



## 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 35**

**Friday 23 June 2023**

Dear Parents and Carers

### Student Leadership Team 2023/2024

I am exceptionally excited to introduce the new Student Leadership team.



Left to right: Ethan, Elodie (Head Girl), James, Matilda, Nathaniel (Head Boy), Martha.

They have hit the ground running this week, supporting students during a trip to St Edmundsbury Cathedral, for the Celebration of Church Schools Service on Monday. Head Boy Nathan opened the service with a reading from 1 Kings 3.

Our Student Leadership team have also been busy developing concepts and ideas for our new House names, visiting Tutor groups to consult with students.

We look forward to sharing the ideas which the students come up with later in the term.

### Farewell to Year 11

On Monday last week we said goodbye to our

Year 11 students at the Year 11 Leaver's Assembly. There were cheers and tears, many rewards, lovely music, videos and the signing of shirts. The behaviour of the Year 11 students was impeccable throughout the morning and it was lovely to end the celebration with a BBQ. We look forward to seeing many of our Year 11s at the Prom on Thursday 29 June. I would like to thank Mr Young, Mrs Falconer and Mr Last for all of their efforts in putting together the leavers assembly.



### Fantastic Achievement George!



One of our students had a great result, despite experiencing some challenges on race day. See below commentary from George's parents:

*George had a fantastic day racing, this was the second meet of the season with three races in total.*

*Due to a mechanical error during the Qualifying stage, George was unable to complete a qualifying lap and unfortunately had to miss the first race while the bike was being fixed.*

*This didn't stop him, with a back of the grid start in the 2nd race, George managed to secure 6th place! And starting at the back of the grid for the final race, he was able to secure 5th!*

*He was so pleased and has shown himself to be a true sportsman not letting a setback change his can-do attitude.*



### Brilliant Box of Books

We have the greatest pleasure to announce King Edward VI School have been selected to receive a 'Brilliant Box of Books' from *Read for Good* - our 2023 Readathon Charity. You may remember we had a good number of our students participate in this. They received some great books for their efforts, including this year's 2023 World Book Day books, whilst helping to raise funds for children in hospitals who need books during their stay.

The Brilliant Box of Books are given to only a small number of schools across the UK and "contain an incredibly varied selection so that any pupil can find something that speaks to them and draws them in".

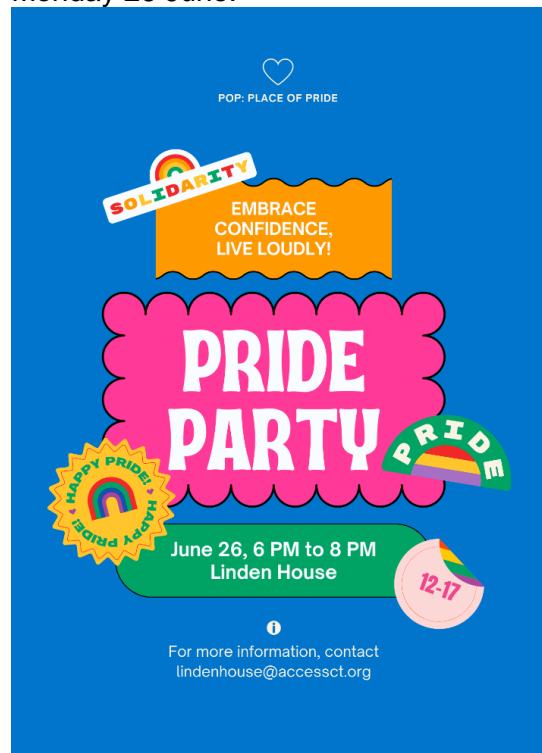


### Track and Field Championships 2023

Tom and Archie Taylor and Samuel Blackwell who have been selected to represent Suffolk at the English Schools' Track and Field Championships 2023. What a fantastic achievement, making the team and representing Suffolk!

### Linden House

Linden House are throwing a Pride Party on Monday 26 June.





## NHS East Anglia

### Are you fully Protected?



HPV, MenACWY, DTP and MMR **VACCINES** will keep you safe!

Is your child up to date with their routine vaccinations. Our team is able to offer catch up on the following vaccines. Please follow the links if you require further information on each of the vaccines.

- [HPV vaccine](#) (Given to Young People in Year 8)
- [MenACWY vaccine](#) (Given to young people in Year 9)
- [3-in-1 teenage booster vaccine](#) (Diphtheria, Tetanus & Polio) (Given to young people in Year 9)
- [MMR vaccine](#) (Given to children Age 1 and pre school)

Planning on going to university then you should make sure you have had MenACWY and MMR

If your child is anxious about vaccinations please still contact us. Our staff are trained to manage these situations and you can book a longer clinic slot.

Contact your local team for further information, to check vaccination records or to book an appointment

Tel 0300 555 5955 Option 3 - Suffolk

[hci.csaisuffolk@nhs.net](mailto:hci.csaisuffolk@nhs.net)

We hold weekly clinics in

- Bury St Edmunds – New Bury Centre, St Olaves Road (Tuesday)
- Ipswich – Sudbury House, White House Road (Wednesday)

During school holidays we also hold bookable and walk in clinics around the County

Whilst we need young people aged 16 to contact us themselves, to check vaccination records and give consent parental support is still very important.

**Your Friendly Immunisation Service:** Providing children and young people with the vaccines they need across Hertfordshire & East Anglia.

## Self-Care

In the lead up to this year's summer holidays, we would like students to think about how to practise self-care.

We are aware that by highlighting when they are struggling, students are usually signposted to see a professional, but they don't always get much advice about how they could help themselves before it gets to that point.

The Anna Freud centre, have a wealth of resources to support students to create their own self-care plans. These activities are not a substitute for seeing a mental health professional, as sometimes we need outside help and advice, and no-one should feel bad about that.

[my-self-care-plan-secondaryfe.pdf](https://www.annafreud.org/my-self-care-plan-secondaryfe.pdf)  
([annafreud.org](https://www.annafreud.org))



The suggested activities in the plan are split into different categories, including:

- physical activities
- emotional activities
- social activities
- practical activities

The resource was co-written by experts and young people, who shared ideas on self-care strategies that work for them.

They also have a list of over 90 suggested activities to try, so you may wish to direct them here:

[Self Care, Anxiety, Depression, Coping Strategies | On My Mind | Anna Freud Centre](#)

## Summer Holidays

With the summer holidays on the horizon, please see below flyers for some fun and local activities:





**Follow us on Facebook**

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

Everyone at King Edward VI would like to wish you a wonderful weekend.

Deri O'Regan

<b>Dates for your Diary</b> <a href="#">Term Dates for 2023-2024</a> and additional information can be found on the <a href="#">calendar page</a> of the website	
Thurs 29 Jun	Post-16 Taster Day at West Suffolk College and Abbeygate Sixth Form College
Thurs 29 Jun 23	Year 11 Prom
Mon 3 Jul 23	PD Day
Wed 5 Jul 23	Proposed Strike Day
Thurs 6 Jul 23	Sports Day
Fri 7 Jul 23	Proposed Strike Day
Mon 10 – Fri 14 Jul 23	Year 7 Thorpe Woodlands Trips
Sat 15 - Mon 15 Jul 23	DofE Silver Qualifying Expedition Reminder

Thought for the Week  
**Our lives begin to end the day we become silent about things that matter.**  
 Martin Luther King

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