

KINGSWOOD WEEKLY NEWSLETTER



Autumn Term
24 September 2021

KHS IS NOW CO-EDUCATIONAL - find out more [here](#)

RECEPTION CLASS FOR SEPTEMBER 2022—find out more [here](#)

Kingswood House School,
56 West Hill,
Epsom,
KT19 8LG

School Office:
01372 723590
office@kingswoodhouse.org

Sports Line:
01372 746590

Study Centre:
01372 746594



The Kingswood House Way



Dear Parents

It gives me great pleasure to write to you from sunny Bournemouth where I am at the IAPS Heads' Conference.

The theme this year is all about taking forward the creativity and best practice that were forged in adversity during the height of the pandemic and to ensure that education in the future builds upon these successes and continues to be fit for purpose.

You will know already that KHS excelled during home learning but we do not want to rest on our laurels and see some of those great initiatives fade into obscurity. The time spent at conference this week has enabled me to reflect carefully about how KHS can continue its evolution at the vanguard of 21st century education. For example, I feel that there is further scope for us to cultivate outstanding online provision at the school to sit alongside our normal academic and pastoral support - this is an exciting prospect and likely to be a growth area for us in the medium term.

However, whilst it is always refreshing to have the opportunity to mix with fellow headteachers, compare notes and come away with fresh ideas, I must say that I am really looking forward to being back in school next week - after all, education is meaningless without the children!

I wish you a relaxing weekend.

Yours sincerely

Duncan Murphy
Headmaster



Netball Club in full swing!

Kingswood House Association Annual General Meeting

It was wonderful for Lisa Reece, Chair of the KHA, to welcome new and old faces alike to the AGM last Monday night. There are some exciting events taking place this term, the first of which is the Race Night on Thursday 7th October, which proved a great success last time. Please do arrange tables with your fellow parents and book tickets early – there is a capacity of 100 in Langland's Hall and I very much hope for a sell-out. After that, we have our Fireworks Night at school on Friday 5th November, which is always a hugely popular evening together with families and friends; more information will follow in due course but please do save the date! If you have any questions, would like to help in any way or potentially join the committee, please do not hesitate to contact Lisa directly (details are overleaf) or via the school office.



Kingswood House



@kingswoodhouse
@KHSprep



@Kingswood_house

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

2021	SEPTEMBER / OCTOBER		WEEK 2
Monday	27	1415 1630 1630	U13A, B & C vs Homefield (A) Girls & Parents 'Tea & Talk' with Roz McLeod 11B Careers Meeting via SchoolCloud
Tuesday	28	1000 1430 1630	Health & Safety Inspection U14 vs Belmont (H) 11W Careers Meeting via SchoolCloud
Wednesday	29	All day 0845 0930 1430 1430 1730	Year 11 Study Skills Workshop 10H Assembly Lower Prep Forest School U13 A & C; Colts B & C vs Belmont (A) U13 B; Colts A & D vs Belmont (H) Study Skills Seminar for Year 11 parents
Thursday	30	All day 1430 1600	Year 11 GCSE Geography Field Trip to Eastbourne Combined U8 & 9 vs Belmont (H) Tea Time Concert
Friday	01	0845	Class Representatives Meeting

LUNCH MENU week beginning 27.09.2021

Monday		Tuesday		Wednesday		Thursday		Friday	
Pesto Pasta with Homemade Garlic Bread	Fresh Fruit; Yoghurts; Pears with Chocolate Sauce	Cottage Pie, Cheesy Potato (V) with Fresh Carrots	Fresh Fruit; Yoghurts; Carrot Cake	BBQ Chicken or Halloumi (V) in a Wrap with Salad	Fresh Fruit; Yoghurts; Cheese & Biscuits	Ham & Leek; Cheese & Potato (V) Puff Pastry Pie; Roast Potatoes & fresh Cabbage	Fresh Fruit; Yoghurts; Peach Cobbler	Fish Fingers, Smiley Faces & Baked Beans	Fresh Fruit; Yoghurts; Choc Ice

This week, *Sleep Tight*

It has been a busy start back to the new school year and I am sure we all need a good sleep each night, but have we ever considered where the term 'Sleep tight' comes from?



In the 1800s and 1900s mattresses were held on bed frames using a tightly woven rope; these ropes needed frequent tightening to ensure a firm mattress and a good night's sleep. Hence the phrase was born.

Sleep tight everyone! *Madame Swift*



Do join us for the

KHA Race Night

Thursday 7th. October
in Langlands.

Tickets on sale via the
Office next week...

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

Reception

Bacchus M-D for always trying his best to complete his work beautifully and to stay on task. Keep it up Bacchus! Miss de Klerk

All Reception pupils for fantastic work in their PE lessons so far. They have done some great work with me. Mr Westcott

2 & 3L

Paul H for excellent work in phonics. Mrs Lambert

4S

William N-B for reflecting and working well in PSHE; I am very proud of you! Miss Smith

UPPER PREP

5F

Freddie L has made a good start to the term. He is new to the school yet settling in well and working hard. Miss Forbes

Congratulations to Fraser S who received a sportsmanship award for his conduct in a match last week – a great example of the Kingswood House Way. Mr Clarke

Cameron E for focussed Maths work. Mrs Seiver

6L

Dollie M for a fabulous poem on 'Respect'. Mrs Seiver

6S

Frankie L and Nathan J who have both been very conscientious in their roles as prep monitors and are doing a great job. Mme Swift

Very well done to Alex F who received a sportsmanship award for his conduct in a match last week – a great example of the Kingswood House Way. Mr Clarke

U11's at Surbiton Prep Tournament

The boys showed outstanding determination and courage throughout the entire tournament finishing runners-up in the plate final against some very tough opposition. Mr Laudy

7BA

Will F and Zachary Y for great attitude to the first week of term. Mr Barratt

7BL

Alyssa C is consistently polite, she shows excellent manners and is always willing to help others if they forget their timetable. Miss Black

Gabriel C for making excellent contributions to form time discussion. Gabriel listens carefully and provides thoughtful responses. Miss Black

A commendation to Henry R for exceptional prep understanding. Mr Barratt

7P

Freija K for being a fantastic representative for 7P during football team practice! Harry P for his diligence in lessons. George D, Ethan B and James D for sharing their knowledge of charities they were passionate about during house charity discussions. Miss Patel

7P in general have been utterly outstanding. Brilliant work and attitude. Mrs Haunstetter

Ethan B even though he was not in the lesson he still produced a wonderful piece of prep. Great work ethic! Mrs Haunstetter

7P continued...

Tristan B has made an incredible start to the year and so has James D, who requested additional homework! Mrs Haunstetter

I would like to nominate Tristan B for his outstanding contributions to my English lessons. Mrs Bray

Freija K has shown herself to be a fantastic footballer and has been selected for the U13B team against Glyn this week. Very exciting! Mr Clarke

Lauren C and Freja K both worked excellently together working out rhythms to write down in a dictation task. Miss Foster

8F

Dylan B has thrown himself into the new academic year with such enthusiasm and I've been particularly enjoying hearing him talk in French around the classroom. Miss Foster

Sam C has been going above and beyond in science – even carrying out his own experiments for project work! Will H has been showing fantastic teamwork and kindness to peers. Miss Patel

8L

Toby C has started the year in fine fashion, working hard and consistently. It is great to see him smiling around school. Mr Laudy

Ethan C - brilliant attitude in Maths. Mr Barratt

Conor T for going over and above with his first French prep and earning a commendation. Mme Taylor

U13 boys at Parkside Tournament – great performance and team spirit shown throughout. Mr Hendry

A mention for Ayaan S, Tobias C, Arlo S & Avaneesh G who all stayed behind and tidied up the chairs and desks after their music lessons - small tasks that really mean a lot! Miss Foster

Josh McC for settling in well and coping with the pace of the top maths group. Mr Sukhdeo

8T

Pryank P for settling quickly and quietly in form times, without any fuss. Mme Taylor

Henry T great application and focus in Maths. Mr Barratt

Henry T and Joel M showed some fantastic focus when carrying out their ecology practical work! Miss Patel

SENIORS

9B

Ollie G has settled in really well and has been really focused in his studies. Mrs Bray

Completing all Computer Science work on time—Bogdan P, Archie S and Tobias VH. Mrs Webb

Tharani V for his superb work ethic in the maths lessons. Mr Sukhdeo

Sam M for making a concerted effort in his maths lessons and during the MOMB independent study sessions - keep up the good work. Mr Sukhdeo

9H

Alex H and Tommy W for making new pupils feel welcome and working hard. Mr Hendry

Completing all Computer Science work on time - Faizan J & Ruari F. Mrs Webb

Ruari F for his superb work ethic in the maths lessons. Mr Sukhdeo

James C has grown in confidence over the summer and has been fantastic at volunteering answers in science. Miss Patel

Olly W has been increasing his efforts in lessons –brilliant to see Olly, please keep it up! Miss Patel

10H

Alan R has settled into 10H and KHS very well. Thanks too to the form group for being kind and helpful to him. Mrs Haunstetter

Excellent Computer Science Prep from Ali A-R and Yejun L. Mrs Webb

10H continued...

The whole class were extremely respectful to each other during their presentations on energy resources – what an excellent start to the year! Well done 10H! Miss Patel

Tommy C in 10H for an excellent start to his Functional Skills English course - Tommy has shown great enthusiasm in our lessons, and has had some very thoughtful and insightful ideas for predicting what our reading text will be about. Mrs Smith

10W

Ted R has made an excellent start to the academic term, and in particular in Functional Skills. Mrs Weston

A mention for Zac A, Tyrwhitt B and Enan A for their poems about 'Respect'. Mr March

Excellent Computer Science prep from Zac A, Enan A, Jack B-A & Ismail M. Mrs Webb

Will H will always listens to instructions and is the first to hand the Science books in after a prep has been set. Miss Black

11B

Well done to 11W who completed their pre mock examinations on Friday. Their diligence and maturity throughout the period was admirable. Mr Bailey

11W

Congratulations to my form who have successfully navigated their way through their pre-mock exams; they remained diligent and mature throughout. Mrs Wraith

Senior Prefects - for making such good tour guides during the Open Morning on Saturday. Mr Sukhdeo

Year 11's - for their exemplary manner in which they have conducted themselves in the Senior Common Room since the start of the term. Mr Sukhdeo

Well done to Year 11 for successfully carrying out their Ecology field work at Juniper Hall. Miss Black

A note from Mme Swift for the boys who were in Senior Prep on Friday last week - Angelo C, Daniel P, Rory S, Ruari F, Folu A and Ivan T - they all worked beautifully for the hour with no chatting. Mme Swift



Rocking in Year 4

Here are some pictures of Year 4 learning about rocks in their Science lesson.

The children were conducting experiments with different rocks and seeing how durable, permeable and dense the different types of rock are.

Did you know that Igneous and Metamorphic rocks are hard, compared to Sedimentary rocks which are more likely to be soft?

The children recorded their results and learnt about the properties of the rocks...they will never look at a 'boring old pebble' in the same light again!!

Miss Smith





Netball Club swung into action this week....



Huge thanks to all our families who very kindly sent in donations of clothes and shoes for the Afghan refugees Britain has taken on. Mrs Wraith was astounded by the generosity and has commented,

"A huge heartfelt thanks for all your donations towards the Afghan refugee crisis. I know your kindness and generosity will make a huge difference to those who are struggling at present. Over one hundred bags were received and all the clothes will be distributed this week".

"It's not how much we give, but how much love we put into giving."

Mother Teresa

Thursday 30th September is our first **Tea Time Concert** of the year. We are hoping to have an audience at this concert, and will invite the parents of those playing, as well as streaming the concert live via Zoom for those unable to attend.

If your child is interested in performing, please get them to sign up on the sheet in the Music Department. *Miss Foster*



Kingswood House Way Values in Practice...

It is always good to hear of our pupils showing the Kingswood House Way values outside of school and Mr Murphy was impressed when the Chair of KHA contacted him to relate that her son, Ted R ,who with 5 days notice stepped in to be Best Man at his cousin's wedding! Covid restrictions meant the groom's brother was stuck in Canada unable to travel but luckily they called upon Ted who performed his duties superbly and delivered a hilarious speech which had the whole room roaring with laughter...a new career in stand-up comedy or performing may well beckon?

SPORTS RESULTS

U13 A team – lost 4-1; Player of the Match was Sebastian V (7BL) well done, with the goal scored by Hussain K (7BL), congratulations!

U13 B team – lost 7-0; Sportsmanship award to George D (7P) for playing in a variety of positions and giving the game 100%.



The KHA

On Monday the KHA held their AGM. As well as the current committee, there were 7 newcomers who were warmly welcomed. The chair is Lisa Reece (Yr10). She told everyone how the KHA is for parents and pupils alike to have fun, with the added bonus of the school being funded to get those extras the children enjoy. Last year the KHA paid for the cricket nets, drums, books for the library, gazebos, a Christmas entertainer and funded one of the minibuses. As the KHA have been unable to hold any events in the last year the accounts are much lower than usual but still healthy.

The upcoming events for this term are as follows...

Race Night – 7th October

Fireworks Evening – 5th November

Christmas Party donation

Looking ahead to the Spring and Summer Terms we have Quiz night in February; Mother's Day gift stall; Father's Day gift stall; Sport's Day refreshments; Summer Ball in June and Jollies in July. There will also be Second Hand Uniform sale each term

It was agreed by all that it would be great to see even more people join the KHA, and to invite the class reps along to future meetings. Ideas for future fundraising and events is welcomed.

Plans are in full swing for the upcoming Race Night event and it would be great to see as many parents there as possible.



Learning in the Autumn Sunshine...

Year 2 had beautiful weather for their first Skills Afternoon! They weeded some of the vegetable beds and picked runner beans and tomatoes which they took home to try for their tea.



After all their hard gardening work, the children went exploring the school grounds on a mini-beast hunt. We are looking forward to a packed itinerary of more exciting activities in the weeks ahead, extending our learning outside the classroom and developing skills that exist beyond books. *Mrs Lambert*



Lower Prep

FOREST SCHOOL

This week Jay had everyone learning to tie strong knots, dig around in the dirt and saw safely!

Huge amounts of fun and learning outdoors was enjoyed by everyone from Lower Prep to Year 4.





A super poem written by Dollie in 6L as part of her English Enrichment poetry activity. There is also some poems on the theme of 'Respect' written for Mrs Seiver by her Year 6 English group...thank you to Oscar, Sophie, Harry and Henry for your ideas.

Laughing at someone when they fall 🧑🧒
 oh no oh no that's not nice
 Hitting someone 🌸
 oh no oh no that's not nice 🌈
 Pushing someone
 oh no oh no that's disrespectful 🧑🧒
 Helping somebody when they fall over
 yes oh yes that's respectful 🌻

Respect
 by Oscar

When I am being respectful, I listen to others
 When I am showing respect, I respect other boundaries
 When I am showing respect, I think about the feelings of others
 When I am showing respect, I hold the door open
 When I am showing respect, I listen to my parents

Respect by Sophie

Respect is using your manners
Everyone should be kind to each other
Saying kind words
Picking up rubbish on the ground
Each and every one person should show respect
Caring about other's feelings
Think before you speak

Respect! respect get that word in your head

RESPECT

Respect, respect is always the best.
 Make sure you are better than the rest.
 Listen here you want to show respect, I promise YOU, you will get obsessed.
 You and I can show respect but sometimes we can leave it behind.
 Even showing respect to yourself is a good thing to keep in mind.
 Remember if you show disrespect, it will always stay in your head,
 So be kind instead!!!

PEACE
LOVE & RESPECT

RESPECT

Respect by Harry

If you do good deeds you get respect
 If you hurt others with your words it should not be heard
 Whispering so your teacher can not hear is something you're not aloud here
 so if you don't give respect get out of hear
 go do good deeds and be good today
 clean your room and be Respectful
 do the dishes and you will be doing good deeds
 Now help others and be good
 If you laugh its disrespectful so please don't do it
 Do you have this in your head and keep it in your head
 Don't snach it isn't respectful
 Don't be mean it isn't nice
 Now help people and show them respect
 Bye.

RESPECT!

Respect by Henry

If you do good things, you get respect.
 If you hurt other people, you don't
 So do good things or get out of here.
 Using your manners and being on time are both ways of showing respect.
 Whispering quietly and dropping rubbish are not showing respect.
 So make good choices!!!

Respect by Enan A 10W

Respect is like a wave,
It can be small or big.
It comes to you, |
You do not go to it.
It washes over you,
And it can give you a nice feeling.

Respect is earned,
It is a medal,
But anyone can give you this medal.
Like a medal, it can show positive things,
And this medal should be shown to all,
And given to all.

Respect is a light.
It brightens our paths when given,
It helps others through the dark mysteries,
It is essential,
It brightens up our world.

Respect is given to those who deserve it,
And those who don't deserve it
Simply don't exist,
As everyone deserves it,
As everyone can change positively.

Respect by Tyrwhitt B 10W

Respect may be forgotten by some.
But like honour, glory and chivalry
Respect lives on.
Respect is valuable, a treasure in a sunken wreck
Respect is a trade - by giving you are receiving.
Failing to give respect earns no respect.
In war, a place of death and violence,
A place where human kindness is scarce,
Respect remains abundant.
Two soldiers may aim rifles at one another,
Poised to pull the trigger.
No, the soldiers lower their rifles,
Out of respect for life shining through.
Voltaire once said,
*"I disagree with what you have to say but I shall
Fight to the death for your right to say it."*
In this Voltaire shows respect,
He respects other people's opinions
And their right to voice them.
May you show respect too.

Respect by Zac A 10W

Respect is a lesson everyone should learn,
Respect must be given before you expect it in return.
Respect costs nothing and can be given for free.
Outside everyone is different,
Inside we are all the same
Because everyone has feelings.

The way you treat others
Is the way they'll treat you,
So respect each other's differences
And they will respect yours too.




More Poetical Musings...

Here are two poems written by Year 7 pupils; they have been studying war poetry with Mrs Bray and focusing on respecting the soldiers.

Respect for soldiers 20.9.21

Super brave people who put their lives on the line.
Over many years they fought to win the war.
Lots of lives were lost at war.
Did many of them know what they were going into?
In times of need these men and women have stepped up to the crisis.
Even when there was trouble these soldiers pushed on.
Respect should be given to each and everyone of the soldiers who have fought and who are fighting.
Show now more than ever your respect to the soldiers.



We Respect men who fought in the Great War

Among the gun shots through the gas
We respect the ones who fought for our rights
They risked their lives for ours
So now we must return the favour
So respect them
Those who suffered great pain
To save us
From despair
So next time you think of the Great War
Remember the sacrifice they did for you
For the future
And for your lives

By James M



The witches told three prophecies
Becoming thane of Cawdor has happened and I'm pleased
To become king...? but there's one already in line
And Banquo's kids to be king but will not happen at any time.
I don't know how I feel about these
The first two are alright but the third not for me
I'm so very confused it's stuck in my head
My brain is scrambled like an egg.
I don't know what to do next
This is so complex.
Should I tell the king or keep it to myself?
Who can say, only time will tell.
I respect the king Duncan and I will do anything
I think he's a good king
But my ambition
It is out of control
It has torn my body in two:
One good and one evil.



The third poem, *see left*, is from a Year 9 student; they have been studying Shakespeare's *Macbeth* and looking at feelings of inner turmoil as Macbeth contemplates killing King Duncan, in his desire and pursuit of the throne, yet the anguish he feels as he simultaneously does respect Duncan.

Superb effort from all pupils. Mrs Bray



Mrs Wraith has selected the following pieces of work to put forward for the [Epsom Mental Health & Well Being Festival](#) Open Art competition running from 9 - 16th.October.

The theme is,

'What I Learned in Lockdown'.

Good luck to all participants, the standard of work looks incredibly high just from our entries!



Science GCSE Field Work

This week Year 11 visited Juniper Hall on the first trip of the term! All Year 11 pupils showed excellent endeavour and resilience to carry out their Ecology practical work. The cohort used different sampling techniques such as random sampling using quadrats and systematic sampling along a transect to investigate how the frequency of plants changed with light intensity. It was a fantastic day and I hope the pupils learnt a lot from the experience. Miss Black





Our Littlies!

Reception have been very busy bees this week learning their set 1 letter formations, and engaging in making patterns during Maths.



During Art we experimented with mixing our primary colours to form secondary colours working outside with the paint and some ice cubes – this was a messy success!

Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood.

-Fred Rogers



Be
SOMEBODY
who makes
EVERYONE
feel like a
SOMEBODY

We are all learning how to show Respect to our peers, and to our environment by Reducing, Reusing and Recycling. The children are getting on really well together, forming new friendships and having lots of fun learning through play. Well done for settling in so beautifully Reception!





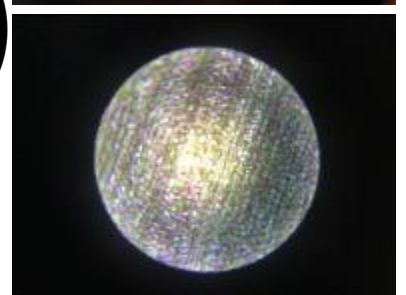
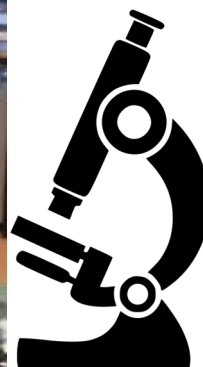
Science Investigations

Y8 have been working hard in their ecology topics, they have been learning about how energy is passed along food chains and webs, how food webs and ecosystems can be affected by human actions and have even been carrying out biological sampling for wildlife around the school! Miss Patel & Miss Black



Y9 student have been building their practical skills using microscopes to observe and identify plant cells this week, some of them were even able to capture images of what they were able to see! Excellent work Year 9!

Miss Patel



Competition Time!

A message from Mrs Wraith to all our pupils...

"I have received an exciting competition set by Chris Grayling the MP for Epsom and Ewell to design a Christmas card to be used by Mr Grayling, Members of Parliament and the Prime Minister. The design is to be A4 in size and the design completed in felt tips or colouring pencils only. **No collage or glitter**, thank you.

All entries need to be given to Mrs Wraith by 14th October

Winners will have their design printed and have the opportunity to visit the Houses of Parliament to receive a prize. Open to all pupils at KHS. Good luck!"



LOST PROPERTY

Please keep an eye out for Vancouver black school coat Size 30 & a KHS waterproof jacket size 30/32 name in collar — both belong to Stanley B-D. Any information or please return to the Office or class 7BA. *Thank you.*



Recycle—Get Involved!

Did you know that this week is
National Recycling Week?!

Recycling Week is an annual event designed to celebrate and promote the benefits of recycling. It creates opportunities for us all to implement positive change that will help protect our planet. It is more Important than ever to look after our planet; a way that we can play our part is by ensuring that we recycle as much as we can.

Do you know what you can and cannot recycle? Keep a look out around school this week to find out some interesting facts about recycling! If you are interested in learning about some more ways you can protect our planet then have a look at this website [here](#)

There is a Junk Model Robot Competition running in school from Reception – Year 6; information form your Form Tutor or come and see Miss Hylands for some more information.

Thank you, keep recycling! *Miss Hylands*



SWIMMING LESSONS

QUALITY LESSONS FOR ALL AGES



- Qualified, experienced instructors
- Evenings and weekends
- Helpers in the water
- Small groups with excellent results
- Adult classes, all abilities
- Aged 4 & above without parent
- Aged 2½ and above with parent

Downsend School (Leatherhead) and Epsom College

01372 739600

colin@cbswimming.co.uk
www.colin-bull-swimming-lessons.co.uk
www.facebook.co.uk/cbswimming



COME AND TRY A CLASS 'FREE'
Ring Colin today. You'll never go anywhere else!

General Information and advice to all school students / parents / guardians and staff

Dear Parents,

We have been advised by Public Health England that there are confirmed cases of COVID-19 within the school. We know that you may find this concerning but we are continuing to monitor the situation and are working closely with PHE and following their guidance. Please be reassured that for most people, coronavirus will be a mild illness, and many people have now been vaccinated.

The school remains open and your child should continue to attend as normal if they remain well. We encourage all household members aged 11 and over to continue with twice weekly LFD testing to help identify cases promptly; please report your household results on the government website.

What to do if your child develops symptoms of coronavirus (COVID-19) or tests positive for COVID-19

If your child develops symptoms of COVID-19 they should **get a PCR test and remain at home** at least until the result is known. If negative, the child can end self-isolation; if positive, the child should isolate until at least 10 days after their symptoms appeared. Symptoms are a new, continuous cough, or a high temperature, or a loss of, or change in, their normal sense of taste or smell, a headache or a runny nose. Anyone with symptoms will be eligible for a PCR test and this can be arranged [here](#) or by calling 119.

Instructions for people who live in the same household as someone with COVID-19 (tested positive or symptomatic awaiting a test result)

From 16 August, [you will not be required to self-isolate if you are a contact of someone who has tested positive for COVID-19](#) and any of the following apply:

- you are fully vaccinated
- you are below the age of 18 years 6 months
- you have taken part in or are currently part of an approved COVID-19 vaccine trial
- you are not able to get vaccinated for medical reasons

Fully vaccinated means that you have been vaccinated with an MHRA approved COVID-19 vaccine in the UK, and at least 14 days have passed since you received the recommended doses of that vaccine.

NHS Test and Trace will contact you to let you know that you have been identified as a contact and check whether you are legally required to self-isolate. If you are not legally required to self-isolate, you will be provided with advice on testing and given guidance on preventing the spread of COVID-19. Even if you do not have symptoms [you will be advised to have a PCR test as soon as possible](#).

Any member of the household who is aged 18 years and 6 months or over and has only received one dose of COVID-19 vaccine, or has not received any dose of the COVID-19 vaccination, will still be required to self-isolate as household contact of a someone with COVID-19 symptoms awaiting testing and someone who has tested positive for COVID-19. Please read the [stay at home guidance](#) which provides information on this.

If you develop [symptoms](#) at any time, even if these are mild, self-isolate immediately, [arrange to have a COVID-19 PCR test](#) and follow the [guidance for people with COVID-19 symptoms](#).

For most people, coronavirus (COVID-19) will be a mild illness.

If your child does develop symptoms, you can seek advice from the nhs.uk website [here](#) **If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 [here](#) or by phoning 111.**

How to stop coronavirus (COVID-19) spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus:

- get vaccinated – everyone aged 18 and over can [book COVID-19 vaccination appointments](#) now and 16-17 year olds are being offered their first dose
- wash your hands with soap and water or use hand sanitiser regularly throughout the day
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- meet people outside and avoid crowded areas
- open doors and windows to let in fresh air if meeting people inside
- wear a face covering if aged 11 and over when it's hard to stay away from other people – particularly indoors or in crowded places
- participate in twice weekly LFD testing

Further information about all of the above is available [here](#)



Please find some updated information about Extra Curricular Club provision on our website [here](#).

A reminder from Ms Timothy to get hold of a yellow top or jumper for our mufti day supporting Hello Yellow—the Young Minds mental health charity.

**Friday 8th
October**



Dear Parents

We are asking, once more, for all our car users to be aware of their speed when dropping off, or picking up from the school site. We are in the middle of busy, residential roads and need to drive slowly and with extreme care and caution.

Very unfortunately one of our neighbours' cat was run over in West Hill Avenue this week during drop off; we extend our condolences to the family who suffered the loss of a beloved pet.

Thank you for your support and attention to this matter.