


Assemblies this week

PCSO Shelly Gray has visited the school this week to deliver assemblies on safer choices, focusing on knife awareness and personal safety strategies.

The sessions cover how to report concerns and provide vital information regarding the legal consequences of carrying a weapon.

#Safeguarding #KDSchool 



Nutrition Tips for students during exam season

WHEN STUDENTS ARE STUDYING:

- Get up and stretch every hour.
- Get active every 3-4 hours, ideally outside.
- Eat a balanced meal or snack every 3-4 hours.
- Sip water throughout the day and don't overdo the caffeine.
- Try to sleep at least 8 hours a night.



ON EXAM DAY:

- Eat a balanced breakfast with slow-release carbs.
- Sip water throughout the day.
- Manage nerves with mindful breathing.
- Snack on fruit and starchy carbs to keep you going.



Adjustments : Fiddle Toys

There are some students that have permission to use a fidget toy in the classroom. Your teachers have a list of the students that have this adjustment.

Please Note : The gel filled fidget toys (or any 'filled' versions) are not to be used in school by any student. They are not appropriate for the classroom environment and have caused damage to school property and some disruption to learning time in lessons.

Thank you for your understanding.

Pencelli Trip

Last week we took 44 year 8 students to Plas Pencelli in the Brecon Beacons. Our students showed exceptional behaviour throughout the whole of the week and we could not be prouder of them.

They completed many challenges along the way, including caving, rock climbing, walking up Pen Y Fan, gorge walking and canoeing and kayaking as well as making their own beds and lunches.



Careers Information

Please find below dates for future events for Year 10 students, more information will be shared with Year 10 prior to the date.

- 24.06.26 Springpod Virtual Work Experience
- 25.06.26 Springpod Virtual Work Experience
- 26.06.26 - Careers talks from local businesses
- 29.06.26 Unifrog Virtual Work Experience - Sodexo
- 30.06.26 Unifrog Virtual Work Experience - NHS
- 01.07.26 Unifrog Virtual Work Experience - ASDA
- 02.07.26 New College Experience Day - Students to make own way to New College campus
- 06.07.26 Cirencester College
- 13.07.26 Mock Interviews - students will be given times closer to the date
- 14.07.26 Post 16 FE Fair

If any students require a Free School Meal for the College Experience Day on the 2nd July please let Mrs Eden know.

If you or your child have any questions please contact Mrs Eden, careers@kingsdownschool.co.uk



DofE - Bronze Award

Congratulations to our Year 10 students who had completed their Duke of Edinburgh Bronze award. They were presented with a DofE certificate and badge during the Year 10 Assembly. Students had committed to 12 months of 1 hour per week, volunteering in their Community, learning a new skill and physical activity. We are so proud of you, well done.



Future events and important dates

- 15.05.26 - DofE Silver Practice (3 days)
- 22.05.26 - School finishes normal time for half term
- 01.06.26 - Start of Term 6
- 05.06.26 - DofE Silver Qualifying (3 days)
- 11.06.26 - Year 6 Information Evening 5.30pm
- 13.06.26 - DofE Bronze Practice
- 15.06.26 - Fresh Air Art Trip
- 16.06.26 - Year 11 Leavers Day
- 20.06.26 - Year 6 Uniform Pop Up Shop
(Appointment only 9.30am - 3.30pm)
- 24.06.26 - Recital Evening 6.30pm
- 25.06.26 - Cirencester Open Evening
- 25.06.26 - Year 7 & 8 Athletics competition
- 26.06.26 - Aspirations - workshops

With our continued thanks. Please do not hesitate to contact us if you have any questions or need any further information. Please be reminded that we have a 5 day response time.

Mrs Leigh-Bennett
Headteacher



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SCHOOL**

