

What's Happening at KAS...

3rd November 2017



Be Proud

Again this week we have some fantastic student achievements to celebrate. Thank you to all the students involved. You make us very **proud**.

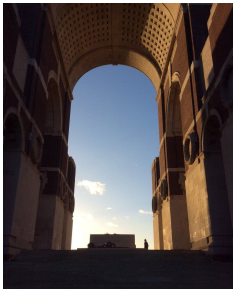
Max Bradley (9-R) was awarded his 1st Dan Black Belt by the Tae Kwon-Do Association of Great Britain on Tuesday evening at a presentation ceremony led by Jane Lambert, 6th Degree Master, held at The King Alfred School Gymnasium. It has been a good year so far for Max as he also passed his Class 3 Royal Naval Cadet Physical Training Instructor Course and qualified as an Open Water Scuba Diver too.



Congratulations to Finley Davis who has been invited to train with the Bristol Rugby Academy Player Development Group (PDG). Well done on an outstanding achievement.

Battlefields Trip 2017

Over the half term weekend 43 students and 5 staff travelled to the battlefields of the Great War. King Alfred School was represented at the ceremony of the Last Post in Ypres, Belgium by our wreath bearers, led admirably by Evie Milburn in cadet uniform. Many poignant visits were made to places including Vimy Ridge, Tyne Cot Cemetery, Hill 62 and Sanctuary Wood. Our party was constantly complimented on their behaviour and attitude. This included praise from a NATO Delegate on a break from his tour of the Ypres Salient. Next year's visit is already in the planning stage. Details about this will be available soon for History students in Year 9. Thank you to Mr Ellis and Mr Penman for arranging the trip, and to the students who represented the school impeccably.



Rotary Young Chef Competition

Just before Half Term we held the in-school round of the annual Rotary Young Chef Competition. The competitors had two hours to prepare a three course healthy meal comprising of a starter, main course and dessert for two people costing less than £15.00. The students that took part were Caitlin Hick, Luke Pople, Owen Channon, Izaak Strong, Fern Feasey and Jack Millier. Izaak Strong was the overall winner, with Owen Channon 2nd and Jack Millier 3rd. Izaak will go through to the next round on 3rd February. Well done to all of the fantastic chefs involved, and to Miss Timmins in particular for helping the students prepare for and take part in the competition itself. You make us very **proud**.

SHARE Project

The King Alfred School has the exciting opportunity this year to work with the *Schools Health And Resilience Education* or SHARE Project. The SHARE Project will be working closely with the school, young people and parents to promote positive mental health and emotional wellbeing. Representatives from the SHARE Project were available at the Year 11 Parent Support Evening to meet Year 11 parents/carers. Project staff introduced themselves, and the Project gathered information and ideas as to how parents/carers might like to get involved, and responded to questions about the Project. They were also able to offer initial advice for supporting your child's emotional wellbeing and mental health during adolescence, and will join us at future events.

Parents and carers may also find this website useful. It contains a wealth of information to support young people with their mental health - http://www.cypsomersethealth.org/mental_health_toolkit

Belong. Believe. Be Proud.

