

KING'S

THE EASTER ISSUE



Dear Parents and Carers,

Summer has arrived and the clocks went forward with the Spring Equinox. It is also the time of Easter, a chance to think of new beginnings. It is an opportunity to think of developing new positive habits that enhance our lives.

I was very fortunate this term to have the opportunity to listen to Baroness Susan Greenfield who works with Dr Aric Sigman, who we were delighted to welcome to the school. I would strongly commend to you the debate in the House of Lords: [Children and Young People: Digital Technology which was on the 17 January and can be found in Hansard as the last debate of the day.](#)

Easter also brings a time of final examination preparation for the Year 11 and Year 13, I am sure they will be studying hard. I wish them all the very best of luck for their exams that start in May.

I am particularly grateful to all of the groups that support the school, The Old Trust, The New Trust, the PTFA and the Old Boys to name just four. It was a real pleasure to have the opportunity to watch the School vs Old Boys rugby match this last week. Even more pleasing was the excitement of a number of the onlookers from younger years who are already excited at the thought of their participation in the coming years.

Wishing you all a very Happy Easter.

YEAR 11 PARENTS – SIXTH FORM INDUCTION

Please note that there has been a calendar change to the dates for Sixth Form Induction. This will now take place from Wednesday 3 July to Friday 5 July, starting in the Hall at 08:30am.

YEAR 12 PARENTS – HIGHER EDUCATION TALK

Reminder that the Higher Education talk taking place on Wednesday 1 May will take place at 7:00pm in the Hall (note change of venue from Old School). Students AND parents should attend.

STUDENT FILMS FOR BBC WITH TIM PEAKE

Congratulations to Oliver Flavin of Year 9, who recently took part in filming a BBC publicity piece with Tim Peake to promote the launch of a new Scout Association Science badge for Scouts.

<https://www.bbc.co.uk/news/av/science-environment-47675014/tim-peake-joins-scout-association-to-launch-a-new-science-badge-for-scouts>

CLIC SARGENT

Generous donations in school have raised £73.44 for Clic Sargent, Young Lives vs Cancer.

EASYFUNDRAISING

How does it work?

Easyfundraising turns your everyday online shopping into free donations for your favourite cause. Just start your online shopping first at easyfundraising then shop as normal. Retailers will then make a small donation to say “thank you”.

There are 3,632 retailers to choose from covering the following areas: insurance, fashion, food and drink and travel. Some of the retailers in the network are:

EBay / John Lewis / Amazon.co.uk / Sainsbury’s / Viking / Argos / M & S

Find out more at:

<https://www.easyfundraising.org.uk/causes/kingschoolgrantham/>

CHILDREN OF COURAGE AWARDS 2019

The Rotary Club of Grantham Kesteven held its eighth annual Children of Courage Awards Ceremony at the Urban Hotel in Grantham on 13 March.

The awards were to celebrate the achievements of six inspirational young people from school and colleges in the town, and Luke Holland of Year 12 was amongst these. Mrs Dixon spoke of Luke’s determination and tenacity to overcome difficulties with his positive attitude. Well done Luke.



MATHEMATICS DEPARTMENT

YEAR 10 MATHEMATICS COMPETITION

The following boys represented the school at the Advanced Mathematics Support Programme Year 10 Maths Feast Competition 2019 which took place at KGGS on 20 March:

Max Bishop, Jacob Britton, Matt Gibbs, Alex Humphries, Thomas Linford, George Patrinos, Callum Roberts and James Tasker.

This is a national competition which combines mathematical, communication and teamwork skills and offers students another way to express and develop their enjoyment of Mathematics. Against strong opposition, we are delighted to say that the boys won three out of the four rounds. In particular, they were commended for their very mature approach to the most difficult round, involving decision maths skills applied to networks, where they achieved the highest score of all the regional rounds so far!

Congratulations to them all.



INTERMEDIATE MATHS CHALLENGE

The Intermediate Maths Challenge took place on 7 February. Ten Gold, 21 Silver and 13 Bronze certificates were awarded to the Year 10 and Year 11 students taking part. Of these, Matthew Digby, Aaron Turner, Will Ponsonby, Luke Prentice, Mihails Kosmans (all Year 11), Loris Pulizzi and Sam O'Sullivan (both Year 10) went on to the Pink Kangaroo round and Daniel Hill of Year 11 achieved the highest score in the school and went on to the Maclaurin round of the competition.

We await their results but all should be congratulated on getting this far into the competition, which is organised by the UK Mathematics Trust.

PHYSICS

BRITISH PHYSICS OLYMPIAD AS CHALLENGE

On 11 March 14 of our Year 12 students sat the British Physics Olympiad AS Challenge. This is a very demanding one hour national competition which requires students to think around the subject and solve problems using the information they are given. Nine of the students gained certification in this challenge at different levels. They are:

Bronze 2: Joseph Johnson

Bronze 1: Owen Shaw, Rhys Peacock, Xu Chen, Will Herring, Ryan Sheardown, and Farhan Ali

Silver: Alexander Graham and Timothy Stokes

Congratulations and well done to all students who participated.

MUSIC

SEMI-TONED

We were pleased to hear of further news of an ex-King's student, Jacob Storey, currently in his third year of study at the University of Exeter. Jacob is the Musical Director of the University's premier all-male A Cappella group, Semi-Toned.

Semi-Toned have competed and placed in many competitions, most notably winning 'The Choir' with Gareth Malone on BBC2 in 2016. Every year the group has a 2 week run at the Edinburgh Fringe Festival, and completes a tour of the USA. This year they embarked on their first UK tour.

We look forward to hearing of more success for Jacob and Semi-Toned. It's always good to hear from Old Boys and what they are up to!

SPRING CONCERT

A large audience enjoyed some fantastic performances at the recent Spring Music Concert and the boys enjoyed showcasing their musical talents.

Performances came from the Concert Band, Wind Band, String Ensemble, Percussion Ensembles, Brass Ensembles and Choirs.

AUSTRIA SKI TRIP 2019

During the February half-term 45 boys and 5 staff travelled to the Salzburger Sportwelt region for the King's annual ski trip.

We were blessed with excellent weather and snow conditions, and all of the boys improved their skiing ability during the week. The trip finished with a guided tour of The Allianz Arena, the home of Bayern Munich. Please look out for next year's trip which will be advertised in assemblies.

MODELLING CLUB APPEAL

We try to meet every lunchtime in Mr Baker's room (no. 36) and would welcome donations of models - completed or part-complete to help the students.



LANGUAGES

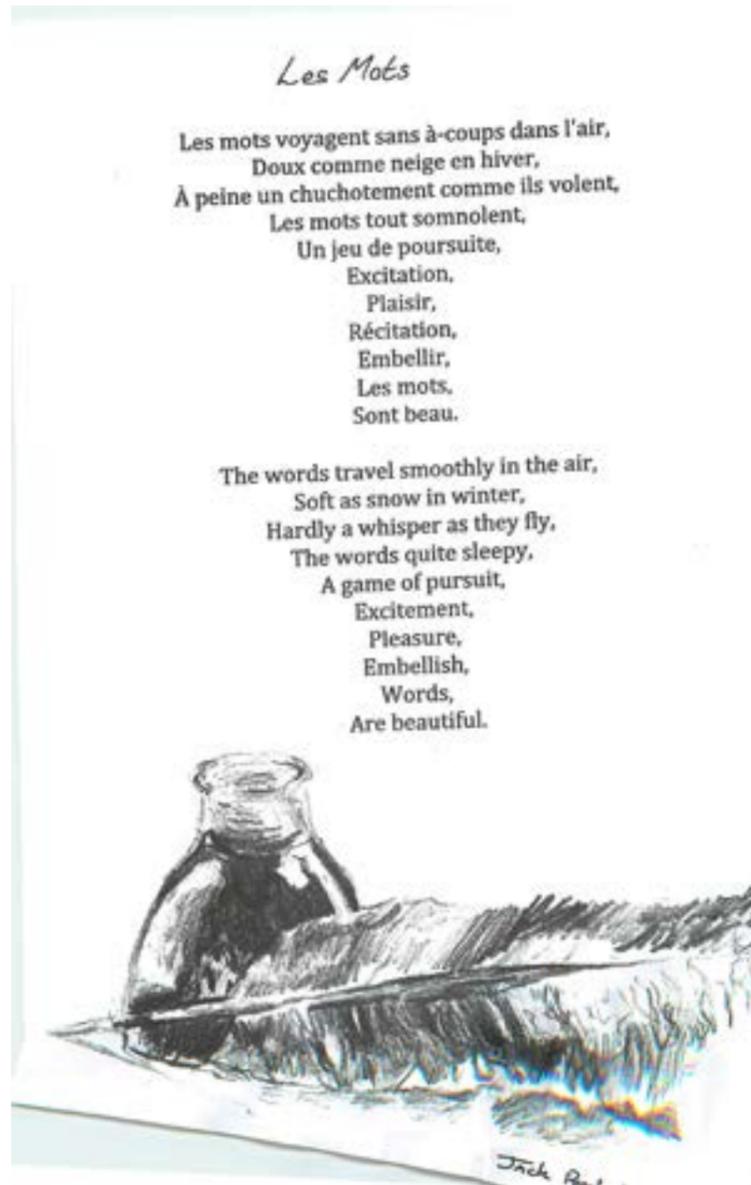
YEAR 8 POETRY COMPETITION

We are pleased to announce the winners of the Year 8 Poetry competition. Students wrote on a wide range of topics including war, time, nature, daily life and mythical creatures, to name a few.

We were impressed by the depth of their ideas as well as their manipulation of the language. Two boys were so confident that they read their poems out in the Year 7 and 8 Assembly in January. They were Jack Pemberton and Joshua Sanad, whose poems about the power of words and how we perceive beauty and ugliness are reproduced below.

Other boys who also excelled in the competition were Charlie Morley, Ben Wilson, Kelvin Perera and Abraham Olarare. Well done to all these boys.

Mrs Roberts



YEAR 8 TRIP TO ALSACE 2019

REPORT WRITTEN BY OLIVER MARSH, MICHAEL GRACE, TOM WATSON, ZACHARY UNDERWOOD, FREDDIE SHELFORD, ZAC REEVES, FINN JONES AND BEN WILSON

On 10 March, 35 Year 8 students and 4 teachers (Mr Bufton, Mr Finke, Mrs Martin and Mrs Roberts) headed off to Alsace for a 5 day tour. We stayed in a youth hostel in the German town of Kehl so that we could experience both French and German culture.

On Tuesday we visited the main city of Alsace, Strasbourg. We visited the cathedral, Notre Dame de Strasbourg, a spectacular Gothic-style building built in 1439. We bought souvenirs and used our French by carrying out a series of surveys on the unsuspecting locals in the square outside the cathedral. We moved into La Petite France, an area of Strasbourg with medieval buildings which is classed as a world heritage site. In the afternoon a visit to the Chocolate Museum on the outskirts of the city enabled us to taste chocolate like professionals and savour the aromas and textures, as well as learn about the history and manufacturing of chocolate. We also bought some tasty treats in the shop!

On Wednesday morning we visited the centre of Kehl. We conducted interviews with the locals and found out that most people could speak three languages at least (food for thought). We then explored the various eateries, a favourite occupation of King's boys! We also visited a French school which was a great experience where we participated in many sporting activities such as dodgeball, basketball and tug of war. After this the French students gave us some traditional French cakes and we presented them with some creme eggs. We went bowling with the students and this was a great place to for us to practise our French and for them to practise their English. Afterwards we went to McDonalds where we practised some of the German food phrases we had recently been taught.

On Thursday we visited the spectacular Chateau de Haut-Koenigsbourg which is an example of 12th century Frankish architecture. The Chateau was filled with history from a banquet hall depicting its German past to a fully-equipped military room. Our incredible tour guides (aka our teachers!) revealed that had there not been miles of fog in every direction (it was a horrendous day's weather), we would have been able to see the mining village where the castle's materials were mined.

After visiting the Chateau we went to the Unterlinden art museum in Colmar. Colmar is famous for being the home of the creator of the Statue of Liberty, Frederic-Auguste Bartholdi. All around the town there were gold triangles on the floor with a picture of the Statue of Liberty and Colmar written on it. At the museum we wrote down the name of our favourite piece, who painted it and why we liked it. In one room we saw a very old painting of Jesus' resurrection being restored. The experts were very delicately painting over the worn parts. It was an interesting experience.

finally on Friday we toured a German mine. At the start there was an interesting talk about how the mine was almost closed but is kept open and run by gentlemen volunteers. We put on our mining suits and helmets and went on the tour which included travelling on the conveyor belt! We learnt about different types of coal and used buttons to operate the mining shaft. Another highlight was the delicious Currywurst eaten at the snack bar near the mine.



It was with great pleasure that we welcomed Dr Aric Sigman back to the school to talk to parents regarding mental health. Dr Sigman was thoroughly engaging and gave some excellent advice on the actions parents can take at home to support the mental health of their sons. The following is a brief highlight of some of the key recommendations from the talk.



With attention currently focusing on identifying and treating children with mental health problems once they arise, there is little attention on preventing mental health problems arising. While a child's life and family circumstances as well as genes are obvious factors influencing their mental health, there are additional lifestyle and family factors that we do have some control over and that can make an enormous difference to a child's mental wellbeing.

Below are some practical and achievable yet under-acknowledged steps that parents, schools and students can take to strengthen children's mental health and resilience, and reduce the risk of mental health problems developing.

COMMON MENTAL HEALTH PROBLEMS:

Anxiety disorders, like generalised anxiety disorder or separation anxiety disorder.

Behavioural disorders like ADHD Mood disorders such as depression.

Substance-use disorders like Alcohol Use Disorders and drug addictions, Eating disorders.

SLEEP DEPRIVATION

A risk factor for mental illness Sleep Requirements:

6 – 13 years: 9 - 11 hours

14 – 17 years: 8 - 10 hours

PHYSICAL ACTIVITY

'Physical activity can boost mental wellbeing ...'

'The link between physical activity and depression is well established. ... people who are inactive have 3 times the rate of moderate to severe depression of active people.'

NATURE EXPOSURE

'Regular exposure to greenery is associated with lower prevalence of depression, anxiety, and stress'

A recent study in Preventive Medicine found 'Among girls, spending on average greater than 30 minutes per week outdoors was associated with a 24% lower prevalence of high psychosomatic symptoms... engagement with nature as protective for their psychological well-being.'

ALCOHOL

Binge drinking may cause depression by damaging brain cells that use serotonin.

It is not true that establishing alcohol rules and boundaries causes children to rebel and drink more, quite the contrary. The most effective way to prevent alcohol problems in children now and even 40 years from now is to delay the age at which they are introduced to alcohol and talk to them as to the reasons. Research suggests that children are less likely to drink alcohol when their parents show that they don't agree with it.

DISCRETIONARY SCREEN TIME (DST)

The NHS National Director for Mental Health states 'social media is contributing to increasing mental health issues in young people'

British doctors are now stating there are 'potential pitfalls of lengthy social media use for young people's mental health ... have in place limits for time online, curfews for use and the overnight removal of mobile devices from bedrooms.' Beyond what children are seeing and doing on their screens, the late night use and subsequent sleep deprivation alone is a risk factor for depression and other mental health problems

DST should be considered a form of consumption measured in units of hours/minutes consumed per day: a simple public health concept to grasp and act upon. Furthermore DST often displaces other key activities. There are obvious differences between various types of screen activities and the context in which they are take place.

There is good evidence that children's DST can be reduced through parental measures. Physical exercise may reduce child DST and also help prevent screen dependency disorders As with alcohol, parents should be aware of the role modelling influence their own viewing habits may have on their children

BODY DISSATISFACTION

Associated with high social media use.

'Negative maternal [weight] comments predicted body dissatisfaction and disordered eating.'

Parental role modelling: how adults fare and feel is inextricably linked to how their children fare and feel: parents who hate their bodies are more likely to produce children who hate their bodies. Try not to complain about parts of your body you don't like and shield your child from these opinions by not discussing them in front of them.

PARENTING

Journal of Affective Disorders (2014)

Title: Parenting strategies for reducing the risk of adolescent depression and anxiety disorders

- Establish and maintain a good relationship with your teenager,
- Be involved and support increasing autonomy,
- Establish family rules and consequences,
- Minimise conflict in the home,
- Encourage supportive relationships,
- Help your teenager deal with problems,
- Encourage good health habits,
- Help your teenager to deal with anxiety,
- Encourage professional help seeking when needed,
- Don't blame yourself.

Spend more time, less money. There's no substitute for eye-to-eye contact and full-on attention.

EAT TOGETHER

'family meals have long-term influences on children's biopsychosocial well-being'.

SELF ESTEEM

Multiple forms of high self-esteem

Better to focus elsewhere (such as on what a child does) and enable self-esteem to rise as a side effect

Focus on self-control and self-discipline

RELIGION/SPIRITUALITY

'religious involvement is correlated with better mental health in the areas of depression, substance abuse, and suicide; some evidence in stress-related disorders'

MAKING STUDYING EASY AND FUN

You are now an experienced student at school and you know what things you will like and dislike. We can make the boring stuff fun, the hard stuff easy and change the “I can’t do it” to “I can do it”

WHY ARE EXAMS IMPORTANT?

An examination is a great way of judging how good you are at learning things. We know they are sometimes a little stressful but we have to remember that they are only the end of the process.

Good results will help you for your future. Once you have a grade in a subject, you have that grade forever so it makes sense to get as many good grades as possible.

However, why not think about why study is important and not just for the final exam? School is free and you can learn so much from being there which isn’t always about things like Maths, English and Science etc.

CREATING HABITS

Let’s think about exams and study being important and how we create our habits to help us learn so much from school. If you create a good habit then you will find it easy to carry that quality forward into your future. But creating a habit requires some work and changing a bad habit is even harder. Create a box and write down some bad habits that you might have.

In order to change or create a new habit, it requires you to follow three stages:

STAGE 1 - THE UNBEARABLE PHASE

Imagine you want to stop biting your nails. In the unbearable stage it is really hard not to put your finger in your mouth and start chomping away. You have to keep stopping yourself and sometimes you will even be unaware that you are doing it. Keep digging deep and stay with your goal of changing your habit but it is so hard and very tempting to quit and bite! If you get past this stage, you will reach:

STAGE 2 - THE UNCOMFORTABLE PHASE

You are now starting to break the habit and are becoming aware that you are putting your finger in your mouth but each time you do, you stop yourself. It is still hard not to, but you have to keep on going. You are definitely making progress but not out of the wood yet. One bite will put you back to the start but if you can keep your willpower you will eventually reach:

STAGE 3 - THE UNSTOPPABLE PHASE

You have now broken the habit and are unstoppable. It is no longer a temptation to bite your nails and your fingers are looking great, they are not painful anymore and you no longer annoy others with the chomp, chomp, chomping. Once you get here, you never want to go back so enjoy being the new you.

Creating good habits will help you to improve yourself for the future so that is why good study habits will help us achieve what we want.

Let’s imagine that you worked really hard towards your exams. You tried hard, studied, were organised, disciplined and focussed, plus asked your teachers a lot of questions. How many good habits is this creating for us now?

- Hardworking
- Always try your hardest
- Good at studying
- Organised
- Disciplined
- Focussed

GOOD AT ASKING QUESTIONS

Do you think these are good habits to have? Of course they are! So, start creating some of your own good habits today. Create a box and write a shortlist of new habits you would like to create and start working on them today.

HOW GOOD IS YOUR MEMORY?

Most people say their memory is okay, not very good or even rubbish but it is actually much better than you think. Think of the following things and how much you remember of them:

- The words to your favourite song
- The plot of your favourite film
- Your favourite story
- An amazing holiday you went on
- All of your favourite things in your bedroom
- How to get from home to school
- A funny joke a friend told you

Can you remember all of those things? Of course you can. The reason is because you have created a memory of them. For fun, pick one of the subjects above and write as much as you can remember about it in one minute. I bet you could easily write a lot, that is because you are fond of those things. For instance, you love your favourite song and you have probably heard it repeated lots of times.

It is easy to remember things you love - and when things are repeated, they are easier to remember.

REPETITION

If you say something five times, you are more likely to remember it than saying it once.

Repeat five times and I will not forget!

Now we have the key to your great memory.

- Humour
- Association
- Imagination
- Repetition

Or, if you want a fun way of remembering that tip, think of H.A.I.R.

RUGBY

RUGBY 7'S - THREE COUNTY TITLES

We attended the County Rugby 7's Championships with high expectations having won 2 of the 3 age groups last year. All 3 teams had very successful 15-a-side seasons and were hoping this form would translate into the 7's season..

The U14 team, led by Captain Ben Taylor, had the challenge of defending their title from last year and were the team everyone wanted to beat. They did so successfully, playing some fantastic offloading, attacking rugby whilst remaining resolute and watertight in defence.

The U13 team were out for revenge, having been unsuccessful in reaching the final last year. The team were determined to make sure they earned some silverware this year, and rarely gave their opponents even a sniff of victory. Playmaker Ethan Blackmore orchestrated the attacking play beautifully, putting his team mates into space and organising the defence well. The final against Bourne was a display of total dominance, resulting in a 50-0 win.

It was all new for the U12 team who were competing in their first 7's tournament. The team got off to a shaky start, losing one of their first group stage games to St Hugh's, but still qualified for the top Cup Competition as Group runners-up. This meant that King's had a re-match with St Hugh's, in the next group stage where the team put in a great performance and won comfortably. The Final against Spalding was a tightly contested affair, with King's running out as 12-5 winners. This concluded an incredibly successful and rewarding day for King's with 3 County Championship trophies to add to the trophy cabinet.

The U16 team also took part in a triangular 7's fixture at Wisbech Grammar School, defeating Wisbech but narrowly losing out to Carres.

CROSS-COUNTRY

Joshua Clee, Joseph Monk, Lloyd Jackson (all Year 7), Jasper Adamson, Jack Pemberton (Year 8) and Ed Buck (Year 13) have all been selected to represent Lincolnshire in the English Schools Cross-Country Championships in Northampton on 16 March. Well done.

SWIMMING

Well done to Jacob Carrington of Year 13 who recently won bronze for the 50m backstroke at the English Schools' Swimming Championships held in Crawley.

Jacob swam a personal best time of 27.99 against the highest level swimmers in the country.

Congratulations Jacob.

RUGBY DINNER

Over 130 people enjoyed a very successful Rugby Dinner on Friday 15 March.

The evening celebrated the fine achievements from across the Year Groups and we were privileged to hear the thoughts of the outgoing First XV Captain, Noah Clegg.

We held a silent auction, played heads and tails and enjoyed superb food and company. The amazing outcome of the evening was that we raised close to £5k for King's School Rugby, which will be invested into the rugby provision for future years. This welcome funding opportunity backs up the work earlier in the year of the Gin Night, Rugby Week and the Boot Camp.



GRANTHAM WATER POLO CLUB

Many of our readers will be aware of the school's association with Grantham Water Polo Club over many years and how successful our boys have been in that arena.

The Grantham Water Polo Club are running free trials in May to find new young players. Noah Cadby from Year 12 will speak to Year 7 boys during an assembly after Easter to tell them of the exciting opportunities open to them if they take up Water Polo.

If you are a competent swimmer, enjoy team sports and would like to try something new and fun, there are 3 free trial sessions on (Fridays) 10th, 17th and 24th May after school from 4:15pm to 5:30pm at The Meres swimming pool.

You must reserve a place by contacting Louise Thompson at lou.thompson@sky.com by Wednesday 8 May 2019.

Selection will be made following the trials and players will be informed by email if they have been successful or not. Attendance at all 3 trial sessions is required. Fees following selection are £16 per month for beginners plus ASA fees.

SPORTING EXCELLENCE

FOOTBALL

The Year 7 Football Team have had a fantastic season, playing 11 fixtures and winning 10. They secured the District and County Futsal titles, are in pole position to win the KSSA League and won the U12 County title, beating Skegness 8-0 in the Final.

The Year 8 Team also had a super season. Having reached the last 32 in the National Cup (a competition which started with nearly 600 schools), they are also in pole position to win the KSSA League. Their most recent victory, 8-0 vs. William Robertson Academy, involved 24 players on the day, demonstrating their strength in depth. They have also secured the U13 County title, beating Boston Grammar 6-3 in an outstanding Final.

The Years 9 and 10 sides are battling for the KSSA League titles and hopefully we can add more silverware to the bulging cabinets in school!

FOOTBALL WEEK

Football Week takes place during May half-term (28th, 29th and 30th). See the school website for more details.



HANDBALL

The Year 10 Handball Team secured Silver medals having narrowly avoided victory in a tense Final vs. Branston.



DODGEBALL

The Year 8 Dodgeball Team were rewarded with Bronze County medals, having previously qualified in first place from the District Competition.

The Dodgeball competition is further evidence of the PE Department's desire to offer diverse sporting opportunities to our students.

The boys demonstrated excellent interpersonal skills, integrating with female competitors from a local school to meet the mixed criteria of the competition.

STOP PRESS!

Congratulations to Jonathan Esiwe who was named as the Outstanding Athlete of the Day during a recent Athletics event.



COMBINED CADET FORCE

The CCF has had another exciting few weeks.

A visit from the Cadet Vocational Qualification Office, Wing Commander Steve Mills, prepared several cadets for their BTEC Qualifications and also brought certificates for 3 cadets, James White, Adam Armstrong, and Richard Gibbs who all qualified for the BTEC Level 2 extended Certificate in Teamwork and Personal Development in the Community.

Flt Lt Barton took 8 cadets flying on 21 February to RAF Cranwell. The cadets flew in the Grob Tutor with 6 cadets being new flyers or, as the RAF calls them, 'future Top Guns'. Every pilot has to start somewhere so why not within the CCF here at King's.

On 2 March Lt Col Ogg and SSI Pulfrey, together with Contingent staff, took 20 cadets to Prince William of Gloucester Barracks to develop their training in Skill at Arms, 25 metre Range Shooting, and Clay Shooting for the first time.



Clay equipment has now been purchased from Contingent funds, i.e. Clay Trap, cartridges and clays and some excellent clay shooting vests. We are now self-sufficient and can deliver a new shooting experience for our cadets. We will try to develop a team for the CCF Clay Shooting competition to compete either this year or next.



Our Commanding Officer (CO), Mr Pickett, attended a recent CCF Headteachers' Conference and has also, in his role as CO, conveyed a letter to Her Majesty the Queen informing her of the annual CCF Dinner Night with the youngest cadet present carrying out the Loyal Toast.

An RAF CCF Cadet has applied for the European Space Camp at the Andoya Space Centre in Norway. Six RAF cadets applied for the Cyprus trip which was to have taken place during the summer holidays, but unfortunately we received the news that the Cyprus trips have been cancelled. The RAF are trying to organise some extra summer camps in the UK.



Sgt Sharpe and Sgt Trafford from the Cadet Training Team came into school to train our senior cadets on the new Mercury Radio system, both as an interest lesson and also to prepare our Combat Cadet Competition Team.

The Army Section recently competed in the Combat Cadet Competition at the Stanta training area in Thetford. They came first in 3 stands, 8th overall and won silver medals for their efforts. Well done.

RECRUITMENT

Now is the time for Year 8 boys to start thinking of joining the CCF when they become Year 9's in September. CCF staff will visit assemblies to talk to students about the superb opportunities available to them if they join the CCF - leadership skills, adventure training opportunities and flying scholarships in May/ June and July.

Please speak with SSI Pulfrey or myself on a Thursday evening (4-5pm) if you have any questions about the CCF.



FLAG-RAISING CEREMONY

As part of the 'Fly a Flag for the Commonwealth' initiative, now in its fifth year, there was a flag-raising ceremony for Commonwealth Day held in front of the Council building in Grantham on 11 March, organised by SKDC.

King's RAF Cadet, Lt. Cpl. Kaviru de Zoysa, had the honour of raising the flag, supported by SSI Pulfrey, CSM Ed Johnston, SSGT Oliver Plowman, Flt Sgt Aaron Trevor, Cpl Hamish Stevens and Cpl Adam Loveless.

The event in Grantham was one of more than 1,000 flag-raising events across the world in a shared celebration of the friendship and co-operation between Commonwealth citizens of all ages. A message from the Secretary-General of the Commonwealth of Nations, The Rt Hon. Patricia Scotland QC, was read. It said "Local and national flag-raising ceremonies in school yards, on village greens, in town squares and on mountaintops and beaches, bring greater understanding and appreciation of the values and principles of the Commonwealth Charter." Prayers were led by Fr Craddock of St Wulfram's Church.



ANNUAL BALL - SAVE THE DATE

The Annual Ball will take place at Belton Woods Hotel on Saturday 12 October 2019.

Could you or your business offer sponsorship towards the costs of the evening? We're grateful to the sponsorship offered by J Sumsion of Heat Haus. This entitles the company to advertising flyers on the dinner tables and shout-outs on social media. Does anyone have a prize they could donate for the raffle? E.g. a voucher for a meal, an event day, spa day, bottles of gin etc?
Contact Michelle: michelletasker@rocketmail.com

SECONDHAND UNIFORM SHOP

Sports kit and blazers are always needed to stock the shop. Items can be left at the School Office.

Can you spare a few hours a month during the day to help sort (and possibly launder) the clothes in the shop? If you could also help sell the secondhand uniform at Parents' Evenings that would be fantastic! A DBS can be arranged through school. Get in touch using: ptfauniformshop@gmail.com.

PTFA SECRETARY - VACANCY

The role includes taking notes at meetings and creating minutes (maximum of four meetings a year, plus the AGM), liaising with the school about PTFA matters, and being confident in using email.

Contact Jo Payne for more information: jopayne21@gmail.com

GOLD CARD CLUB WINNERS

January: S Raja (£60.00) February: S Bremner-Harrison (£60.00)

FUNDING REQUEST

Following a request from the Music Department, the PTFA is pleased to fund a Samba Band kit of 30 drums costing £1,613 + VAT.

The kit will be used by the two Percussion Ensembles as well as all boys who have music lessons. The kit will be customised with the school logo - look out for the Samba Band at Gravity Fields!

EASTER CHOCFEST

Thank you to those who donated prizes for ChocFest. Although we raised £406.04, we had to go shopping for extra chocolate during the morning and even then we could have sold more.

KEEP IN TOUCH

Keep in touch via Facebook, Twitter or email:
Facebook - @KingsPTFA / Twitter - Twitter.com/Kings PTFA
Secondhand uniform - ptfauniformshop@gmail.com
Email - admin@kings.lincs.sch.uk

WHIST CLUB NEWS

The Knock-Out Whist House Competition for 2018-19 finally drew to a close before half-term. From the original 50 entrants, 31 stayed the course to complete the required number of games. Only Foxe House failed to field any entrants, but they did provide a stalwart helper in the form of Daniel Hill (11F) to assist in running the competition, along with Liam Culhane (13C).

As in previous years, School House entered the most players, with 11 finishing the competition. Burleigh ended with 8 players, Newton with 5, Curteis with 4 and More with 3. Needless to say, the overall result was reflected in those numbers. The overall points scored are shown below:

School	1720
Burleigh	680
Newton	540
Curteis	520
More	320
Foxe	0

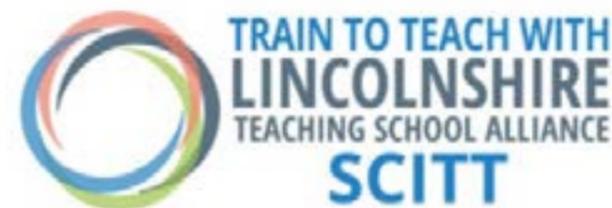
Within School the competition was battled out between Ryan Twose (9S) and Max Hopewell-Lovett (8S), with Ryan narrowly beating Max by only 5 points with 255 points playing 250! In third place came Harry Profit (8S) with 180 points. Congratulations to all 3 boys and well done to everyone who took part, thereby adding valuable House points for their respective houses.

Members of the Club have now embarked on Partner Whist and it is hoped that a Partner Whist House Competition will take place next term.

Mrs Newton

INTERESTED IN TRAINING TO TEACH?

King's has been working with the Lincolnshire Teaching School Alliance for some time now. If you are thinking about training to teach, please see the information below.



A teacher can inspire hope, ignite the imagination, and instil a love of learning...

Lincolnshire Teaching School Alliance SCITT is currently recruiting primary and secondary post graduate trainees, across a range of subjects, for September 2019.

Further information is available on our website: <https://www.lincolnshiretsa.co.uk>

If this is of interest please contact us either via email at scittenquiries@lincstsa.co.uk or by calling us on 01522 889297.

THE OLD BOYS

King's XI 0-17 Old Boys XV

One of the many special things that makes the King's school the wonderful place it is includes the Old Boys Society.

This Year has already seen the Annual Dinner at Christmas and this term we were treated to a great display of rugby with the Old Boys vs School Annual fixture.

On behalf of Old Boys, I would like to thank the School, in particular Mr Whales and Mr Lindsay, for the support of the fixture and the hospitality provided.

A great game, much closer than the score line suggests, with King's extremely competitive throughout. A fitting end to a very successful season for the School.

King's XI 0-17 Old Boys XV

Tries: Dan Bradshaw, Josh Beavis, Harry Topham

Con: Beavis

Man of the Match, receiving the President's tankard: Jacob Pearson





Alan Ramsay & Chris Woods

Live Jazz at King's '96

On Thursday the 1st February 1996, the King's School Jazz Band held their second annual Jazz evening, the first of which received much critical acclaim. This year's event was even more extravagant, with many new additions to the band's repertoire, and individual artists performing beyond all expectations.

It also contained a much greater variety of pieces, with acoustic gui-

tar sets from Nick Chadwick, Tim Barlow, Alan Ramsay, Chris Woods (who was noted for a particularly outrageous tie), and Dom Brister. The night saw the first live performances by a mini-band, consisting of Adam Bradley, John Hanchett, Tom and Sam Baumber, and Jon Brooks. The most impressive performance of the evening, however, was felt by all to be the singing of Catherine

Simpson, who left the audience cheering and stamping their feet for more.

The Jazz Band themselves were not forgotten, and played many old favourites such as "Eye of the Tiger" and "Woodchoppers Ball" plus new pieces like "Bandstand Boogie" and "Basin Street Blues". The finale was that all-time favourite Sesame Street soundalike "Watermelon Man", which gave a suitably extravagant end to an extravagant evening.

Overall, things went uncannily well backstage, with only a few upsets, the most serious of which was a five minute power cut, and a malfunctioning smoke machine (the smoke went up instead of down). The band would like to thank everyone who helped out in any way, but particularly Mrs. Jill Baumber for stand covers and innumerable other things, Jon Brooks for organisation of the mini band and last but not least, Mr. Robinson for organising rehearsals and making sure we weren't slacking.

See you next year!

C. Burnett



Duke of Edinburgh Award Scheme

Sixty three boys from Year 10 commenced the Bronze Award in September 1995, all of whom have now successfully completed Practice and Assessment Expeditions in Derbyshire and the St. John's Ambulance Essentials of First Aid Course and examinations. The final Assessment Bronze Expedition in Derbyshire provided extremes of the British climate. Day One, although cold, saw clear blue skies with lots of sunshine and dry conditions underfoot. Many boys saw the comet in the night sky over Hathersage that night. Day Two started well enough, but the skies rapidly clouded over and this was shortly followed by a snow white out. Fortunately it did not last long on our side of the Pennines, but on the other side the Snake and Woodhead Passes were briefly blocked to traffic. The snow was replaced by heavy bursts of sleet, hail, rain and more snow and the high ground collected a covering of snow.

The Expeditioners soon focused their attention on navigation and all groups reached the finishing point ahead of schedule.

Year 11 candidates completed Assessment Expeditions prior to October half term, again in Derbyshire, and then moved on to the Red Cross Adult First Aid Course. Examinations for the Award provided nearly 100% pass rate, Mr. Law and Ken Marsh, being amongst

Awards gained:		
Bronze	Silver	Gold
55	21	7
Award holders at Kings:		
Bronze	Silver	Gold
72	32	7

the successful candidates.

At Gold Award Level three groups have been preparing for Practice and Assessment Expeditions in the Lake District, the first of which will take place during the May Day weekend. They are hoping for a warm and pleasant Spring. Any parents or friends who wish to assist with expeditions are welcome to come along provided they are fully able to walk the respective expedition distances: Bronze - 15 miles, Silver - 30 miles and Gold - 50 miles.

Six boys are awaiting instruction from St. James' Palace or Buckingham Palace to receive their Gold Award Certificates. The Award ceremony will likely take place during the summer.

Mr Dixon

The Poet and the Women

Several young men from King's School took part in the K.G.G.S. production this year of an Aristophanes play *The Poet and the Women*, with Colin Lacey (yr. 13) taking the title role of the arrogant, woman hating poet Euripides and Stuart Knight (yr. 13) portraying his long suffering Uncle Mnesilochus, who suffers such terrible tortures like being singed, shaved and forced to wear a dress for the sake of his nephew. Fine performances were also put in by James Jukes (yr. 11) as the sadistic constable, John Wearing (yr. 9) as Agathon the young poet seeking inspiration by dressing in women's clothes and Jonathan Morris (yr. 9) as the ever so effeminate Cleisthenes.

The plot follows the unfortunate series of events that befell Mnesilochus, mostly thanks to the arrogance and generally negative attitude towards women of his nephew, Euripides. When Euripides realises the women are plot-

ting his downfall following his verbal attacks on them, he attempts to persuade Agathon to go to the women's meeting to defend him. Inevitably this fails so Euripides persuades his Uncle to dress up as a woman and defend him. Mnesilochus unwittingly agrees to. Unfortunately things don't quite go to plan. when Cleisthenes discovers the plot and warns the women, Mnesilochus is discovered and taken prisoner in the "care" of the constable, and Euripides embarks upon several vain attempts to rescue him. Eventually everything is made right when Euripides promises never again to mock the women in exchange for his Uncle's safe return.

Excellent acting from all the young men involved led to a successful collaboration between the two schools, and congratulations must be extended to all who were involved.

Colin Lacey 13C

Mr. Brown- I think I have forgotten what century we are in.

Mr. Anthony- It's a long time since we had piles.

CALENDAR TERM 5

DATE	EVENT
MONDAY 22 APRIL	BANK HOLIDAY - EASTER MONDAY YEAR 7 EXAM WEEK ASSESSMENT 3 (CAT3)
TUESDAY 23 APRIL	TERM BEGINS YEAR 13 A LEVEL MUSIC CONTROLLED ASSESSMENT (PERIODS 1 AND 2) OLD BOYS' AGM - 7:30PM
WEDNESDAY 24 APRIL	HOUSE ASSEMBLIES DURING FORM PERIOD - CURTEIS & NEWTON YEAR 13 A LEVEL MUSIC CONTROLLED ASSESSMENT (PERIODS 3 AND 4) CRICKET 1ST XI VS. CARRES (H) - 1.30PM WARHAMMER - LRC - 3:45-5:30PM
THURSDAY 25 APRIL	YEAR 8 PARENTS' EVENING - 4:15-7:15PM - HALL
FRIDAY 26 APRIL	YEAR 13 A LEVEL MUSIC CONTROLLED ASSESSMENT (PERIODS 4 AND 5)
SATURDAY 27 APRIL	DUKE OF EDINBURGH BRONZE PRACTICE
MONDAY 29 APRIL	YEAR 7 EXAM ASSESSMENT 3 (CAT3) - TO TUESDAY FRENCH GCSE SPEAKING EXAMS COUNTY GOLF COMPETITION 15+ AT SOUTH KYME CRICKET U12 A & B TEAM VS. STAMFORD (H) - 2:00PM
TUESDAY 30 APRIL	FRENCH GCSE SPEAKING EXAMS JUNIOR MATHS CHALLENGE - DETAILS TBC COUNTY GOLF COMPETITION U14 - BLANKNEY
WEDNESDAY 1 MAY	HOUSE ASSEMBLIES - MORE & SCHOOL FRENCH GCSE SPEAKING EXAMS TIM WARD - COUNSELLOR - BISHOP FOXE ROOM - PM CRICKET 1ST XI VS. SPALDING (H) - 2:00PM CRICKET U15/U14/U13 VS. WORKSOP (A) - 2:00PM YEAR 12 HIGHER EDUCATION EVENING - 7:00PM - HALL - PARENTS & STUDENTS WELCOME
THURSDAY 2 MAY	YEAR 12 GEOGRAPHY FIELDWORK - HOLDERNESS COASTLINE AND HULL CRICKET U15 VS. BEDFORD (A) - 1:30PM
FRIDAY 3 MAY	YEAR 12 GEOGRAPHY FIELDWORK - HOLDERNESS COASTLINE AND HULL
MONDAY 6 MAY	BANK HOLIDAY
TUESDAY 7 MAY	GERMAN GCSE SPEAKING EXAMS SCHOOL COUNCIL MEETING - 12 NOON - OLD SCHOOL CRICKET XI VS. STAMFORD (A) - 2:00PM CRICKET U15 VS. HYMERS (H) - 2:00PM
WEDNESDAY 8 MAY	HOUSE ASSEMBLIES - BURLEIGH & FOXE GERMAN GCSE SPEAKING EXAMS FRENCH A2 SPEAKING EXAMS TIM WARD - COUNSELLOR - BISHOP FOXE ROOM - PM CRICKET U13 A & B TEAM - VS. STAMFORD - 2:00PM
WEEKEND	DUKE OF EDINBURGH BRONZE - ASSESSED
FOR TWO WEEKS FROM MONDAY 13 MAY	PRIMARY TRANSFER VISITS YEAR 8 AND YEAR 10 EXAM WEEK ASSESSMENT 3 (CAT3)
MONDAY 13 MAY	CRICKET U14 VS. LEICESTER GRAMMAR (A) - 2:00PM CRICKET U12 VS. HYMERS (A) - 2:00PM
WEDNESDAY 15 MAY	TIM WARD - COUNSELLOR - BISHOP FOXE ROOM - PM CRICKET XI VS. WORKSOP (H) - 2:00PM
THURSDAY 16 MAY	CRICKET XI VS. TRENT COLLEGE (A) - 2:00PM
TUESDAY 21 MAY	CRICKET U14 VS. TRENT COLLEGE (A) - 2:00PM
WEDNESDAY 22 MAY	WARHAMMER IN LRC 3:45 - 5:30 PM
THURSDAY 23 MAY	CRICKET U12 VS. LEICESTER GRAMMAR (H) - 2:15PM
FRIDAY 24 MAY	END OF TERM - 3:45PM