

KINGSWOOD WEEKLY NEWSLETTER



Autumn Term
26 November 2021

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

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

Kingswood House School,
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Dear Parents

As you may know, I have spent this week isolating at home and convalescing from Covid. Thank you for all your kind messages which were well-received. I am pleased to report that I am on the mend and intend to be back in school after the weekend. In the meantime, it has been a source of great pride for me during this time to observe from a distance the excellent work taking place in and out of the classroom at KHS.

The assembly on Wednesday morning was hosted by Form 8T who produced a glimpse into their unique interests and talents; it fitted in very neatly with the theme of celebrating individuality following on from last week. Well done to Mme Taylor and the pupils for their hard work and excellent presentation skills.

Looking ahead, we are hoping to enjoy a relatively unscathed series of end of term events but given the rising number of pupil and staff absence, there may have to be some difficult, late decisions taken. If so, these will be based upon the latest government guidance and the need for us as a school to prioritise the health, safety and welfare of our community.

In this eventuality, I ask for your continued patience and understanding; there is no point 'winning the battle only to lose the war' and any amendments or cancellations will only be taken to protect the interests of all parties, not least the boys and girls. Our priority is to try and keep the school operational on a day to day basis and every layer on top of that fundamental objective will be reviewed carefully.

I am looking forward to being back in school on Monday and wish you a relaxing weekend.

Yours sincerely

Duncan Murphy

Headmaster

[Staffing News](#)

I pleased to announce the appointments of Mark Farmer and Lana Sumners who will join KHS in January. Mark is an experienced teacher of mathematics who will take over a part-time position in the department from Ilse Roets. Ilse is leaving for personal reasons but will continue to maintain a voluntary working relationship with the school. Lana will join as a new year 5 form teacher, thus enabling the existing class to divide and benefit from an enhanced level of teaching and learning as numbers in the cohort grow. I am sure you will join me in thanking Ilse for her contribution to the pupils at KHS and offering a warm welcome to Mark and Lana in the New Year.



Keeping warm!

The Kingswood House Way



Kingswood House



@kingswoodhouse
@KHSprep



@Kingswood_house

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

2021		NOVEMBER / DECEMBER		WEEK 1—Rugby begins Years 3—11	
Monday	29	1800	Year 7BA Parents Evening		
Tuesday	30	1400	Senior House Football		
Wednesday	01	0845 0930 1400 1400 1500-1700	11W Assembly Lower Prep Forest School Years 7 & 8 House Football Colts House Football KHA Second Hand Uniform Sale— <i>Dining Room</i>		
Thursday	02	1400 & 1630 1800	Reception to Year 6 Christmas Concert Year 7P Parents' Evening		
Friday	03	0900-1200 1400	OPEN MORNING House Netball Years 5—8		

LUNCH MENU week beginning 29.11.2021

Monday		Tuesday		Wednesday		Thursday		Friday	
Roasted Mediterranean Vegetables (V) with Penne Pasta	Fresh Fruit; Yoghurts; Jelly	Chilli con Carne; Five Bean Chilli (V) with Brown & White Rice and Peas	Fresh Fruit; Yoghurts; Choc Sponge with Choc Sauce	Roast Pork & Crackling; Mozzarella & Tomato Slice (V) with Roast Potatoes & Fresh Cabbage	Fresh Fruit; Yoghurts; Jam & Coconut Tart	BBQ Chicken or Fish Finger in a Bun with Homemade Coleslaw	Fresh Fruit; Yoghurts; Cheese & Biscuits	Homemade Fish Pie with Peas & Sweetcorn	Fresh Fruit; Yoghurts; Rice Pudding



Save the Date!

KHA Quiz night

Friday 25th February 2022



This week, the word is *lanyard*. People in various professions all over the world wear lanyards to show their identity, but did you know that their origin dates back to the late 15th century? French soldiers would wear them to keep their weapons close whilst climbing ships, The word originates from the French '*laniere*' meaning 'strap'. The original lanyards were made from cord or rope found on ships tied around a weapon or a whistle. The popularity of the lanyard grew and by the 20th century they became more decorative. So, the next time you wear your lanyard, remember it has a history dating back hundreds of years. *Madame Swift*

Dear Parents and Staff

We have today received advice from Surrey County Council Director of Public Health as follows:

*Covid rates are rising fast in Surrey and it is important that we do everything we can to get the rates down and protect ourselves and others from the virus. Therefore, **with immediate effect, the Surrey County Council Director of Public Health strongly recommends that face coverings should be worn in communal areas (excluding classrooms) for primary school staff and visitors, and secondary school pupils, staff and visitors, unless they are exempt or have a reasonable excuse. This is applicable to all Surrey schools, education settings and further education settings for the remainder of the Autumn term.***

Please remember there are a number of other ways parents/carers can help to prevent the spread of the virus:

Up to one in three people who have COVID-19 can spread the virus without knowing. This is because they have no symptoms, so it is vital that parents/carers get their child a PCR test if they develop coronavirus symptoms.

Please encourage your secondary school children to lateral flow test twice a week, to avoid unknowingly spreading the virus.

Anyone over the age of 12 is now eligible for their coronavirus vaccination. A full list of all places offering the vaccination across the South East, whether that be first or second doses, or the Covid-19 booster, visit [Find a walk-in coronavirus \(COVID-19\) vaccination site - NHS \(www.nhs.uk\)](#). To book an appointment – visit [Book or manage your coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](#). People that can't go online can book by phoning 119.

Please ensure your children are aware of the importance of face coverings and they bring one to school each day.

Thank you for your continued cooperation. *Mrs Witts*



Wearing Masks & LFT

Please ensure, unless they are exempt, that your child in Year 7 and above is wearing a mask on transport into school and during the day around classrooms and corridors; we are keen to see infection rates go down.

We ask you kindly to support us in this by taking Lateral Flow Tests twice a week as well to minimise asymptomatic spread in school. Thank you for your participation and understanding.



“One Hundred and Eighty”!!

Mr Mitchell has been enjoying the soft tip, magnetic dart board in the Senior Common Room and brushing up on his ‘arrows’ technique. Many thanks to the Class of 2021 Leavers who provided this and the table football for the Seniors to enjoy in the Common Room.



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

Verity F for working so diligently in all her class activities! Well done. Miss de Klerk

2 & 3L

Beatrix S for excellent maths! Mrs Lambert

4S

Ciaran P for excellent work in class ALL the time! Ciaran is an absolute star and tries his best every day. Miss Smith

UPPER PREP

5F

Dexter B has worked really hard this term in his lessons and has been really focussed in his exams. Ms Forbes

Dexter B for working so hard in Maths and doing so well in the Primary Maths Challenge. Mrs Seiver

6L

Well done to Indigo D for being a kind and supportive friend to the entire class; always respectful to staff too. Mrs Lindley

6S

Alex F for his act of kindness on World Kindness Day, by making every boy in the class a necklace from polymer clay. Madame Swift

Enzo B-P for voluntarily picking up litter during his break time. Madame Swift

7BA

7BA for working with care and attention during Friday's art lesson with me. Mrs Wraith

7BL

Max P has been polite and respectful this week. It was wonderful to see him helping other pupils to win prizes at Drake House day, he showed excellent teamwork skills. Miss Black

Jensyn A has had a fantastic few weeks, it has been lovely to hear such positive feedback from his teachers. Keep up the good work! Miss Black

In Science great achievement from James M and Jensyn A. Mr Barratt

Dylan N – great effort in computer science. Mrs Webb

Well done to Isabella A, making good progress in maths. Mrs Lindley

7P

Sam W has been growing in confidence to share his ideas in PHSE lessons – well done Sam! Miss Patel

Also, very well done to Pippa T, Tristan B and Harrison W for running successful stalls at Drake house day. Miss Patel

Alex H showed great thoughtfulness during house day when he used some of his money to buy a present for his sister. Miss Patel

Kieran S for being helpful in class with tech issues. Mme Taylor

Harry P, Alex H, Kieran S Daniel G and Jack G – great work in computer science. Mrs Webb

In Year 7 maths - great achievement from Ezra O-W (7BA) and Gabriel C (7BL). Mr Barratt

UPPER PREP *continued*

8F

Sam C who has shown great commitment and diligence to his revision for his assessments this week. Miss Foster
Will H has made excellent progress on his IPQ, I'm really looking forward to reading what research you have done. Miss Foster
Dylan B has shown perseverance this week. Even when things have been difficult, he's kept going and worked hard. Miss Foster
8F for excellent A1 drawings. Mrs Wraith
For fantastic progress with their computer network movies – Enzo R, Charles R, Noah S. Mrs Webb

8L

Zac H has been contributing well in Geography over the last few weeks and has produced some really good classwork. Keep it up
Mr Laudy
Theo M very creative work and good progress with his computer network movie. Mrs Webb

8T

All of 8T for fabulous contributions to our Class Assembly. Mme Taylor
On Friday afternoon during his Independent Learning Session, Kobi W completed a challenging Maths task on the Area of Trapeziums. He made a concerted effort on the formulae and got every single question correct. He also applied himself to perfecting his speech for the Assembly. Well done! Mrs O'Shea
Great maths from Tai B (8F) and Jonny B (8T) – two guys who are exceeding expectations! Mr Barratt
In Year 8 well done Zac M (8T) Will H (8F) and Zachary H (8L) for really trying whilst revising and offering each other good support.
Mrs Lindley

SENIORS

9B

Patrick G is extremely kind and empathetic; he will be the first to check on anyone who is struggling no matter how small the problem is. Mrs Bray

9H

Rory S and Ted B-A for good work ethic all week. Mr Hendry
In Year 9 well done to those coming to Drop in Sessions, seeing some fantastic Maths. Mrs Lindley

10H

Yejun L has topped the class House Point leader board all term – just quietly getting on with things, whilst working really hard at the same time. Well done! Mrs Haunstetter
Ted R for his amazing attitude for learning and independence; he dedication to his studies outside of the classroom is extremely impressive. Mrs Bray
Yejun L, Ali A-R, James G –great effort with computer science homework. Mrs Webb
Well done Tommy C - showing some great examples of three way ratios. Mrs Lindley

10W

Joseph S recently received his Chief Scouts Gold Award which is a major achievement and the culmination of a few years hard work; great to see so much being given back to the community by one of our pupil's. Well done! Mrs Weston
Enan A, Jack B-A, Joseph S,- great effort with computer science homework. Mrs Webb
The Y10 French GCSE group for excellent behaviour and a superb attitude to their studies: Enan A & Barnaby H in 10W; Ali A-R, Marcus G, Alan R Ethan S all in 10H. Mme Taylor

SENIORS continued**11B**

The whole of Year 11B for their assembly performance last week, all their own work from script writing to direction and performance. Well done! Mr Bailey

Rory G has been very conscientious, bringing in a USB so that all resources and lesson plans could be loaded onto the memory stick, in order to catch up on work missed because of absence. Not only that, but whilst he was waiting to have the lessons loaded to his USB, he tidied my classroom without being asked! What a star! Mrs Haunstetter

Max M-N saw a drawing that one of the Year 7 pupils had made and he was extremely supportive, it was lovely to see such genuine encouragement and respect for other pupils. At the end of a Science lesson Max also helped clear all of the text books away without being asked. Well done Max, you really are showing the Kingswood House Way. Miss Black

11W

Sam SI and Oli S for their help in Drake House Day. Mrs Wraith

Owain F for generously treating the form to an advent calendar! Mrs Wraith

Sam S for helping out in many different ways around the school. He is really displaying a mature, considerate attitude and showing many of the KHS Way values. Mrs Weston

Well done to Oliver S for some excellent work on solving simultaneous equations with Mrs Jones. Mrs Lindley

A note from Mr March who wishes to extend his Congratulations to the following winners of the Handwriting Competition...

Lower Prep: Toby H (4S)

Years 5 & 6: Cameron E (5F)

Years 7 & 8: Rex T (7BA) & Thomas R (7BA) joint winners

Seniors: Ivan T (9H)

*...your generosity and support of the **Drake House Afternoon** has enabled us to give **£808.10** to their chosen charity—**Barnardos**—an **INCREDIBLE** total for a few hours fun and fundraising!!*




THANK YOU

House points - this week - Whole School



House points - totals - Whole School



SPORTS RESULTS

KHS vs Box Hill

U16 2-1 loss; Sam SI (11W) with the goal and Player of the Match.

U14 5-1 loss; Jack C (9B) with the goal and Ollie G (9B) awarded Player of the Match.

Year 5 and 6 House Competition

Overall winners were Nelson—well done!

A winners – joint Nelson and Wellington; 3rd place to Drake and 4th to Marlborough.

B winners – Nelson; 2nd place Wellington; 3rd Drake and 4th Marlborough.

Notable performances in the A competition from Eddie B (6L) Benji A (6L) Cameron E (5F) Harvey M (6L) and Indigo D (6L).

Notable performances in the B competition from Torin A-I (5F) Lilly-Rose M (6L) Dollie M (6L) Sophie T (6L) Freddie L (6S) Bertie L (6L) Ben S (5F) and Harry R (5F).



Kindness on Display in Year 6

Last week was Anti-bullying week and we were acknowledging **#onekindword** on Friday with Odd Sock Day. 6S took part by wearing a variety of odd socks and happily displaying their uniqueness and individuality. Well done boys and girls!

To continue the theme of the week in their Teams session on Friday, Year 6 were asked to produce a poster on the subject. We were very impressed with the ideas the children had, and they completed some lovely work.

Mme Swift



Reception found a good way to keep warm this week...by visual association! Miss de Klerk found them a warming animation of a real fire and the pupils were able to snuggle up to it after chilly break times.





Year 6 collaborative art piece based on David Hockney's landscapes...black card strips for the background worked into with vibrant chalk pastel forms and shapes, the colours of which are really popping and singing!



KHS Parents & Staff

Every Monday 5.15-6.30pm

£ 55 PER HALF TERM
6 WEEKS
OR £10 PER SESSION

ART CLASSES

KHS ART ROOM

10/1/22 -7/2/22 Drawing Techniques

21/2/21- 28/2/22 Watercolour Painting

All Materials included

Places are limited to 12 people per session

email: m.wraith@kingswoodhouse.org for details

Made with PosterMyWall.com

NEW!!! KHS Staff & Parent Art Class

If the piece above has inspired you why not try Mrs Wraith's Art Class that she will be running in the new year for parents and staff...

Drawing and painting in any form is a great way to relax and unwind and refocus your thoughts on something completely different to the realities of every day life. No expectations, or any prior knowledge is necessary, just come along and enjoy an alternative experience.

Any questions, or to register your interest and sign up, please do get in contact with Mrs Wraith

m.wraith@kingswoodhouse.org

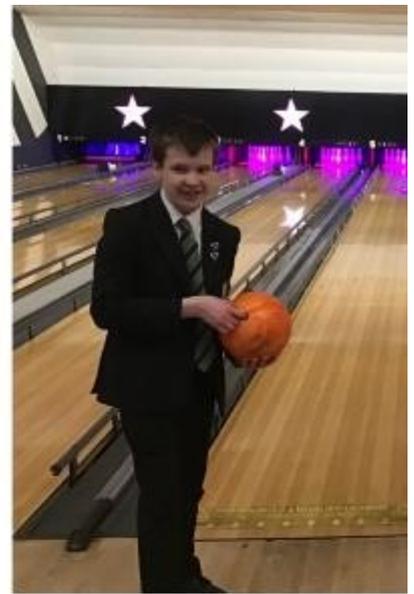
by December 11th for sessions starting in January.

Further details will be circulated once signed up; projects are being planned to deliver the most exciting and rewarding aspects of drawing and painting to you!

Mrs Wraith

Every new skill you learn, every adventure you go on, every new thing you try, it only makes you a better artist.

— Rachele Brooke Smith —



Y9 bowling trip—great team building and friendly competition revealed some very high scores!



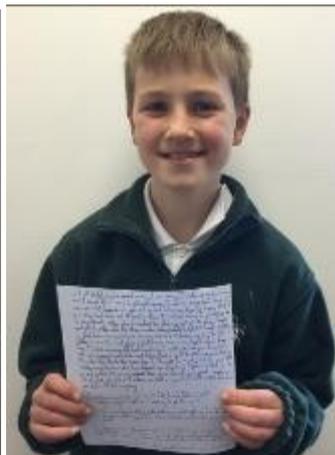
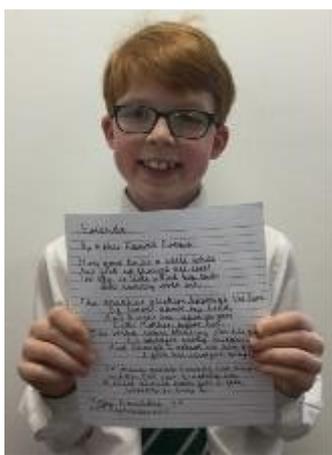
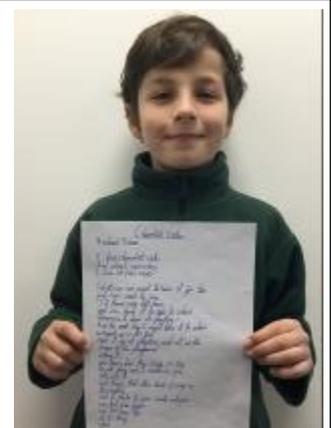
Congratulations to the following winners of our Handwriting Competition

Lower Prep: Toby H (4S)

Years 5 & 6: Cameron E (5F)

Years 7 & 8: Rex T & Tom R (missing pic) (7BA)

Seniors: Ivan T (9H)





GTi Science Quiz

This week a team of Year 5 and 6 pupils took part in a GTI Science quiz. The quiz took place online and Kingswood House competed against schools from all over the country!



It was a fantastic effort and I would like to say a huge well done to Cameron E (5F), Hugo H (5F), Alex F (6S) and Arun A (6S) for representing the school and showing their enthusiasm for Science!



You worked well together as a team and should be very proud of yourselves. Well done everyone! Miss Black

Superstars Science



"Drake House Day was a HUGE success!" writes Miss Smith, House Co-ordinator, she explains, *"Following 2 years of missed house days due to lockdowns....house days were back in action in their normal way! The children enjoyed setting up a variety of stalls at lunch time for the rest of the school to attend. There were general knowledge quizzes, shoot the cup, football games and donuts on offer....not to forget home-baked flapjacks and of course buckets of Haribo! All the boys and girls had a fantastic time and safe to say it has been missed. A HUGE well done to everyone in Drake House, pupils, parents and staff for their hard work on the day and thank you to everyone at KHS for a super day as we managed to raise £808.10! Our biggest ever collection? All for a valuable charity...Barnardos. Well done everyone, here's to the next one!"* **Please see over the page for some photos from the event!**



**DRAKE HOUSE
AFTERNOON 2021!**





...games, sweets and fun were the definite order of the afternoon last Friday!





Support and Extension in the Study Centre

In the Study Centre, Literacy and Numeracy support can take on a different appearance to resources and techniques usually at home in the 'traditional' classroom; hence the use of Play-dough to spell out tricky words like *beautiful* that may be confusing phonetically. By physically making and 'doing' the actual word, it can help with the visual awareness and understanding of its correct spelling. ...and we all know fractions are always better understood with a friend...!

Miss Wilson



'Feeling' Assembly?!

Lower Prep Assembly was held in the Reception classroom with Miss de Klerk. We learnt all about our feelings and how we can identify them using colours. There was an engaging, fun activity asking pupils to explore feelings and this was a fantastic opportunity for the Lower Prep to spend some quality time together.



We finished up by reading the story of *The Colour Monster!* Safe to say, everyone left feeling yellow (happy!)





Music Scholarship

All of us at KHS would like to congratulate Jamil H (6L) on his music scholarship to Cobham Free School for September 2022. It is a fantastic achievement, and we're all really proud. Well done!



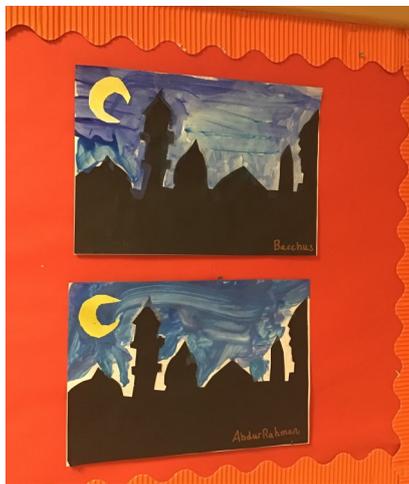
Congratulations to form 8T who researched and delivered a super Assembly on Wednesday in celebration of everyone's unique and individual talents! We were amazed at some of the hidden, and not so hidden, abilities out there amongst us; as usual KHS is celebrating diversity and honouring originality...





Reception News...

Reception have been busy learning about different religions; this week we are



focusing on the Muslim religion.

In Art, we created a beautiful silhouette of a mosque in Mecca. The learners thoroughly enjoyed this!



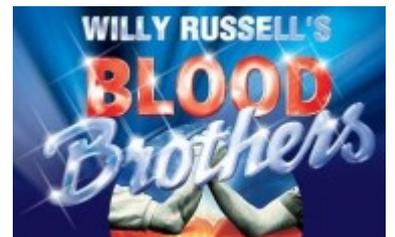
HOW TALL WILL YOU BE?



In Maths, we have started experimenting with measurements and had fun measuring our height in cubes and guessing how many it might be. Good job, Reception! Miss de Klerk

Enter Stage Right!

Our GCSE Drama and Music groups had their first Kingswood House theatre trip out to see 'Blood Brothers' at Woking theatre this week. It was a fantastic experience, all the pupils and staff thoroughly enjoyed the production and it was so good to be back in the theatre at last. The trip was the first of many planned theatre trips to enhance the pupils' learning and study of the subjects at GCSE; as always the enjoyment of snacks during the interval gave the opportunity to critique the performance as well! Mrs Horley would like to thank all staff and pupils for making it a memorable occasion.





'A' or 'An'???

In English today Year 4 were learning about the articles of 'A' and 'An' and finding out when to use them correctly. To support their learning, the children were given a pile of cards to place in the 'A' tray or the 'An' tray!



An active way to get the children moving and learning ... success all round.

Miss Smith



History of Mathematics – Maths Enrichment

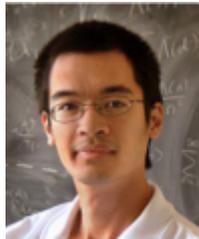
This week students have been independently studying the history of Maths to create a collaborative 'History of Maths Timeline'. The subject of Maths is as diverse as its history; the first known Maths can be traced as far back as the Stone Age with the Ishango Bone. Mathematicians across the globe and from all nationalities have honed and developed Mathematics into the subject it is today. I would hope to see students of KHS go on to pursue careers in Maths and help shape the world through their Mathematics. Mrs Lindley

Here are just a few of our modern day mathematicians to help inspire our children.



Ingrid Daubechies (born 1954) is a Belgian physicist and mathematician. She was the first female president of the International Mathematical Union (IMU).

Daubechies studied different types of wavelets, which are now an essential part of image compression formats like JPEG.



Born in Adelaide, Australia, Terence Tao (born 1975) is sometimes called the "Mozart of mathematics". When he was 13, he became the youngest ever winner of the International Mathematical Olympiad, and when he was 24, he became the youngest tenured professor at the University of California, Los Angeles.

Tao has received the MacArthur Fellowship, the Breakthrough Prize in mathematics, as well as the Fields Medal, the highest award in mathematics, for "his contributions to partial differential equations, combinatorics, harmonic analysis and additive number theory".

Together with Ben Green, Tao proved the Green-Tao theorem, which states that there are arbitrarily long arithmetic sequences of prime numbers.



Artur Avila (born 1979) is a Brazilian mathematician, and the first Latin-American to receive the Fields medal. He made numerous discoveries related to chaos theory and dynamical systems.



Annie Easley (1933 – 2011) was an American mathematician and computer scientist. She was one of the first African-Americans to work at NASA as a "computer".

Easley wrote the software for the Centaur rocket stage, and her work paved the way for later rocket and satellite launches. She also analysed battery life, energy conversion, and alternative power technologies like solar and wind.

We
♥
Maths

And finally, a puzzle for the weekend from Mrs Lindley...

CAN YOU DECODE THIS RIDDLE?

	\times		\times		$=$	216
	\times		\times		$=$	96
	\times		\times		$=$	52
	$+$		$+$		$=$?



Christmas Performance Time!

The donkey is ready, the gifts are wrapped and Lower Prep, alongside Years 5 and 6, are rehearsing hard for their Nativity performance in next week's **Reception to Year 6 Christmas concert!**

If you would like to come and watch one of the performances, **THURSDAY 2nd. December** at either 2pm or 4.30pm, then please email your child's form teacher as soon as possible.

It promises to be a great start to the festive season! *Mrs Lambert*



MERRY CHRISTMAS



Golfing News

We were proud to read the following update about Eddie F (11W) who has been playing in a junior golf championship out in Spain this last week.

"Eddie has played his four rounds of golf, he has grown in confidence and played an excellent final round at La Canada but sadly will not be bringing the European Junior trophy back to Kingswood House this time!"

It was a tough call being in an Under 18 competition, with only a handful of the competitors being under 16, but he has learnt so much from the experience and his resilience in tough conditions was to be applauded. His passion for golf is as strong as ever and I think this has simply strengthened his resolve to improve and hopefully grow a bit more too!"



GOOD GAME. WELL PLAYED.

"Confidence is the most important single factor in this game, and no matter how great your natural talent, there is only one way to obtain and sustain it: work."

JACK NICKLAUS



Some of our Tea Time Concert Performers...



...some more of our marvellous musicians!

Thank you for all your hard work and dedication to your instrumental practice at home and in performance.



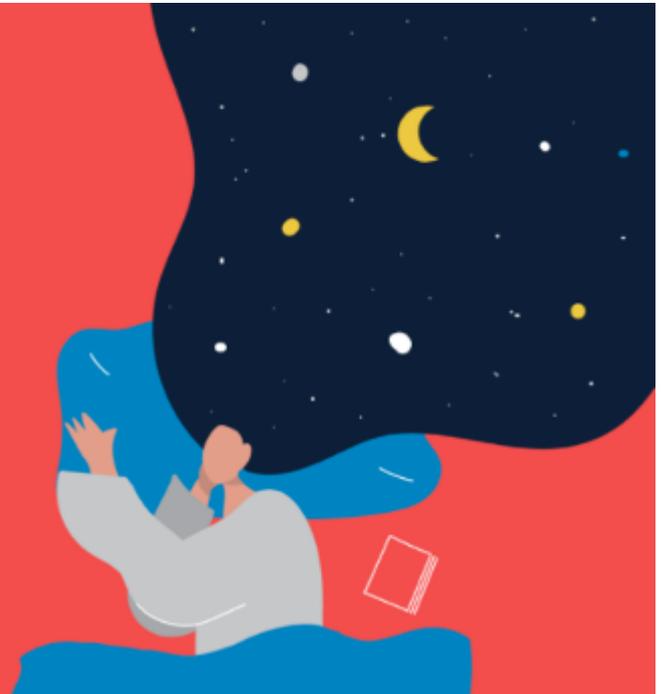
Notes on Our Wellbeing

Some timely tips and reminders from Miss Timothy as we face the darkest weeks ahead until we reach the Winter Solstice; darker mornings and evenings when we struggle out of bed and feelings of tiredness after school / work when all we want to do is slump on the sofa. [The Sleep Charity](#) has some good advice not only for creating good sleeping habits for babies and young children, but also better ways for adults and teens to make the most of their sleep routines often juggled with a busy school day, socialising, gaming etc.—they have even set up a dedicated [‘teen sleep hub’](#) which can help families.

Support for Teenagers

There are far more entertaining things to do than sleep when you are a teenager. Many teens enjoy spending their evenings gaming, surfing the net or on social media sites and quite often these activities can run well into the night. There’s also the added pressure of homework and exam revision. Teens do tend to feel more alert later in the evening and more tired in the morning as a result of changes in their biological clocks.

Our new Teen Sleep Hub is aimed at teenagers who want to know more about their sleep.



Mr Sukhdeo also went through some of the information during his Senior Pupil Briefing this week which hopefully helped...

Sleep
or rather the lack of it

The lack of sleep seriously affects your health

During sleep, important growth hormones are released which helps your physical and mental development

People who sleep for 5-8 hours had more ghrelin hormone which increases the feelings of HUNGER!
People who sleep less are more likely to be overweight
Overweight children more likely to have learning problems = less oxygen in the blood, sleep less well and are tired during the day.....

Sleep

Tips for healthy sleeping

- . **Sleep time:** go to bed the same time every day
- . **Wake-up time:** wake-up the same time every day
- . **Wind down:** relax before you go to sleep (1 hour)
- . **Use bed only for sleep:** go to bed to sleep - not for TV or games
- . **Naps:** do not replace a night's sleep & can stop you sleeping
- . **Exercise:** improves the quality of your sleep (not for 2 hours before you sleep)

Teen Sleep Hub

TEEN SLEEP MATTERS
#TEENSLEPMATTERS

A really big part of raising happy, contented, successful children comes from a place of self-love, acceptance and confidence—which can seem like a mine-field for parents trying to coax their child into doing well at school. This latest book, *right* [‘Body Happy Kids’](#) s a great place to start says Ms Timothy and should be on every parent’s (Christmas Wish / reading!) list.



**Kingswood Active Christmas Holiday details—
places available to book now!**

Please see the website [here](#) or contact kingswoodactive@kingswoodhouse.org

