

Parent Bulletin

Friday, 13th January 2017

Parentview:

We would like to advise you that you are able to give your views on the Academy to Ofsted via their parentview questionnaire, at any time – not just during inspections. We would encourage you to do this at:

www.parentview.ofsted.gov.uk

Dates for your Diary:

Tuesday 24th January – Y8 Parents evening

Thursday 26th January – School of Rock theatre trip

Friday 27th January - Y7-10 mid year exams end

Wednesday 1st February – Y8 Options evening

Thursday 2nd February – Blood Brothers Sheffield trip

Thursday 2nd February – Parent Voice

Monday 13th February to Friday 17th February – Half term

School Nurse:

The school nurse offers weekly drop-in sessions every Wednesday lunchtime for any student who wishes to speak to her. She can be found in the Intervention Room opposite Student Services. No appointment is necessary!

After half term she will be offering a monthly C-Card clinic for students Aged 13 – 16. For more information about Norfolk's C-Card scheme please follow this link: <http://c-card.areyougettingit.com/your-c-card.aspx>

KS3 (Years 7-9) Science Experiment Club:

Ever wanted to know how Science is used outside of School? Come along and experience Science practicals that are used in different places of work. There will be a different focus each week.

This will be in S13, from 3pm until 3:45 with Miss Carnell from Friday 13th January.

Chinese Club:

We run a Chinese club every Wednesday at 3pm in N4 for an hour. It is an amazing opportunity for students especially KS3 and Y9 as they will all have some Mandarin language lessons during their French/Spanish classes.

Prepared to Learn:

Continuing Monday daily uniform checks will take place on arrival in the morning. Those without the right equipment or uniform will be seen by Mr Aldous or Mr Rimmer and we reserve the right to place a student in the Reflection Room or send them home should the issues persist.

Also, we will be confiscating any mobile phones being used on corridors or in lessons without prior permission. Any confiscated phones will be collected from the Head of Year at the end of the day and students will also receive a detention. Students may still use their phones before school, at breaks and lunchtimes in the dining room and Central Hub. If a student continues to have his/her phone confiscated, their phone will be kept until their parent/carer can collect it.

We appreciate your support.

Attendance:

Whole school attendance is 94%. We are still slightly below our target of 95%.

| | |
|---------|-----|
| Year 7 | 95% |
| Year 8 | 95% |
| Year 9 | 95% |
| Year 10 | 92% |
| Year 11 | 92% |

We have 367 students with attendance of 96% and above. Of those 114 had 100% since September.

Many students with 100% in the half term leading up to Christmas have enjoyed free pizza on Thursday and today. Many students have received Praise Postcard this week worth six points for their great attendance since September. Well done to you all. Keep up the good work.

Unfortunately Norfolk County Council have referred five families for Fast Track Attendance Panels. These parents will be at risk of prosecution if their son or daughter's attendance does not improve over the next six weeks. Please contact me Mrs Roberts, on 01553 774671 OPTION 1 if your child will not be at school.

Thank you to parents, grandparents and carers who continue to support us in raising our expectation higher and higher.

Mrs Roberts

Blood Brothers Theatre Visit:

There will be a Blood Brothers Theatre visit on Thursday 2nd February 2017.

A letter regarding the trip will be going out to students involved shortly.

Rewards:

Please see attached for the autumn term rewards update.

NCS Programme for Summer 2017:

This month your son or daughter will be given the opportunity to sign-up to the NCS programme for summer 2017. At NCS we take students aged 16-17 on 2 week long residential trips throughout the summer. Our main 4 aims for each participant is to enable them to mix with other young people from the area and make new friends; to increase their confidence through challenging themselves; to gain something fantastic to put on any CV or personal statement; and ultimately to have a great time in the summer.

Our trips include 1 week at an outdoor activity centre, 1 week at a university centre and a 30 hour volunteering project afterwards, dedicated to a cause of the participants choosing. Although the value of this course is over £1,250 per participant, due to the government subsidising payments, it is available to your son or daughter for a maximum of £50. There are also early-bird discounts and free places available to qualifying students to make the course as accessible as possible. We will be coming into school to present this opportunity to Year 11s, in the meantime please take a look at the attached NCS newsletter attached for more details. For any questions feel free to contact me, Matthew, either via email at matthew.bowles@cwa.ac.uk or phone 01553 815209.

Year 7 and 8 Weekly Maths Challenge:

Each Friday Year 7 and 8 will be set a Maths Challenge. This is a non-compulsory challenge for our Year 7 and Year 8 Mathematicians to show they have a mastery level of understanding of applying different topics to problem solving.

The Challenge will be on ShowMyHomework and can also be found outside CF2. The answers can be emailed to lucy.amos@kingslynnacadmey.co.uk or hand given to Mrs Amos by Wednesday 3pm.

A winner from each year group will be chosen at random to win Maths Star of the Week. They will be awarded with a certificate, a postcard home and a small prize. All Students with the correct answer will also receive a certificate.

WEEK 10 ANSWERS:

2011 has digit sum $2 + 0 + 1 + 1 = 4$. But **2011** is odd, so is not divisible by 4.

2012 has digit sum $2 + 0 + 1 + 2 = 5$. But **2012** does not end in 0 or 5, so is not divisible by 5.

2013 has digit sum $2 + 0 + 1 + 3 = 6$. But **2013** is odd, so is not divisible by 6.

2014 has digit sum $2 + 0 + 1 + 4 = 7$. But $2014 \div 7 = 287 \frac{5}{7}$, so **2014** is not divisible by 7.

2015 has digit sum $2 + 0 + 1 + 5 = 8$. But **2015** is odd, so is not divisible by 8.

2016 has digit sum $2 + 0 + 1 + 6 = 9$. Since the digits sum to a multiple of 9, **2016** is divisible by 9.

Thus **2016** is the next year which is divisible by the sum of its digits.

Congratulations to Christopher Warren (Year 8) and Matthew Loft (Year 7) for winning Maths Star of the week.

Well done to all who have taken part.

Mrs Amos

“Inter-School” Maths Mastermind:

The annual “Inter-School” Maths Mastermind Challenge, will be held here at KLA on the afternoon of Friday 13th January 2017.

All our individual Year winners will compete against KES Academy, Springwood and St Clement’s High School to hopefully retain the trophy that we have won for the past 2 years.

Our KLA representatives are:-

Elise Clayton - Year 7

Jonathan Senter - Year 8

Weronika Woznialis - Year 9

Corey Edmunds - Year10

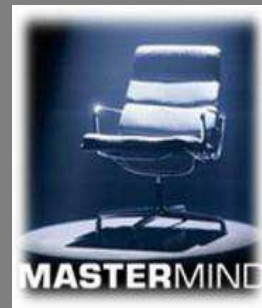
Max Fayers - Year11

Please wish all our KLA competitors the very best of luck.

The results will be posted in next week’s bulletin – so watch this space!

Carolyn Fysh

Numeracy Co-ordinator



Disneyland Paris and Paris City Tour:

Thursday 13th – Monday 17th July 2017

A reminder to parents / guardians:

The second instalment of £100 for the Disneyland Paris and Paris City tour trip in July, is due by 27th January 2017. Please send this in with your child in a sealed envelope addressed to Mrs Fysh.

Thank you very much.



New York Trip March 2017:

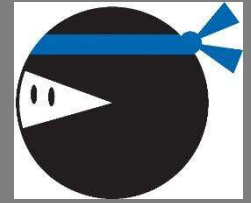
As we are nearing our trip to New York, only 10 weeks away we thought this would be a good point to have a meeting for parents, this will take place next Tuesday 17th January at 6pm in the Drama Studio S3. This will be a chance to finalise and answer any queries any parents may have.

Final payments are due this week to the travel company so these need to be with us ASAP. Also, if we have not got a copy of your ESTA we will also need that too.

Many thanks in advance.

Mrs Lockey & Mr Hodkinson

Numeracy Ninjas Leader Board:



House scores to date- 13th January 2017

Cresswell 5955

Nelson 5735

Vancouver 5613

MacArthur 5367

Lots of Ninja Master certificates were given out in assemblies this week, so well done to all those students who received them.

Keep up the good work.

Carolyn Fysh
Numeracy Co-ordinator

MFL Stars of the Week:

Please find below last week MFL Stars of the Week.

Year 7 - Charlie Royle 7SGO

Year 8 - Josh Andrews 8AGI

Year 9 - Daniela Massisa 9LAM

Year 10 - Sarah Wren 10 CAB

Year 11 - Lucy-May Whitear 11HA

Safer Schools Partnership:

The Safer Schools Partnership would like to make parents and carers aware of a recent spate of bike thefts local to the King's Lynn area.

Many youngsters may have been bought new bikes for Christmas or may have been given vouchers and money and have since bought their own.

Please make sure that your child has a decent lock for their bike and uses it at all times, even if they believe their bike to be in a secure bike shed.

Unfortunately there are people who know there will be a number of new expensive bikes out there and the temptation to steal it will be too great. If you've spent a considerable amount of money on a new bike then make sure you get a decent lock too. There are a number of lock styles and retailers available and a decent secure lock that keeps your child's bike hopefully safe and left alone isn't necessarily hugely expensive to buy. If your child's bike is locked up then hopefully the chances of it being stolen will be reduced.

Many thanks.

Pc John Bolderstone & PcsO Jon Cockerill

Key Stage 3 Round Up – Compiled by Mrs Germaney:

Welcome back and Happy New Year! I hope that you all had a lovely Christmas. The general atmosphere around the academy the last few days has been so positive. Students are looking great and have been ready to learn. Thank you for your continued support with uniform etc it is always appreciated.

We have had our House assemblies this week, where the Enrichment Co-ordinators have given updates regarding the charities they are supporting and any upcoming events.

I have been made aware that Stratford's have made an increase to the prices of the school blazers, please be aware that the prices are now:

Size 22-36 £23.00 (no VAT)

Size 38-50 £23.00 + VAT= £27.60

Year 7 Student of the Week Nominations:

7CMC is Josh Dear who has started the new term in a good, positive state of mind ready to learn and achieve.

7RCL Jasmin Madder for fantastic focus and contribution since returning to school.

7EBL Madison Walker, she is always polite, determined and tries her best in form and maths. A very pleasant helpful young lady.

7SGO Bradley Gregory, he comes into form, gets on without being prompted, he hands out the booklets and straight on with his work. He is positive, helpful and always a pleasant member of the class.

7ABL Laurie Meads for always representing KLA with passion and pride.

Well done to Bradley Gregory, keep up the good work!

Year 8 Student of the Week Nominations:

8AGI Pdraig Denmark for getting so inspired by what we were doing in form he did further work at home. Really dedicated and a pleasure to work with.

8SHA Airida Bankauskaite for a fabulous start to 2017. Every morning we look at who has achieved achievement points that morning, and Airida's name is mentioned most mornings.

8DSC Marlea Farrell completing all tasks set quickly and correctly. Well done

8AAN Kieran Shephard for being great at our literacy tasks.

8ATA Kane Hardy is always polite in form, immaculately dressed and ready for work.

Well done to Airida Bankauskaite for making the best start to 2017!

A date for your diary is 24th January, Year 8 Parents evening. Please remind your child/children to make appointments for you and I look forward to seeing you all there.

Have a great weekend!

Key Stage 4 Round Up – Compiled by Mrs Defty:

I hope you all had a good Christmas and I wish you all a very Happy New Year.

If you had a new mobile phone as a gift, it is important you let us know if you have changed your number.

As always it was a pleasure to meet parents and carers at Year 11 parents evening on Tuesday.

Rewards from the College of West Anglia.

| | | |
|----------------|-------------------------|---|
| RewBen Corbett | Level 2 Engineering | Excellent cutting with a hacksaw |
| Bethany Ross | Level 2 Hair and Beauty | Working hard in both sessions |
| Lilly Wyatt | Level 2 Hair and Beauty | Working hard in both sessions |
| Charlie Moore | Level 2 Engineering | Helping other studentsards from the College of West Anglia. |

Students amongst the highest achievement points this week:

Kathryn Rayner, Cody Larkin, Tamazin Bacon, Alisha Chappell, Louise Taylor and Nikola Matisone.

Student of the Week will start next week.

Important information for Year 11.

One of our parents has kindly emailed me the following:

I thought I would offer this to your school first. Have you any students leaving this year who would like an electrical apprenticeship. We are taking on 6 school leavers. If anyone is interested please get them to email me mary@amblatch.com as soon as possible.

Helping the
doctors of
tomorrow
succeed today

M.E.
Medical Education
Consultancy

Thinking of studying medicine?
Unsure about writing your personal statement?
Finding it difficult to get work experience?
Want to know how to impress at interview?

**How to become
a MedEC**

Reepham College, Norfolk
Saturday 18th & Sunday 19th February 2017
For more information and to book your place, visit: www.memedec.com

Also please see the poster left of a workshop running at Reepham College in Norwich on Saturday 18th & Sunday 19th February 2017 for medical school hopefuls. It's aimed at students in year 10, 11 & 12 who are thinking of studying medicine and will cover everything from personal statements and work experience to interviews and ethical discussions. It will cost £80 per student for both days. For more information and to book a place, this can be found on my website at www.memedec.com

Kind regards,

Dr Marie Locke BMBS MSc PGC DRCOG MRCGP
Managing Director of M.E. Medical Education Consultancy
General Practitioner

Wisbech Grammar School are holding a Sixth Form Taster Day on Monday 30th January from 8:30 – 16:35. Contact 01945586750 or admissions@wisbechgrammarschool.com

Have a good weekend.

Rewards Update

Our last week of term was a very exciting and busy one for rewards. We had so many things to celebrate, our blazer badge winners for the whole term, along with the students who received highly commended certificates for their efforts throughout the term. The High Street vouchers were awarded to the students in the Top 100 and then to finish the week off, the presentation of the Endeavour cup, Behaviour and Attendance trophy and then the iPad mini draw.

On Tuesday 13th of December we held the first of three assemblies starting with the KS4 reward assembly. For this assembly I invited Mr Pooley who sponsors our praise postcards to come in and present the awards. Our Head Boy Edward Dew and Head Girl Kaitlyn Senter supported me in all three assemblies. Edward started the proceedings off with reading the names of the students who received High Street vouchers for being in the Top 100. Listed below are the names of our KS4 winners, Tamazin Bacon, Charlie Gray, Megan Thorburn, Sasha McCurdy, Joshua Barrett, Faith Richmond, Tegan Bennett, Lewis Dixon, Hannah Eke, Niki Cooper, Darcey Rose, Caitlan Hewson, Alisha Chappell, Sarah Wren, Aidan Pearce and Henry Beck.

Dayna Edwards received the most points for this half term for Nelson house with 106 winning a £15.00 Voucher. Congratulations to all the winners.



Mrs Westbury then kindly announce the winners of the highly commended certificates:-

In Y9 Michael Haslam, Charlie Long, Dilara Oter, Rueben Webster, Reuben De-Souza, Lois Goodrum, Karis Cassidy, Jacob Chilvers, Almilios Nakos, Bethany Ross, Nikita Jarman-Thrower, Angelika Caplinska, Jessica Fowl & Casey Grimes.

In Y10 Henry Beck, Luke Hurley, Jasmine Abraham, Katie Cullen, Michael Anderson-Fortnam, Annabel Bennington, Nathan Clarke & Dominika Trocha.

In Y11 Elise Cornwell, Ellen Mills, Brodie Pitkin, Hannah Evans, Chad Cook, Leo Bambridge, Harvey Luker, Millie Lines, Edward Dew, Ashley Sayers, Livija Badajevaite & Lauren Knight.

Then we went onto Mr Rimmer who announced the winners of the blazer badges:-

In Y9 Determination - Page Wake, Joshua Barrett, Sasha McCurdy, Charlie Moore, & Nikola Matisone.

Creativity - Georgia Dix, Weronika Woznialis, Lucy White, Nikola Matisone & Georgina Harris-Samarathunga.

Teamwork - Lennon Wardale.

Risk Taking - Joshua Barrett & Weronika Woznialis,

Passion - Laura Hornsby, Joshua Barrett, Sophie Page, Mia Whitemore, Alfie Holman & Frank Wilmerson.

In Y10 Problem Solving - Kira Sharp & Niki Cooper.

Risk Taking - Dayna Edwards & Saba Zaheer.

Team Work - Henry Beck, Dayna Edwards & Rhys Younge.

Passion - Sarah Wren, Maisie Hancock, Rhys Younge, Denise Diacenco Apostol, Dayna Edwards & Charlie Gray.

Determination - Alisha Chappell, Kira Sharp, Ziggy Masiulis, Niki Cooper, Tegan Bennett, Lily Davidson, Tamazin Bacon, Millie Rattenbury, Lewis Dixon, Saba Zaheer, Rhys Younge & Charlie Gray.

In Y11 Passion - Lauren Back, Bethany Bambridge & Bronte Rose.

Teamwork - Lauren Back, Anastasia Starling, Greta Keteriute , Chloe Hembling & Neringa Keteriute.

Determination - Chad Cook, Brodie Pitkin, Edward Dew, & Tayla Mattinson.

Problem Solving - Nathan Howard.

Risk Taking - Libby York.

Creativity - Thomas Hargest & Bronte Rose.

KS4 assembly below.



Then on Thursday 15th December we had our KS3 rewards assembly, I invited Mrs Wellard to present the rewards, Mrs Wellard is one of our governors.

Once again Edward read out the names of the Top 100 who all received High Street vouchers.

Noah Partridge, Erin Curl, Millie Bareford, Bailey Naish, Kaitlyn Salmons , Charlotte Marks, Daniel Silva-Luso, Malgorzata Rudolf, Erica Charters, Lottie Hurt, Ella Mason, Nicole Barraclough, Jonathan Senter,

Sophie-Eloise Mallett, Curtis Chilvers, Alfie Rippengill, Brooke Williams, Samanta Grinevic, Keenan Bridges, Tayla Wilkinson, Abigail Mason-Brown, Jack Timberlake, Ruby Russell, Silas Hozier, Leo Scoles, Chloe Robinson, Matthew Loft, Isabel Wright, Alicia Brooke, Louie Younge, Rosie Williams, Elise Clayton, Uphaz Riaz, Connor Sullivan, Kiara Da Silva, Wiktoria Kozikowska, Laurie Meads, Grace Johnson, Catherine Castro, Samantha Paliukaite, Thomas Green, Brodie Barlow, Ricardo Fortes, Courtney Burch-Bailey, Ellie Gaskins, Charlie Royle, Leanna Fitzgerald, Callum Poole, Florrie Rose, Chelsea-Mae Morton, Luke Caley-Smith, Liam Burt, Lateesha Dorricott, Max Andrews, Tatianna Burns, Connor West, Megan Osborne, Nayan Johnston, Chloe Winters, Brianna Stebbings, Kiera Ashby, Erin Byfield-Stubbs, Gemma White, Renat Chodos, Luke Shipley, Joshua Harper, Megan Golding, Phoenix Sherry, Carlos Adao Cruz, Danas Skupeika, Airida Bankauskaite, Lily Turner, Callum Povey, Devon Hoste-Davies, Stanley Wardale, Thomas Chappell, Ella Davis & Naglis Juska.

Kaiden Lane Y7 was top for Vancouver with 112 points, Harvey Gray Y8 was top for Cresswell with 103 points and Jack Dixon Y8 was top for MacArthur with 95 points, all receiving a voucher for £15. Congratulations to all the students in the Top 100.



We then moved onto the Highly Commended certificates which Mrs Westbury kindly announced,

Y7 Josh Rippon, Kieran Morton, Charlie Johnson, Kiaran O'Donnell, Ellie-Mai Collinson, Chloe Pyper, Liam Tidd & Dyan Dent.

Y8 Endijs Doroskevics, Finley Mayes, Reece Wood, Connor Howe, Tadas Jokubauskas, Paris Dolling, Isaac Hurley, Pdraig Denmark, Kane Hardy, Christopher Warren, Katie Rattenbury & Krystian Kowalczyk.

Mr Rimmer announced the winners of the Blazer Badges,

In Y7 Passion - William Histon, Liam Burt, Alice Nicolls, Alexander Haslam, Daniel Silva Luso, Florrie Rose, Courtney Burch- Bailey, Lily Turner, Stanley Wardale, Noah Partridge, Kaiden Lane & Erin Curl.

Problem Solving - Elise Clayton, Ruby Russell, Luke Shipley, Kaiden Lane, Lateesha Dorricott, Stanley Wardale & Connor Sullivan.

Team Work - Ruby Russell, Luke Shipley, Cameron Richmond & Florrie Rose.

Determination - Leo Scoles, Amie Brown, Bailey Naish, Malgorzata Rudolf, Erica Charters, Callum Povey & Charlie Royle.

Creativity - Isabella Wright.

Y8 Determination - Harry Whiley, Lily King, Rosie Williams, Oliver Tickner, Danas Skupeika, Evelina Kislovskaja, Harvey Gray, Jack Dixon, Chloe Robinson, Elise-Leigh Bell, Justina Svaplyte & Tayla Wilkinson.

Teamwork - Naglis Juska, Fausta Derencuite, Daniel Grange, Jonathan Senter, Louie Younge & Abigail Mason- Brown.

Passion - Ricardo Fortes, Rosie Williams, Charlotte Marks, Uphaz Riaz, Dareks Knospe , Ellie Gaskins, Luke Caley-Smith, Misela Matisone & Louie Younge.

Risk-taking - Harry Whiley.

Creativity - Kaitlyn Salmons & Ricardo Fortes.

Problem Solving - Jonathan Senter, Callum Moore, Cameron Reed, Silas Hozier, Caitlyn Gaze & Luke Caley-Smith.

Congratulations to all the students rewarded in both assemblies.



On the last day of term we came together as a whole school to celebrate the end of term and to present our final rewards. As you can see by the photos this creates a lovely atmosphere in the central hub.



We were very lucky this year to welcome a visitor to KLA, Victoria Wilson being very well known as playing Sonia in Waterloo Road. Mr Rimmer read out the names of the staff who were nominated by students for Blazer Badges, Victoria presented the staff with their badges. We then stopped for the choir to sing us two beautiful Christmas carols. Thank you to the choir and Miss Laing.

Mrs Roberts gave us a report regarding attendance for the term and she announced the winner of the Attendance Trophy, this was presented to Cresswell House.

I read out the number of reward points each house had received over the last half term, fourth was Nelson with 4,830, third was Vancouver with 5,023, second was Cresswell with 5,253 and first was MacArthur with 5,388 Mrs Defty received the trophy from Victoria.

Since September, 23,965 points have been awarded to our students, 577 praise postcards were sent out in the post and over the last two assemblies 124 Blazer Badges awarded and 54 Highly Commended certificates. Well done to everyone.

The Endeavour Trophy was next, there were four students nominated for this award. Here are the reasons why:-

Noah Partridge Y7 nominated by Miss Barber

Noah is such a lovely lad, since day one he has been really helpful and hardworking. At the beginning of term Noah asked if there were any jobs which needed doing. I said that he could hand books out and now Noah has taken it upon himself to hand books out and collect them in at the end – I never have to prompt him. He always works to the best of his ability.

Lauren Back Y11 nominated by Miss Anderson

Lauren has worked exceptionally hard on her mocks this half term and is so determined to beat her target grade in Geography. She attends after school revision and is always asking how she needs to improve to get that B grade she desperately wants and greatly deserves. Her determination to succeed should be an example to all in the academy and I feel she needs to be recognised for this.

Thomas Hargest Y11 nominated by Mr Endersby

Thomas is a student who is getting it right and is always looking to improve and push himself to the next level. Thomas consistently works hard in lessons and also conducts himself in a way around the academy that sets a great example to all students. Thomas' attitude to his learning has been personified over the past two weeks with the revision he has completed for his GCSE mock exams, which is showing in the marks he is achieving. I know Thomas will keep this up and receive his just rewards at the end of year 11.

Saba Zaheer Y10 nominated by Mrs Westbury

This young lady has an immaculate school record, her attendance is excellent and her attitude is fantastic! She has faced challenges in her life but continues to do her very best despite them. It has been a real pleasure to see her smiling more often and really beginning to come out of herself recently. She has some lovely relationships with many members of the staff team and I am sure that, if she wins, there will be no doubt in anyone's mind that she thoroughly deserves to.



The winner was Saba Zaheer, here is Victoria presenting her with her trophy.



Finally with the help of our Student Commissioners the snow began to fall, the music was playing ready for the announcement of the winner of the iPad mini, Alicia Brook in Y8 was a very deserving winner.

Our special guest Victoria presenting our last award, I hope you all had a lovely Christmas and I wish everyone a Happy New Year!

NCS: ALL YOU NEED TO KNOW

WHAT IS NCS?

The National Citizen Service (NCS) programme offers 2 week residential trips during the summer to young people aged 16-17. These trips are worth over £1250 per participant, however since the government subsidizes the course it will never cost you more than £50!

NCS is proven to have a massive impact on young people's lives.

THE IMPACT OF NCS

On NCS, our participants develop the skills that employers value: confidence, leadership and independence.

NCS is a great addition to any CV or personal statement as participants are required to complete a 30 hour volunteer project with their group of young people. Over £10,000 was raised through these projects last summer alone, with some groups raising over £1000 themselves. This shows participants to have team working and management skills, as well as the type of character that organisations will want to have involved with them.

THE NCS PROGRAMME

The NCS Programme is broken down into three phases: Adventure, Skills and Social Action.

ADVENTURE The first phase is a week-long residential based at an outdoor centre where the participants are put into a team of 12-15 other people from all over the local area. Here the participants take part in a variety of activities such as raft building, kayaking, rock climbing, high ropes, canoeing, archery and much more; all with the intention of participants making new friends and challenging themselves in order to gain in confidence.

SKILLS After going home for the weekend the second phase takes part on a university campus, where students get to stay in university halls and get a taste of the student life. Here participants discover more about themselves and develop skills such as public speaking, leadership and self-confidence. They also get the chance to speak to local heroes from the community, who will hopefully inspire them to make a difference themselves.

SOCIAL ACTION In this phase the team of participants work together to plan and deliver a 30 hour volunteer project focused on making a mark in the local community. These projects begin after the two week long residential, with the initial planning stage taking part in the College of West Anglia. The teams themselves choose which cause they want to dedicate their project to, with causes in the past ranging from the elderly, to the homeless, to cancer research, to children's hospitals and many more. Participants can also gear the practical side of the project to whatever skill set they want to show off, be that photography, website design, film making, sport coaching or even business management!

WHEN AND HOW MUCH?

Five NCS trips take place over the summer, with the first starting on 08/07/17 and the last beginning on 07/08/17. The trip costs a maximum of £50 for each participant, students who receive free school meals can take part for free. There is also a half price early bird special of £35 for people booking before May 1st. All accommodation, food and transport is included in this price. For more information you can email matthew.bowles@cwa.ac.uk or call 01553 815209.

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PHOENIX JUDO KWAI

E: phoenixjudokwai@gmail.com

M: 07510 160727



Welcome,

Phoenix Judo Kwai is open again after the Christmas break and looking for new students.

The venue is Reffley Community School & Nursery on Reffley Lane, King's Lynn and is held Tuesday evenings 18:30 to 20:00 for Juniors & 20:00 to 21:31 for Seniors.

The first lesson is free, there are no annual fees, mat fees are charged every month that you are a member, £10.00 for a single junior, two are charged at £15.00, while three at £25.00, we are the cheapest around.

Seniors are charged £15.00 a month. We take juniors from the age of 6 up to 18 and seniors from 15 upwards, suits are available from the club.

Application forms for the BJA licence are available from the club.

Contact details can be found at the top of the notice.

We look forward to seeing you soon.

Remember to bring a drink, NO FIZZY Drinks

