

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

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The Kingswood House Way



**Dear Parents** 

Firstly, I offer my congratulations to the Year 11 students who completed their final GCSE examination yesterday – well done, gentlemen, and I trust that your hard work will pay dividends come results day in August.

It seems like a long time ago already but the Marlborough House Day was a great success last Friday afternoon. Set against the backdrop of glorious sunshine, our pupils and parents created an array of enterprising stalls and everyone went into the weekend with beaming smiles.

After the busy Sixth Form Evening, Mr Sukhdeo and Mrs Black held initial careers meetings with Year 10 families this week. These will be followed up with additional discussions at the start of the new term once post-16 options have been duly considered in the light of potential grades.

Miss Patel has been out once again for a Duke of Edinburgh expedition, this time with the Silver cohort, and I am very grateful to her for the time and effort she has spent in this regard.

In assembly on Wednesday, Mr Mitchell talked about the mathematical genius, Alan Turing, whose birthday was yesterday, as well as Quentin Crisp, a former KHS boy, in relation to LGBT and Pride month. These are not always easy topics to discuss with pupils in an age appropriate way but it is extremely important in this day and age to cultivate a broader understanding and acceptance of diversity and inclusion in keeping with our values of the Kingswood House Way.

We are excited to be hosting two sports days across the age and ability range today; I look forward to seeing strong evidence of effort, athleticism and sportsmanship from all concerned. A big thank you to Mr Hendry and the sports department for arranging such a super festival for the pupils.

Next week, you are no doubt aware that lots of year groups will be away for day and residential trips. Consequently, we will have a 'special edition' newsletter with a trips feature and postpone Mentions in Dispatches to the following week once everyone is back in school.

In the meantime, I wish you a relaxing weekend and hope to see many of you at the Summer Ball .

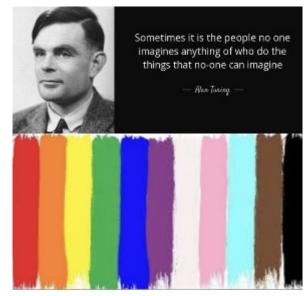
tomorrow evening.

Yours sincerely



**Duncan Murphy** 

Headmaster









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

2022	JUNE / J	ULY WEE	K 2—Trips Week!				
Monday	27	0730 0800-1630	SLT Meeting Year 8 Trip to Thorpe Park				
		0930	Year 5 Residential Trip departs				
		1055-1215	Years 2, 3 & 4 Swimming @ Epsom College				
		1615	SLT Calendar Meeting				
Tuesday	28	0800	Year 7 Residential Trip departs				
		0830-1600	Year 8 Cinema Trip & Activities in school				
		0900-1500	Reception, Year 2 & 3 Trip to Brooklands  Study Centre Parents' Evening—online				
		1600					
		1630	Staff Meeting				
Wednesday	29	0845	Lower Prep Assembly				
		0830	Year 8 Paintballing Trip				
		0930	Lower Prep Forest School				
		1100	Year 6 Residential Trip departs				
		1530	Year 5 Residential Trip returns				
		1800	Year 8 into 9 Transfer Evening for Parents				
Thursday	30	0900	"Go Ape" Trip				
		1230-1830	Year 9 & 10 Drama Trip to see 'Woman in Black'				
		1600	Study Centre Parents' Evening—online				
Friday	01	0900-1530	Year 4 Trip to Box Hill				
		0900-1530	Years 9 & 10 Art Trip to Kew Gardens				
		0900	Year 8 Trip to Liquid Leisure & Bowling				
		1500	Year 6 Residential Trip returns				
		1530	Lower Prep Sleepover at school				
		1600	Year 7 Residential Trip returns				
Saturday	02	0800	Lower Prep pick up				

### LUNCH MENU for week beginning 27.06.2022

Assorted Veggie Pizza with Salad	Fresh Fruit; Yoghurts	Cottage Pie; Cheesey Potato Pie (V) and Steamed Veg	Fresh Fruit	Roast Chicken; Cauliflower Cheese (V) with Roast Potatoes & Carrots	Fresh Fruit; Yoghurts	American Day! Sausages / Burgers; Halloumi Cheese (V) Fried Onions, Sliced Cheese in a Bun with Chips	Fresh Fruit; Yoghurts	Fish Cakes, Mashed Potato & Baked Beans	Fresh Fruit; Yoghurts
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# Mr Murphy's Spatus

### **LOWER PREP**

### Reception

To everyone in Reception for achieving their pencil licence! This means they are all able to write their set 1 and 2 sounds correctly and even use them to write creative sentences. Well done, Reception! Miss De Klerk

The whole class for their fantastic work in tennis and their brilliant involvement and progression. Mr Westcott

### 2/3L

Leo J for working so hard in maths and tackling some challenging problems. Mrs Lambert

Years 2 and 3 for the enthusiasm they always show in French lessons. Madame Swift

### 45

Toby H and Zach B-A - both for working hard in maths and learning about decimals. Well done! Miss Smith

### **UPPER PREP**

### 5F

Hugo H and Fraser Sfor working so well on their plant dissection. Ms Forbes

### 5S

Phoebe F and Freddie L for exceptional effort in all their exams which shows in their excellent results! Miss Sumners

Cyril B-D - for showing the value of endeavour through his constant hard work in French. Madame Swift

### 6L

Well done to Harvey M who has been a good, consistent role model for others. Keep it up! Mrs Lindley

Max K and Benji A for exceptional 'agony aunt' letters. Very thoughtful and instructive to those with changing emotions. Mrs Lindley

### **6S**

Kai C for working well in the classroom and forging good friendships. Madame Swift

Well done to 6S who have produced and presented some wonderful presentations on countries in North and South America. Mr Laudy

### 7BA

Mrs Blore commends Harry H for his exceptional hard work in OT sessions. Mr Barratt

### 7BL

James M, Max P, Dylan N, Alyssa C and Hannarah C - all pupils asked some fantastic questions and put so much effort into their careers enrichment session on Tuesday - well done to you all. Mrs Black

### **7**P

Pippa T has been a rockstar and has continued her involvement in all aspects of school life despite her fractured wrist! Excellent endeavour. Miss Patel

Lauren R-C, Kieran S, Harry P and Jack G have been working excellently over the last few weeks in Geography and have been consistently contributing to class discussions. Mr Laudy

The Year 7 Love Languages group - for a super performance in the competition at CLFS today. In terms of good manners and behaviour, they were a credit to the school - James D & Alex H (7P); Henry R, Khishaan T & Bastian V (7B); Conor M-A (7Ba)

Finlay R has stepped up several gears in History in the last few weeks. He is producing absolutely wonderful work! Mrs Haunstetter

### **UPPER PREP continued...**

# Mr Murphy's Signatus

#### **SF**

Dylan B: who has shown great endeavour to his sailing - I hope he manages to receive his next certificate this summer!

Enzo R: who has shown a real improvement in his behaviour at break time - it is lovely to see your progress.

Edward C, Krishan I, Michael S and Tai B: for being so helpful to all staff - it's lovely to hear that you've offered to help so many people!

Conor T for great work with area dominoes. Mrs Lindley

### 8L

Theo W has been demonstrating a mature attitude throughout the summer term and has been speaking to teachers rather than taking matters into his own hands. Mr Laudy

Theo W has been really focused and engaged in English. Due to his excellent attitude to learning, the quality of his work has significantly improved. Mrs Bray

Isaaq G for his exceptional use of vocabulary. He was using words such as cacophony during our group discussion. Very impressive! Mrs Bray

Theo M always make sure his desk is clean and tidy before he leaves the Science lab, he also reminds others to do the same - very helpful! Mrs Black

Well done to 8F and 8L who have produced and presented some interesting and thought provoking presentations on climate change in recent lessons. Mr Laudy

### **8T**

Jonny B for a mature and thoughtful contribution to PSHE this week. Madame Taylor

Max L for great work with area dominoes. Mrs Lindley

The following pupils are all noteworthy of a mention form Mr Barratt following their performance in the U13C cricket match against Belmont recently;

Liam McB (8T) took 4 wickets and made 4 sixes!

Tommy VM (7BA) economic bowling & George E(7BA) made a high score of 28 not out

Howard K (7BL) scored 5 consecutive fours in a great innings!

U13A Cricket: an excellent effort from the U13A's vs Belmont last week. Despite not winning the match the boys showed excellent determination with the bat and ball reaching our highest score of the season. Mr Laudy

### **SENIORS**

### 9B

Patrick G and Tharani V for their excellent networking skills and questions at the Sixth Form Open Evening. Mrs Bray

Ben H, Archie S and Owen C all showed great determination and compassion for their peers on the DofE expedition – well done boys! Miss Patel

### 9Н

Oliver W has made excellent revision notes from his last maths lesson - keep it up! Mrs Lindley

Matthew M and Ted B-A for endeavour on DofE last week. Mr Hendry

These Duke of Edinburgh participants demonstrated commendable expedition skills. They showed stamina, resilience and team spirit! Mrs O'Shea

From 9B: Owen C, Ben H, Ben H, Bogdan P & Archie S

From 9H: Nathan A, Tedd B-A, Ruari F & Ozzy S

### Mr Murphy's

### **SENIORS** continued...



### 10H

Josh W for making some very wise decisions. Mrs Haunstetter

Ted R has shown consistent application with his maths and Ali A-R deserves a shout out for continuing to try and consolidate his learning with the mid-week extra work. Mrs Lindley

### **10W**

Jack B-A continues to show good citizenship around school, always polite and kind to others and striving for his best in all he does. Mrs Weston

Fabulous History lesson from Ted H. Worked so hard and completed all tasks in really good time and with detailed evidence. Well done. Mrs Haunstetter

Will H always hands out the Science books without even being asked - he is reliable and hard working. Mrs Black

For all the Y10 Historians, for consistently working so hard and being so fabulous! Mrs Haunstetter

We hope to see lots of nominations for good athleticism and sportsmanship at Sports Day in next week's edition!



Tuesday the 21st June was the summer solstice, and the longest day of the year; but why is it called the *solstice*?

It combines the Latin words *sol* for "Sun" and *sistere* for "To Stand Still" and is the point where the Sun appears to reach either its highest or lowest point in the sky for the year and therefore ancient astronomers came to know the day as one where the Sun appeared to stand still.

People tend to gather at Stonehenge for the solstice as it was carefully designed to align with the movements of the sun. The enormous sarsen stones and smaller bluestones, set up in the centre of the site in about 2500 BC, were precisely arranged to frame two particular events in the year: the sunrise at summer solstice, and the sunset at winter solstice.

Let's hope that the nights don't draw in too quickly. Madame Swift

House points - this week - Whole School

Drake - 425

Martborough - 386

Netson - 462

Wellington - 409

House points - totals - Whole School

Drake - 3161

Martborough - 2805

Netson - 3096

Wellington - 2906





**The Big Battery Count** competition has now finished and Miss Hylands has submitted our final count of batteries.... all together we got an amazing **4606** batteries!

Thank you for all your contributions.



A Teams lesson on 'Survival' brought about some great collaborative work building a model of a shelter; seen here are Rex T (7Ba) Henry R (7BI) Tom R (7Ba) and Will F (7Ba)





Last Friday, Marlborough had a fantastic time with their House Day! The whole house made a huge effort and there were so many amazing stalls to look at. The tables ranged from raffles, ice cream stands, sponge throwing, lots of games and much more! I cannot wait to find out how much we have raised for Cherry Trees charity. Well done for all of your hard work. *Mrs Black* 





Our Bronze D of E candidates braved the blazing heat-wave last week and successfully passed their bronze expeditions! They were able to navigate the Surrey Downs, cook for themselves and set up camp. We hope this first taste of the outdoors will drive them on to the Silver Programme next year! ...watch this space to see what this year's silver participants got up to! The students showed great resilience and it was fantastic to see them with smiley faces throughout! *Miss Patel* 

















"It's far easier to nurture a child than it is to repair an adult..."

The charity that we support in school, Young Minds, has put together a survey for *all 11-25 year olds* to voice their opinion about their mental health. This is going to form the basis of the government's proposed overhaul of mental health services and how the current system is set up and run. It is vital therefore that young people get to have their say and their 'voice' is heard about something that will affect them directly.

Everyone has 'mental health' in the same way we have physical, or bodily health. Mental health includes things like: how we feel about ourselves; how we cope when things are difficult; our ability to make and keep friends and relationships; and how we learn and develop as we grow up.

You don't have to have an 'official' diagnosis from a doctor or health professional to take part in this survey – if you feel you have struggled with your mental health now or in the past, we want to hear about your experience.

The link is <a href="here">here</a>; please do encourage your child to fill it in.

If you are over 25 and are a parent / guardian / carer you can also have your say in this survey <a href="here">here</a>

# MENTAL HEALTH

### 15 ...

- Important
- · Something everyone has
- Intrinsically linked to 1+ probably inseparable from physical heath
- · On a continuum
- Worth making time for
- · Part of being human
- · Something we need to look after
- Positive + Nega
- · Changeable
- Real

- . Something to think about only when it feels broken
- with mental illness
  - Feeling good all the time
    - snap out of
    - · Fixed · Fake news



# Please join us to view our Art Exhibition! KINGSWOOD HOUSE SCHOOL



### Wednesday 6th July from 1700; PRIVATE VIEW

for Year 11 pupils & parents (during our Leavers' BBQ event)

### Thursday 7th July from 15:30-17:00 at pick-up;

all welcome, please park in surrounding roads to the school and sign in at the Office.

### Friday 8th July from 10:00-11:00

for Grandparents joining us for the morning event.

### Our KHS value of *Gratitude...a few words from Mrs Wraith*

Gratitude is a simple way to make yourself feel happy. Stopping in your thoughts for a minute or two and thinking about what we are grateful for is a great way to turn a negative mood, into a more happy one. It is also a good tool for keeping your mental health topped up and focussed on right things and this in turn, makes others happy.

Practising gratitude can mean different things to different people; from daily journaling to meditation, gratitude practise can take many forms. Gratitude is simply defined as a state of being grateful. It involves expressing thanks or appreciation for something and involves recognition of the positive things in your life and how they affect you. You can practise gratitude in lots of ways like:



Gratitude exercises such as journaling;

Paying attention to the little things in life, like the birds singing in the trees;

Telling someone you're grateful for them or something they did, even if it was a long time ago;

Doing something kind for someone in your life to express your gratitude;

Mediating on the positive aspects of your life.

Vietnamese proverb...

### "When eating fruit remember the one who planted the tree"



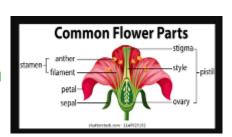






Year 5 worked incredibly hard when they were studying the anatomy of a flower and dissecting it to reveal the various parts.

Miss Sumners was very impressed with their work!







Careers—this term, Year 7 pupils have been spending their Tuesday 2a sessions learning about different careers and the world of work using the Morrisby careers resources. This week 7BL looked at a range of careers and decided if they were rare/safe/involved a risk and we discussed each of the different jobs. The class worked so well and asked lots of fantastic questions - well done to you all! Mrs Black







Testing Times in Computer Science!

Year 10 GCSE computer science pupils have been applying the computational skill of abstraction to identify the necessary and unnecessary features of a paper aeroplane.

They tested their final designs outside to see whose plane flew the furthest and what the most essential details of the design were. *Mrs Webb* 



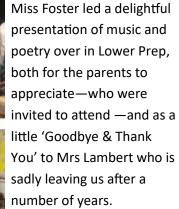












The boys and girls were























Look at our Lower Prep art workshop inspired by the swirly skies of van Gogh's colourful landscapes...





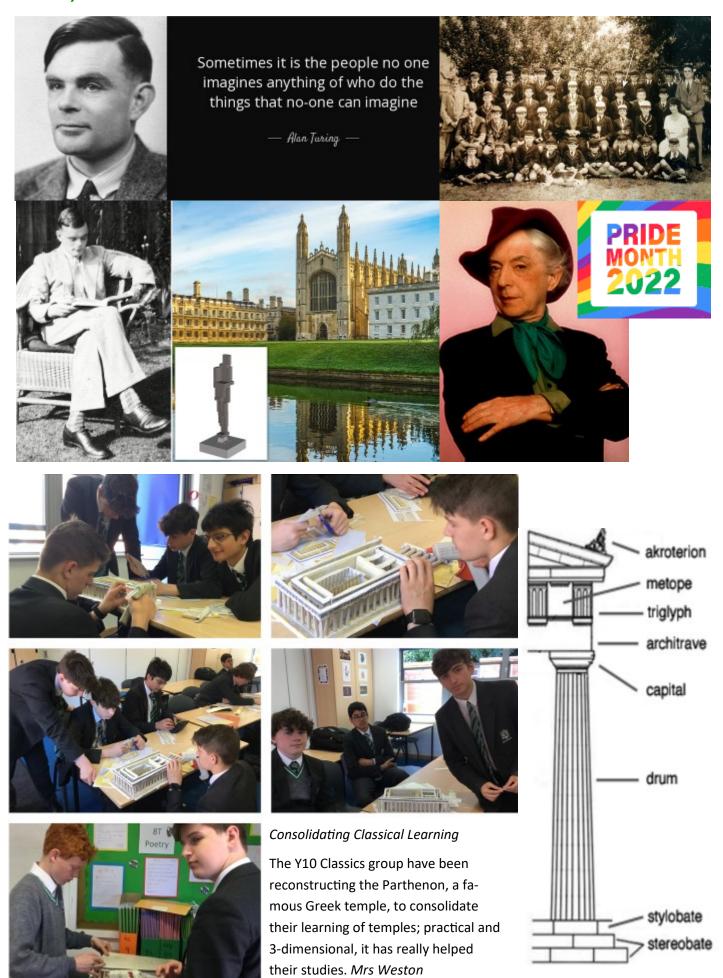
Parents, please remember your child will need a

NUT FREE packed lunch
for the week of Monday 4th—Friday 8th July
due to the commencement of building works in our
Kitchen / Dining Room area.
Thank you for your support with this.



Mr Mitchell explored LGBTQIA Pride month in this week's assembly looking at the biography of the mathematical genius, Alan Turing, whose birthday it was on Thursday, as well as former KHS pupil Quentin Crisp.

### #diversity&inclusion









Upper Prep House rounders was a great event on Wednesday, bathed in sunshine, with lots of friendly,

**House Rounders** 

enthusiastic competition on display.







The day went well and it was encouraging to see all pupils get involved and to see how well they all performed.

After a fantastic morning in the round robin tournament, it got to the playoff stage; it was a brilliant playoff for 3rd place it was between Nelson and Wellington in which Wellington prevailed as winners.







For the 1st place playoff, it was between Drake and Marlborough. It was a great match, in which Drake came out on top.

The final results are as follows:

1st Drake

**2nd Marlborough** 

**3rd Wellington** 

4th Nelson



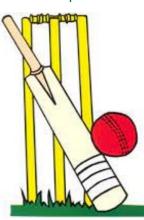


Year 5 & 6 House cricket was a successful event... scores and a report to follow next week, along with all the news from our Sports Day—happening as this copy is being put together!





Watch this space...



### Therapy Dog in School

Some of the boys and girls were lucky to have Buddy, the therapy dog from Sensational Kids, join them for their OT sessions. They all had a great time practicing giving commands, reading his cues, turn taking, and playing fetch. He enjoyed their time on the swings with them too! *Ms Blore* 



























Qualifying D of E expedition in the South Downs. The boys travelled to various sights including the Jack and Jill windmills, Ditchling beacon and Devil's dyke viewpoint. They showed great endeavour across the 3 days and finished their routes with big smiles! We are looking forward to seeing their expedition presentations and do hope they rise to the challenge of the Gold Award! Miss Patel











# Selfcare summer

for primary pupils

#SelfCareSummer

## Relationships and connection

Spending time with friends and family is not only fun but can also be good for your wellbeing, especially if you are feeling sad or lonely.

Week 1

Resource

### Play and entertainment

Making time to play can be part of self-care. Whether it's with friends, animals or through board games, all types of play and having fun is important.

Week

Resource

### Relaxation

Summer can be busy with lots of plans, but remember to take time for you, to relax and do things you enjoy.

Week 3

Resource

### Physical activity

Keeping active can boost your mood and wellbeing. Whether it's dancing, sports or going for a walk, you can do it your way.

Week

Resource

### Creativity

Being creative can help you express yourself and relax, whether it's acting, cooking, drawing, writing or making music

Week

Resource

### Emotional health

Don't forget to be your own best friend and be kind to yourself. Some people find writing down their feelings can help to get things off their chest.

Week

Resource



# Selfcare summer

for secondary students

#SelfCareSummer

## Relationships and connection

Spending time with trusted people, like friends and family, is important for your wellbeing. Whether it's a listening ear, shoulder to cry on or advice, we all need someone we can turn to.

Week

Resource

### Play and entertainment

Playing might not seem important for your wellbeing but it can help you explore your thoughts and emotions, escape from reality or simply to relax and have fun.

Week 2

Resource

### Relaxation

We can often find ourselves being busy with plans but remember it's okay to pause, take time for yourself, relax and recharge.

Week 3

Resource

# Physical activity

Keeping active can positively impact your mood and wellbeing, and you can do it your way, whether it's dancing, sports, going to the gym or simply going for a walk.

Week 4

Resource

### Creativity

Finding ways to be creative can be an opportunity to express yourself and focus on the present moment. This could be through acting, cooking, drawing, writing or making music.

Week

Resource

### Emotional health

Practicing self-kindness is not always easy but being your own best-friend, however this might look, is important when looking after your mental health and wellbeing.

Week 6

Resource