



Kings Langley School News

Issue 24

A note from the Deputy Head (School Manager) - Mrs Bell

We are delighted to announce that we will be welcoming a new catering contractor to KLS from Monday 15/4/2024. We look forward to Culinera joining our school community providing fresh and healthy food, along with new look catering outlets. Please find below the Culinera newsletter for further details. If your child has not already completed the feedback survey, please encourage them to do this via the link embedded within the newsletter.



Scan here for
the feedback
survey



Scan here to check
if you qualify for
free school meals

School Events

Tuesday 26th March

Iftar Community Event -
5.30pm—7.30pm

Thursday 28th March

Year 8—reports home

School finishes -

12.55pm for the Easter
break.

Monday 15th April

Return to school

Summer Term - 8.40am

KINGS
LANGLEY
SCHOOL



FEBRUARY 2024



Hello Kings Langley School

WE ARE THE SOCIAL KITCHEN BY
CULINERA, YOUR NEW CATERERS

Starting after the Easter holidays.



Dear Students, Staff, Parents and the wider
Kings Langley School community...

I wanted to write to you to hopefully give you
something to look forward to in April!

After a rigorous selection process over the last
couple of months, we have chosen a new caterer
to provide our catering from April.

We are pleased to introduce Culinera!

Learn more by visiting our
new catering website



[HTTPS://MYCULINERA.CO.UK/KLSS](https://myculinera.co.uk/klss)



ABOUT CULINERA

Culinera is an independently
owned and independently operated
catering company, established with
the aim of bringing about a new era
in school food. They create school
restaurants not canteens; and offer
a bespoke service to us at Kings Langley School.



You can find out more about Culinera on the new dedicated
catering website www.myculinera.co.uk/klss

WE WANT YOUR FEEDBACK!!

As part of our move to Culinera, we
are REALLY keen for your feedback.
Please complete our short survey
to enable us to ensure that your
comments are considered through
the change of caterers.



[CLICK HERE TO OPEN THE
STAFF SURVEY](#)

[CLICK HERE TO OPEN THE
STUDENT SURVEY](#)

The Food Offer

We invest in our teams to ensure they have the right skills, equipment and responsibly sourced quality ingredients to show case at lunch time.

We have a strict no-packet mix rule, so everything is as fresh as it can be. Culinera are proud to offer a wide range of options each lunch time to meet the needs of every person - from our showcase main to delicious salads and bakes. We serve over 40 different items each day, so there is truly something for everyone!

WE SERVE:

GRAB & GO

Items include:

1/2 sandwiches, baguettes, fruit pots, pudding pots, bakes & salads.

HEALTHY MAINS

A variety of healthy, tasty mains prepared from scratch every day from carefully selected ingredients. The menu for this term is included with this newsletter!

We also run Chef Special options that our team cook up based on what's available in the kitchen, and to try new things!



SALAD BAR

Bursting with homemade healthy salads. All pre-boxed and ready to be collected.

ICED DRINKS

As we move into warmer months, you will be able to taste our new iced drinks range, our salad boxes and lots of seasonal dishes.




DISCOVER

PURE

VEGGIE
VEGAN
GOODNESS
FREE FROM

Our new PURE range has loads of amazing free-from choices, including our very popular chocolate brownie which is made with non-gluten containing ingredients.



TOPPING UP YOUR ACCOUNT

Although we are changing to Culinera, we will be staying with ScoPay.

This means, that for online top-ups, continue as usual. New students should have received account activation details, and previous balances have been transferred for use after the school holidays.

Students without access to ScoPay can request an activation letter by emailing finance@kls.herts.sch.uk. Sixth Form students and staff can also pay using contact-less options in designated area.

WE CANNOT WAIT TO WELCOME YOU BACK.

We will be working hard over the holidays to refresh the restaurant, introduce some new equipment to bring a fresh approach to food, so keep your eyes and ears open for this!

FREE SCHOOL MEALS?

You will continue to be eligible for the allowance at lunchtime. You do not need to worry about the pricing. Students who are eligible for FSM can choose two items for your allowance. Please see more information on the next page.

YOU MAY BE ENTITLED TO FREE SCHOOL MEALS

Your child may be eligible for a free school meal which could save you over £450 a year and gain additional funding for your school.

[CLICK HERE TO CHECK IF YOU QUALIFY >>](#)

Did you know?

- We have cold grab and go from 80p and hot food from just £1.50 every day!
- We have a variety of meal deals! Look out on the digital screens for the latest information.
- We have theme days twice per month!
- We have dedicated Sixth form services during break and lunch. From September 2024 this will be open all day!



FREE SCHOOL MEAL ALLOWANCE?

AS PART OF OUR FREE SCHOOL MEAL ALLOWANCE, IF YOU ARE ELIGIBLE, YOU ARE ENTITLED TO ANY TWO ITEMS FROM THE MENU BELOW:

1

Choose ONE of these main items

MAIN COURSE

PIZZA

PANINI

PASTA POT

SALAD POT

SANDWICH

2

Add ONE of the following items

FRUIT POT

CLASSIC BAKE

JELLY

80Z CULINERA ICE

BOTTLE OF WATER 330ML



FIND OUT IF YOU ARE ELIGIBLE FOR FREE SCHOOL MEALS BY VISITING
WWW.GOV.UK/APPLY-FREE-SCHOOL-MEALS



Showcase mains - SPRING 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1					
Main 1	Chicken Pad Thai (nut free)	Italian beef ragu with chunky roasted vegetables and fusilli pasta	The great British roast, with all the trimmings	Butter chicken with pilau rice and tandoori broccoli	
Main 2	Rainbow vegetable Pad Thai (nut free)	"Baked melanzane" Aubergine and tomato bake with parmesan cheese	Mushroom and spinach wellington with sage and onion stuffing	Cauliflower tikka masala with pilau rice and tandoori broccoli	The full works! Culinera chip shop Vegan "fish" box Fish finger wrap
MARKETPLACE	Meatball rice pot	Home made dough balls	The roast wrap	Veggie naan kebab roll	
STREET FOOD	Papas bravas	Italian herb wedges	Courgette fries	BBQ wings	
Pasta and Noodle bar	Daily specials including: Pasta - Culinera classic, pesto, mac 'n' cheese or vegetable ragu Noodles - Soy, chilli and ginger or chow mein				
Pudding	Hot chocolate brownie with caramel sauce	Tiramisu	Traditional syrup sponge	Apple and pear crumble	Culinera sundae

TRY OUR home-made SOUP
with freshly baked bread!

TAKE US HOME

Order and collect where you go home!

DAILY chefs specials
Check what's on offer today!

Watch out for our daily **culinera Concepts**

HEALTHY APPETITE?
Why not try our **healthier options**

Menu Key

- Vegan
- Vegetarian
- Added Plant Power
- Available after school
- Smaller portions available
- Healthy eating points

Please inform Culinera Allergen Champions of any allergies or dietary requirements before purchasing items - Products are subject to local changes at each of our schools, and may not be on sale on the advertised day or at any point - We have fully separate facilities, which are packed individually at the point of sale - Due to the nature of our till operators, any special offers or meal deals need to be requested at the point of purchase (i.e. the till operator) - Items detailed within our menu may be subject to local availability at each of our schools and may not be available on the advertised day or at any point.



Showcase mains - SPRING 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2					
Main 1	Chicken shawarma kebab, cumin spiced potatoes and yoghurt dressing.	Cottage pie, with creamy mashed potato, gravy and fresh garden vegetables.	The great British roast, with all the trimmings.	Sticky BBQ chicken wrap, loaded with house slaw, crispy garlic potatoes and salad.	
Main 2	Garlic roasted vegetable kebab, with flatbread and yoghurt dressing.	Vegetable cottage pie, with creamy mashed potato, gravy and fresh garden vegetables.	Red onion, with roasted vegetables and feta filo pie.	Homemade falafel burger with wedges and salad.	The full works! Culinera chip shop Vegan "fish" box Fish finger wrap
MARKETPLACE STREET FOOD	Bombay street toastie Sweet potato fries	Meon loaded nachos Popcorn chicken	Dirty wedges Pizza toastie	Steak and onion slice Chicken tagine pot	
Pasta and Noodle bar	Daily specials including: Pasta - Culinera classic, pesto, mac 'n' cheese or vegetable ragu Noodles - Soy, chilli and ginger or chow mein				
Pudding	Sticky toffee pudding	Apple pie with ice cream	Culinera carrot cake	Orzo cheesecake	Chocolate mousse

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with freshly baked bread

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Showcase mains - SPRING 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3					
Main 1	Loaded chicken Gyros, with oregano wedges	Italian beef meatballs with penne pasta	The great British roast, with all the trimmings	Katsu chicken with cucumber, chilli salad and vegetable rice	
Main 2	Mediterranean couscous Buddha bowl	Farfalle pasta puttanesca	Sun blushed tomato, cheddar and red onion tart with all the trimmings	Tempura vegetables, with soy and chilli dressing and coconut rice	The full works! Culinera chip shop Vegan "fish" box Fish finger wrap
MARKETPLACE STREET FOOD	Orzo pasta pot Cheese tomato and pesto toastie	Chicken paella pot Wedges with crumbled feta	Giant yorkies and gravy Crispy cajun chicken bites	Loaded spring rolls Lebanese street wrap	
Pasta and Noodle bar	Daily specials including: Pasta - Culinera classic, pesto, mac 'n' cheese or vegetable ragu. Noodles - Soy, chilli and ginger or chow mein				
Pudding	Lemon drizzle cake	Greek doughnuts with honey and cinnamon	Apple and mixed berry crumble with custard	Blueberry Dutch pancakes	Rocky roll with whipped cream

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with freshly baked bread

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 Vegan Vegetarian Added Plant Power Available after school Smaller portions available Healthy eating points

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A Note from Learning Support.

As you may be aware Mrs Johnson-Putt will be leaving us at the end of this term to take up a position at a new school. Mrs Johnson-Putt has been an integral part of Kings Langley School; contributing her expertise, dedication, and unwavering commitment to the growth and well-being of our students. Under her leadership, Learning Support has gone from strength to strength, and she is going to be missed by staff and students alike. Please join us in wishing Mrs Johnson-Putt all the very best in her new role and future endeavours.

We are actively working to ensure a smooth transition for students who are supported by Learning Support. Miss Reeve will continue in her role as Deputy SENCO and Mrs Antonia Sharp will be taking over the role of SENCO within her role as Principal Assistant Headteacher.

Mrs Sharp is really pleased to be joining the team and very much looking forward to working with you and your children moving forward. If you have any questions, queries or concerns, please do not hesitate to get in contact with her.



Best at Bedrock! Week 25

All of these names have been placed into a prize draw which will be drawn at the end of the term.

Highest points earned in each year group

- Myiah- 7D (129 points)
- Sastika- 8A (129 points)
- **Adam- 9P (219 points)**
- Sheryl- 10A (50 points)
- Toby- 11J (67 points)

Highest progress made in each year group

- Evie- 7J (72%)
- **Bella- 8D (1220%)**
- Adam- 9P (1170%)
- Emily- 10G (144%)
- Oscar- 11D (147%)





Recognition

Being noticed for doing something positive or achieving something

Students of the Week w/c 18th March

Art	Zaria 10C
For the fantastic work in Art and all the effort she puts into the subject.	
Drama	Leo 7G
Fantastic performance of the Shakespearean text we are exploring.	
English	Thomas 8C
A well-spoken, dedicated, and humble student who always gives his best effort.	
Food Technology	Sienna 11G
For showing determination through her NEA2 and always doing her best to make sure that her work is completed to a high standard.	
Geography	Nicole 9A
Excellent effort on the Urbanisation topic.	
Graphics	Raman 13SCO
Excellent 3D print work.	
Library	Terri 12MOY
For making a fantastic start on her Extended Project.	
Music	Samuel 11D
For excellent composition work.	
PHSE	Nyla 7G
Excellent written work in PSHE. Amazing!	
Physical Education	U/14 Girls Futsal Team
For winning the Hertfordshire County Futsal Finals.	
Product Design	Toby 11J
For excellent work and a great attitude.	

Philosophy, Religion, Ethics	Joseph 8J
For asking excellent questions and making excellent contributions to class discussion.	
Science	Kyryl 9P
Good participation in the lesson and a positive attitude.	
Textiles	Sybella 11J
Outstanding crochet garment.	
Year 11 Head of Year	Arthur 11J
Such a positive, funny and good-hearted student.	
Key Stage 5 Head of Year	James 12MOY
Dedication to his A level studies.	

Well done to all of our students who have achieved 'student of the week'.

Headteacher Commendations



Congratulations to Joshua 8A who this week achieved his gold community award. Mr Fisher presented him with his certificate and badge.

Congratulations to the top performers in LanguageNut for March. Aron 7A, Raiyah 7C, Sophie 7D, Jude 7G, Erika 7J, and George 7P



Emily 8A, Alexander 8C, Mason 8D, George 8G, Rebecca 8J,
Abi 8P, and Jack 8T.

Betsy 9A, Seb 9C, Zain 9D, Sophia 9G, Elina 9J, and Adam 9P.



This morning Olivia 9G, Hannah 9D, Jack 9P, Jake 9G, Max 9D and
Joseph 9A were treated to a breakfast with Mr Ogunba and Mr
Fisher for their outstanding achievement of having the top ATL
averages in year 9.



Sports News

Cross Country

A great effort by Oliver (JNN) last weekend at the National Schools Cross Country Championships which were held in Pontefract. Competing in the Under 20 category, against runners 2-3 years his senior, Oliver finished in a very creditable 135th place.



Music News

Ukulele Group Starting up: A reminder for those interested in the Ukulele group on Monday lunchtimes to sign up using the following link by the end of term; https://forms.office.com/Pages/ResponsePage.aspx?id=oaY-mCpPm0Kl-bYLNnQDOOBOLOVr_kyxEj4iQathkR09URVRXSE1DMjIJTTdUWk9KNVVMVEk1VIUxMi4u

Summer Term Performance Opportunities: A reminder for those interested in performing to sign up using this form by **Monday 22nd April** https://forms.office.com/Pages/ResponsePage.aspx?id=oaYmCpPm0Kl-bYLNnQDOOBOLOVr_kyxEj4iQathkR09URVJYNzINQ0o2NjY0MUZZWkIJWlpNSVJURy4u



future talent working with 

Supporting young musicians
from **low-income backgrounds**

We provide:

- **Support and guidance**
- **Performance opportunities**
- **Workshops and masterclasses**
- **One-to-one expert mentoring**
- **Financial support up to £1,500**

Find out more and apply at
WWW.FUTURETALENT.ORG/JOIN





Last week was British Science week. To celebrate 30 years of British Science week, the theme for this year was 'Time'. Students considered how time and Science are linked, including the changes to our planet over time, how our species have evolved and how our technological devices have changed over time.

A team of scientists from LifeArc, (a research charity), visited a group of year 8s to talk to them about the current research they are doing into global health. The students were given the opportunity to use some technical practical equipment, and work in teams to decide the best treatments for some common diseases.

In lessons, students have been designing and making their own time measuring devices – we have seen some interesting sand timers and marble ramps!



Kings Langley Sixth Form

Head of Sixth Form Fortnightly Bulletin

Each fortnight, Mr Tubb, Head of Sixth Form, publishes a bulletin containing all the news, events, and important communication from the Sixth Form.

This bulletin is published to current Sixth Form students in Yr12 and Yr13 via MStTeams and parents, carers and people at home have this emailed to them every Monday week 2, as well as being uploaded to the Sixth Form website

If you have a student in Yr12 and Yr13, please take the time to read this bulletin as it is our central way of communicating home, reducing volumes of emails to parents inboxes.



The Head of Sixth Form (HoSF) Bulletin contains the following information:

- Important events and announcements
- Letters and communication from KS5 subjects
- Updates to policies and procedures
- KS5 Calendar and event reminders
- Contemporary research relating to Sixth Form and 16-19yrs students
- UCAS, apprenticeship and employment opportunities





STEM Challenge

This weeks challenge:

You're standing in a hallway with three light switches on the wall, each of which turns on a different lamp inside a closed room. You can't see inside the room, and you cannot open the door except to enter the room. You can enter the room only once, and when you do, all the lamps must be turned off. How can you tell which switch turns on which lamp?

Answer next week.

Last week's answer: The blue triangle

The triangle of which color will you take away to let all other triangles loose?





The following jackpot winning number for this week is:

886937

Our supporter won £30.00 in the draw!

Remember to check your email to see if you've won!

If you haven't signed up yet visit our lottery here - <https://www.yourschoollottery.co.uk/lottery/school/kings-langley-secondary-school>

Online Safety Links

Monday 25 th March	10 Top Tips: Remote Education for Children 10-top-tips-remote-learning-for-children.pdf
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KLS Community Iftar

All are welcome. People of all backgrounds, faiths and ages to join together, share a meal and celebrate the diversity of our community.



**Tuesday
26th March**

**5.30pm to
7.30pm**



£5 per person

Please pay on Scopay by 15th March (strictly first come first served due to the popularity of last year's event)



Please contact Mrs Butt or Mrs Ashraf for further information.



Public Health Nursing 5-19 Team Newsletter

Welcome!

The school nursing team continues to support young people in Hertfordshire mainstream schools.

Ways to contact us

School Nursing Duty line:
0300 123 7572
(Mon-Fri 9am-5pm)

Our referral website, which also has information about our service:



[School nurses in Hertfordshire \(hertsfamilycentres.org\)](https://www.hertsfamilycentres.org)

Social Media



@hct_schoolnursing
@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing

Measles

Measles infection is caused by a virus, and spreads between people very easily. Around 1 in 15 people with measles can become seriously unwell.

What are the symptoms of measles?

A high temperature, runny or blocked nose, sneezing, a cough, red sore eyes.

Having the MMR vaccine is the best way to prevent measles.

To find out more, check out the National Measles Guidelines:



(UK Health Security Agency, 2024)

Top tips for exam stress

Upcoming exams can cause stress for everyone. Feeling stressed because you can't control the outcome is a normal feeling.

Finding it difficult to concentrate, sleep, feeling irritable and annoyed, feeling run down or unwell and symptoms of anxiety or depression are all signs of exam stress.

Tips to manage exam stress

- **Organisation:** creating a revision timetable and taking regular breaks.
- **Eat well, sleep well.** Avoid energy drinks.
- **Relaxation techniques:** breathing techniques or grounding techniques can help.

Helpful websites

www.healthforteens.co.uk/feelings/exam-stress/exam-stress-just-the-facts/

www.justtalkherts.org

www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787



Special educational needs

The Hertfordshire Local Offer has lots of information about services for you if you have special educational needs and disabilities.

[The Hertfordshire SEND Local Offer](#)

SPACE supports young people who are neurodivergent. Whether you think you may be, are going through the diagnostic process, or have already received a diagnosis, **SPACE** are here to support you.

[SPACE Hertfordshire](#)



Grounding Skills

This skill helps us to connect to the present and cope with difficult feelings.



Have a go and use your 5 senses

- 5 things you can see (clock, people)
- 4 things you can feel (wind blowing, jumper on skin)
- 3 things you can hear (Birds chirping, traffic, talking)
- 2 things you can smell (perfume, food, coffee)
- 1 thing you can taste (toothpaste, food, drink)

Hygiene

Good hygiene is important to stop the spread of germs and to keep our skin and hair healthy.

Handwashing: After using the toilet or preparing food, as well as when hands are visibly dirty, is important.

Hair washing: Whilst over-washing can cause a dry scalp and dandruff, if hair is greasy during adolescence it will need washing more often.

Bathing: Regular bathing ensures your skin stays healthy. For sensitive or dry skin there are specific products to help.

Areas that start to sweat more, such as underarms and the genital area, begin to cause an odour with the onset of puberty. These areas need daily washing.

Oral Hygiene: Cleaning teeth with a fluoride toothpaste at least twice daily is very important, along with regular dental check ups.





Hertfordshire
**Family Centre
Service**



Want to know more about the Public Health School Nursing team in Hertfordshire?

Check out our platforms:



<https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#>

www.hct.nhs.uk/our-services/school-nursing



07480 635 050

Confidential text message service ran by the school nursing team for 11-19 year olds. Text in any health and wellbeing concerns



@hct_schoolnursing

@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

9am – 5pm Monday to Friday
(excluding bank holidays)



UK Health
Security
Agency

NHS

think measles

It's not just a kids' problem

Teenagers, young adults and anyone who has missed their MMR vaccination can get measles.

Symptoms such as:

- high fever
- rash – sometimes starting around the ears
- sore red eyes
- cough
- aching and feeling unwell

Remember, if it could be measles – they need to be in an area where they cannot pass the infection to vulnerable patients such as the immunocompromised and pregnant women.



For more information go to
www.nhs.uk/vaccinations

immunisation

Helping to protect everyone, at every age

ORAL HEALTH FOR YOUNG PEOPLE

WHAT IS TOOTH DECAY?

Tooth decay is when the hard outer surface of a tooth is broken down or damaged by bacteria and acid making holes in the teeth, called cavities. Tooth decay can cause pain, and infections, and problems with eating, speaking, playing, learning, smiling and socialising.



Tooth decay occurs when foods and drinks with sugars and starches are left on the teeth.

WHERE TO ACCESS A DENTIST

Scan the QR code or search "Find a dentist" for the NHS website.



Dental care is free for children and young people aged 0-19.

HOW TO BRUSH



REDUCE THE RISK OF TOOTH DECAY

- Brush teeth twice a day with fluoride toothpaste - no rinsing
- You should see a dentist at least yearly
- You should have fluoride varnish at each visit, this is free to all young people
- Use fluoride toothpaste containing between 1,350 ppm and 1,500ppm of fluoride
- Clean in between your teeth every day using floss or interdental brushes



TOP TIPS ✨

- Brush teeth morning and bed-time for 2 minutes with fluoride toothpaste
- Only use a pea-sized amount of toothpaste
- Spit out after brushing and don't rinse - if you rinse, the fluoride won't work as well
- Fizzy drinks, fruit juices and sugary snacks should be limited to meal times



- Brush to the beat - why not download the Brush DJ app and brush to your favourite song? ✨
- Set reminders and timers on your phone
- Go electric with an electric toothbrush



Advertisements & Opportunities

Please contact admin@kls.herts.sch.uk to advertise here

HUMANITARIAN AID FOR UKRAINIANS

*** JOIN US FOR OUR CHARITY FAIR ***
20 APRIL 2024 | 1:00 PM – 4:00 PM

SOUTH HILL CENTRE
Cemetery Hill, Hemel Hempstead, HP1 1JF

*** ADMISSION IS FREE! ***

EXPLORE UKRAINIAN CULTURE, ART, AND CUISINE!

*** INDULGE IN DELICACIES***

- freshly made oven pancakes
- authentic Ukrainian treats



ACTIVITIES

- Concert
- Theatrical Performance
- Games and competitions



*** PURCHASE HANDMADE NATIONAL DECORATIONS ***

*** CASH ONLY ***

Lets come together in solidarity and support,
and embrace the joys of spring

Association of Ukrainians in Great Britain