



DECEMBER 2024

KINGSTHORPE COLLEGE NEWSLETTER

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Headteacher's Message

As we approach the festive season, our Christmas newsletter is full to the brim with stories of all the wonderful and inspiring accomplishments of our students this term. This time of year, allows us to reflect on the past and look forward to the New Year.

Christmas is always a special time of year, many of our families will be celebrating the festivities with family gatherings and religious observance. We are incredibly proud of our students, who have demonstrated the spirit of Christmas through their generous food bank donations to support those in need. Their kindness and thoughtfulness embody the values we hold dear.

The New Year is a fresh start for us all. Some of us will make resolutions, others may reflect on the past and many will focus on their future plans coming to fruition.

We look forward to welcoming our students back on Monday 6th January 2025.

Wishing you all a joyful Christmas and prosperous New Year!

Combined Cadet Force

This year Kingsthorpe College CCF has grown with another cohort of year 9 cadets. They have worked hard on learning their drill and turnout in order to be awarded their berets. We were delighted to invite Colonel Blomfield to present badges and berets to cadets and parents were proud to see their son or daughter receiving them.

During parade nights this term, cadets were preparing to attend the Remembrance Parades held in Northampton. We were pleased to be invited to attend the Armistice Day parade at Barclaycard with the Lord Lieutenant of Northamptonshire. 15 of our cadets represented the school looking very smart and displaying outstanding drill skills. They were also able to experience the stands on display with the Royal Anglian Regiment and the weapons that they use.

On Sunday 10th November the whole of Kingsthorpe College CCF attended the Remembrance parade in Northampton. They paraded along with other CCF and ACF to the Holy Sepulchre Church where they attended the service to show their respects to the fallen. They also laid a wreath on behalf of the contingent. All cadets on parade had exemplary turnout and displayed the skills they have learned so far.

Year 10 Cadets had their field day trip to the National Memorial Arboretum in Staffordshire. This was an extraordinary visit with a tour from guides who were able to share their extended knowledge, with the cadets learning more about the effects of conflict. This was an experience which embedded more of what cadets had recently been learning about regarding remembrance, symbolism and history.

In the new year we are very much looking forward to the exciting and busy time ahead. Year 10 will be completing the air rifle weekend and the GP weapon training days and Year 9 will be introduced to first aid training and the air rifle, along with fieldcraft training in preparation for their first night out in the field.



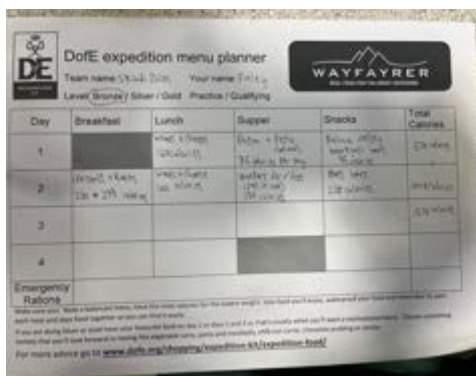
We launched our 24/25 Duke of Edinburgh award scheme to our Year 9, 10 and 12 year groups and what a response!

With year 9 taking on the bronze award we have got stuck straight into a full day on expedition training. 80 students attended the extremely wet day in November, completing Trangia training by learning how the Trangia's fix together and using the gas burner to make a hot chocolate. Students learnt how to plan their menu for their expedition and how they will need to fuel their bodies. First Aid training and what to do in an emergency, students will have their own first aid kits with them and now know how they can use them. Tents and equipment, students learnt how much kit and equipment they need to carry and how to put this into their bags, also how to put their tent up. Lastly students had to think about their team goals, why are they going on expedition? What do they want to achieve? After a full day of training students have lots to think about and continue to work towards their next training day in the spring.

Year 10 have now began their eDofE training with their Silver award, they have had to explore what they would like to do for each of their sections – Skills, Volunteering and Physical and are looking forward to their expedition training day on the 1st March.

The Gold DofE had been taken on by our year 12's. Their expedition will take the mode of canoeing during the summer, they will begin their canoe training in January by practising capsize drills and paddle skills at the swimming before launching onto the river.

Well done to all those students that have taken on the challenge to achieve a fantastic award and experience, we have much to look forward to in the new year.



DofE expedition menu planner

Team name: [] Your name: []
 Level: (Bronze) Silver / Gold / Practice / Qualifying

Day	Breakfast	Lunch	Supper	Snacks	Total Calories
1		Wine, 1 bread, 200g butter	100g + 100g, 200g, 100g	100g, 100g, 100g, 100g	2500
2	100g + 100g, 200g + 200g	100g + 100g, 200g + 200g	100g + 100g, 200g + 200g	100g, 100g, 100g, 100g	4000
3					2500
4					

Emergency Rations

Make sure you have a valid passport for the entire group. You must have a valid passport for the entire group. You must have a valid passport for the entire group. You must have a valid passport for the entire group.



Post 16 Open Evening

On November 6th 2024, KC Post 16 held its Open Evening. Year 11 students from Kingsthorpe and other schools were invited in to hear a talk from the head teacher and Post 16 team as well as speak to staff about the subjects on offer.

We were thrilled with the number of students who attended and enjoyed lots of conversations about future plans. It was exciting to showcase a larger number of subjects than usual including potential new A Levels in Philosophy and Ethics, Computer Science and Economics as well as our traditional A Levels such as Maths, Biology, History and English Literature. KC Post 16 also encourages artistic pursuits in subjects such as Art, Photography, Dance, Drama and Music as well as BTEC subjects such as IT, Business, Sport and Health and Social. Students attending the evening also had the opportunity to discuss career options and university choices as well as extra curricular opportunities such as work experience, trips and extra qualifications.

Applications are now open and we have already had a significant number from both internal and external students. We are trialing a new approach this year; we have not pre-blocked our subjects to try and allow for as much flexibility as possible. Once students have expressed interest in subjects via their applications, we will then block the subjects to try and avoid clashes.

Internal Year 11 students have all been emailed a log in to their school email whilst external students can find the link to apply on the school website. One to one interviews will be held in the new year and then students will be invited to attend our transition days in June. We are looking forward to helping our Year 11 decide on their next steps!

For more information on Post 16 at Kingsthorpe college please visit the school website.



Year 9 Options Evening

This term saw our year 9's start the process of choosing the subjects they would like to study moving forward into their KS4 years with us here at Kingsthorpe College. It was wonderful to see so many families attending the information evening, as well as the subsequent parents evening, to support our youngsters in making these decisions. There were many fantastic conversations being had with staff, students and parents during the information evening about each of the subjects on offer.

Year 9 families will be receiving their current report straight after the Christmas break and students will have until Friday 17th January to make their final choices. Miss Gilligan and Mrs De-Wit will attend selected tutor times over the first two weeks back to support students in this process. In the meantime should anyone have any questions, please contact either the year 9 team or Miss Gilligan.



Year 8 Careers Event

On Tuesday 3rd December, we hosted 14 visitors from different companies based at Silverstone Park. All of our Year 8 pupils had 2 interactive workshops plus a Q&A with a wide-ranging panel of employees and employers.

We are very grateful to all those from Silverstone Park who gave their time to give our students an insight into the world of work and the opportunities that exist with companies in our county.



Electives - Harry Potter Studio Tour

On November 24, students from the Reading Club elective and Film Club elective had the magical opportunity to visit the Warner Bros. Studio Tour London – The Making of Harry Potter. This immersive experience offered a unique glimpse into the process of transforming J.K. Rowling's iconic book series into one of the most successful film franchises of all time.

During the visit, students explored legendary sets, including the majestic Great Hall, the bustling streets of Diagon Alley, and the iconic Platform 9¾, where they could imagine themselves boarding the Hogwarts Express. They were also given an inside look at how iconic scenes were filmed, learning about the use of props, special effects, and the stunning costumes that made each moment on screen truly spellbinding.

The trip provided invaluable insights into the art of storytelling, filmmaking, and the creative collaboration required to bring such a beloved fantasy world to life. For both avid readers and budding filmmakers, this visit was a source of inspiration and a testament to the power of imagination and hard work in crafting stories that resonate across generations.



Electives - Poetry

On Wednesday 18th December, the year 7 Poetry Elective group gathered together to perform selected poems on the theme of Friendship. They were joined by former Lord-Lieutenant of Northamptonshire Mrs Morcea Walker MBE, a group of proud parents and one very plucky and talented Nan, who performed a rhyme with her grandson.

Pupils showcased their skills and brought wide smiles to the faces of teachers and family members and even a teary eye or two. They were also treated to wise words and recollections from Mrs Morcea Walker who recounted tales of the Windrush generation and the adventures and challenges she and her peers faced together.

Poems will be entered into the national competition this week. We await the outcome of the judges' decisions. In the meantime, well done to all of our amazing performers and thank you to family and friends for your support. Merry Christmas!

Poem 1 performed by Luc O'Donoghue and Nan

Friendship-anonymous

Written with a pen, sealed with a kiss,
If you are my friend, please answer me this:

Are we friends, or are we not?
You told me once, but I forgot.
So tell me now, and tell me true,
So I can say I'm here for you.
Of all the friends I've ever met,
You're the one I won't forget.
And if I die before you do,
I'll go to heaven and wait for you,
I'll give the angels back their wings
And risk the loss of everything.
There isn't a thing I wouldn't do,
To have a friend just like you.

Poem 2 performed by Ellis, Oliver, Ethan, Tyler and Luke.

The Cake of Friendship by Michelle Flores

Preheat the oven of love
With plenty of secrets and hugs.

Mix in giggles and laughs
That make your sides split in half.

Bake with the love and care
And all the things you should share.

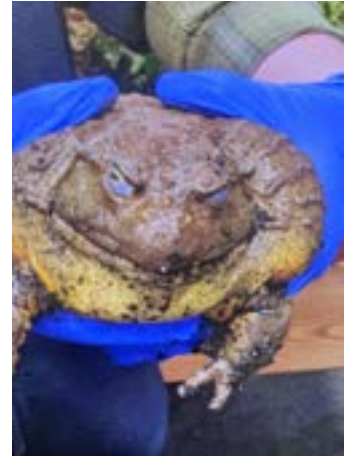
Decorate with the frosting of trust;
This really is a must.

Enjoy the cake; do not eat it fast.
Just like your new friendship, make it last.



Electives - Animal Science

The Animal Science Elective trip was planned to give students who have an interest in pursuing further education within the animal sector an insight into what jobs in the sector may entail. The students have built enrichment pieces after researching their chosen animal, which were then designed according to the animals need. During the visit to the ZEC the students learned about the IUCN lists and conservation efforts of zoos. The visit gave the students the opportunity to enquire what subjects they need to study to progress further in this field.



I.T.

Year 11 Computer Science have been completing their NEA project, planning and coding a solution for a music quiz. They have been using their prior algorithm knowledge and Python skills to achieve this, using appropriate testing to ensure that it meets the needs of the brief.

Year 11 IT have finished their component 1 controlled assessment, focusing on the analysis, planning, design and evaluation of an information and ordering interface for a bakery. They have used a ranged of design techniques to engage their audience and ensure that it is accessible for a range of users.

Year 13 IT have been preparing for their unit 1 in January, focusing on a range of topics about the use and application of IT systems to a range of contexts and the impact that those systems have on users and key stakeholders.

Visual Arts

Terms one and two have been an exciting time in the visual arts department, we welcomed our new head of faculty Peter Griffiths at the beginning of the year and a new cohort of year sevens who have really hit the ground running. They have wowed us with their skills in their drawing unit of work exploring spherical objects and we are so excited to see what they are capable of in their coming years at KC-Well done year 7 squad!

Meanwhile, year 8 have been exploring still life they have focused in on painting skills to produce some still life paintings using tints and shades- not an easy task. However, as always they've risen to the challenge producing paintings to be proud of which are featured on our VA Instagram page. Our year 9s have explored the work of the Boyle family who have a very unique take on the question 'what is art? After completing research and drawings they created 3-D responses prompted by the Boyle family's work they're now enjoying etching intricate insects.

Year 11 students have worked extremely hard this term on completing their coursework and have experienced a mock exam for the first time where they produced personal outcomes to their projects. Students have worked tirelessly with many of them going the extra mile by giving up time in the holidays to come in and work on their projects. We cannot commend their dedication enough and we are full of anticipation to begin their exam project in January – its exciting times.

In November we saw options evening for year nine where we had year 11 student representatives from all disciplines supporting the faculty to promote the subjects they love to the year 9 cohort.

Finally, as Christmas is a time of reflection some thank yous... Miss Wade would like to give a special shout out to all the students who come into the department to help in the department (you know who you are) this is always appreciated and it really reminds us of a wonderful caring students we have here at KC. Also, our amazing technician Miss Moorehouse has been working super hard to support the students and teachers with preparing resources and keeping the department running smoothly so doing lots of work behind the scenes. She is the glue that holds us together.

Last but not least the VA staff would like to wish all our artists, parents and carers and Merry Christmas and a Happy New Year from the VA department.



Visual Arts - Sea Life Centre and Botanical Gardens

Year 10 GCSE Textiles and 3D design students recently went on a research trip to Birmingham where we explored the SeaLife Centre and Botanical Gardens, this allowed our students to gain valuable photographs which they will now be able to include in their GCSE coursework. It was a brilliant day out and we are very proud of the progress they are making already.



You may have noticed we've been posting lots of content online following the relaunch of our Visual Art Instagram back in September. Please take some time to scan the QR code (pictured) and follow to see regular updates the exciting things are going on in Visual Arts faculty.



VAFKINGSTHORPECOLLEGE

Performing Arts

KS4 Music Showcase

Lots of students took part in the Music showcase that happened this term. There was an incredible amount of talent from groups as well as soloists and as a department we are very proud of how hard they worked.



Performing Arts

School Performance - Matilda

After weeks of auditions and months of rehearsals, Matilda finally came alive this week with four incredible performances. With over 100 students in the show, we are so incredibly proud of the sheer talent, determination and passion that our students have.

We welcomed the local primary school to watch our performance which was a lovely experience. The feedback from parents and staff has been amazing and we cannot thank the whole of the Performing Arts team enough for all of the hard work and dedication that has been put into this years school show. You have created so many special life long memories for so many.



My Match Report

Team 1:	Moulton School	Team 2:	Kingsthorpe College
Venue & Date:	Moulton School – 17th October 2024		
Goal scorers & Times	Abimbola		
Match details:	<p>A strong start to the game for Kingsthorpe with numerous chances not being taken, only due to some great saves from the opposition GK.</p> <p>Abimbola scored a lovely free kick from around 25 yards straight into the top corner. No more goals in the half, meant Kingsthorpe went into the break, 1-0 up.</p> <p>The KC curse struck again with a manic 5 minutes which saw a 1-0 lead disappear into a 3-1 deficit. From that point Moulton defended well and kept their lead at 2 goals despite mounting pressure from Kingsthorpe.</p> <p>The game finished 3-1 to Moulton but undeservedly so. On to the next one!</p>		
Player of the Match:	Jack N		
Final Score:	3 - 1		
Report written by:	Mr Kingsnorth	Year Group	Year 9

My Match Report



Team 1:	Kingsthorpe College	Team 2:	Robert Smyth Academy
Venue & Date:	Kingsthorpe College – 14/11/2024		
Goal scorers & Times	Harry S X2		
Match details:	<p>A National Cup round 3 fixture this time round, for the Y10 Football team. The visiting team was Robert Smyth Academy from Market Harborough.</p> <p>A really positive start from Kingsthorpe resulting in some good chances. The opposition keeper made some great saves. A tight first half ended in Robert Smyth taking the lead just before half time.</p> <p>A manic 5 minutes just after the break resulted in Robert Smyth scoring 3 quick goals and effectively killing the game - seems to be a KC theme at the moment! Harry Shipley pulled 2 goals back, one with a penalty and the other a very well taken finish from the edge of the box into the far corner.</p> <p>Unable to add to the comeback, Robert Smyth scored a fifth and that was that.</p> <p>Overall a really great performance, overshadowed by a manic 5 minutes which on another day, would have changed the result, and a 5-2 loss seemed harsh to say the least.</p> <p>On to the next one!</p>		
Player of the Match:	Harry S		
Final Score:	2 - 5		
Report written by:	Mr Kingsnorth	Year Group	Year 10

My Match Report



Team 1:	Kingsthorpe College	Team 2:	Abbeyfield
Venue & Date:	27.11.24 @ KC County Cup R2 Officials : Hayden England, Ryan C and Tackkudwa		
Goal scorers & Times	Andre H and Temi		
Match details:	<p>County Cup round 2 was played in cold conditions. The team started well, but they went down 1-0 after 10 mins.</p> <p>KC played some good football and knocked the ball around well, having some possession.</p> <p>Andre made some good runs into the opposition box. Abbeyfield had 2 strong players in midfield who were starting to run the game. However, some good saves from Platon kept KC in the game.</p> <p>The score was 2-1 to KC after a great solo goal from Temi. However, with the game nearly finished, Abbeyfield scored 2 goals - 1 from a corner. A hard fought game which was unfortunately lost 4-2 at the final whistle.</p> <p>The boys tried their hardest and did not give up.</p>		
Player of the Match:	Andre		
Final Score:	Kingsthorpe College 2 - 4 Abbeyfield		
Report written by:	Mr Smith	Year Group	

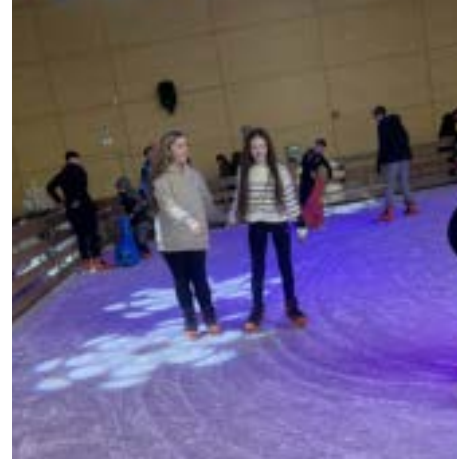
Netball Match Report



Team 1:	Year 10 KC	Team 2:	Year 10 Pitsford
Venue & Date:	Pitsford Thursday 5 December		
Match details:	<p>This was a return fixture following a game at KC in October. The students appeared to have made friends from the first fixture so were equally excited by seeing them as they were to play netball.</p> <p>KC acquitted themselves well and showed real strength and displayed what they had learned in training at times during the game. The consistency still requires work but they are certainly passionate and determined young women.</p> <p>We have some amazing interceptions in defence by Priscilla, Britannia and Kauzette and some equally impressive mid-court play by Shanlay, Alisa, Azaria and Rebecca. Our attacker were less frustrated in the shooting circle and we saw goals from all shooters Ilinca, Adriana, Brooke and Kauzette.</p> <p>We are a work in progress but the enthusiasm of the players cannot be underestimated and we look forward to returning to fixtures in the new year.</p>		
Player of the Match:	Adriana V		
Final Score:	23 - 6		
Report written by:	Mrs Lloyd-Jones	Year Group	Yr 10

Opal Coast Trip

On Saturday 14th December students from years 7 to 11 visited the French Opal Coast. The 2am start to catch the ferry over to France was so worth it, our students had the opportunity to immerse themselves into the French culture whilst seeing the sights as they travelled. The students sampled a huge variety of food from crepes and churros to cheese - What a wonderful way to get into the Christmas Spirit!



Geography

Students studying a geography/natural sciences based elective with Miss Lane, and our SEN geography class taught by Mrs Sheriff have designed flags to go to Antarctica. Mrs Sheriff, who runs the global UK Polar Network Antarctic Flags Outreach Programme arranged for flags from Kingsthorpe College to be sent to Antarctica with Scientist Heather Corden. The flags here have been photographed at Dumont d'Urville station in Antarctica. This is a French station in Antarctica, and more information can be found about it here <https://institut-polaire.fr/en/antarctica/the-dumont-durville-ddu-station/> and it is stationed on Petrel Island.

This is the fourth year that Kingsthorpe College have taken part in this outreach project. Later this year students in Year 8 will study Antarctica and will have the opportunity to write letters to polar scientists and to find out more about polar careers.



Student Leadership

Food bank hamper competition

We held a competition over the last 3 weeks of this term to collect items for the Re:Store Food Bank in Northampton, in the form of food hampers. The winning hamper was made by 70 Ms Van Dalen form. This hamper has been raffled over the 3 nights of our school production of Matilda with all proceeds going to the food bank.

Thank you to all parents carers students who donated items, it is very much appreciated. Special thanks to those who made the baby hamper and donated clothes bedding.



Post 16 Fundraiser for MacMillian

Post 16 students and staff at KC had a bake off and sold cake and refreshments at the production of Matilda over 3 nights to raise money for one of our school charities MacMillian. A great selection of cakes on display - thank you to all who contributed to this worthy cause by baking or buying.

Thank you to the Post 16 students who organised this event - a real credit to the school.



Special Congratulations

Owen K has been karting at a high level over the past 5 years whilst at KC he has taken part in competitions across the UK and into Europe. Last year he earned a qualify spot to race in Valencia. This year he has won a place at the rally replay academy through his excellent performances in the SuperOne series. We look forward to hearing on how he gets on in February.

Christmas Fair

On Tuesday 10 December KC held a Christmas Fair prior to the Christmas show. The fair was organised by Bella V a Year 11 student who wanted to raise money for local charity. Her exceptional organisation skills and passion for supporting others shone through. Many other students gave their time to support Bella and there were a variety of stalls offering bric-a-brac, cakes, tombola, refreshments, crafts etc. It was a great event that raised £615 for charity - The Tuesday Night Team and MacMillan.



HAPPY Holidays

From KC EAL



Buone Feste



ЩАСЛИВІ СВЯТА



祝你假期愉快



Wesołych Świąt



মبارک تعطیلات



സന്തോഷകരമായ
അവധിക്കാലം



Zororo riribho



Sărbători fericeite



likizo njema



Zororo riribho



Mutlu Tatiller



Boldog ünnepek



Καλές διακοπές



সভ ছুটি



Gezuar Festa



Chúc mừng ngày lễ



खुसी छुट्टीहरू



Priecīgus svētkus

CHECK IN WITH YOUR FRIENDS

If one of your friends doesn't seem OK, checking in on them can make a huge difference. One in every five children struggles with their mental health, so let's make sure we support each other through any difficult times.

BE A GOOD LISTENER

ASK HOW YOU CAN HELP

SHOW EMPATHY

SEND A NICE MESSAGE

BE KIND

★ BE ★ SUPPORTIVE

**IF YOU ARE WORRIED ABOUT A FRIEND
TELL A TRUSTED ADULT**



I SAW THIS AND THOUGHT OF YOU!



WANTED TO LET YOU KNOW I'M THINKING OF YOU!



I'M HERE WHEN YOU NEED ME.



MISSED YOU AT SCHOOL TODAY. EVERYTHING OK?



National Online Safety

#WakeUpWednesday

You're not alone this *Festive Season*



Text 85258
giveusashout.org



0300 123 3393
mind.org.uk



0300 7729844
nopanic.org.uk



0800 58 58 58
thecalzone.net



0808 808 4000
nationaldebtline.org



116 123
samaritans.org



0808 808 1677
cruse.org.uk

4 TIPS ON HOW TO FEEL A LITTLE LESS LONELY THIS CHRISTMAS:

Limit your social
media usage

Volunteer in your
local area

Consider scheduling a call
with family or friends

Have a look at what places
are open near you

For more support organisations, you can find the Everymind Mental Health Support Directory on www.everymindatwork.com.

Don't suffer in silence.



Looking After Yourself at Christmas

"I've found the way of having a happier Christmas is doing what's right for me. Making careful choices about who I spend my time with and keeping in mind that it's just one day. The interactions I have with people throughout the year are just as important."

Christmas is a time of year that often puts extra pressure on us, and can affect our wellbeing in lots of different ways. If Christmas is a hard time for you, you are not alone. But there are things you can try that might help:

Plan Ahead

Think ahead about what might be difficult, and if there's anything you could do that would help you cope. Think about whether you really need to do things if you're not looking forward to them. Don't be afraid to cancel plans if you're not up to it.

If you're worried about feeling lonely, think about some activities that might pass the time, like spending time in nature or relaxing. Perhaps plan something nice to look forward to after Christmas.

"Christmas can be a very busy time of year. If you need a break, don't feel bad about taking one."

Talk To People

Connecting with others is one of the best ways to protect your mental wellbeing, friends, family or even online communities can help you connect with others who have similar experiences. If you are struggling, let people know. When you keep your feelings to yourself, it can often feel like it's just you – when it's not. You don't have to justify your feelings to anyone nor do you need their permission to look after yourself.

Be Gentle, Generous and Patient With Yourself

It's ok to prioritise what's best for YOU, even if others don't seem to understand. Think about what you need and how you might be able to get it. Talk to people you trust about what would help you cope.

Look After Yourself

Let yourself experience your own feelings. Even if they don't match what other people are feeling, they are no less valid or real. Take time out for yourself when you need to. Watch a film, read a book, go for a walk.

Spending a day hanging out in your pyjamas is fine, it's great! But make sure you're not too house-bound and spending all day eating and drinking. A brisk walk is a nice way to spend an afternoon, or maybe a day trip somewhere.

If you can't avoid something difficult, plan something for yourself afterwards. It might help reduce the stress. Why not give the most important person – yourself – a present for Christmas.

"I make myself up a self-care stocking for Christmas. Being kind to myself. Filled with things that make me feel good."

Don't Believe the Hype

Don't compare yourself and your Christmas with the 'perfect' Christmas moments on social media or adverts. Most people only share the good bits and you don't know what goes on behind the scenes. Don't get sucked into measuring your experience against something that isn't real.

HELP AND SUPPORT IS OUT THERE

If you are struggling with your mental wellbeing; talking helps.

Helplines:

- Samaritans (24hrs): 116 123
- Breathing Space (Mon – Thurs 6pm – 2am, Fri 6pm – Mon 6am): 0800 83 85 87
- NHS 24 (out of hours): 111
- Childline (for Children/Young People): 0800 111
- Hopeline UK (For Young People: 0800 068 4141)

For tips on looking after your mental health and wellbeing:

- <https://clearyourhead.scot>
- <https://nhsinform.scot>
- www.lanarkshiremindmatters.scot.nhs.uk
- <https://elament.org.uk>



Every life matters
in South Lanarkshire



South Lanarkshire
Health and Social Care
Partnership