

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 April, 2024

Dear Parents/Carers,

You will be aware that our Ofsted report was published earlier this week. It is a report which I don't accept as a true reflection of Christ the King College, which I alluded to in last week's Newsletter. That said, we are always striving to improve all areas of school life, and we do have a robust quality assurance system in place which includes revisiting and monitoring development plans throughout the year. Please rest assured that your children continue to receive the very best opportunities and experiences inside and outside the classroom. Can I take this opportunity to extend my heartfelt thanks, on behalf of the staff, for your many messages of support after the report was published – both on Facebook and by e-mail. Our staff are passionate and fully-committed to what we do here, and they have inevitably felt a little deflated and let-down after the Ofsted experience last November; however they are a resilient and determined group of people who will put things behind them and move forwards. Your kind words and messages will be passed on to staff.

Our values underpin everything we do at CtK, and our students live out these values on a daily basis. One of the core values – our Christian ethos – is promoted explicitly by us in many ways. We organise retreats, services, visits to local faith communities, trips abroad (Taize), and other opportunities for students to experience faith on different levels and to explore their own faith. One such opportunity has been a series of workshops for our Catholic students in recent months. Sister Margarida Londral (from *Verbum Dei* in Carisbrooke) and Mrs Lorraine Blair led these workshops. The aim was to explore the logo/motto of our school and address any question related to faith and Catholicism that the students had. The main topics of discussion were: growing in awareness of the gift and responsibility of choice and freedom in the life of a teenager; how faith in Jesus can help us make good choices for our wellbeing; exploring the importance of the bible and the church in our faith journey, which includes ups and downs, faith and doubts. Can I thank these two ladies for their time and efforts, and also the students for their active engagement in the workshops.

In terms of student engagement, it was a pleasure yesterday to award nearly 30 young people in Year 11 and Sixth Form their Duke of Edinburgh certificates (Bronze and Silver Awards). These students, over a long period of time, have demonstrated resilience, perseverance and engagement in our wider community in order to achieve their awards. We are very proud of them, and also very grateful to Mrs Davie and Miss Joynes, who lead this area of enrichment. The experience and the award will serve the students well as they complete applications and supporting letters for post-16 and post-18 study/employment.

Since the Easter break, your children have returned with a positive attitude and (on the whole) very high standards of behaviour and uniform. We did a whole-school uniform check yesterday, and the main areas some students need to address are:

- Skirts – We are finding a small minority of girls not only rolling their skirts up at the waist or actually cutting the skirt to make them shorter. This is unacceptable. Please reinforce this at home

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- Blazers – There are still a handful of students who don't wear their blazer to school or around school, which contravenes our basic expectations and rules. Continued non-adherence will result in sanctions being given
- Make-up – Some students are wearing too much make-up. We accept subtle and understated for our older students, but too many girls are not adhering to this. These students will be asked to remove make-up if we feel it is not subtle or understated
- Shirts – This is an on-going issue with some students, who insist on not tucking their shirt in. This non-compliance is intentional and avoidable – and we will sanction accordingly if students continually fail to follow simple instructions

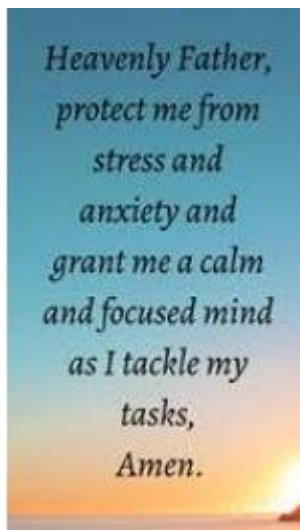
On a positive note though, the overwhelming majority of our young people look smart and 'dressed for success'. If there are ever any issues with uniform, or any financial challenges you may be facing, please contact the Year Heads so we can support you.

We are starting to gain some momentum with our House System. Student Representatives from the three Houses – Compton/Thorness/Whitecliff – have been meeting and planning for the future. One exciting development is that we are holding an inter-House Sports Day in July; watch this space for more information!

With our Year 11 and Year 13 students about to begin their public examinations, I'd like to sign-off with a short prayer which students may wish to use, and an image which I hope won't be the case for our students! Some support resources for students can be accessed via the link in this Newsletter.

A. Montrose

Mr Montrose
Headteacher



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.

9 th May	GCSE Exams Begin Year 11 Fellowship Breakfast
16 th May	HPV Vaccination Session Year 8
27 th May-31 st May	Half Term Break

Year 8 HPV Vaccination

You will already have received information regarding the session the School Immunisation Team are holding in school on 16th May for Year 8 students to receive the HPV Vaccination.

Please complete the online form to indicate to indicate if you want your child to receive or not receive this vaccination by 13th May.

If you **Do** or **Do Not** want your child to have the HPV vaccine, please fill out the online form using the link below or QR code.

Your child's school code is: **135552 (Christ The King College)**

<https://links.inhealthcare.co.uk/solent-iow-hpv>



****Anyone who fills in an online form (for yes or no) has a chance of winning a £100 supermarket voucher****

Year 11 Information

Study Leave Sessions

May I remind you of the date for this year's Study Leave for Year 11 - the students will leave after they attend a Worship on Thursday 6th June. During the study leave period we will be offering revision, support or independent study sessions. To enable us to track and monitor which students are on site we ask that students sign up using this [form](#) to attend.

The timetable for these sessions can be seen [here](#)

Please encourage your children to sign up for these lessons as they enter the final throes of the exam season.

Exam stress – useful resources for teachers, parents and pupils

We are aware that exams have the potential to exacerbate feelings of anxiety and stress amongst young people. That is why it's important that whilst pupils should be encouraged to work hard, this should not be at the expense of their wellbeing.

There is a range of advice and guidance for students and parents to help alleviate or lessen the anxiety they have about sitting exams, including:

- [NHS Help your child beat exam stress](#)
- [Anna Freud: How to identify the signs of academic stress, and ways to help](#)
- [Student Minds – resources, tips and blogs about exam stress](#)
- [Ofqual: Coping with exam pressure – a guide for students](#)
- [Managing Exam Stress](#)

Year 11 Fellowship Breakfast – Thursday 9th May



Once again, we will be inviting all of our Year 11 students to a fellowship breakfast ahead of their first exam which is Religious Education.

Students can arrive from 8am and will be offered a selection of both hot and cold buffet choices. Students are asked to complete this [form](#) to indicate their attendance and to make their food choices and make us aware of any dietary requirements.

The form can be accessed by students via their google classroom or using the QR code on posters around the College.

Good News

Mermaid Atlantic



Chris Mannion came and visited our Year 7 students on Monday. Chris was part of the amazing trio who rowed the Atlantic in the World's Toughest Row. The team rowed 3000 nautical miles from La Gomera to Antigua.

The crew endured 20ft waves, there was a very near miss with a tanker boat and they rowed over 1.5 million strokes each during the race. Each rower needed to consume at least 5000 calories a day, whilst sleeping for 1.5 hours, being on watch 1.5 hours and then rowing 1.5 hours on a constant cycle for the whole journey. Chris talked about how much he enjoyed the challenge although found it hard being away from his family. We are very grateful

that Chris came and shared this experience with our students and look forward to welcoming him back soon to be able to answer some more of our Year 7 questions.

The Duke of Edinburgh's Award Certificate Presentation

The college were really proud to see the hard work of 26 Duke of Edinburgh Bronze and Silver level students pay off. They have completed their awards, and received their certificates from Mr Montrose. Every certificate details the hours of work the students have done across the sections of the Dof E Award, and these are humbling to read. They show commitment to volunteering, physical and skill based activities which span between 3 and 6 months. Between the 26 students, this means about 1500 hours of time has been spent in a really positive way!

Well done to the current Year 11 and Sixth formers for their achievements. We look forward to announcing another group receiving their certificates soon, as some students are still busy finishing off sections. Mrs Davie and Miss Joynes





What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

[Click this link to view the poster](#)