

KINGSWOOD WEEKLY NEWSLETTER



Summer Term
13 May 2022

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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KT19 8LG

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Dear Parents

On behalf of the teaching and support staff, I wish our Year 11 students well for their forthcoming GCSE exams. They are a friendly, kind and considerate cohort who have blossomed into fine young men and I feel sure that the values, as well as the knowledge, they have learned on their journey at KHS will stand them in good stead for the rigours that lie ahead.

A big thank you to Julie Larter, Exec Form Rep, who chaired her last meeting earlier today. She has been a great help over the last few years and now passes the baton onto Stephanie Schmitt in September. As ever, it was a convivial and practically useful opportunity for us to discuss topical items so please do look out for the minutes which will be circulated in due course.

Our girls, parents and staff enjoyed an energetic Tea & Talk on Monday afternoon; they were put through their paces by Roz McLeod (singing) and Sarah McGrath (dancing) with some spectacular results – do have a look at the pictures overleaf.

Please take the time to read our new Visitor Policy which was circulated by Sally Witts with care; it is incumbent upon us to now treat all parents as visitors to the school site and consequently everyone must sign in at the front office upon arrival.

Finally, I wish our Year 9 pupils a fantastic week away on the Making of Modern Britain (MoMB) Trip; it promises to be a great few days of learning beyond the classroom.

Yours sincerely

Duncan Murphy
Headmaster



The Kingswood House Way



Kingswood House



@kingswoodhouse
@KHSprep



@Kingswood_house

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

2022	MAY	WEEK 1	GCSE Exams begin—WEEK 1; Year 9 Trip: 'Making of Modern Britain'
Monday	16	0730 1055-1215 1700-1800	SLT Meeting Years 2, 3 & 4 Swimming at Epsom College U8—U14 Belmont Swimming Gala
Tuesday	17	1430 1320-1415 1415-1500 1510-1555 1630	'Here At Last' — Mental Health, Online Safety & Cyber Bullying: <i>Reception—Year 6 pupils</i> <i>Years 7 & 8</i> <i>Years 9-11</i> Staff Meeting
Wednesday	18	0845 0930 1430 1430 1430 1730	Duke of Edinburgh Assembly Lower Prep Forest School U13 A-C Cricket v Tower House (H) Colts A Cricket v Chinthurst (H) Colts B-D Cricket v Chinthurst (A) Academic Sub-Committee Meeting
Thursday	19	1430	U9 Cricket v Chinthurst (H)
Friday	20	All day	Wellington House Day

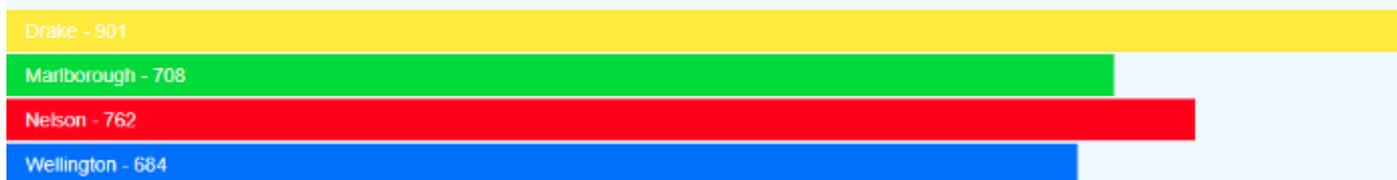
LUNCH MENU for week beginning 16.05.2022

Chicken & Pesto; Pesto (V) Pasta & Garlic Bread	Fresh Fruit; Yoghurts	Sausage Casserole; Veggie Sausage Casserole (V) with Potato Wedges & Baked Beans	Fresh Fruit; Yoghurts	Thai Red Chicken Curry; Baby Corn, Pepper & Onion Thai Red Curry (V) with Brown & White Rice & Peas	Fresh Fruit; Yoghurts	Chilli Con Carne; Halloumi Cheese Wraps (V) with Tortilla Chips, Guacamole, Sour Cream & Salsa	Fresh Fruit; Yoghurts	Homemade Fish Pie with Peas	Fresh Fruit; Yoghurts
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House points - this week - Whole School



House points - totals - Whole School



Please find Mr Murphy's topical thoughts for the week and the pupils who have been 'Mentioned in Dispatches': [here](#)

LOWER PREP

Reception

Verity F for her brilliant rock pool display using recycled objects. She took such care while thinking of all different elements she wanted to have in it. Miss De Klerk

2/3L

Penny C for always helping to tidy and clear up at Forest School without being asked. Mrs Lambert

4S

Oliver R for working so hard this term to improve himself and even doing extra work at home. Great endeavour! Miss Smith

UPPER PREP

5F

Cameron E has shown excellent respect on and off the field of play. He is a very capable sportsman! Ms Forbes

5S

Ben S for working more independently. Miss Sumners

Elliot W for excellent contributions in French. Keep up the good work! Madame Swift

6L

In 6L, well done to Max K who is always kind and respectful. Mrs Lindley

Great experimenting and write-up this week from Finley N and Benji A. Mr Barratt

Big shout out for Max K for his hard work, focus in lessons and fabulous attitude all week. Mr Barratt

Dollie M - consistently great work this term! Mr Barratt

6S

Peter S - for always engaging in PSHE lessons and not being afraid to admit when he thinks he should change his approach to some things as a result of what he has learnt in the lesson. Madame Swift

Just a mention for boys in the cricket practice sessions demonstrating and helping others in the group, notably Fraser B (6S) and Rhys B (6L). Mr Bailey

7BA

Derin U and Tommy V-M – great focus in revision sessions. Mr Barratt

Over the last few days, Rex T has been a quiet, hard-working member of the class. If he maintains the 'all-new Rex' approach to his revision, I think he will do rather well in his assessments. Well done Rex, I am really proud of you. Mrs Wood

7BL

Howard K has shown the Kingswood House Way - well done for demonstrating endeavour. Miss Black

James M and Max P - both pupils managed to turn revision into a game - well done for your creativity. Miss Black

Max P and Khishaan T – increased focus and achievement, well done. Mr Barratt

UPPER PERP *continued*

7P

James D for helping me pack away D of E kit. Miss Patel

All of 7P for their mature attitude towards their exams – they've really pulled together as a team which is lovely to see! Miss Patel

Sam W 7P for a renewed energy in French, trying hard and asking when he is unsure. Madame Swift

8F

Noah S for handling difficult situations well. Very pleased to see the steps you've made. Miss Foster

William H for making real effort with school this week - pleased to see your focus. Miss Foster

8L

Theo M and Conor T have been working hard to be polite and courteous to everyone around the school. This is not always easy and takes perseverance. It is something I am sure they are capable of achieving. Mr Laudy

8T

8T generally, and in particular, Beau Clark for a full and mature contribution to this week's PSHE lesson. Madame Taylor

Year 8 Maths – Kobi W (8T) Henry T (8T) and Mikey S (8F) all for focus and pace of work in our session on Algebraic Equations last week. Impressive. Mr Barratt

SENIORS

9B

Archie S is always willing to help; professional and mature during form time. Mrs Bray

Tharani V for his excellent contribution during the Senior Pupil Briefing on Monday which marked Mental Health Awareness week. Mr Sukhdeo

9H

Ozzy S for his improved focus in lesson and his attainment in the recent Year 9 maths exam. Mr Sukhdeo

Well done to Archie S (9B), Owen C (9B) and Charles L (9H) in their Y9 exams, excellent results! Mrs Weston

Ruari F was very polite and offered to help me with something whilst I was on break duty - well done Ruari. Miss Black

In Year 9 maths a well done to Mrs Lindley's class who have returned to lessons with a good, positive attitude and are working hard to improve their maths skills. Mrs Lindley

10H

Many congratulations to Folu A who has just been awarded a Distinction in his Grade 4 Tap Dancing exam! Mrs Haunstetter

Alex H for his resilience during his DoE practice expedition, he did not moan once! Miss Patel

10W

Mrs Weston was pleased to hear from Miss Patel how well Archie E, Ted H, Ted R, Tyrwhitt B, Barnaby H and Nicholas H performed in their Silver DoE practice expedition.

Great contributions to the discussion from Max G in PSHE. Mrs Weston

Mr Sukhdeo's Year 10 maths group – for persevering through a tricky topic in Algebra (composite and inverse functions). The group show great levels of endeavour which enabled them to develop sound grasp of this topic. Mr Sukhdeo

Archie E was incredibly mature and responsible whilst on his DoE practice expedition – well done Archie! Miss Patel

Barnaby H was a top navigator, we were all very impressed with his knowledge of the Surrey Hills!

In Year 10 maths - well done to Ted R (10H) who always has a positive attitude and gets involved with the lesson. Well done also to Ollie K (10W) who is tackling some harder questions and well done to Ted R (10W) for the extra work completed. Mrs Lindley

11B

The form group for their studious and serious attitude to their exam prep and forthcoming Study Leave; I wish them all the best for their GCSEs. Mr Bailey

Also a special mention for Theo Spick who gave some very thoughtful and insightful answers to our Leavers' Questionnaire – thank you. Mr Bailey

Jack B - well done for asking questions when you are unsure - keep up the hard work! Miss Black

Jack B, Rory G, Danial I, Theo S for a fantastic effort in the GCSE French Speaking exam. It's probably the scariest of all the exams, yet they kept their cool and even retained their sense of humour! Madame Taylor

11W

In Year 11 maths - fantastic measures work from Sam SI and Owain F. Mrs Lindley

Year 11's for working with tenacity and diligence in the run up to study leave and for their focus/undivided attention during the exam briefing. Mr Sukhdeo

Mrs Bray's Year 11 English class: really focused and dedicated to their revision. I wish them every success as their exams approach. Mrs Bray

I wish my Y11 students every good wish for their GCSE exams; they have been a wonderful group to work with and I shall miss them as they go on study leave today. Mrs Wraith

AND:

Last Thursday, Mr Barratt caught a train at Epsom Station after school and tells us:

"I was very impressed to see all of the KHS commuters on very good form. They were respectful to other transport users as well as sensible and self-contained on the platforms. I also enjoyed witnessing the way various year groups were combined and interacting maturely. I was proud that you are a part of our school!"

Mental Health Awareness Week 2022—a note from Ms Timothy, our ELSA

Loneliness is something that we have probably all faced at some point in our lives, whatever age we are. The last few years have tested our emotional well-being in ways we could never have prepared for, or foreseen....

Loneliness shaped the lockdown for many and, sadly for some, it was already a part of their everyday life. During the height of the pandemic however, we all got into the habit of checking in on our friends, family, colleagues and neighbours in various ways we were allowed to—whether virtually through a computer screen, a phone call or even a chat over the fence; and this certainly is one habit we don't want to kick or get rid of.

For more advice, have a look: [here](#).



Levels of loneliness across Britain have still not returned to pre-Covid levels with 3.3 million people (6.3%) saying they were 'chronically lonely' during Sept-Nov 2021, when lockdown restrictions had eased. Younger people (16-29 years) were more likely to report feeling lonely than older people.



Dear Parents, please be aware of the new regulations that insist all parents enter the school via the School Office and sign in. We cannot allow any parents to enter the school at any time of day through any other gate, eg. by the car park.

Thank you for your understanding and co-operation in this matter. Mrs Witts

SPORTS RESULTS

KHS v Homefield

U13 A lost by one run, 60 / 61. Max R (8T) and Kobi W (8T) who batted well and was Player of the Match.

U13 B – Homefield batted first and scored 113 runs off 18; KHS scored 108 off their 18 overs so another narrow loss; however, all players had good fun in the sunshine and learned from the game! Player of the Match was Tai B (8F).

KHS v Tower House

Colts A – 98 runs to 88 runs; KHS won by 10 runs. A great partnership between Cam E (5F) and Rhys B (6L) of 38 runs. All boys bowled brilliantly. Indi D (6L) was Player of the Match for his superb bowling and batting.

Colts B - an amazing performance and victory from the mighty U11B team! Rain throughout, but a great afternoon!

Player of the Match was Cyril B-D (5S) for his two catches, plus some great bowling and a few fours hit with the bat.

KHS Colts C vs Colts D

Scores - a tight inter-team match at KHS with a twist in the tail...

Cs 256

D's 305

Notable players were Peter S (6S) for his fielding and batting; Jamil H (6L) for his wicket keeping and Sophie T (6L) for her effective, rounders-style batting!



Fun in the sun with a Year 7 'Teams' session.

Collaboration and group work were the key to success...under the watchful eye of Mr March and Mr Murphy.





“If you believe in yourself, anything is possible!”

This was the sentiment that Mrs Wraith passed on to her Year 11 class when she presented them with a little hand-made memento which they were delighted to receive. The GCSE French speaking and listening exams began this week as the pupils went off on Study Leave prior to the examinations commencing next week. *Mrs Wraith*

Dear Parents

Our whole school group photograph is now available to view and order online via the Tempest Ordering website, please see the direct gallery link below.

<https://htmp.st/401104-44>

Simply put in your email address to create an account and order if you wish. There are two options with regards to delivery of any product;

Online with school delivery – FREE. Those who choose to have delivery to the school will not pay P&P helping to keep costs down. These orders will be collected in lab and processed after a 14 day period.

Online with home delivery - £5.00

Parents will need to use the web link above to access the photographs, ordering online without this information will not be possible. School does not have access to any accounts.

Prices for photographs start at just £31 unmounted. We appreciate this follows closely on from the individual photographs, but we had an absence of 2/3 years with both formats, so needed to get them done. We hope you like the image and the choice of both we have given you to mark your child's time at KHS.



Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good

It's a way that we can look after our own mental health and wellbeing.



Remember that it is okay to sometimes have feelings that don't make sense to us...

...but if those feelings become overwhelming, there are ways that we can look after our mental health and find support.



Discuss

What is an important part of your self-care routine?

What are you passionate about?



Other places

On My Mind – www.onmymind.info

Youth Wellbeing Directory – Youthwellbeing.co.uk

Self Care pages - Annafreud.org/selfcare

Urgent Help – Annafreud.org/urgenthelpp

Anna Freud Centre – www.annafreud.org/

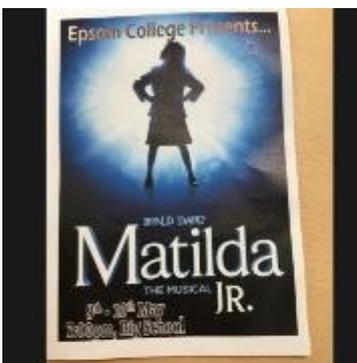
Anna Freud Crisis Messenger – Annafreud.org/crisis

[Optional: insert any other organisations in your local area where young people can find support]



Mental Health Awareness Week—Senior Pupil Briefing

Mr Sukhdeo gave an important message out to our Senior pupils on Monday with some tips and ideas based around self-care during this national, Mental Health Awareness week. Some of the points he raised are in the slides above...do take a look so that you can support this very topical initiative with family or friends, as required.



Matilda Junior - the musical!

The pupils in Years 5 and 6 were thrilled to go on a trip— just up the road— to Epsom College this week to watch their production of 'Matilda Junior - the musical'.

It was a great opportunity for them to experience an auditorium setting, without the hustle and bustle of the West End! They were a great audience for the performers and all the staff were pleased with their excellent behaviour; they were certainly not 'revolting children' in any sense!!





Tea & Talk 5 = Popcorn and Pom-Poms!

Our girls and their mums enjoyed the afternoon sunshine on Monday out in the playground for our 'Tea & Talk 5' session. We welcomed Roz McLeod and Sarah McGrath (our Dance & Yoga Clubs teacher) to the event as well, who brought their enthusiasm and expertise as they had us all singing acapella rounds, rapping, shaking pom-poms and dancing in formation! A lolly at the end was a very welcome treat...

This was a timely session, falling at the start of Mental Health Awareness Week, as it showed how much mood can be improved by movement and how we can help take care of our own mental health by simple activities like signing and dancing! Mrs Earl



Class OF 2022



Year 11 Study Leave: Good Bye (for now!) and Good Luck!

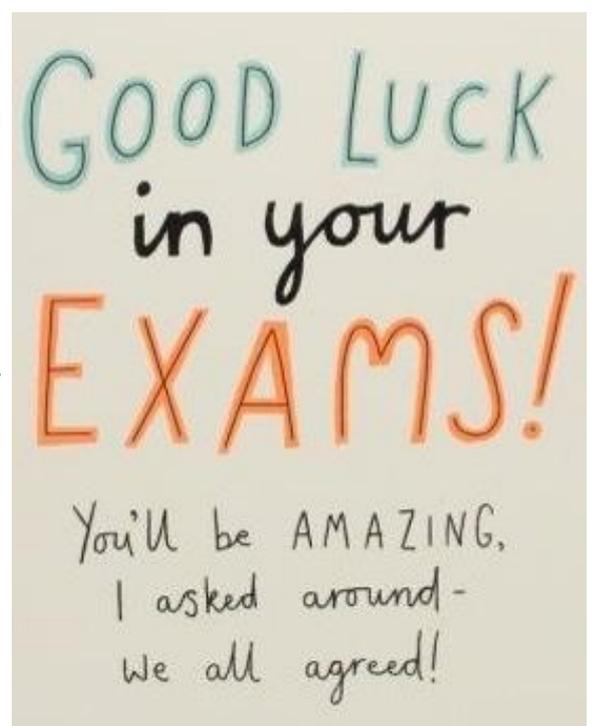
This week saw our Year 11 pupils head off on their Study Leave as exam season begins in earnest next week. They have been fantastic role models throughout their time in school and we are confident that the skills and values they have learned will help them realise their full potential. Good luck! **#breakaleg #preparationforlife**

Some Timely Words from the Study Centre...

It can be all too easy to get yourself wound up about revision and put pressure on yourself during 'exam season', so here are a few tips to help maintain a healthy lifestyle during this time and give yourself the best chance of success:

- Make sure you eat a well-balanced diet. Try not to binge on junk food, as tempting as it can be. Avoid missing breakfast, especially on the morning of an exam – your brain will thank you later!
- Stay hydrated – drink plenty of water to reduce headaches and keep your brain happy. Make sure you have a bottle of water with you at all times, including exams.
- Get your Z's in and have a good sleep routine. Definitely make sure you have a good night's rest the night before any exam
- Take a break (not the KitKat kind!); exams and revision are tiring, so make sure you give your brain a break every now and then as this will help you to regain your focus for the next exam.
- Reward yourself and have something to look forward to, this will help to motivate you right up until the end of that very last exam.

Finally, a huge **'Good Luck'** to all of our Year 11 for their GCSE exams over the coming weeks from the Study Centre team!





Growing Well!

The Lower Prep vegetable garden is looking fantastic!

This week, the children planted out radishes, courgettes, potatoes, marigolds and wild flowers in the freshly weeded beds and gave them a good water!

A sunny, warm corner of the classroom has turned into a temporary greenhouse for tomatoes and sunflowers and we are hoping to see some seedlings appearing soon.



Commonwealth Knowledge

Lower Prep have taken part in week one of the Queen's Jubilee Commonwealth Geography Quiz! They had to tackle four questions all about some of the countries of the Commonwealth. Well done to all the pupils and especially a number of them who scored 100%! *Mr Laudy*



The Commonwealth



Science Skills in Year 8

This week, Year 8 carried out food tests in their Science lesson - they used chemicals to test for the presence of different nutrients. Well done for all of your hard work! *Mrs Black*



Equally, Year 10 carried out the temperature change practical - they followed all instructions and plotted their results clearly. Well done Year 10. *Mrs Black*



Humanities Enrichment—a few ideas from Mrs Weston for activities which some of our pupils might like to try:

Children can **Design a Postage Stamp** to celebrate the Queen’s Platinum Jubilee and you may win the chance to have tea with the Mayor of Epsom and Ewell at the Town Hall. There are two age groups 4 to 7 and 8-12.

Your design can be of anything you like – a picture of the Queen, or other member of the Royal Family, perhaps the Queen at the Derby, a street party, or another Jubilee event. Download a template for your design from the Bourne Hall website [here](#), or pop into Ewell Library and pick one up.

Jubilee Stamp Design Competition



The Queen's Coronation Oath, 1953

Published 2 June 2023

“ The things which I have here before promised, I will perform and keep. So help me God.

The Majesty The Queen

”

Write an Oath to yourself—a promise—about how you would rule and conduct yourself if you had just stepped up to rule the country; mirroring the position Queen found herself in seventy years ago! See her Coronation Oath [here](#)

Entries to be sent to Mrs Weston by **Friday 20th May**. There will be prizes for winners from each division of school.

be
Thankful
always.

Write a Jubilee Prayer to be read out at our half term assembly on Wednesday 25th May at the church. The prayer could recognise the promises the Queen made to God seventy years ago and be thankful for guidance and strength and many blessings throughout her reign.

Entries to Mrs Weston by **Monday 23rd May**. There will be prizes for the winner from each division of school.



Students in Lower and Upper Prep and Seniors can create a commemorative magazine / newspaper / article / poster which celebrates the key moments of the Queen’s 70 years on the throne. There needs to be some pictures, some writing and perhaps design a quiz/ crossword for people to complete as part of their commemorations. There will be prizes for the winner from each division of school.



Entries to Mrs Haunstetter by **Monday 6th June**.



“Art is not what you see,
but what you make others see.”

Edgar Degas

*Some vibrant and bold mark-making
experimental art work from Year 9 students...*



Have you ever been walking along the road and avoided walking under a ladder?

Many of us have, but do you know where this superstition originated? It originates 5,000 years ago in ancient Egypt. A ladder against a wall forms a triangle, and Egyptians regarded this shape as sacred (as in the shape of their pyramids). To them triangles represented the trinity of the gods, and to pass through a triangle was to desecrate them.

This belief, still existed centuries later: because a ladder had rested against the crucifix, it became a symbol of wickedness, betrayal and death. Walking under a ladder could lead to misfortune. So be careful the next time you see a ladder, it might be worth avoiding! *Madame Swift*

Beware of the Sharks!

Reception boys and girls have been diving deeper in the ocean to learn all about sharks. Did you know that sharks don't have any bones in their bodies and that there are 440 different types of shark out there in our oceans worldwide?! The Reception children have been super engaged this week and interested in their topic of, 'Under the Sea'; they have modelled and decorated fish based on 'The Rainbow Fish', engaged with word games, done some free-painting and paired-reading; they loved being in the sunshine whilst getting some vitamin D to keep us healthy.

Miss De Klerk



Quote of the week!

BMD: Do you know what you should do if you are scared? **Miss de Klerk:** What should you do...?

BMD: You should 'Face your fears!!'



Science in Action

Y10 'Energy in Reactions' Investigations:

Y10 have been completing some required practicals this week in determining the energy change in a chemical reaction. There was some great teamwork and effort from whole of the class – well done! *Miss Patel*



Gore warning: Year 8 getting their 'hands on' organ system learning!

Year 8 have been dissecting a sheep pluck this week to learn more about the respiratory and circulatory systems. They were all very brave and acted with great maturity! It was great to see them linking their theoretical knowledge to the physical structures in front of them! *Miss Patel*





Year 6 repeating patterns based on insects—no less!

Trips Galore!

We have had a busy week going here, there and everywhere ; Year 8 enjoyed London Zoo and Reception were thrilled by the Sea Life Centre at Chessington – trip highlights and photos will follow next week!



★ thank you ★

...to all our Form Reps who attended a positive and productive meeting with Mr Murphy on Friday morning; lots being planned for this last part of the Summer term...!



Many congratulations to Folu A (10H) who has just been awarded a **Distinction** in his Grade 4 Tap Dancing exam!

Very well done, Folu!

We are all confident we will see your name up in lights one day...





Are you looking for

Football in Epsom



Kingswood House School

56 West Hill, Epsom, KT19 8LG



What we offer



"The coaches were great and the attention placed towards teaching the game in a way that allowed the children to have fun with it. We are booked in to the next Holiday Camp session!" - Sabina



"Platform Sports provide a first class coaching experience and I would absolutely recommend them!" - Jon



"My son loves his Saturday Soccer Club. The Coaches are a true credit-great with the kids and positive throughout. Many thanks to all involved. Would highly recommend." - Michael

Contact Us



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