

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](#)

25/26 Issue No 24

Friday 13 March 2026

Dear Parents and Carers

The Year 10 mock exams will take place from Tuesday 16 – Friday 26 June 2026. The Year 10 mock exams timetable has now been published on the exams page of the school website: [HERE](#). The first week of exams will take place in the main exam hall, and the second week of exams will take place in the student's regular classrooms, during lesson time. Individual timetables will be sent out via email after the Easter break, once rooming and seating have been finalised. Should you or your child, have any questions about the timetable please contact the Exams Office: clb@king-ed.suffolk.sch.uk

British Science Week

This week we celebrated British Science Week with the theme *Curiosity: What is your question?* Students took part in a variety of lunchtime activities that encouraged them to think like scientists and explore through hands-on experiments.

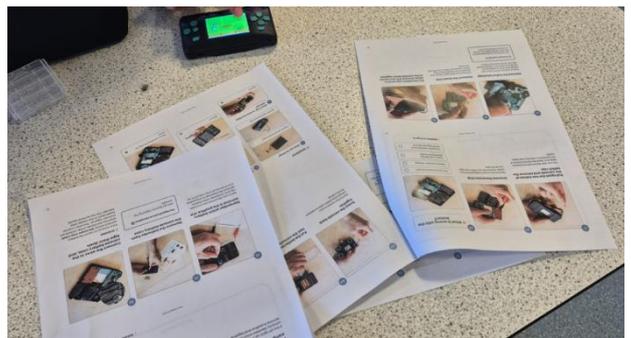


Activities included flame testing, boat building challenges, designing Mars rovers, and becoming 'science detectives' to solve a crime using experimental evidence.

One highlight was the Technical Repair Skills Workshop, where students attempted to repair a broken handheld gaming console. If they fixed it, they could play the game. It was fantastic to see so many students getting involved, asking questions, and enjoying science in action.

Under 15 Boys Football

Our brilliant U15 Boys' Football team beat Samuel Ward 5-0 in the semi-final of the West Suffolk Cup! Well done boys! Huge congratulations to Oliver for scoring a hat-trick in the game.



Year 7 Choir

Congratulations to the forty-seven members of the Year 7 Choir who performed at the Gorleston Pavilion Theatre as part of the Regional Festival of Music for Youth. The singers worked very hard in the run-up to their performance, and they absolutely shone on stage. They sang with energy, musicality, and professionalism.

The Music for Youth Mentor gave the following feedback: *'I thought I might be in trouble when I saw this set list - three hard-hitters emotionally! I was so pleased to hear some smoothness of articulation and delivery paired with dynamic restraint to give the wordy but thoughtful verses of 'Ordinary' the emotional weight it requires. That last verse was a great example of the intensity we can build by dropping and building. The line between spoken delivery and singing is more blurred and movable than ever in pop music now and you seemed to have paid attention to this - 7 Years had just the right swingy feel that makes the original so catchy. You did so well to keep that rhythmic accuracy and intensity between you. 'When I Grow Up' was treated with similarly careful attention to the arc of the message and just as much dynamic range as the other two. The interplay of parts at the end is notoriously tricky and you did well to navigate that - especially with a backing track!'*



Under 12 Girls Football Team

Congratulations to our Under 12 Girls Football team who beat Sybil Andrews 1-0 and drew 2-2 against Thurston to become joint winners of their group. They have qualified for the semi-finals of the West Suffolk Cup to be played next week.

Under 14 Netball Team

Our Under 14 Netball Team travelled to Kesgrave for the annual State School Netball Tournament. We faced tough opposition and had a close match followed by a convincing win in the final game! Well done girls for your commitment this season. We have a team full of enthusiasm, teamwork and respect.



Year 9 House Public Speaking

Well done to **Crown House** for delivering 3 great speeches to win our House Debating this year. The winning speeches were on the *Importance of*

the fantasy genre, Alexander the Great and Why sleep matters? Rose House came a close second.

Good Sleep Hygiene

As a number of parents have recently requested support regarding their child's sleep patterns, we thought this advice might be helpful to share with our community. We appreciate that everyone has times in their life when they don't sleep well.

Adults need at least 7 hours of sleep per night. Most teenagers need 8-10 hours a night, but it can vary from person to person. Students struggle with early school start times, after school activities and a busy social life, which can keep them up late and stop them from getting a good night's sleep.

We strongly advise that students are not allowed mobile phones in bedrooms and have a traditional (non-mobile phone) alarm clock in their bedroom to wake up.

Maintaining a regular sleep-wake cycle allows the natural rhythm of the body to be reset every day, optimises brain functioning which helps to keep our emotions in check and is essential for social, emotional, and behavioural development. If you or your child is having difficulty getting to sleep, staying asleep or often feel tired during the day, then these tips may help.

9 SLEEP HYGIENE TIPS

- Limit food and drink late at night.**
Drastic changes in blood sugar levels & stimulating foods late at night can cause sleep disruptions.
- Limit screen time.**
The blue light emitted from computers, phones and TV screens can impact your circadian rhythm. These disruptions can have knock-on effects to your mood, energy levels & overall health.
- Sleep / wake cycle.**
Try to keep a regular bed-time each night with a regular wake-up time each morning (set alarms for each). Irregular sleep / wake times can disrupt sleep.
- Your bed is for sleeping.**
If you start to link your bed with work related tasks such as emailing and spreadsheets, it will become a less relaxing environment.
- Journaling.**
Gratitude journaling each night (for a few minutes) can help you reflect on the positive events of the day and ensure a positive mindset prior to falling asleep.
- Meditation.**
Just 5-10 minutes of breathing meditation can help to relax your body, reduce your stress & dampen your racing mind.
- Keep a worry list.**
Writing down any worries that are on your mind, or things you want to achieve over the coming day can help rest your mind prior to falling asleep.
- Read a book / audiobook.**
Audio-books are great for people wanting to get off their screens and you can listen to them while relaxing in bed. A good old fashioned paper book is also great!
- Bedtime routine.**
Keeping a regular bed-time routine each night (brush teeth etc.) will signal to your brain that you are preparing for sleep, and your physiology will respond accordingly.

SEND Shout Out Survey

<https://forms.office.com/e/ZRb1RyJWVY>

SEND Shout Outs!

Celebrate End of Term Success!
Have you achieved something you're proud of this term?
Or has a member of staff or friend gone above and beyond to support you?
We'd love to hear your story!
Share your success with us so we can celebrate the amazing moments in our school community.

Use this QR Code to tell us

SEND Shout Outs!

British Sign Language Courses and KEVI

COME AND LEARN
BRITISH SIGN LANGUAGE LEVEL 2
Wednesday 6 - 8pm
September 2026 - July 2027
£425.00 Term Time only

- Taught by qualified native BSL tutor with 20yrs experience
- Immersive and fun interactive sessions
- Meet new friends and enjoy the visual world of gesture and sign
- Work towards fulfilling your Level 2 criteria at your own pace
- All Signature qualifications are accredited by Ofqual
- Face to Face sessions
- 16 places available

Contact : Mrs Talbot
SET@king-ed.suffolk.sch.uk

For further information and to start your journey!

Curiosity | Care | Courage | Creativity
King Edward VI School
Bury St Edmunds



COME AND LEARN

British Sign Language Level 2

Online Course - classes delivered on Microsoft Teams

Tuesday 6-8pm

Face to Face 'Signing Cafe' mandatory attendance on site at agreed intervals

£425.00

NOVEMBER 26 - JULY 27



- Taught by qualified native BSL tutor with 20yrs experience
- Immersive and fun interactive sessions
- Meet new friends and enjoy the visual world of gesture and sign
- Work towards fulfilling your Level 2 criteria at your own pace
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- 16 places available

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King Edward VI School
Bury St Edmunds

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[KEVI Learning Support Instagram](#)

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

Deri O'Regan



COME AND LEARN

BRITISH SIGN LANGUAGE LEVEL 1

Monday 6PM - 7.30PM King Edward VI School

Sept 2026 - July 2027 - £325 - Term Time Only



- Taught by qualified BSL tutor with 20yrs experience.
- Immersive and fun interactive sessions
- Meet new friends and enjoy the visual world of gesture and sign
- Work towards and receive a nationally recognised qualification at your own pace
- All Signature qualifications are accredited by Ofqual
- Face to face sessions
- 20 places available

Contact: Mrs Talbot
SET@king-ed.suffolk.sch.uk

For further information and to start your journey!



Curiosity | Care | Courage | Creativity

Dates for your Diary	
Term dates <u>2025-2026</u> & <u>2026-2027</u>	
Additional information can be found on the <u>calendar page</u> of the website.	
Mon 16 March	Tea and Talk Parent Meeting (SEN)
Tues 17 – Fri 20 March	MFL Speaking Tests
Thurs 19 March	Year 8 Parents' Evening – in person
Fri 20 March	GCSE Presenting and Performing Texts Drama
Tues 24 March	Spring Concert 7pm
Wed 25 March	GCSE Drama Trip – Women in Black
Fri 27 March	End of Spring Term
Mon 30 March – Fri 3 April	Azores Trip
Mon 13 April	Summer Term Begins – all students return to school
Mon 20 – Fri 24 April	Year 11 Art and Photography Exams

Thought for the Week:

All that I am, or hope to be, I owe to my mother.
Abraham Lincoln

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