



Spring 2020

28 February 2020

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Dear Parents

I congratulate Form 3M upon a super assembly about Victorian childhood. The boys spoke with growing confidence and commendable knowledge in front of boys, parents and staff on Wednesday morning.

Thank you also to Mr Clarke and his team of staff for overseeing an excellent ski trip over half term. Please see overleaf for pictures and a report.

It was a pleasure to welcome local residents in for a cup of tea and a chat about topical issues last Monday. As ever, they continued to request that parents drive and park with courtesy in and around the surrounding roads. A new point raised was the number of cars left with the engine idling outside people’s houses which is bad both for the environment and public health. Please kindly turn the engine off once your car is stationary.



You may have seen our new Instagram account (kingwood_house) which will be a useful source of news for parents – please do follow us if you use this social media platform. One of the recent highlights was the school’s sponsorship of [Platform Sports](#), a growing company which offers football sessions for children of all abilities at the weekends or during school holidays around Surrey. They share our philosophy of “sport for all” and when observing them in action I have been impressed by their high standard of coaching and strong emphasis on teamwork.

This week, Ash Wednesday, saw the start of Lent. I always think it is a good test of character to try and give something up for 40 days and this year, I have decided to forego crisps – this is going to be a stiff challenge! I encourage all parents to discuss with their children the benefits of deferred gratification in this respect – which has strong, evidenced links to the cultivation of character traits which will help them significantly in adult life.



Finally, I urge parents to support the endeavours of Mrs Harding, Mrs Henery and Miss Smith who are running the Surrey half-marathon on 8th March in aid of Brain Tumour Charity. This is a particularly personal quest for the school and we would be pleased to see our community help them fundraise: <https://www.justgiving.com/fundraising/karenelliezo>

Yours sincerely

Duncan Murphy

Headmaster

“LET TODAY BE THE DAY YOU GIVE UP WHO YOU’VE BEEN FOR WHO YOU CAN BECOME.”

The Kingswood House Way



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

LUNCH MENU w/c 02 March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Pesto Pasta	Cottage Pie with Fresh Broccoli	Roast Chicken, Roast Potatoes & Stuffing	Thai Red Vegetable Curry with Brown & White Rice	Homemade Fish Pie & Peas
Fresh fruit; Yoghurts	Fresh fruit; Ice Cream	Fresh fruit; Ice Cream	Fresh fruit; Rice Pudding	Fresh fruit; Flapjack

DIARY DATES MARCH 2020; week 2

Monday	02	1430	<i>Society of Heads Conference</i> U13A & B vs Homefield (H) - Hockey
		1430	U13 C & D vs Homefield (A) - Hockey
Tuesday	03	1430	<i>Society of Heads Conference</i> Senior Basketball v Duke of Kent (A)
		1600	Brass & Guitar Teatime Concert in Langlands
		1800	Year 9 Parents and Boys' Evening
Wednesday	04	0845	<i>Society of Heads Conference</i> Form 7BA Assembly
		0930	Lower Prep Forest School
		1300	U13 KHS Rugby Festival
		1430	U13A & B vs Belmont (A) - Hockey
		1430	U13C & D vs Danes Hill (A) - Hockey
		1430	Colts A-E vs Belmont (H) - Hockey
Thursday	05	1430	World Book Day! Mufti theme 'Bedtime Stories'... <i>Pupil workshops with Andy Copps—Professional London Storyteller</i> U8/9 A & B vs Belmont (H) - Hockey
		1430	U8/9 C & D vs Belmont (A) - Hockey
		1800	Senior Lecture—Alex Hibbert, Polar Explorer
Friday	06	1900	Governors' Dinner at Woodlands Park Hotel



Open Morning—SATURDAY

We have an important Open Morning on Saturday 29th February (tomorrow).

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.

Do also note that it is house rugby for boys in Years 5 & 6.



Well Being Week Handout...

Please see page 15 in this Newsletter for a follow-up handout from our Well Being Week Parent & Staff Workshop; an interesting read if you were unable to attend.



COMMENDATIONS

Luis Lohead	Ryan Lohead	Hugo Hawksley	Torin Arumeni-Ikhide	Fraser Schmitt
Ben Scudamore	Cameron Edwards	Frankie Wintle	Seb Phillips	Benji Adams (3)
George Dyson (2)	Jackson Worth	Jeremy Blachman	Jack Wrigley	Daniel Giles (2)
Dylan Bishop	Bailey Partridge	Archie Blyth (2)	Joseph Huang	Joshua McCrossen (3)
Conor Towers	Christos Louka (4)	Krishan Idrees (4)	Jayden Eddy	George Harvey
Noah Seager	Theo Moffatt	Emir Ozderici	Henry Sweetman	Charlie Leonard
Ted Reece	Joseph Seager	Jamil Hashemi	Max Kenna	Rhys Bishop
Byron Miller	Harrison Wallis	Alex Forbes	Alex Hill	

Cooking Club



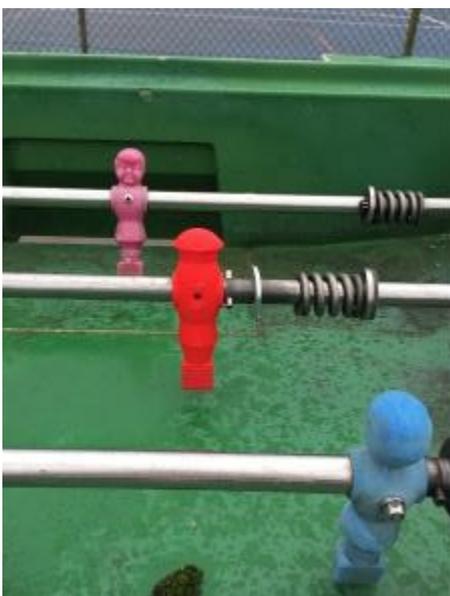
Cooking Club is held every Thursday after school from 4-5pm for Year 6 upwards. An enthusiastic member, Ewan (9T), tells us a little about it:

“You have the opportunity to cook a variety of recipes, both sweet and savoury and try different techniques. For example, recently we cooked vegetable spring rolls for Chinese New Year. We compared the ones we made to some bought from a supermarket. Both were good but, in the end, we decided the ones we made

tasted better. Some other favourite recipes have included cinnamon rolls, *pain au chocolat*, chocolate cake, American pancakes and more! You can also use Cooking Club towards the Duke of Edinburgh award as it is a valuable skill that will help you in the future”.



DT Club using innovative technology!

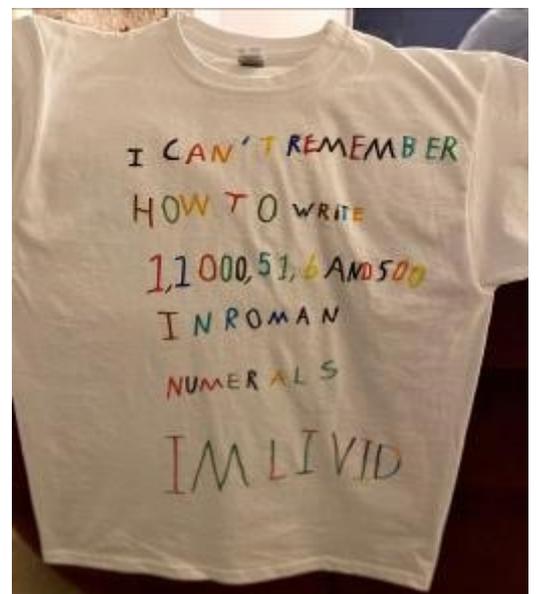


Following an ‘incident’ on the football pitch the boys from the Design and Technology Club managed to resolve the situation and use their initiative and skills. After some high level discussion and with the details downloaded and logged in to the new 3D printer in the DT room, they were able to create a new key player, a near replica of the old injured one, with the added benefit of a smiley face!

Hopefully, our new team member will enjoy many a good table football season and service at KHS. *Mr Bailey*

Maths & Comedy Genius...

Mr Sukhdeo was rather impressed by this t-shirt that Barnaby A in 4S designed and created over the half term!

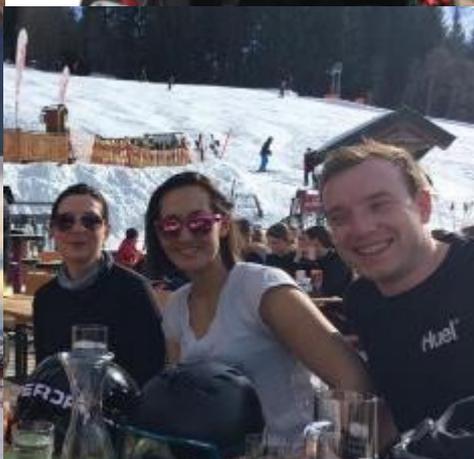




KHS takes to the slopes!

Over half term, 51 boys, staff, parents and siblings headed for the Austrian Ski resort of Alpendorf for our annual Ski trip led by Mr Clarke. On the first day we were greeted with beautiful blue skies and almost perfect ski conditions which really set the tone for the week. In the back drop of the stunning Austrian mountains, everyone had an excellent week skiing with many laughs and stories to come back home with. The trip was a great success and a big thank you to Mr Clarke, who once again organised an excellent trip for everyone involved.

Mr Hendry



Rubbing Shoulders with Royalty!

Kingswood House boys do really rise up the ranks in society... and in this case with a Royal Prince for company!

The photo reveals our very own James S in Year 11 enjoying the Duke of Cambridge's wit and intelligent conversation at a recent event that celebrated the 150th Anniversary of the Met Police Orphan Fund. It is the oldest established police charity in the world and was set up in 1870 to support the children and families of serving police officers who have passed away whilst on active duty, or have been medically retired from service. The reception was held in the grand throne room in St James Palace and James commented after the event that despite the auspicious surroundings, the whole evening was warm and entertaining and felt really convivial and special for those attending.



Love Languages....? Our Year 5 boys do!

On Friday 14th February 10 boys from Year 5 competed in the 'Love Languages' competition at City of London Freeman's School. The boys had given up their break times twice a week in order to rehearse and they also volunteered to make all the props with the help of Mrs Majewska and Mr Bailey.

The boys gave a great performance, remembering their lines, actions and all the words to the song. The judges commented on how impressed they were to see an all boys school competing (we were the only one) and how they loved the song and the boys' enthusiasm for what they were doing. The boys were given a highly commended (third place) rosette and each received a certificate.

We would like to thank Will Moffatt who gave his time to create a power point presentation to accompany the performance and Dylan Newman (5C) who, even though he could not compete on the day, still showed great dedication by coming to all the rehearsals. Well done boys! *Madame Taylor & Madame Swift.*



Strike!

Year 7 enjoyed their first social event with the girls from Manor House School this week; they met at Hollywood Bowl for an afternoon of chat and lane action. It was an excellent event and our boys acted respectfully throughout and had a lot of fun at the same time. Thanks to Mr Barratt and Miss Black for taking the boys on what promises to become an annual Year 7 event on the calendar!



Finding Out for Years 1 and 2...

Year 1 and 2 visited the 'Look and See Discovery Centre' in Bracknell. The boys enjoyed a wide variety of hands on, practical activities and were shown real animal skulls which proved fascinating and very popular. We climbed a huge tower with super views and thoroughly enjoyed our learning experience outside the classroom!

Mrs Henry



Flipping good lesson!!

Lower Prep joined together to learn about and celebrate Shrove Tuesday. They all enjoyed tossing a pancake then sprinkling them with lemon, sugar and syrup and then of course eating them! Lots of sticky fingers ensued. Did you enjoy any at home with your family? Mrs Marskell



PANCAKE
20 DAY 20

Do you know
what pancakes
herald the
start of?



Troy Exhibition

On Friday 14th February a joint Art and Classics trip visited the Troy Exhibition at the British Museum.

This is the feedback from the boys:

Thought provoking

FASCINATING

Spiffing

Absolutely cracking

Breathtaking!

Inspirational!

Artistic!

Mesmerising

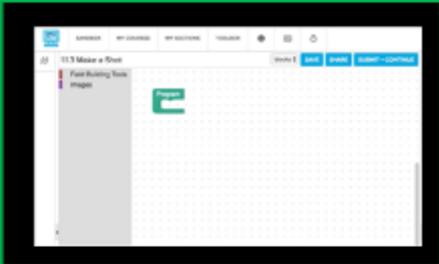
AMAZING!!!



IT AND Sport
ENRICHMENT
SPRING 2020



IT and Sport Competition
Create a short sports video/movie using
Block Coding, Stick Figure Animator,
Moviemaker or iMovie.
See Mrs Webb or Mr Hendry for more
information



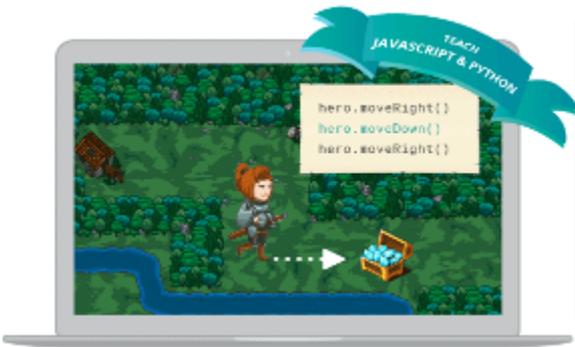
IT & Sport Enrichment

Our subject focus this half term is upon IT and Sport; there will be lots of exciting opportunities to explore these two subjects in ways which are different to the standard ICT or PE and Games lessons. IT Enrichment got off to a fantastic start this week with our Year 6 boys trying out their Python coding skills. Pupils typed real Python script while playing games that encourage trial-and-error, critical thinking, and creativity.



'Soft Skills' are something that are embedded in both IT and Sport learning and our boys gain almost without realising!

CodeCombat is a game-based computer science program where students type real code and see their characters react in real time.



```
1# How to merge two dicts
2# in Python 3.5+
3
4>>> x = {'a': 1, 'b': 2}
5>>> y = {'b': 3, 'c': 4}
6
7>>> z = {**x, **y}
8
9>>> z
10{'c': 4, 'a': 1, 'b': 3}
```

'Growing for it'!



The race is on in Year 1 and 2 to see how tall and fast their mango seeds will grow. A good lesson in patience for the boys as well as seeing some rewards for their efforts (hopefully!)



They also checked on the progress of their runner beans and prepared a nice tray for purple sprouting broccoli—we know where to go in a few months time then for a tasty salad! *Mrs Henry*



Congratulations!!

All the boys' hard horticultural work has paid off as they have achieved their **Level 1 Royal Horticultural Society Award!** They are naturally very proud of this... well done to all!



Inspirational!



**i am
READY**



Well done to Hal F in Form 8T... as you can see, at the request of Madame Taylor on a sporadic and spontaneous equipment check, he was able to produce everything required of him on the list.

“Fail to prepare...prepare for failure...” as the old adage goes. It honestly makes learning a much better experience all round for pupil and staff alike.

Revision and Documentary making all in the one evening...?!

Exam time can be a stressful time – something Year 9 have certainly learned over the course of this week. However, not everybody can boast about revising with a TV star! Jack B in 9T has managed to set about time in his busy revision schedule to record footage with Ross Kemp and even revised some History with him.

It was revealed last summer that Ross Kemp, the popular soap screen star and hard-hitting documentary maker, was planning more episodes of his series, ‘Living With...’ and Alzheimer’s was top of his list due to the star’s affection for Barbara Windsor. Filming is now underway and this where Jack got involved. To be broadcast at a later date on ITV, Kemp’s latest documentary aims to raise awareness around early onset dementia and its different types—as Jack has experience and understanding of this from home, Ross and his camera crew came to his house to interview him.

As we saw from this term’s production, Jack is an excellent actor; something that came in helpful as he had to do a little acting when coming through the front door and meeting Ross Kemp. Afterwards, Jack chatted with him and had an interview over pancakes (it was Pancake Day after all!) where he spoke about life with his Dad, explaining dementia and the difficulties of living with it. From what I’ve heard, Jack did a wonderful job and certainly did his school, family and himself proud. Now let’s wait and see how useful Ross Kemp was in preparing him for his History exam! *Mr Twinley*

Ross Kemp planning Alzheimer’s documentary in honour of on-screen EastEnders mum Barbara Windsor

Kim Novak Sunday 21 Jul 2019 10:30 pm



Ross Kemp wants to shine a light on Alzheimer’s in honour of Barbara Windsor (Picture: David Fisher/REX)

Seniors

U16: *No Fixture*

U14/15: *No Fixture*

U13 vs Duke of Kent 26/02/20

U13A : KHS 4-2 Duke of Kent (W)

The boys put in a superb performance in what was their final 13 a-side match of the season. It was clear to see the season's hard work on the training ground. Despite boggy conditions, we were dominant at the break down and in the scrums. This enabled our backs to move the ball out wide leading to a great opening try by James Giles. In the second half, our forwards truly came into their own with some great breaks from Zac Allibone and Stuart Coleman; however, Ted Reed's monstrous tackling, aided by Nick Hill, was outstanding. Well done to the entire team on a great season! *Mr Laudy*



MOTM: Ted Reed

Sportsmanship: Ted Hartley—despite having a broken arm, as rugby captain, Ted was determined to be on the sideline to support the team and gave valuable advice at half time.

U13 B: KHS 5-5 Duke of Kent (D)

U13Bs were involved in an excellent game against Duke of Kent. The final score was 5 tries a piece but that doesn't tell the whole story. After going two tries up early on Mr Clarke made a bold decision to take off the two try scorers which immediately had an effect on the game. Duke of Kent grew in confidence but so did Kingswood House and some of the less influential players stood up incredibly well. A close call at the end with Kingswood nearly clinching it in the last seconds. A wonderful advert for prep school rugby and all 24 boys got plenty from the afternoon. *Mr Clarke*

MOTM: Archie Spick—tenacious and determined throughout.

U13 C Tag: KHS 8-4 Duke of Kent (W)

An exciting game of Tag Rugby saw Kingswood House beat Duke of Kent 8 tries to 4 in a back and forth contest. An enjoyable match with some good passing on display from KHS. *Mr Rudkin*

MOTM: Ben Hubber



U13 vs Duke of Kent 26/02/20 continued

U12/13 D Tag: KHS 8-2 Duke of Kent (W)

Today we faced a small Duke Of Kent side, which saw Kingswood having to supply some players to make the game even—this didn't really happen as Kingswood rolled out 8-2 winners, with 4 tries from I. Muhammad, 2 from M.Glen and 1 each for Gene and O.Sullivan. *Mr Cribb*

Try Scorers: Ismail, Marcus, Ozzy, Gene

MOTM: I.Muhammad for scoring half the teams tries and for putting in 100%.

Sportsmanship Award: everyone—as they helped out Duke Of Kent due to their lack of players.

U11 @ Banstead Prep Tournament

U11 A @ Banstead Prep Tournament

The U11's participated in Banstead Prep's annual Rugby festival, where they played four matches. The boys have shown great improvement throughout the season and this continued against strong competition, with the boys putting in some excellent performances throughout the afternoon. The boys showed excellent endeavour throughout the afternoon and battled for every ball which was excellent to see. Well done, boys, great performance.

Mr Hendry

Boys of the tournament: Harry Leyshon, Max Rocheron

U11 B: *No Fixture*

U10 @ Banstead Prep Tournament

U10 A @ Banstead Prep Tournament

The boys turned up with great courage and determination. We put in a lot of effort and scored a good try. We came up against some very strong opposition. It was a good end to the rugby season, as we have seen drastic improvements from the first training session before Christmas. *Mr Barratt*

Boys of the tournament: Ben Schumacher, Alex Wang.

U10 B: *No Fixture*

U8/9

U9 A: *No Fixture*

U9 B: *No Fixture*

U8 A: *No Fixture*

U8 B: *No Fixture*



KHA Quiz Night!



Thursday night saw Langlands humming with activity as the KHA organised a highly entertaining and challenging quiz night.



Congratulations to the winning team, 'The Reigning Champions', who had obviously been doing their prep quite regularly! Thank you to all who came and supported the event and entered into the spirit of the evening with great enthusiasm; it was lovely to see such a thriving parent and staff social community.

Form 3M Assembly

Congratulations to Form 3M who presented a super Assembly to the school about Victorian childhood. It was informative and engaging and made us all think about our own experiences. The boys, with some great support from home, had pulled together some fabulous costumes which really helped set the tone of their presentation.



Year 7 & 8 boys only... are cordially invited to this social at Notre Dame girls' school; Friday 6th March.

All details below or any enquiries please contact [Gia Borg Darcy](#)

Notre Dame Senior School Disco
Sports Hall
£10 Open Tuck

Friday 6th March
7pm til 9pm
with Reeds School

NEON DANCE PARTY

Name: Address:
.....
.....

Parent or Guardian: Emergency contact number:

School: Notre Dame Reeds Kingswood House

Allergies: Medication:

Epipen Inhaler Other

Places booked in advance only. Your child's name will be on a list at the door.
Please bring change for the Tuck Shop, no notes please!
Pick up : You must collect your child from the sports hall, they will not be allowed into the car park to meet you.

Complete this slip and return to Notre Dame School marked 'FoND Senior Disco' with cash or bank transfer to
FoND 40-18-02 71379267 reference SENIORDISCO2020
or email form to borgdarcy@gmail.com
Any queries please contact
Gia Borg Darcy 07519915668 borgdarcy@gmail.com

Notre Dame School, Burwood House, Convent Lane, Cobham, Surrey. KT11 1HA

Following on from our
his workshop,

**'Mental Health &
Resilience'**



in school our guest speaker David Blake has outlined the main points from



When was the last time you asked somebody how they were and wanted to actually hear the **real** answer instead of the *very British*, "Not bad!" Maybe if we showed a little more interest in each other the subject of mental health wouldn't be as stigmatized as it is.

- ◆ Remember that stress and anxiety are both **normal**. You are not broken or weak if you experience these emotions.
- ◆ Stress is also a little like 'conflict'; it isn't always a bad thing. It can help motivate you and help you focus on upcoming challenges and situations. However, be aware of what your body is telling you. When you experience too much anxiety or stress your body can become overwhelmed and you can become ill.
- ◆ Recall some of the potential stressors that children can experience at home and at school. These may have changed since you were younger, especially within the areas of technology and social media. Identifying the issues that can potentially have an impact on our mental health makes it much easier to deal with them if they occur.
- ◆ We all sometimes have unhealthy ways of dealing with anxiety and stress... e.g. the odd bar of chocolate (or worse) now and again. However, be aware that these strategies may actually cause us more problems in the longer term. Pick out a few of the healthier approaches and see how they work for you. Some ideas were included in the, "Putting The 'S' Into Stress Management", handout that was distributed after the workshop.
- ◆ Reflect on and practice the "Feel, Think, Do!" tactic. Maybe teach it to your children? It really does work and can help process difficult situations positively.
- ◆ In a lot of the work that I undertake with children I see them striving to meet the often unrealistic expectations of their parents. Encourage your children to be who they are not who they think other people want them to be. Pretending to be something that you're not is one of the biggest causes of mental health struggles.
- ◆ Another area I see impacting on children's mental and physical health is electronic gaming. The World Health Organisation recently classified, "Gaming Disorder", as a recognised clinical addiction. Are you monitoring your children's usage and behaviour when it comes to gaming? There are clear age restrictions to games based on the content therein. Please don't ignore these and ensure that you are over-seeing your child's gaming as you would with the TV programmes and movies they might be watching.
- ◆ Robbie Gilligan, Senior Lecturer in Social Work and Head Of Department at Trinity College, Dublin, cites three fundamental building blocks that underpin the many factors of resilience are: A secure base, good self-esteem and a sense of self-efficacy. Are you helping your children develop these areas?

Some useful support organisations:

MIND - www.mind.org.uk Provide advice and support to empower anyone experiencing a mental health problem.

Mental Health Foundation - www.mentalhealth.org.uk The UK's leading charity for everyone's mental health.

Heads Together - www.headstogether.org.uk Mental health initiative aiming to tackle stigma and change the conversation on mental health with fundraising for a series of innovative new mental health services

Most importantly, albeit not easy, try not to worry about things as this then just becomes a vicious circle... we end up worrying about worry! We ALL have baggage. Find someone you can trust and let them help you unpack. *David Blake February 2020*

KHS and Platform Sports Coaching are delighted to announce their new partnership!

Kingswood House has a proud sporting heritage and a philosophy of "Sport for All". Our main sports include football, rugby and cricket – with a sports tour to Jersey in Years 7 & 8, a football tour to Spain for Years 9, 10 & 11, an annual sporting dinner, House tournaments and weekly fixtures across the year groups.

Mr Murphy, commented: *"I am pleased to endorse Platform Sports and the ethic of teamwork it initiates with girls and boys from a young age. Natural ability can be identified easily enough but the important life skills of empathy, resilience and trust can also be effectively nurtured in the right environment. Nick Ford and his coaches provide an excellent service in this respect as do the teaching and support staff at Kingswood House, so it is a natural partnership based on shared values. We look forward to maintaining a strong and mutually beneficial relationship in the future."*



LOST PROPERTY!

Please keep an eye out for Max N 9T's kit bag... it disappeared from the PE changing room on the last day of term.

Thank you.

LOST PROPERTY: New system!

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



Like us on **facebook**
Kingswood House



Follow us on **twitter**
@kingswoodhouse



Follow Mr Murphy
@KHSprep