

Congratulations to our House Stars of the Week

York	<i>Elfrida</i>
Lichfield	<i>Max</i>
Canterbury	<i>Karamjot</i>



This week is Mental Health Awareness Week and focuses on anxiety.

Symptoms of Anxiety

You might start out just feeling generally anxious, but if your symptoms get worse or last longer than they should, it could be time to get some support. Symptoms include:

- Feeling nervous, on edge, or panicky all the time
- Feeling overwhelmed or full of dread
- Feeling out of control
- Having trouble sleeping
- Low appetite
- Finding it difficult to concentrate
- Feeling tired and grumpy
- Heart beating really fast of thinking you're having a heart attack
- Having a dry mouth
- Trembling, or having wobbly legs
- Feeling faint
- Stomach cramps and/or diarrhoea/needing to pee more than usual
- Sweating more than usual
- Getting very hot

There are lots of places to get advice about emotional wellbeing, social media, or to discuss your feelings throughout school:

NSPCC: www.NSPCC.org.uk Phone 0800 1111

Childline: www.childline.org.uk Phone 0800 1111

Young Minds: www.youngminds.org.uk

Samaritans: www.samaritans.org Phone 116123

In a crisis, text 'Shout' to 85258

Kooth counsellors will be on line everyday until 10pm



Take Responsibility, Be respectful, Show Empathy, Choose Forgiveness

FORM GROUP STARS



"Be joyful. Grow to maturity. Encourage each other. Live in harmony and peace. Then the God of love and peace will be with you." 2 Corinthians 13:4-5

Congratulations to our Year Stars of the Week

Year 7	<i>Max</i>
Year 8	<i>Oluwaradarsimi</i>
Year 9	<i>Sarah</i>
Year 10	<i>Katie</i>
Year 11	<i>talía</i>
Year 12	<i>Brodi</i>
Year 13	<i>Karol</i>



Take Responsibility, Be respectful, Show Empathy, Choose Forgiveness

HOUSE OF THE WEEK



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Contact Details

Telephone 01902 558333

Mr Ed Parry Vice-Principal

Contact: E-mail admin@kingswolverhampton.co.uk



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@kingsschoolwlv

Exams

The first week of the exams has flown by and I just wanted to say a huge thank you to all the students who have behaved brilliantly so far. This makes our jobs a little bit easier and we are really appreciative, long may it continue!

If your son/daughter is involved in exam clashes on Monday and Tuesday, please don't forget that they will need to bring a lunch with them.

Mr Rogers Exams Officer.

Here is the timetable for next week.



Mon 22 May	09:00	02:00	AQA	7192/1	Sociology ADV Paper 1	GCE/A	5
Mon 22 May	09:00	01:45	AQA	8462/1H	Chemistry Paper 1 Tier H	GCSE/9FC	27
Mon 22 May	09:00	01:45	AQA	8462/1F	Chemistry Paper 1 Tier F	GCSE/9FC	5
Mon 22 May	09:00	01:15	AQA	8464/C/1H	Combined Sci Trilogy Chemistry P1H	GCSE/9DA	18
Mon 22 May	09:00	01:15	AQA	8464/C/1F	Combined Sci Trilogy Chemistry P1F	GCSE/9DA	77
Mon 22 May	13:30	01:30	EDEXL/GCSE	1GB0 01	Global Geog.Issues	GCSE/9FC	46
Mon 22 May	13:30	02:00	EDEXL/KSQ	21429K01	Promotion and Finance for Enterprise	BTNG/B	29
Mon 22 May	13:30	01:30	CIE	9990/41	Options: Application 41	GCE/A	1
Tue 23 May	09:00	01:30	OCR	H032/02	Chemistry A: Depth in Chemistry Wtn	GCE/ASB	5
Tue 23 May	09:00	00:35	EDEXL/GCSE	1FR0 1F	Listening [F]	GCSE/9FC	17
Tue 23 May	09:00	00:45	EDEXL/GCSE	1FR0 3F	Reading [F]	GCSE/9FC	17
Tue 23 May	09:00	00:45	EDEXL/GCSE	1FR0 1H	Listening [H]	GCSE/9FC	8
Tue 23 May	09:00	01:00	EDEXL/GCSE	1FR0 3H	Reading [H]	GCSE/9FC	8
Tue 23 May	13:30	02:00	OCR	J625/06	RS: Rlgn Phil Ethc Mod Wld Chrst Wtn	GCSE/9FC	121
Tue 23 May	13:30	02:30	EDEXL/GCE	9AA0 01	Translation Into English	GCE/A	1
Tue 23 May	13:30	01:30	EDEXL/KSQ	21193L01	Effective Digital Working Practices	BTNG/B	18
Tue 23 May	13:30	02:00	OCR	J625/07	RS: Rlgn Phil Ethc Mod Wld Muslim Wtn	GCSE/9FC	2
Wed 24 May	09:00	02:30	AQA	7042/1D	History ADV Paper 1 Option D	GCE/A	2
Wed 24 May	09:00	02:15	AQA	8702/2	Eng Lit Paper 2	GCSE/9FC	125
Wed 24 May	13:30	02:15	OCR	H556/01	Physics A: Modelling Physics Wtn	GCE/A	8
Wed 24 May	13:30	01:20	EDEXL/GCSE	1IN0 4H	Writing [H]	GCSE/9FC	11
Thu 25 May	09:00	01:30	OCR	H020/02	Biology A: Depth in Biology Wrtn	GCE/ASB	6
Thu 25 May	09:00	01:45	AQA	8463/1H	Physics Paper 1 Tier H	GCSE/9FC	26
Thu 25 May	09:00	01:45	AQA	8463/1F	Physics Paper 1 Tier F	GCSE/9FC	6
Thu 25 May	09:00	01:15	AQA	8464/P/1H	Combined Sci Trilogy Physics P1H	GCSE/9DA	18
Thu 25 May	09:00	01:15	AQA	8464/P/1F	Combined Sci Trilogy Physics P1F	GCSE/9DA	77
Thu 25 May	13:30	02:00	OCR	H567/02	Psychlgy: Psychlgl Thm Thrg H Std Wtn	GCE/A	11
Fri 26 May	09:00	01:20	EDEXL/GCSE	1GN0 4H	Writing [H]	GCSE/9FC	1
Fri 26 May	13:30	01:30	OCR	J203/02	Psychlgy: Std & Apltn Psychlgy 2 Wtn	GCSE/9FC	23

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Extra-Curricular Programme Summer Term

Extra-Curricular Activity	Day	Time	Location	Staff
STEM Club Y8	Monday	1.20pm – 1.40pm	G.12	DOL + VAN
Yr7 and 8 – Law club	Monday	1.10pm -1.25pm	2.11	HAR
KS3 Basketball	Monday	1.10pm -1.40pm	Sports Hall	GAN / KEY / PUG
All years Football – Boys and Girls	Monday	3.35pm -4.35pm	Outside	GAN / PUG
Girls games club	Monday	3.35pm -4.35pm	Sports Hall	BUC
Y12 & Y13 Charity Committee	Tuesday	1.20pm -1.40pm	1.21	MAN
KS4 Basketball	Tuesday	1.10pm -1.40pm	Sports Hall	GAN / KEY / PUG
KS4 Football	Tuesday	3.35pm -4.35pm	Sports Hall	GAN / KEY / PUG
Muslim prayer space	Every day	1:00 – 1:15	Faith Centre	KUD
Sikh prayer space	Thursday	1.20-1.40	Faith Centre	KUD
Choir	Wednesday	1.10pm -1.40pm	G6	MCA
KS3 Art club	Wednesday	1.10pm -1.40pm	G3	BAL
5 a side football	Wednesday	1.10pm -1.40pm	See rota	GAN / KEY / PUG
Inter-house competitions	Thursday	1.10pm -1.40pm	Sports Hall	Creative
Garage Band/ Music Tech Club	Thursday	1.10pm -1.40pm	G5	MCA
Inter-house sports competitions	Thursday	1.10pm -1.40pm	Sports Hall	GAN / KEY / PUG
King's Theatre	Thursday	3.40pm -4.30pm	G8	SHO / MCA
Maths Drop in All years	Every day	1.10pm - 1.40pm	2.11	EAS
KS3 Gardening	Tuesday and Wednesday	1.20pm - 1.40pm	Garden	KUD
Dodgeball/ Games	Friday	1.10pm-1.40pm	Sports Hall	GAN / KEY / PUG



On Tuesdays afterschool we now have athletics practice, as well as Rounders



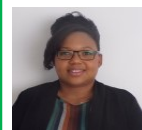
There are lots of competitions coming up – talk to your PE teacher if you want to be involved. All year groups welcome!



Email Contact Information



Year 7 Mrs Douglas
s.douglas@kingswolverhampton.co.uk



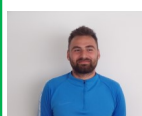
Year 8 Ms Tatham
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Year 9 Mrs Buckle
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Year 10 Mr Dyke
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Year 11 Mr Gain
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6th Form Mr Wust
c.wust@kingswolverhampton.co.uk



Attendance Officer, Mrs Barratt
k.barratt@kingswolverhampton.co.uk



Well done for all students involved in last week's inter-house football competition!



Lichfield were the winners!

When (Wednesdays)	Where	Activity	Who for
17 th May	Main hall	Dodgeball	Year 9 and 10



King's Got Talent is approaching – all those involved... Practice Tuesday-Friday lunchtimes in the Music/ Dance area!




1.10-1.40pm

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The King's CE School

Aspire, Believe and Achieve Together

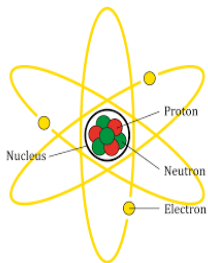


Newsletter 31 Friday 19th May 2023

From the Chaplain....

One day when the crowds were being baptized, Jesus himself was baptized. As he was praying, the heavens opened, and the Holy Spirit, in bodily form, descended on him like a dove. And a voice from heaven said, "You are my dearly loved Son, and you bring me great joy. (Luke 3:21-22)

Our reading this week shows all three persons of the Holy Trinity (which is God) bound together in one purpose (which is love). Perhaps the most famous image we have of the Holy Trinity is this 15th Century painting by Rublev in which God is depicted as three distinct persons and yet all equal and all in close fellowship with one another.



Various other images have been used to describe how God can be one and yet have three distinct aspects. Many of them, like the shamrock or a tripod, are quite static images. A couple of years ago, I came across the metaphor of an atom, in which the protons, neutrons and electrons are held together as if dancing around one another. There is nothing static about an atom and there is nothing static about God. For me, this image is particularly effective in the way it reflects God as 'relationship'.

In the first chapter of Genesis God says: "Let us make human beings in our image, to be like us." Here, not only do we see God refer to himself in the plural, but we are also called to consider in which ways we have been created to be like God. Just as God is not static but a living relationship of love, so I believe we too have been created to exist in relationship. We were never intended to live in isolation but our sense of well-being and fulfillment depends on the quality of our relationships, with God and with one another. It is the connections we make with one another which bring us the greatest joys in life. Throughout the Bible there are reminders of just how God values those overlooked by others, right up to the message of St Paul that all members of society are needed and to be valued in order for the whole of society to flourish.

There is a theory that when Andrei Rublev first painted his Trinity, he fixed a mirror to the painting on the nearside of the table. The idea is that the observer would see himself or herself invited into that relationship which is Father, Son and Holy Spirit. No longer a separate entity, a bystander, we too are invited to become a part of that dance of love which is God. We too are invited to become a part of what God is doing in our communities. We too are invited to be deeply loved and to be the embodiment of God, loving those around us in the world. This is what we were created for. This is the way in which we can flourish as the people we were created to be.

For the LORD your God is living among you. He is a mighty saviour. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs." (Zephaniah 3:17)

The Theme for Worship w.c 22nd May

The Coming of the Holy Spirit

Acts 2:1-8, 14, 41-42



At The King's CE School we believe that everyone is unique and created in God's image. We enable all to achieve their God-given potential; to grow, learn and aspire; to transform their lives and the lives of others and to journey in faith without limits within a unified, respectful and harmonious community.

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