



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 25

Dear Parents and Carers

Farewell to our Caretaker

At the end of next week, we say farewell to Gary McDowell, our Senior Caretaker, who has been a friendly face around the site for almost 25 years. He is always helpful and accommodating. Gary will be very much missed but we wish him well for his retirement.



Thank you to students, parents and staff who contributed to our Comic Relief fundraiser. We raised a total of £1,258.76 on Friday from the non-uniform day for Comic Relief. Adding this to the JustGiving page, and the grand total is now **£1,584.00!**



Friday 24 March 2023

A busy week for Football

Our Under 12 Football Team face Thurston College in the West Suffolk Cup Final on Monday 27 March 2023. The fixture starts at 4pm and will be played at the Ipswich Town training ground at Playford Road.

Our Under 16 Girls Football Team have two big games next week:

- On Tuesday 28 March 2023 they face Stowupland in the West Suffolk Cup Final. The fixture starts at 5pm at Bury Town's Ram Meadow stadium
- On Thursday 30 March 2023 they play Alde Valley in the Suffolk FA Schools Cup Semi-Final at home at 3pm

Any support for the teams would be very welcome.

Good Luck to both teams!

Five-day adventure away from home 15 – 17 year olds.

National Citizen Service (NCS) is an exclusive experience for 15–17-year-olds, giving them the opportunity to build skills for work and life on a 'five day away from home' residential. The NCS team will be coming into King Edward VI School to present the 'away from home' opportunities to our students on 28 March 2023.

To find out more or how to sign your teen up visit the NCS website <https://wearencs.com/head-away-from-home> to secure a place. We strongly encourage you to discuss this opportunity with your teen beforehand, so they are ready to express their interest and secure a place.

Hygiene Reminder

We are seeing an increase in absence due to sickness this term, could parents remind their children to wash their hands regularly throughout the day to reduce the spread of viruses.

Supporting Young People's Mental Health

With a fifth of children unhappy about their mental health, the Norfolk and Suffolk NHS Foundation Trust's (NSFT) Psychology in Schools Team is urging parents to sign up for free workshops to help them support their child's mental health.

Workshops available include:

- Emotional Regulation
- Supporting young people with anxiety
- Supporting young people with Self-Harm
- Supporting young people to manage big feelings
- Supporting young people with low mood
- Understanding and Supporting a child with Tourette's/Tics
- Social Media and the impact on Teenage Mental Health

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are live and 60 minutes long.

Emotional Regulation

Supporting your child to regulate their emotions
17 April 2023 – 1pm [Book a place](#)
17 April 2023 – 6pm [Book a place](#)

Supporting our Young People with Anxiety

For parents to understand anxiety and how to support their child with worry 18 April 2023 – 6pm
[Book a place](#)

Supporting our Young People with Self-Harm

A workshop to offer guidance for parents around self-harm and young people 18 April 2023 – 7.15pm [Book a place](#)

Supporting our Young People Manage Big Feelings

A workshop aimed at parents of young people aged up to 11 to help support our children manage difficult emotions 15 May 2023 – 1pm
[Book a place](#)

Supporting our Young People with Low Mood

For parents to understand low mood and how to support their child/teenager 15 May 2023 – 6pm
[Book a place](#)

Building Understanding and Supporting your Child with Tourette's/Tics

This workshop is delivered by clinicians experienced in working with young people with Tourette's/Tic Disorder 16 May 2023 – 6pm [Book a place](#)

Social Media and Impact on Teenagers' Mental Health

The impact on our teenagers' mental health 16 May 2023 – 7.15pm [Book a place](#)

Alternatively, please do not hesitate to contact your child's Head of Year or Pastoral Support Manager for further assistance.

PIPA Trial



An online Parenting Intervention to Prevent affective disorders in high-risk Adolescents:
The PIPA Trial

A reminder that the PIPA Trial will be closing to recruitment on the 31 March 2023. If you would like to take part in the trial and access the online parenting resources, please sign up before the 31 March 2023. Link: [Sign Up Here](#)

The PIPA Trial is exploring the effectiveness of an online resource for Parents/Carers to help reduce **depression and anxiety** in young people. The trial is being coordinated by the University of Warwick and involves families of young people aged 11-15 years from schools in the UK.

Transport to School - Sept 2023 Parents of students who currently receive school funded travel will need to complete an opt-in application for transport for September 2023 via [Suffolk on Board - School Travel / Opt-in \(apply\)](#). The deadline for applications is **31 May 2023**.

Coronation Card Competition

MP Jo Churchill has launched a Coronation Card Competition for students across the Bury St Edmunds constituency in honour of the upcoming coronation of King Charles III and The Queen Consort this May.

To commemorate this historic occasion, she invites all students to unleash their creativity and participate by designing a card on A4 paper.

Please send your submissions either by post or email before 14 April 2023 to the following address:

Jo Churchill MP
House of Commons
London, SW1A 0AA
Email: www.jo.churchill.mp@parliament.uk



Linden House Easter Holiday Timetable

Half Term Week 1 (3rd - 7th April)

MON	TUE	WED	THU	FRI
9am-1pm Relax, Games, Xbox	9am-1pm Spring Arts & Crafts	9am-1pm Football Tournament	9am-1pm Easter Egg Hunt	9am-1pm Closed (Good Friday)
2pm - 5pm Pancake Making	2pm - 5pm Egg Painting	2pm - 5pm Easter Egg Hunt	2pm - 5pm Fitness Afternoon	2pm - 5pm Closed (Good Friday)

All activities are free to attend with no booking required! Contact us with the details below to ask any questions.

To find out more about our services, you can contact:
07552 528594 | lindenhouse@accessct.org | [Access Community Trust](#)

Half Term Week 2 (10th - 14th April)

MON	TUE	WED	THU	FRI
9am-1pm Easter Monday Closed	9am-1pm Yoga & Just Dance	9am-1pm Air Hockey Tournament	9am-1pm Board Game Cafe	9am-1pm World Art Day Celebration
2pm - 5pm Easter Monday Closed	2pm - 5pm Relax, Games & Xbox	2pm - 5pm Gaming Afternoon	2pm - 5pm Fitness Afternoon	2pm - 5pm World Art Day Celebration

All activities are free to attend with no booking required! Contact us with the details below to ask any questions.

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West Suffolk Council's Easter HAF Provision

A free programme of holiday activities funded by the Government and coordinated by West Suffolk Council is being extended once again this Easter for children whose families are eligible for free school meals, pupil premium or have an identified need, [CLICK HERE](#) for the activity timetable.

Follow us on Facebook

<https://www.facebook.com/KingEdwardVISchool/>

Have a peaceful weekend from everyone at King Edward VI School.

D. O'Regan

Deri O'Regan

Dates for your Diary Term Dates for 2023-2024 and additional information can be found on the calendar page of the website	
Wed 29 Mar 23	All Years Open Mic
Fri 31 Mar 23	Year 9 Men ACWY/DTP Vaccinations
Sat 1 - Fri 14 Apr 23	Easter Holidays

Thought for the Week
'Ah, but a man's reach should exceed his grasp, Or what is heaven for?'
Robert Browning

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