

Christ the King College
"The Way, the Truth and the Life"
Christian Secondary School on the Isle of Wight
Headteacher: Mr A R Montrose

26th January, 2024

Dear Parents/Carers,

It has been a very busy week here at Christ the King. Our Key Stage 4 and Key Stage 5 students have had two inspirational speakers who talked through their own life experiences to motivate and engage our young people; there are more details about Scotty and Rory's input within this Newsletter, but please do ask your sons/daughters about these experiences to find out the impact our visitors had on our community. Also this week, two separate groups of students have carried the CtK flag with pride. A group of Sixth Form students who form our CAFOD committee joined in a nationwide meeting to talk through their chosen charitable focus this year; they were articulate, passionate and amazing ambassadors for our school. Likewise, a team of six students from Years 9, 10 & 12 represented Christ the King in an Island-wide competition called the 'Resilience Challenge'. The team won the *Thinking Outside The Box* trophy, and will continue their resilience project in the months to come.

As you know, we had a Lockdown Drill this week. I am very pleased to report that it was a resounding success, in terms of how the students reacted and behaved when the alarm was sounded. A Lockdown is a challenging scenario to have to practise, but our young people demonstrated maturity and focus throughout the Drill.

Can I politely request that when you need to contact any staff in school, you do so via e-mail or telephone in the first instance. If you arrive at Reception unannounced, staff will probably not be able to speak with you due to teaching and other commitments. Also, staff may not be able to respond to messages instantly. If messages are not urgent, we aim to respond as soon as practically possible, which may not be on the same day.

Our two visitors this week spoke about the significance and impact of doing small acts of kindness, and putting into practice our values in terms of how we treat people. This quote from Mother Teresa encapsulates this idea perfectly. Have a good weekend with your families.



A. Montrose

Mr Montrose

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Special Mention to Mermaid Atlantic

Loella and her tutor group (7K2) have been keeping a watchful eye on the progress of her Dad (Chris Mannion “Manni”) and two of his friends (Xav and Paul) as they have been taking part in the World’s Toughest Row. This is a challenge where individuals from across the globe compete to row thousands of miles across the Atlantic Ocean.

The three friends started their journey across the Atlantic on 13th December. 43 days, 17 hours and 58 minutes after setting off from La Gomera in the Canary Islands and crossing the Atlantic Ocean they stepped onto dry land to an ecstatic welcome from their family and friends. They reached the shores of Antigua at approx 2.45am this morning (Friday).

You may have read in the local press that they met many challenges along the way and we can’t wait to hear more about them. Chris Mannion came in and spoke to our Year 7 students before he left to embark upon this amazing journey and we hope that when he has had time to recover and reconnect with his family that he will hear from him once again.

Xav, Paul and Manni have been raising money for three charities, [Hampshire and Isle of Wight Wildlife Trust](#), [Surfers Against Sewage](#) and [The Seahorse Trust](#). ([GiveWheel website](#)).

All of us at Christ the King College would like to congratulate you for completing this amazing challenge!



Diary Dates All Diary Dates can be found on our website homepage

If you click this on the bottom right of that calendar, it can add this calendar to your mobile device or computer.

W/C 8 th Jan	Year 11 Mock Exams
11 th Jan	Year 9 Options Evening 3.30pm-5.30pm
W/C 15 th Jan	Year 13 Mock Exams
18 th Jan	Year 9 Parents Evening (Remote) 4.00pm – 7.15pm
25 th January	Year 11 Parents Evening (Face to Face) 3.45pm – 7.00pm
26 th January	Year 9 Options deadline
6 th February	Dance Live!
8 th February	Year 12 Parents Evening remote
12 th – 16 th February	Half Term

Parents' Evenings

Appointments for the **Year 12** (remote) parents evenings open **today at 4.00pm**.

Appointments can be made at <https://christtheking.parentseveningsystem.co.uk/>. Parents who are unable to make appointments online, please feel free to email caroline.curliss@christthekingcollege.co.uk



Supporting Parent Relationships with Separating better app

Separating parents living on the Isle of Wight are among the first in the country to have access to a new app designed to help them self-manage their separation.

Separating better has been created by the UK's leading relationship research and innovation charity OnePlusOne, with funding from the Department for Works and Pensions. It features tools to help with many practical elements of separation such as budgeting and legal arrangements. It also offers parents a template to create their own parenting plans to help them agree how to co-parent their children effectively.

An in-app quiz helps parents to understand where they are emotionally in their separation journey and a series of *Work it out* videos help parents learn communication skills which they can use to co-parent effectively and keep their children's best interests at the heart of their decision-making.

Further information relating to this can be found using this link <https://drive.google.com/file/d/1Xr8MbPg3Xs8e4mIOyDsyFgjvdoQjpDLL/view?usp=sharing>

Good News

Alumni Careers Talk

On Wednesday, January 17th we welcomed three of our ex-students back to the college. The students had not been back since they left in 2015 and 2016. They were delighted to be back and see how much the school has grown and developed since they were here.

During the day, every Year 10 students' came to see them and had a short time with each person to talk about their career paths and how they got there. This day was not so much about wanting to do the job of one of the volunteers but seeing how much school helps and why doing well now helps with these forward goals.

The ex-students loved talking to our current students and hope they took away these key points from the event.

1 - Take all the changes available to you, you will never know what will open up for you in the future.

2 - It's ok to not know what you want to do.

3 - It's ok to change your mind, at any point.

If you are an ex-student and would like to Return to Christ the King College to inform our current students about what life beyond school is really like. From doctors to dancers, pilots to plumbers, we need alumni from a range of careers to open our students' eyes to what's possible.

Sign up to our former student network to receive news, updates and invites to events. Once you're signed up there is no obligation to volunteer, you can get involved around your availability.

<https://www.futurefirsthub.org.uk/.../christthekingcolleg...>



Resilience challenge Competition



On Tuesday 23rd January a team of 6 students from Years 9, 10 and 12 represented the school in a resilience challenge.

They were given a scenario for the island and had to come up with a response that would allow us to survive and be able to operate as normally as possible.

On this occasion, they were told that a bomb had been found in central Newport. while they were planning the response they were told the bomb had detonated. They spent the day talking to those in the council to get the right information and preparing a presentation for a panel of people from the council, Southern Water, the Police, NHS and others.

We returned on Wednesday to do the presentation and take part in some sustainable STEM activities.

Great fun was had, designing self-propelling gyroscopes for travel to school and sustainable restaurants while the other teams were doing their presentations.

As we prepared to present the nerves kicked in and all the students were on edge and getting excited to get their point across. They returned from the presentation room with big smiles and a very good feeling about how they did.

We then had to wait, it was a very tense time, however, the results were good and we took home the 'Thinking Outside of the Box' award.

This was especially welcome when you compared our mixed team to the other schools, which sent teams made entirely of final-year students.

Judges were very impressed with the research and analysis of complex data throughout the first day. Most notably, Annabelle Acutt managed to endure and respond effectively to complicated questions about substations! Olivia Jones became an effective leader and communicated well with her team, making sure everyone was on track and had a job to do. What was best was how the team worked well together - even forming a group and finishing their presentation in the evening!



Mrs Fitzgerald and Mr Lindfield

Inspirational Speaker

As a community, we were honoured, and privileged, to welcome Commander Scotty Mills back into our College earlier this week. Scotty was born and raised in south London, joining the Royal Marines in his teens. He went on to serve 32 years as an Officer in the Royal Marines, becoming the highest-ranking commissioned black officer in Marines history. Scotty has earned a reputation as an inspirational leader and team builder, and he has worked with the England rugby World Cup-winning squad of 2003, the GB women's Olympic hockey team and Gareth Southgate's England football squad. Most recently he has been working with the Lionesses (2018-2023).

Scotty has previously worked with staff at Christ the King, who were so inspired by him that we very much wanted him back to talk to our students. On this occasion, all students in years 10-13 had the amazing opportunity to listen to Scotty's inspirational story, and to consider how Royal Marines' values can be transferred into our own lives and mindsets. Our students were an absolute credit, listening with maturity and considering how our College values, and their own personal values and aspirations, can help them reach their targets and be a better person every day.

Here are just a few of our students' comments on the experience:

I found Scotty's visit very helpful and motivating. He shared his story about how when he was young people, told him that he wouldn't amount to anything but he proved them all wrong and showed us that anything is possible if you put your mind to it!

Very engaging. Talked to us like we actually mattered, and we felt respected. He wasn't condescending.

He was really inspirational.

Scotty was really inspirational and engaging, especially for a sixth former looking to join the military - Scotty is an example of how anyone can achieve their impossible dreams from breaking a world record to bringing multiple world famous teams to success.

I found it to be very engaging and motivating. Scotty is a prime example of hard work and dedication pays off in life. I will look to put these skills into my own life.

I found the session particularly useful as I had been struggling with motivation for a while and it showed me how to positively approach and tackle problems. I especially liked his story about his journey to become a marine and how it showed how perseverance is an essential skill to put into practice daily.

I like the way Scotty engaged us with loads of questions and giving us advice that is really useful to us. I really enjoyed how he talked to us about how nothing is impossible if we put our mind to it.

It was an inspiration and I really want to purchase his book as he posed a good role model to our community.

He was very real and made everything he said motivate us - very interesting man with amazing accomplishments.

Scotty had a very unique and interesting story that could inspire people to work hard and fight easy. His words starts to prepare people for anything if they choose to take his words and achieve more than they thought was possible.



Football Round Up

U15 Girls' Football

Our U15 girls football team faced The Bay CE School in an epic 13 goal frenzy last Thursday. The score was evening itself out throughout the match but sadly at 6-6 and nearly full time The Bay CE sneaked a 7th goal in the closing minutes, meaning they were victorious. The team: Flo, Neve, Isabelle W, Ruby, Megan.

On Tuesday the team took on Carisbrooke College in what was a very blustery match. At half time the score was 0-0 but with the advantage of having the wind behind us in the second half we felt sure we would capitalise. And sure enough, 3 minutes in Esme put us 1-0 in front. 4 minutes in Neve put us 2 goals ahead. Carisbrooke then stepped up a gear and responded by scoring 2 goals, bringing us back to level pegging. 90 seconds were left on the clock and our defence were up against it. They cleared the ball to Isabel in midfield who passed the ball through to Esme. She confidently put it into the back of the net! 3-2 final score to CTK. Well done girls. The team: Flo, Neve, Isabel B, Ruby, Megan, Esme.

If there are any other girls in Year 9/10 who would like to join the team (we have a match next week), please see Miss Walker.

Under 13 Girls' Football

On Thursday the U13 girls football team took on Carisbrooke College in the football league, and despite the drizzle they didn't disappoint. With great team work, grit and determination from all they won 3-1 - a hat trick from Lexi. Fantastic performance girls! Keep up the good work. Miss Walker

