

# KINGSWOOD NEWS



Spring 2020

14 February 2020

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## The Kingswood House Way



Dear Parents

I am proud that KHS has provided a great focus on the boys' mental health and well-being this week. In a rapidly changing world, KHS remains in the vanguard of schools in terms of the safeguards it offers to help our boys meet the demands of life beyond the school gate.

In staffing news, I can inform you that after many years of loyal service to the school, Mrs Henery has been appointed as Head of Pre-Prep at Willington School, Wimbledon, from September. This is a great opportunity for Mrs Henery to develop her career and she will go with our gratitude and best wishes. Naturally, we shall say a proper farewell in July. Whilst Mrs Henery will leave 'big shoes' to fill, I am pleased to announce that Mrs Lambert will take up the post of Head of Lower Prep next year and there will be a thorough handover during the months ahead, during which time Lower Prep parents will have ample time and opportunity to speak with them both. Additionally, I have appointed Miss Ilse Roets (mathematics) and Miss Sandi Gower-Keen (Form 6C) as maternity teachers to cover Mrs Lindley and Mrs Celentano from the start of the summer term. Miss Roets is an experienced former head of department at Moon Hall College and Oxted School whilst Miss Gower-Keen is a fresh arrival in Epsom from South Africa, where her short career has been a distinguished one to date. I am sure you will join me in wishing them every happiness and success during their time at Kingswood House.

The KHS ski trip departs today for Fiesch, Switzerland, and I look forward to seeing some pictures of the boys, parents and staff enjoying the slopes. Have an enjoyable and restful half term holiday!

Yours sincerely

Duncan Murphy

Headmaster



### Parking and Pick Up

Please would parents kindly take every consideration for our neighbours into account at the beginning and end of the school day. On no account should parents park at the front of the school during these times or on the private West Hill drive next to the horseshoe. If you would like your child to walk to or from school with a designated 'safe place' (e.g. the church car park), please send an email into the office as we need permission in writing for them to do this. A number of boys have trialled this very successfully in recent weeks.

### Open Morning

We have an important **Open Morning on Saturday 29th February** this term. Please remember it is an expectation that boys in **Year 7, 8, 9, 10 & 11** attend on this morning to help guide our visiting families. Mr Mitchell will write with further details in due course - but do save the date now!

Please find below the lunch menu for next week, the calendar dates and any current notices:

**LUNCH MENU w/c 24 February 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
Meat-balls with Spaghetti	Fresh Fruit; Yoghurts	Sweet & Sour Pork with Noodles	Fresh Fruit; Flapjack	Homemade Chicken & Leek Pie with Carrots
Fresh Fruit; Jelly	Homemade Lentil & Vegetable Casserole with Broccoli	Fresh Fruit; Cheese & Biscuits	Homemade Lasagne	Fresh Fruit; Jam & Coconut Sponge

**DIARY DATES FEBRUARY 2020; week 1**

Monday	24	1430 1800	Neighbours and Residents' Afternoon Tea in school Jersey Tour Information Evening for boys and Parents
Tuesday	25	1330-1600 1600	Year 7 Bowling Social with Manor House School Years 2-8 String and Piano Teatime Concert
Wednesday	26	0845 0930 1430 1430 TBC	Form 3M Assembly Lower Prep Forest School U13A & U12A vs Duke of Kent (A) U13/12B & C vs Duke of Kent (H) - Tag Rugby U11 & U10 Banstead Prep Rugby Festival
Thursday	27	0930-1200 1900	<b>OPEN MORNING</b> KHA Quiz Night!
Friday	28	pm.	U8 Tag Rugby Festival at CLFS
Saturday	29	0930-1200 0930	<b>OPEN MORNING</b> Years 5 & 6 House Matches

**WE NEED YOU!**

**URGENT – we need you!!**

We urgently need your help.

The mum of one of our boys needs a stem cell transplant to fight her leukaemia so the search is on for a donor. This is a simple, but potentially life-saving procedure, which could help our lovely family or anyone else who is fighting blood cancer and needs a donor to donate stem cells. How can you help? You can register with either Antony Nolan, if you are aged between 16-30 years old, or DKMS if you are between 30-55. Your details are kept until you are 61 and you could help save a life, how amazing would that be?! It's easy to register for a kit, just follow the links below and they will send you a swab test kit, which you swipe around your cheek and then return it to them. Simple! If you are a match for anyone needing a donor, you will be contacted for further tests.

I donated my stem cells to my brother nearly 3 years ago and I can reassure you that it is just like donating blood but just takes a little longer. I'd be happy to answer any questions or concerns you may have. Please, please register if you haven't already done so. Thank you so much. Mrs Helen Parker (Admissions)

If you're aged between 16-30 please follow link to [Antony Nolan](#) and if you're 30-50 follow this link to [DKMS](#)



saving the lives of people with blood cancer

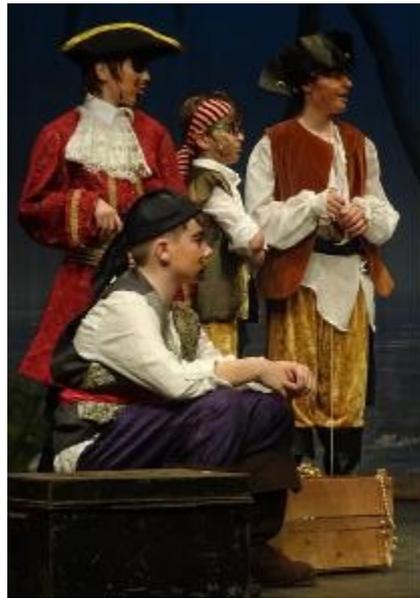


WE DELETE BLOOD CANCER

*Treasure Island—The Pantomime!*

We were delighted to see a 'full house' at the Adrian Mann theatre on both Thursday and Friday last week, for our production; the boys really appreciated a good audience after all their hard work in rehearsals, and certainly raised their game another notch to present a lively, bold, entertaining and humorous performance with many stand out moments. The photos below capture some of the atmosphere, but it did have to be seen to be believed and truly appreciated ...!

CONGRATULATIONS TO ALL INVOLVED!





*These magical moments were all captured by the marvellous Mr Mitchell behind the lens...!  
Thank you*



**LOST PROPERTY**  
(following the show)

- A turquoise metal water bottle
- Pair of trainers 'Mercurial' navy, size 7
- Jonty Ward white school shirt

Please collect from Mrs Witts' office, Bursar 1.

Thank you.





TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence



### WELL BEING WEEK @ KHS

We are always proud to run this week here in school, as part of our broader curriculum, for the benefit of our whole community—boys, staff and parents. The boys have been introduced to various concepts in class including meditation, mindfulness and even 'cosmic yoga' - as you can see in these photos.

At the beginning of the week we recognised 'Inside Out' day to show our understanding of how someone can appear to be 'fine' on the outside but feeling quite different and out of sorts on the inside. There was a series of workshops led by David Blake on Tuesday who also presented to staff and parents in two engaging twilight sessions.



### Mindfulness in Form 6C



As part of our Well Being week, 6C had a session of mindfulness. We used the 'Peace Out' podcast which talked through deep breathing—like Darth Vader! - and being in the present. After the activity, we had a discussion about how the boys found it; some found it easier than others, but all boys noticed themselves feeling more calm. They agreed it is something they would like to continue, so we are going to schedule some time for it into the weekly timetable! *Mrs Celentano*



### Inside out in Year 3!



The boys in Year 3 did a great job in supporting our 'Inside Out' day to recognise diversity on Monday. They appreciated that although some people may appear to be 'fine' on the outside, inside they may be experiencing all sorts of emotions that could affect their external behaviour and social interactions. Thank you for your support of this good cause. *Mrs Marskell*

**UPDATE: we collected £70.61 for the charity linked to this cause so a big 'Thank You' to all.**



### Year 4 taking time out...with a book!

In our all-too busy, hectic lives, in which so much time is spent staring at a screen whether for pleasure or work, it is important to build in some time for the simple activity of reading; letting the words of another transport us to another place entirely is one way to discover some peace and quiet and be good to ourselves. Reading is a great way to look after our mental well-being - as Year 4 boys discovered this week.

*Miss Smith*



### Talk About It, Boys!

Boys in Year 1, 2 and 3 took part in a workshop on Tuesday morning that explored feelings and issues around anxiety. It was age appropriate and helped some of them articulate ideas that they might have held, but not known what they were.



The boys worked in groups and discussed their feelings very openly which was encouraging to see. Thank you for your participation and efforts boys. *Mrs Henery*

### Form 8L's Message of Kindness

Very well done to the boys in 8L who presented a super Assembly about our Well Being Week and the benefits of simply being kind to others and thinking about your actions. It was lovely to have this message delivered in the surrounds of Christ Church as it gave a suitably grand sense of occasion for a vitally important, but simple, message—one to think about and take on board over half term when in the company of family and friends.



### How do you REALLY feel?

The boys thought about this question during the week in a number of ways...



## COMMENDATIONS

### A warm well done to:

Jamie Chatfield (2)

Edward Bishop

Byron Miller (2)

Jamil Hashemi

Bailey Partridge

Max Kenna (2)

Zac Willans (2)

Jack Wrigley

Enzo Reed

Ali Al-Rubaie

Joshua Johns

Zayn Jawed

James Totham

Ted Reece

### Year 5 History in Action!



Year 5 have been looking at the Roman Army, in particular their tactics. We re-enacted three of their famous formations with shields from the drama cupboard. 'The Tortoise' was used predominantly for protection. 'The Wedge' to penetrate their opposition. 'The Square' to protect generals when being attacked.

Can you see what they are doing here? *Mr Clarke*



### Year 8 se déguiser en Français!

It's that time in the language curriculum again... Year 8 have been learning how to describe people - height, hair, eyes and clothes. Encouraged by dressing up and exploring different 'looks' a lot of fun was had by all, with some thorough language learning and vocabulary skills acquired along the way - très amusant! *Mme Taylor*



...and out of the eggs came...?!



After Year 1 and 2 had dug so carefully to find their hidden eggs in the sand last week, the next step was to try and discover what was inside...!



The boys worked diligently and with enthusiasm, like real archaeologists, to chip away at the hard outer shell to reveal... dinosaurs in their eggs! Mrs Henery



### Year 5 Science

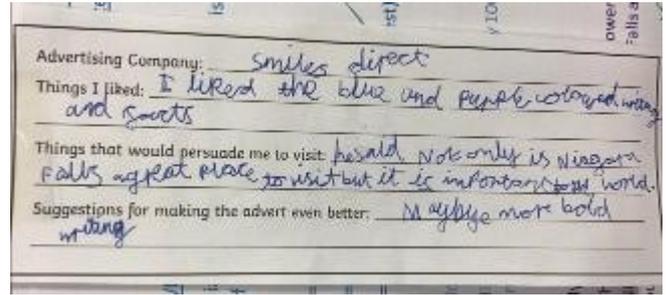
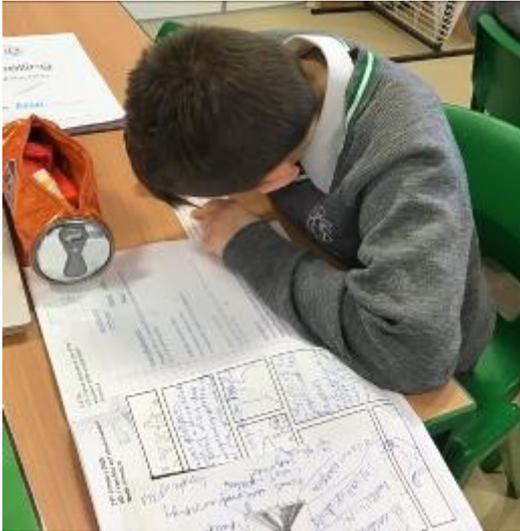
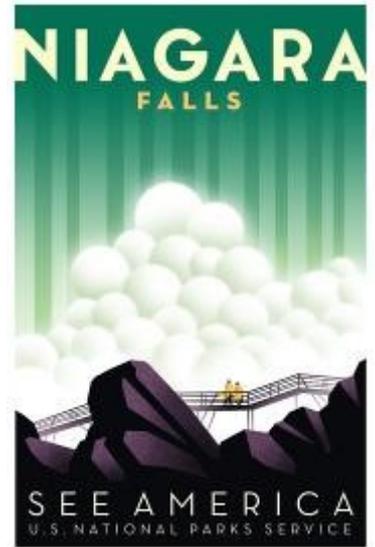


Year 5 have been studying 'Forces' in Science and this week they made their own paper helicopters. The boys are learning how to conduct experiments by changing variables. They have explored different designs and considered the effects of air resistance on the helicopters they have made. The recent high winds have been poorly timed for this work taking place outside but this led them to consider other variables beyond our control! Mrs Seiver



*Year 4s travel the world in their learning*

As Year 4 approach the end of their 'Amazing Americas' topic, we researched and learned about Niagara Falls, one of the seven Wonders of the World. The boys made their own Niagara Falls posters to persuade tourists to visit! After they completed their poster, the boys pretended to work for a travel company and assessed someone else's work. They completed a feedback sheet about what would persuade you to visit and what could make it even better; a really engaging task and one which made us all dream of exotic holiday destinations! *Miss Smith & Mrs Lambert*



*Year 3—doing it by halves!!*

This week, the boys are learning about fractions. We have enjoyed working in a group to understand fractions. The boys have been very good at helping each other and enjoyed exploring the topic using real objects that could be divided up. *Mrs Marskell*



## Science Competition

As Science has been the academic focus for this half of term, the boys have been working really hard to design Science T-shirts! There have been some fantastic designs from all year groups revealing how creative and scientific the boys are at Kingswood House. After careful consideration, Miss Black is pleased to announce that the competition winners are:

Year 1: **James W**

Year 2: **Zachary B**

Year 4: **Benji A**

Year 5: **Jackson W**

Year 6: **Archie B & Paul B**

Year 7: **Tobias van H & Oliver W**

Year 8: **Ted H**

Year 10: **Seojun L**



Well done to everyone who entered the competition - it was very difficult to choose.



Thank You!

Miss Black





**DRAKE HOUSE DAY**

Just before breaking up for half term and in a well-timed break in the wet and windy conditions we enjoyed our Drake House afternoon. Thank you to all boys and parents who helped make the afternoon a great deal of fun as these photos reveal.





More pictures from **DRAKE HOUSE DAY!**

A big thank you to Miss Smith for overseeing everything



Drake House Day

## Clubs Update

Beat those Monday blues by signing up for one of our Monday clubs!



**Simon Pethybridge's Tennis Club** runs on a Monday morning before school and is the perfect way to develop your tennis skills in time for the Summer season.



**Chess Club** is held during Monday lunchbreak and is a great way to learn new creative and strategic skills.

If your son is interested in joining any new clubs next half term, please sign up using the booking forms on the school website; all the information is [here](#). Mrs Lambert

## GOLD Duke of Edinburgh Congratulations!



Huge Congratulations to our very own Mr Wint who recently collected his **GOLD DUKE OF EDINBURGH Award** at St.James' Palace!

Marcus has worked really hard to achieve his award, which he started in Year 9 when he was at school, progressing through Bronze and Silver. The Gold award itself took a year to complete and was worked for alongside other demands in Years 11 and 12; it was 4 years in total. He recalls how the most challenging moment for him was definitely the paddling upstream against the wind in a bell boat for 4 days straight on the expedition—does sound rather an up hill struggle, literally! The euphoric feeling on the final day of the expedition was the best reward though.

Mr Wint would advise any of our boys to take up the challenge and work hard to achieve it; experiencing it alongside a good group of mates is a great way to spend some of your free time outside of school and in the great outdoors.

The award ceremony took place in St. James' Palace—in very grand and auspicious surroundings—that are not usually open to the public, with Prince Edward, the Earl of Wessex handing out the awards. A truly memorable occasion and one worth all the endeavour to get there. Very well done Mr Wint.



Our Lower Prep Achievers of the Week are:

James W, Barnaby A & Harrison W—Well Done!

Also, Benji A achieved a 'Growth Mind-set Certificate' for looking after a prospective pupil in on a taster day experience—Thank You!

Wishing you all a restful and happy Half Term holiday week. We leave you with a message from Miss Timothy, our ELSA: *We always need to be mindful of how we connect with each other. Our body language goes some way to letting others know how we are feeling but how we speak to one another can have lasting positive or negative effect. As it has been Wellbeing Week here in school I would like us all to be aware of Mindful speech; here are 50 positive phrases that help build resilience in children. Please try using them over the half term and beyond.*

**50 POSITIVE PHRASES**  
to build resilience in **Kids!**

1. *I love you.*
2. You are loved.
3. I believe in you.
4. You are important.
5. I love watching you play.
6. I love being your \_\_\_\_\_.
7. *You make me smile.*
8. I'm grateful for you.
9. You are on the right track!
10. You worked really hard.
11. You are helpful.
12. You can do hard things!
13. You kept trying.
14. Your choices matter.
15. You are a good friend.
16. You can make a difference.
17. Good thinking.
18. *You are learning!*
19. You are confident!
20. Your ideas matter.
21. I am listening to you.
22. That was a good choice.
23. What you did was brave.
24. *You are enough.*
25. You're really improving.
26. I trust you.
27. You solved the problem.
28. *You figured it out!*
29. I knew you could do it.
30. I love hanging out with you.
31. Follow your dreams.
32. I appreciate you.
33. You are unique.
34. I love you for who you are!
35. You inspire me.
36. *I am here for you.*
37. You make my heart full.
38. It's OK. We all make mistakes.
39. That's your best effort yet!
40. I know I can count on you when \_\_\_\_\_.
41. You must have been practicing.
42. You mean so much to me.
43. You're so much fun to be around.
44. You can try again tomorrow.
45. Your efforts are paying off.
46. *Follow your heart.*
47. I see you enjoy trying new things!
48. You can learn from your mistakes.
49. That was a great accomplishment!
50. Your thoughts are unique & valuable.

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**LOST PROPERTY: New system!**

If a boy has lost an item of kit or clothing, parents should email: [lostproperty@kingswoodhouse.org](mailto:lostproperty@kingswoodhouse.org)



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Follow Mr Murphy  
@KHSprep