due to financial difficulty please speak to your child's Head of Year or drop a discrete email to head@king-ed.suffolk.sch.uk and we will do everything we can to support in these tough times.

Drama Trip to London

Last week a group of Year 10 and 11 Drama students went to London to see three shows and to take part in a workshop. They were complimented on their behaviour everywhere they went.

Alec Robertson Year 10, said, "The Drama trip to London was certainly one to remember. We experienced a wide variety of theatrical

pieces ranging from the horror of The Woman in Black to Shakespeare's The Tempest as well as the amazing Lion King performance. I loved The Woman in Black even though it terrified me, it was a very well put together show. The Lion King had amazing puppeteering and musical elements - a must see show!"



Tips for children with ADHD (and anyone who finds studying hard) for revision and home learning.

From a teacher with ADHD!!

People with ADHD find revision and studying independently hard for three main reasons:

1. Motivation
2. Distraction
3. Difficulty prioritising tasks

[Click here to see a document containing a few ideas to help.](#)

BCY Prayspace for all students



POP-UP PRAYSPACE

Do you need a space to pray, reflect, chill, think or off-load?

Join us in the Foundation Room on Monday lunch times
Bring your lunch

BCY Bury Christian Youth

Job Opportunity - Food & Nutrition Technician

Are you looking for term-time employment? We want to recruit a Technician to help within our Food & Nutrition team. Don't be put off by the words Food & Nutrition, or indeed Technician! More importantly we need someone who is well-organised and can use their own initiative.

Daily tasks include weighing out and preparing food for our teaching staff to use in lessons. The position is 39 weeks a year, which is term time plus five days (training days), 22½ hours a week which is 9.00am-1.30pm Monday–Friday. This is a job share position and lots of support is available.

If you would like more information about the position or to have a chat, please contact Sarah Trueman, HR & Training Manager, on 01284 716180 (option 3) or email slt@king-ed.suffolk.sch.uk

Salary info: Hourly rate = £9.98 (with a pay award pending) plus holiday allowance.

How much sleep do young people need?



As mentioned during Mediawatch in tutor time this week, children and teenagers require more sleep than adults, usually about 8-10 hours of sleep per night. If you or your child are struggling to sleep, this article from The Source might help create a healthier routine, improve behaviour, concentration and mood.

<https://www.thesource.me.uk/health/sleep/>



The Source is managed by the Engagement Hub within Children and Young People's Services at Suffolk County Council, working to support children, young people and families. The Source website is a key part of that support, it's accessible to everyone and hosts for a wealth of knowledge and support on a huge range of topics.



Deri O'Regan

Dates for your Diary	
Fri 21 Oct 22	PD Day (school closed to students)
Mon 24 – Fri 28 Oct 22	Half Term
Weds 9 Nov 22	Rock & Pop Showcase
Fri 11 Nov 22	Remembrance Service at the Cathedral (Y7 & Y9)
Fri 11 Nov 22	Theatre Trip to Stratford-Upon-Avon (Y10 & Y11)
Weds 7 – Fri 9 Dec 22	School of Rock performance

Thought for the Week

'Talent hits a target no one else can hit. Genius hits a target no one else can see.'
Arthur Schopenhauer

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