

KINGSWOOD WEEKLY NEWSLETTER



SPRING TERM
12 February 2021

KHS IS MOVING TO CO-EDUCATION IN SEPTEMBER 2021 - find out more [here](#)

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Dear Parents

I am very grateful to you, the teaching staff and the pupils for working so effectively as a team during this period of home learning. It is a remarkable testament to the strength and resilience of our school community.

Judging from some of the photographs I have seen, it looks like our boys enjoyed the recent snowfall! Certainly, the dusting of white looked picturesque and offered a much-needed distraction during lockdown.

This week has seen a significant focus on mental health and internet safety; a big thank you to Ian Mitchell and Katey Timothy who put together some terrific resources. In assembly, we harvested top tips for staying positive and keeping safe online. I also discussed the example of Tom Brady, the Tampa Bay Buccaneers' quarterback, who, at 43 years of age, won his seventh Superbowl title last weekend in a virtuoso performance. Not many people know that he was written off by a scout at the start of his career for being too physically weak and having a bad throwing arm! His stellar career since shows the importance of perseverance and self-worth when he could easily have given up on his dream after one bad review.

I speak for all the staff when I say that it has been a pleasure to see some wonderful examples of the creative and performing arts this half of term; on a related note, it was a marvellous surprise for boys to receive a personal message from George the Poet earlier this week, details of which you can find overleaf. Furthermore, I also know that Amanda Black is excited to share her plans for Science enrichment – and, having had a sneak preview, I can assure you that there are some fantastic ways to get involved.

In staffing news, Lorraine Morgan is leaving her post as exams officer today in order to spend more time at home. She has done a super job over the last two terms in extremely difficult circumstances and leaves with our gratitude. I am pleased that Katie Edwards will rejoin KHS with immediate effect and I have little doubt that she will reprise her previous role with seamless expertise. Welcome back, Katie!

Over half term, I do urge the boys to try and stay off screens as much as possible. I wish you all a relaxing few days and will clarify information about returning to school in person as and when relevant information is disclosed.

Yours sincerely

Duncan Murphy
Headmaster



A blanket of snow set against the backdrop of a steel sky at KHS...



Kingswood House



@kingswoodhouse
@KHSprep



@Kingswood_house

Please find below the calendar dates for the next week after half term and any current notices:

FEBRUARY 2021		WEEK 1	
Monday	22	0840	Divisional Assemblies online
Tuesday	23		
Wednesday	24	0840	Whole School Assembly online
Thursday	25		
Friday	26		Headmaster's Blog & Weekly Newsletter



KHA Online Quiz Night

**SAVE THE DATE! Friday 26
February**

Details and link to be sent nearer
the time...

See you online!

Wishing our Chinese families a very

Happy and Prosperous New Year

as the **Year of the Ox** is ushered in today, Friday
12th February —enjoy the celebrations!



*Here is a rather wonderful headdress made by
Joe H in 7P last week...*

Gong Hei Fat Choi

Eco Club Competition



Could you design a poster to promote
handwashing or social-distancing?

Prizes for 1st, 2nd and 3rd place

Entries should be on A4 paper, they can
be designed by hand or on the computer.

Please send a copy of your entry to

g.hylands@kingswoodhouse.org

The best 3 designs will be displayed around the school

Closing date: Monday 22nd February

Winner to be announced on Wednesday 24th February

Anyone for Tennis?!



Not quite time for Wimbledon
but definitely make time for this
light hearted [video](#) made by Mr
Westcott and a former colleague
of his, in which they use the en-
vironment around them to play
tennis.

Lockdown can be hard and this type of activity, and
subsequent filming should bring a smile...Mr
Westcott hopes to inspire you to get outdoors, away
from the screens and devices, and be creative and
active—or at the very least where a silly hat?! Enjoy!

Please find Mr Murphy's topical thoughts for the week and the pupils who have been 'Mentioned in Dispatches' for something noteworthy recently. **You can read the names of pupils nominated below and see the HM Blog [here](#):**

LOWER PREP

1 & 2L

Matviy H, Maye B and Raphael M for excellent work in maths. Mrs Lambert

Jack S for his fantastic videos in music. Miss Foster

3M

Zach B for always being so positive and working so hard during the lessons. Well done. Mrs Marskell

Gregory C for always asking for help when he is stuck on a question. Well done. Mrs Marskell

4S

Ben S for his excellent work on possessive apostrophes. Ben has been positive and engaging in our online lessons - super work, Ben. Miss Smith

Seb P for his hard work in music; and Fraser Schmitt for his continued hard work in music. Miss Foster

UPPER PREP

5F

Edward B for working hard in all his subjects but also for helping at home with the washing up. Ms Forbes

Max K for all his hard work during lock down and for always being one of the first to answer questions when I ask the class. Ms Forbes

5S

George P for being so organised submitting his work and for his impeccable behaviour on Teams. Mrs Seiver

Nathaniel J who has coped so well learning from school; he always tries so hard in French and completes work over and above what has been asked of him. Mme Swift

6L

Form 6L are just wonderful! Henry R and Tristan B for showing their skills and talents; Rex T for showing his Spanish skills; Jackson W for having his camera on and greeting us all with a smile. Mrs Lindley

George D and Tristan B for very good progress in computer science. Mrs Webb

Henry R & Derin U for hard work and great class contribution in music. Miss Foster

6S

Kieran S who was extremely helpful in one of the French lessons, he shared a power point for me and scrolled through the slides on my instruction. Mme Swift

Hussain B has worked very hard in the last week and produced some good pieces of work in both English and French. Mme Swift

Adam G, Kevin T and Alex W for going 'above and beyond'; James Miller for being involved in lessons and asking insightful questions. Mrs Lindley

Ben S, Jack S, Digby H and Harry P – very good progress in computer science. Mrs Webb

Alex W for great work in music and Harry Peters for continued hard work in music and for sending in work each week. Miss Foster

Disputes continued

7BA

Mr Barratt was very impressed when he received the following note from Mrs Haunstetter,

"Just a quick email to say how impressed I was with your class in History last period. My internet went down part way through the lesson and Mrs Danks jumped in and carried on with the lesson (thank you so much!) and said that the boys were very mature and sensible and quietly carried on with what they were doing!" Mr Barratt

Jasper W for being prompt to Form Times and Registration. Mr Barratt

Ayaan S for excellent time keeping during this period of lockdown learning. Mr Barratt

Conor T and Arlo S for willingly attempting some GCSE-style questions and coping with them well. Mrs Lindley

Beau C– made a fantastic head-dress based upon Positivity! Mrs Wraith

Conor T– made a wonderful head-dress and video based upon Integrity - never give up! Brilliant work, Conor. Mrs Wraith

Theo W – made a brilliant head-dress inventive use of materials. Mrs Wraith

Josh I and Pryank P for pushing themselves to complete all their work. Jasper W, working at his own steady pace wasn't scared of trying a challenge last week. All of these boys did some GCSE style questions. It was amazing! Mrs Lindley

Arlo S for his excellent attitude to learning! Miss Patel

Max R for pointing out that my page numbers didn't match the class workbook, showing great observation and preparation. Miss Foster

7BL

Joel M is always polite in form time meetings and continually shows a positive attitude. Miss Black

Josh I for thinking about interesting questions to ask the rest of the form; last week he asked all of 7BL to describe Kingswood House in one word! It started an interesting class discussion. Miss Black

Jonathan B and Dylan B – a great effort in computer science. Mrs Webb

Josh I for always trying his hardest in music. Miss Foster

7P

Will H and Michael S for their positivity in tutor periods in both the morning and afternoon sessions! Miss Patel

Joseph H and Charles R for their incredible efforts with Sankey diagrams! Miss Patel

Even though William H missed most of the history lesson as he was in the Study Centre, he still completed the class work to a really high standard. Mrs Haunstetter

Emir O for his excellent work ethic and attainment this term. Mr Sukhdeo

Jo H excellent effort in computer science. Mrs Webb

Krishan I and Sergio A-H for their really hard work in music. Miss Foster

8L

Alex H missed our history lesson as he was feeling unwell. Despite this, he completed all the work and to an excellent standard. This shows a fabulous work ethic. He also displayed great literacy skills with some of the vocabulary used to describe life in a trench in the First World War. Mrs Haunstetter

Oscar D'A and Alex H both receive a Commendation from Mme Taylor for some excellent French work. Mme Taylor

Ruari F for a much improved effort during this lockdown period. Mme Taylor

Daniel P and Ivan T have both done some fantastic work on Hegarty maths. Mrs Lindley

Alex H for excellent work in music this half of term. Miss Foster

Disputes continued

8T

Stuart C, Tharani V, Jack C and Ben H all receive a Commendation from Mme Taylor for excellent work in French recently. Mme Taylor Tharani V and Tobias v-H for great doorway calculation in Maths. Mr Barratt

Archie S and Jack C for unravelling the mysteries of Mini Cheddars! Mr Barratt

Both 8T and 8L - the whole class of each boys for being excellent during remote learning lessons, they've been focused, really worked hard and have been a pleasure to teach! Miss Patel

Ben C, Stuart C, Owen C, Lukas C, Mikey F and Max H – all completed very good work on Binary addition in computer science. Mrs Webb

Stuart C and Michael F for showing real focus in their music work this term. Miss Foster

SENIORS

9H

This week, Ted R has shown an amazing attitude and effort so is very deserving of my mention. Mr Hendry

William H is always the first to say hello during the Teams Science lessons; he shows enthusiasm for every lesson! Miss Black

A mention for Enan A for consistently high marks in Active-learn online French tasks. Mme Taylor

Enan A and Jack B-A for completing the sound compression extension task in full; Ted R, Zac A and Max G for very good effort in computer science lessons. Mrs Webb

Jack B-A for always being the first to say hello in music lessons - always brightens up my Wednesdays! Miss Foster

9T

Folu A for a wonderful rendition of 'Walking in the Air' on his cello for the virtual concert. Mr Twinley

Ali A-R for staying active in lockdown by playing football and even scoring a goal against his dad! Mr Twinley

Both Y9 classes have produced some lovely work on the Evacuation of children during the Second World War, where they have demonstrated strong source analysis skills and shown some real empathy for the plight of others. Mrs Haunstetter

Pete D has been excellent and really knuckled down with his physics work this half term! Miss Patel

Antoni M showed excellent effort in computer science and Alfred Lewis showed excellent effort in overcoming technical issues during his lesson. Mrs Webb

Marcus G gets a vote for a great composition in his music class. Miss Foster

10H

I am so proud of Ryan L, Hugo D and Ollie S who all did brilliantly in a recent Chemistry assessment – well done, gentlemen! Mrs Haunstetter

Oliver S is eating Pythagoras and Trigonometry for breakfast it seems! 13 house points achieved. Is this a record? Mrs Lindley

Hugo D scored an incredible Grade 9 (A**) in his latest Chemistry assessment! Miss Patel

Ryan L scored a Grade 8 (A*) and has massively improved in confidence since the start of the year; this is no easy feat and he should be really proud of how far he has come. I look forward to seeing what the next half of the school year brings! Miss Patel

Ollie S and Sam SI both made excellent progress in their science assessments. Miss Patel

Cameron A and Harry R for taking the lead in contributions to lessons - they shared a lot of knowledge on respiration and exercise - keep it up, boys! Miss Patel

Disputes continued

SENIORS

10W

Max M-N for his excellent vocal contribution to the tea-time concert last week. Mrs Weston

Angelo C for his super work on Romantic Poetry. Mr March

11B

Just a mention of the boys in 11B who are keeping motivated with various exercise routines in the afternoon; Eddie M and Josh J are an example to all – well done! Mr Bailey

Joshua J and Matty H both displayed amazing skills with money problems - simple interest & compound interest depreciation. Mrs Lindley

Charlie T and Arad R for pleasing progress in English. Mr March

11W

The timetabled 'catch up' period at the end of the day has been a very fulfilling and rewarding time to chat about lots with the class; often what is cooking for dinner, sports news, mental health, keeping well...all good – a great bunch! Mrs Wraith

Harri G and Jazib A for fine progress in English. Mr March

Alex H for a marked improvement with his maths and for submitting all of his assignments on time this half term! Keep it up, Alex. Mr Sukhdeo

Theo B for his fantastic performance on the electric guitar in last week's online Teatime Music concert. Mr Sukhdeo

The Year 11s, as a whole year group, for maintaining their momentum this half term despite the cancellation of exams and uncertainty around the external assessments - Serva Fidem! Mr Sukhdeo

General comment from Miss Foster:

All the boys in the informal concert - I was particularly impressed with all the boys who played in the informal concert. I thought you were all fantastic and huge thanks for your contribution. Miss Foster



Online Critical Thinking Guide

Internet Matters have put together a very useful, comprehensive guide for children to assist with critical thinking on a range of topics, such as fake news, making personal information, managing relationships and much more. There is advice and guidance for children and young people, as well as activities that parents can do with their children so this may be of use with half term coming up.

Click [here](#) to access the guide. Mr Sukhdeo

Chess!

Has the Netflix popular series, **The Queens Gambit** inspired you, or your family, to dust off the neglected chess set recently? If so, these guides may be of interest. We are delighted to say that the booklets are free of charge and the links to the flick books are as below,



[Booklet One: An Introduction to Chess for Newcomers](#)

[Booklet Two: An Introduction to Chess for Improvers](#) Get ready to check-mate over half term!



COMMENDATIONS

The following commendations have been awarded to boys in each subject area or from their Form Teacher in a subject.

<u>French</u>		<u>Art</u>		<u>Computer Science</u>	
Oscar D'A 8L	Oliver D 7BL	Pete D 9T	Jack S 6S	Adam G 6S	Henry R 6L
Alex H 8L	Jeremy B 6L	Connor T 7BA	Jack G 6S	Alex W 6S	Theo J 7BA
Stuart C 8L	Lauti Y 6L	Theo W 7BA	Ethan S 9T	Harry P 6S	Toby C 7BA
Tharani V 8T	Hussain K 6L	Tristan B 6L	Thomas C 9T	James M 6S	James Mc D 7BA
Jack C 8T	Barnaby A 5S	Ted R 9T	Harry B 5F	Kieran S 6S	Ayaan S 7BA
Ben H 8T	Rex T 6L	Beau C 7BA	George D 6L	Ibrahim M 7BA	Shay C 7BL
Hannarah C 6S	Byron M 5F	Zac M 7BL	George P 5S	Oliver D 7BL	Josh I 7BL
Adam G 6S	Alex F 5S	Jonathan B 7BL	Arun A 5S	Pryank P 7BL	Charlie L 8L
Dylan N 6L	Kieran S 6S			Alex H 8L	Archie S 8T
Ayaan S 7BA	James McD 7BA			Tharani V 8T	Ben H 8T
Theo J 7BA	Alex W 6S			Pete D 9T	Ted R 9T

The following boys in **9H** all received a commendation for their work in History: **Archie E, Barnaby H, Will H, Max G, Chris H, Ted H, Oliver K & Tyrwitt B.** Mrs Haunstetter

The following boys in **9T** all received a commendation for their work in History: **Marcus G, Ted R & James G.** Mrs Haunstetter

All the boys in **3M** received two commendations each for recent challenge work and report writing in English. Mrs Marskell

The following boys in **5F** all received a commendation for recent classwork: **Eddie B, Rhys B, Harry B, Bertie L, Harvey M, Henry S, Peter S, Harry W & Zac W:** Ms Forbes

The following boys in **5S** all received a commendation for recent classwork: **Arun A, Alex F & Oscar E:** Ms Forbes

The following boys in **6S** all received a commendation from Mrs Swift in English: **Ben S, James M, Adam G, Alex W, Kevin T, Alex W & Harry P:** English. Mrs Swift

The following boys in **1 & 2L** all received a commendation (s) from Mrs Lambert for their recent classwork: **Johnny D, Jack S, Matviyy H (2), Raphael M (2), Ted R (2), James W & Zayn J (2).** Mrs Lambert

Barnaby A, Enzo P-B & George P 5S: classwork. Mrs Seiver

All the boys in **4S** received a commendation for their tree-house project! Miss Smith

Oliver D 7BL: Science. Mr Barratt

Ewan W 10W: Science. Miss Black

Freddie H & Jack L 11W: Science. Miss Black

Oliver P 11B: Science. Miss Black

Alex W, Adam G & Kevin T 6S: Maths. Mrs Lindley

Arlo S, Josh McC, & Connor T 7BA: Maths. Mrs Lindley

Pryank P 7BL: Maths. Mrs Lindley

Daniel P & Ivan T 8L: Maths. Mrs Lindley

Oliver S 10H: Maths. Mrs Lindley

Josh J & Matty H 11B: Maths. Mrs Lindley

Jestico S, Jack B & Rory G 10W: English. Mr March

Arad R 11B: English. Mr March

Seojun L, Theo B & Hasan J 11W: English. Mr March

Ewan W, Milo R, & Angelo C 10W: English. Mr March

Jack L 11W: English. Mr March

Kieran S 6S: Being helpful. Mme Swift

Ollie K 9H: Maths. Mr Barratt

Harvey W 9T: Maths. Mr Barratt

Fraser S 4S: English. Miss Smith

Frankie W 4S: Topic. Miss Smith

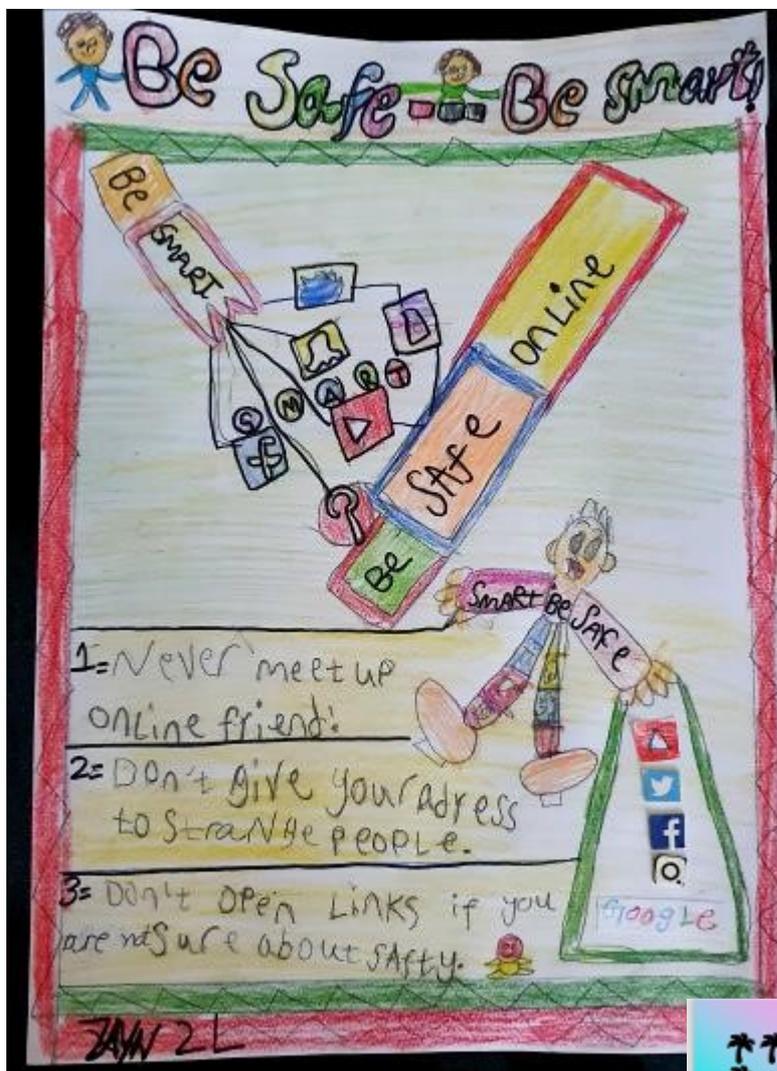
Seb P & Zac D 4S: Maths. Miss Smith

Alex F 5F: DT. Mr Bailey

Jeremy B 6L: English. Mr Clarke

Enzo R 7P: History. Mrs Haunstetter





Safer Internet Day 2021

With the increase in time spent online currently, for both schooling, work and leisure pursuits, it is reassuring to see that safe practise and excellent digital security are a part of the KHS thinking...

A very big 'well done and thank you' to Zayn in 2L who produced this poster on the topic!

Mr Sukhdeo



KHS Well-Being Week 2021

With a lot of attention turned this week to maintaining our mental health and well-being, it was encouraging to read some of the non-digital, and non-electronic suggestions for activities found in this lovely poster created by Zac D in 4S.

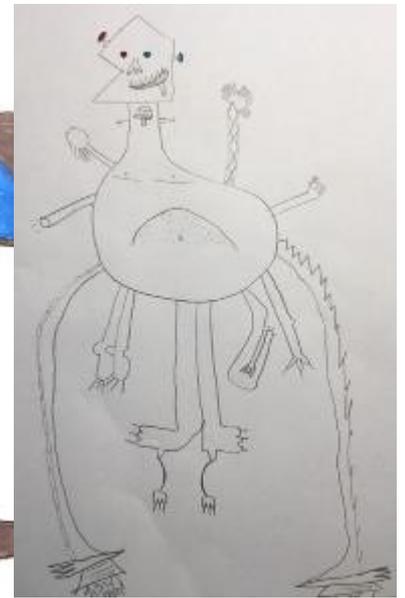
He is one of one of our Lower Prep monitors, and wanted to help his peers find ways to stay happy in lockdown at home. Mrs Lambert was very impressed by the time and effort he took to design this as it shows a great deal of thoughtful, ideas and kindness that our boys, whatever age, may benefit from.

Well done, Zac, and thank you for supporting your friends and fellow pupils! *Mrs Lambert*



Lockdown Learning

This week a number of great pieces including a 'Doom' drawing for Medieval History, French language monsters in written and visual format, noisy musical instruments and Scientific experiments with water resistance keeping the boys focused on their lockdown learning.



MY MONSTER

Mon monstre est très grand avec de petits yeux rouges. Son nom est Tall Tim et il a de longues jambes avec un estomac court. Le sien a de gros muscles et porte un T-shirt serré et un short pour montrer ses grandes jambes. Ses chaussettes sont bleues avec des rayures rouges et il porte des baskets sur eux. Tim porte également une casquette de baseball le week-end. Il est normalement triste car il veut être jeune à nouveau.

TRANSLATION

My monster is very tall with small red eyes. His name is Tall Tim and he has long legs with a short stomach. His has big muscles and wears a tight T-shirt and shorts to show off his big legs. His socks are blue with red stripes and he wears trainers over them. Tim also wears a baseball cap on the weekends. He is normally sad as he wants to be young again.

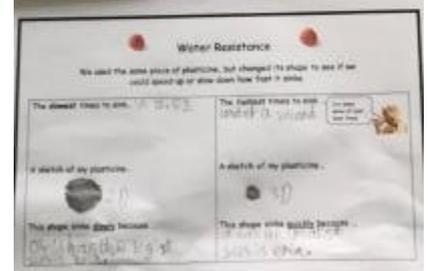
2-2-2022
 David Water Resistance

We used three pieces of plasticine each of the same weight.
 We are going to make three different shapes to see which one has the most water resistance. We test this by dropping the shapes into a large jar filled with water and see how long it takes to sink.

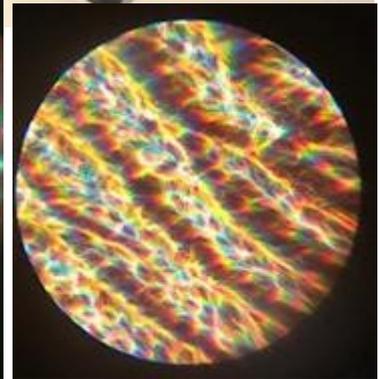
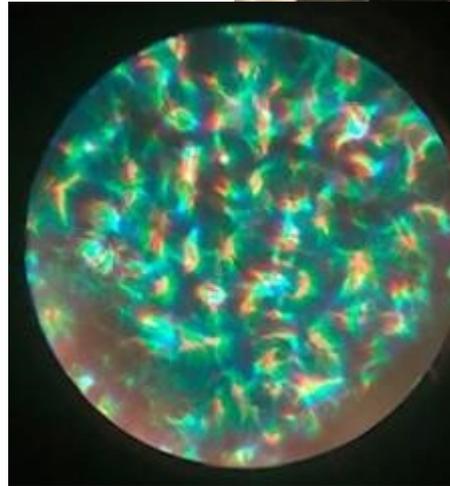
Shape 1 Cube
 Prediction: sinks slowest because it has the widest side.
 Time to sink: 0.75 sec

Shape 2 Bullet
 Prediction: sinks like fastest because it has the thinnest side.
 Time to sink: 0.23 sec

Shape 3 Square
 Prediction: in between shape 1 and 2.
 Time to sink: 0.65 sec



Further Lockdown Learning... more great evidence of online engagement comprising Lower Prep maths exploring fractions of a chocolate bar and Upper Prep investigations down a microscope looking at dragon fly wings and a broad bean seed; impressive imaging too! Practical tasks seen include pasta making in Year 7, daily exercise routines and in-school yoga from some of our youngest pupils.



Dear Parents

During the next half of term, Kingswood House will be celebrating **Science Enrichment!** During this 5-week period, Lower Prep will be growing bean plants and keeping a Scientific record in their bean diary! The senior school will have the opportunity to take part in a national STEM competition, with the chance to win up to £10,000 for the school. There will also be a running programme of themed scientific weeks including wilderness week, STEM Science week, CREST Super star activities and making homes for the mini-beasts! This will be an exciting half of term and remember everyone can be a Scientist!

Thank you

Miss Black

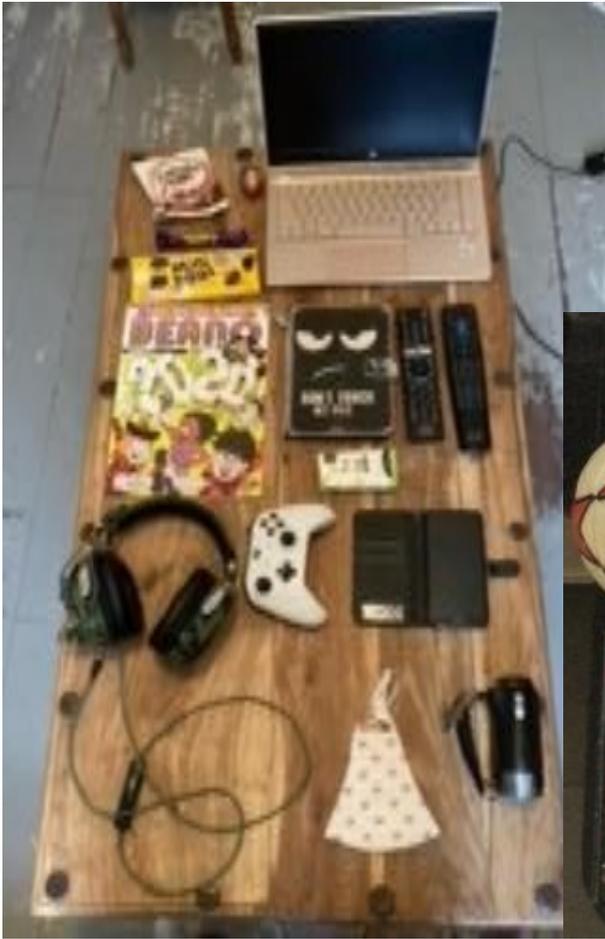


A note from Miss Black about the up-coming Science Enrichment programme after half term...

Creative Corner!

...this week brings you some spectacular head pieces on the theme of 'integrity' and 'positivity' - wearing these would only give you good vibes, for sure! Plus, we have some colourful and confident abstract art alongside some sensational portraits made out of literally anything lying around—from Lego blocks to recycled plastic—as well as more traditional portraits collaged from magazine pages. Art Enrichment has really grown over the last half term and Miss Foster has put together this short [video](#) to showcase many of the pieces designed and created by you all—do enjoy!





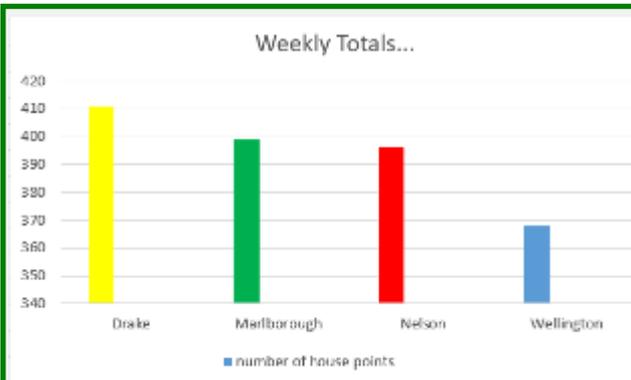
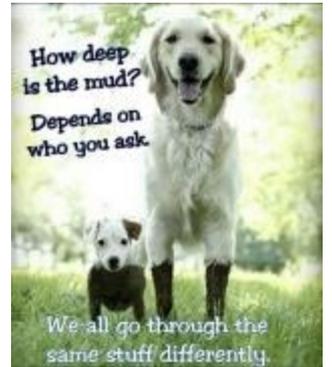
Artist Collaboration!

Don't forget our school collaboration with Paula Zuccoti— photographing 15 items you regularly touch every day in lockdown... Mrs Wraith has been delighted with the images sent in so far; keep them coming, please Contributions welcomed from staff too...!



Mr Murphy got busy making snow bricks for an igloo with some of the pupils in school enjoying the snow at the start of this week...!

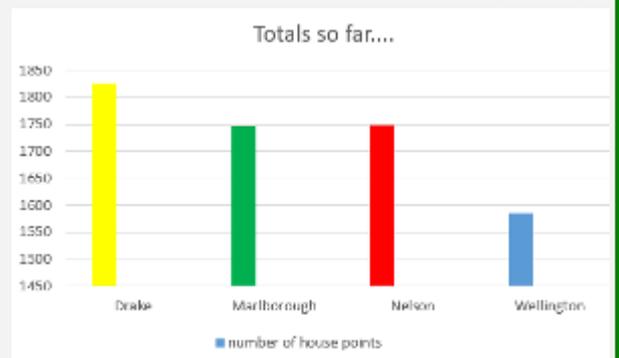
He also reminded us, in a timely fashion during Well-Being week, that there is comfort to be had in the shared experience of lockdown although it might feel different to different people...



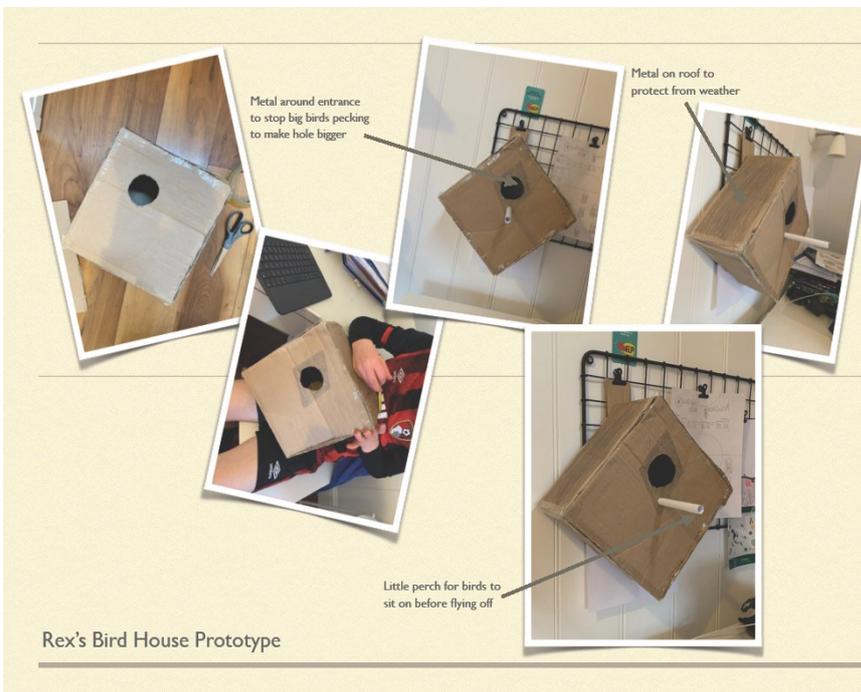
HOUSE POINTS

As we come to the end of this Spring half term the house point totals are in...

This week, it's all very close; Wellington earned 368 points and Marlborough and Nelson earned just 30 more! Marlborough sneak up to 2nd beating Nelson by a mere 3 points. Drake sit top this week with 411 .



Overall: It's hard to believe but just 1 house point separates Marlborough and Nelson—every house point does really make a difference! Wellington place 4th, Marlborough 3rd, Nelson just reach 2nd and Drake march ahead with 1825 house points this half term. Great work, boys. Time for a rest over half term before you work hard to earn more house points in the latter half of this term whether at home or in school. *Miss Smith*



Rex's Bird House Prototype

DT Enrichment: Design a Bird Box Project

Years 5—8 have been researching, designing and building Bird Boxes to coincide with the RSPB Bird Watch event.

The boys have produced some wonderful designs and have inspired Mr Bailey to build some in the DT room as well, when he is not teaching online!

The boys have been encouraged lately to do more independent research as the initial part of the project, so they can then pursue ideas more relevant, and meaningful, to their own interests. The boys have investigated existing products they might have at home, or know of, to help them design their own ideas. Their finished products are functional and fabulous! Well done to all designers and makers.

Mr Bailey



Design & Technology



George the Poet—a Message for our school...

This half term Year 11 have discussed the core values of integrity and positivity during lockdown. Mrs Wraith illustrated this by speaking about the poetic works of 'George the Poet' his life experiences from childhood to adult hood. His words and poetry based upon 'nothing is impossible' and 'yolo it' as performed with Jools Holland, are so relevant during these unsettling times.

George is an award winning, British, spoken-word artist and pod cast host. George opened up the BBC coverage of the royal wedding in 2018 by reading a love poem. Mrs Wraith was very inspired by his use of language and contacted George directly to ask he could send a few words to KHS boys based around Mental Health and Positivity



George would like to tell our pupils the following:

“You are here to make a difference and you need to find a way to make a change that you believe in. I look forward to being inspired by you in future”.

George.

I am sure these words of wisdom will resonate with pupils and as a school, we are so delighted that George looks to our boys—coupled with all young people—for hope and positivity in the future. *Mr Murphy & Mrs Wraith*



Wintery scenes at school this week...



Well-Being Week & Mental Health

One focus during the national Children's Mental Health week at the start of February was on how to **express yourself** as a way to alleviate stress, boost positivity and increase productivity. Amongst KHS staff this week, we have been swapping ideas and finding out what we all enjoy and do in our precious 'down time' away from screens and planning, Zoom calls and Teams' meetings. The ideas and actions are as diverse and as wonderful as you would imagine from our staff...



It's painting & cooking for me!

Getting outside and walking my dog every day or doing some gardening

I try to run outside every day—even just a couple of miles—or at least go for a walk! It's all about fresh air...

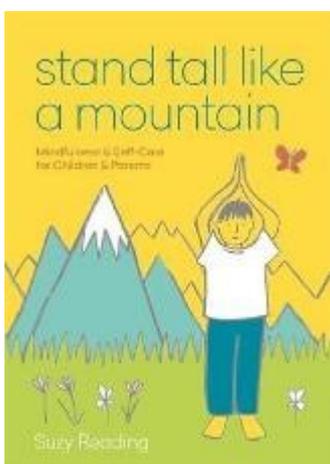
Lockdown has made us treasure the time spent outside. Walks and rides in the woods are some of my favourite times, especially jumping, running and riding through enormous puddles. Still a kid at heart!

Singing along to music!

I write poetry...

a lovely catch up chat over a cup of tea or glass of wine with a friend

I express myself by going for long walks, preferably up a mountain!



...something to think about after hearing our staff ideas on how they 'express themselves'. This book may come in useful, recommended by our ELSA Ms Timothy; mindfulness and self-care for both parents and children. This is also a super [website](#) with videos created by the popular Ardman cartoons—worth a look in an idle moment...

**Happy Half Term break—
wishing you a relaxing and rejuvenating time away
from the computer screens...**