

KINGSWOOD WEEKLY NEWSLETTER



Autumn Term
09 December 2022

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

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The Kingswood House Way



Dear Parents

I am looking forward to seeing many of you at the Carol Service on Monday, the first we have been able to host in person since 2019 which is really quite remarkable! Please ensure you read the letter with its information carefully and follow the protocol as it will be very busy, and dark, especially at the end of the evening.

Thank you to Form 11H who led assembly this week; as ever, our senior students presented with gusto and shared interesting knowledge about the forthcoming Hebrew festival of Hanukkah.

On Tuesday, our Year 9 pupils held their Enterprise Fair after a Dragons' Den pitch to a panel of guest judges; this was the culmination of an entrepreneurial module in our bespoke life-skills programme and the ladies from LifeLab were extremely impressed by the creativity and flair on show - well done to all concerned!

Last night, we had our second Senior Lecture of the term courtesy of Lynn Parsons. She spoke passionately to a captivated audience about her career as a DJ for renowned stations on the airwaves including Capital, Radio 1, Radio 2, Jazz FM, Smooth and most recently Magic. Apart from the day job, we also discovered that Lynn is a fan of Feng Shui and a regular participant in the 26 mile moonlight walkathon!

On a seasonal note, I was delighted this morning to see the expressions of wonderment on the faces of our youngest boys and girls after their visit to see Father Christmas at Polesden Lacey – surely, that joyful innocence is what childhood is all about?

Finally, please do not forget that the boys and girls need Christmas Jumpers with school uniform on Tuesday and we are having Christmas Lunches across either Monday or Tuesday, dependent upon the age of your child – details overleaf.

In the meantime, I wish you a relaxing weekend.

Yours sincerely

Duncan Murphy
Headmaster & CEO



Kingswood House



@kingswoodhouse
@KHSprep



@Kingswood_house

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

2022 DECEMBER WEEK 1			
Monday	12	All day 0730 1030 Midday 1900	All pupils Years 5-11 in full school uniform please—no PE or Games today SLT Meeting Carol Service Rehearsals Christmas Lunch—Years 1—8; <i>rest of school to bring in nut-free packed lunch please.</i> Carol Service at Christ Church; everyone seated by 1845, please.
Tuesday	13	All day 1000-1500 Midday 1630	Christmas Jumper charity fundraising; normal uniform with addition of a Christmas jumper! Lower Prep Pantomime Trip Christmas Lunch—Years 9—11; <i>rest of school to bring in nut-free packed lunch please.</i> KHA paid for 'treats' - Years 5 & 6—Odeon cinema to see 'Polar Express'; Year 7—bowling; Year 8—Odeon cinema to see 'Black Panther' Staff Meeting
Wednesday	14	1100-1200 1215 1230	End of Term Assembly at Christ Church SCHOOL BREAKS UP FOR CHRISTMAS HOLIDAY; no Prep or Late Club or minibuses running – please collect your child promptly Years 1—6 dismissed Years 7-11 dismissed
Monday - Friday	19 23	0900-1600	KINGSWOOD ACTIVE kingswoodactive@kingswoodhouse.org
Monday	09	January 2023	School returns for Spring Term 2023

Please note there are NO CLUBS running Monday, Tuesday and Wednesday next week, 12-14th December.

LUNCH MENU for week beginning 12.12.2022

Monday		Tuesday		Wednesday		Thursday		Friday	
Years 1 –6		Years 7-11							
Traditional Christmas Lunch with all the Trimmings! Nut Roast (V)	Fresh Fruit; Yoghurts; Mince Pies; Cornflake Crunchy Cake	Traditional Christmas Lunch with all the Trimmings! Nut Roast (V)	Fresh Fruit; Yoghurts; Mince Pies; Cornflake Crunchy Cake	NO LUNCH SERVICE		NO LUNCH SERVICE		NO LUNCH SERVICE	
<i>Rest of school to bring in nut-free packed lunch</i>		<i>Rest of school to bring in nut-free packed lunch</i>							

Staffing News

Next term we welcome Honest MuZungu PCGE, MSC (Computer Science) and Kasim Ahmed (Maths) MBA, BEng Hons as new members of staff. Honest is an experienced teacher and Kasim had a successful career in the city before moving into education two years ago; we are sure they will fit in seamlessly and look forward to seeing them around school.

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

LOWER PREP

1M

Olivia J for always being a good friend by including & involving her friends. Well done - Mrs Martins.

3S

All of year 3 for having a wonderful first term! Miss Sumners

Ilyas A for listening and following guidance to support him in social situations. Miss Sumners

4S

Zayn J always putting 100% effort into everything he does. Zayn is always willing to try and makes a conscious effort to do everything to the best of his ability. Well done, Zayn! Miss Smith

UPPER PREP

5F

I would like to give a great big festive shout out to all of Year 5 for their great singing and poems in the Junior Christmas production. Ms Forbes

Vlad M for excellent pronunciation and accent in French. Madame Swift

6B

Freddie L for a great Autumn term – he has worked hard and been really well organised – well done, Freddie. Mrs Bastable

Freddie L for always producing exceptionally neat work. Madame Swift

6S

Cameron E for always producing exceptionally neat work. Madame Swift

Gabby C-A – Great scientific investigations this week. Mr Barratt

7B

Harry W and Angus V – Super hard work and concentration. Mr Barratt

Bertie L for displaying the value of endeavour in class by persevering with his work and producing an excellent watercolour painting. Mrs Bastable

7H

Chris K, Rufus J and George P for their efforts in House football. Mr Hendry

Rufus J – Monster effort in independent work this week on Specialised Cells. Mr Barratt

Jensen W went above and beyond with some area work. Mrs Lindley

8F

8F - for being so much fun, and occasionally hard work, this term. I'll miss you all lots. Miss Foster

Finlay R - for being so supportive of others in our Year 8 football tournament. You managed effectively and with respect. Miss Foster

Connor M-A - for showing great resilience in returning to school after his accident. Great to have you back. Miss Foster

UPPER PREP continued...

8J

Harry H for showing great kindness to others. Mr Jackson

Zachary Y - huge focus and quality in his Endangered Animal presentation preparation. Mr Barratt

Stanley B D showing excellent skills with straight line graphs. Mrs Lindley

Tommy v M for his courage in our French lessons. Tommy is never afraid to try his best and has been showing off amazing answers lately. Monsieur Regeling

8L

Jensyn A for working really well and producing a great outcome in art this week printmaking. Mrs Bastable

Akshita T for showing great kindness and consideration, which went as far as lending her Chromebook to our year 8 visitor on Friday. Mr Jackson

SENIORS

9B

I was really proud of Henry T during the Headmaster's dinner. He made sure to offer everyone food before taking things himself; I even saw him go to another table to check they had enough. Henry stood up at the end of the meal and thanked the kitchen staff for their efforts on behalf of Year 9. Mrs Bray

9L

To all of Year 9, well done for your dedication and commitment to Life lab. You all performed excellently and were a credit to your teams. Mrs Lindley

Harry L – Huge focus in lessons this week with excellent achievement. Mr Barratt

9R

Toby C for helping Zac H with his homework during Study Period, re-teaching important details to help him understand and consolidate. Mr Regeling

The entire Year 9 cohort for their eloquent speeches last Thursday during the Headmaster's dinner. I was very impressed and moved by their lovely words. Monsier Regeling

All of the Year 9 for their fantastic presentation in Life Lab! A special mention to those boys who took on additional roles at the last minute due to a member of their team being away. Mr Sukhdeo

10B

Olly W is mature and shows both respect and endeavour. Mrs Black

Tommy W is thoughtful and considerate of others - he shows these qualities daily. Mrs Black

Joe S for his excellent focus and positive attitude in English. Mrs Bray

Well done Joseph S new to the school but already contributing to classes and focused with his work. Mrs Lindley

10P

Oscar D'A for his consistent politeness in morning form time! Also, all the form were very respectful when taking part in a special PSHE lesson lead by Mrs Chandler on Friday – well done 10P! Miss Patel

Lukas C and Mingwan K - both pupils put a lot of effort into their Science work. Mrs Black

11H

Josh W for a much improved attitude to his studies. Josh is now regularly attending prep and is far more on top of his work, which he appears to be taking far more seriously. Well done. Mrs Haunstetter

SENIORS continued...

11W

Will H & Tyrwhitt B have worked consistently hard in Classics and this will stand them in good stead in their forth coming mocks. Well done. Mrs Weston

Will H shows so much endeavour in his Science work - it is fantastic to see. Mrs Black

Well done to Thomas G for being offered a conditional place at Kingston Grammar and Reigate Grammar School for Sixth Form. Mr Sukhdeo

In Year 11 - a very small class last week due to illness, but the remaining few worked hard and supported each other well through Pythagoras revision. Mrs Lindley

House points - this week - Whole School



House points - totals - Whole School



Two Wheeled Success! Here is Tom F (7B) picking up his medal for coming second in the Hillingdon Cycling Club Championships at the weekend! He had to compete in a number of events and disciplines across mountain biking, road cycling, racing and a skills section. He's been a member for less than a year so was particularly thrilled with his medal...as we all are for him!

Now that the festive season has begun, we see, amongst other food treats, mince pies in all the shops, but there is tradition



behind it: **Mince pies** were originally filled with meat as well as dried fruits and spices. It's thought they were brought to Britain in the 13th century by returning Crusaders, from the Middle East. Often called **Christmas pies** they were originally oval-shaped to represent Jesus' manger. Later the Victorians left out the meat but kept the three spices, cinnamon, cloves and nutmeg to represent the three wise men. Tradition says that we should eat one mince pie on each day of the twelve days of Christmas to ensure good luck.



What better excuse to indulge. Happy Eating!

Madame Swift



This week is Maths Crafts aka **Christmaths** - a chance for pupils to use their maths skills for creative purposes.

Years 5, 6 and 7 pupils have been experimenting with polymer clay in their Maths lessons.

Year 5 have used ratios to create a variety of colours by mixing the various primary colours red, blue and yellow in the clay. They have then used the colours made to create their own decoration.

Year 6 and 7 used a marble affect and have created congruent tiles so that they can then tessellate them into a festive design.

Years 8-11 will create a Christmas gift box; they will have the opportunity to fill this with different treats and they can then gift it, or keep it.

Here are some of our Year 6 pupils busy mixing and tessellating!



Study Centre Shenanigans!

The cheeky little bear that arrived in the Study Centre has been up to more mischief!

Mrs Angus had been looking forward to having a snack with her cup of tea on Tuesday afternoon, but the bear had other ideas... Mrs Angus returned to her desk to find the little bear had opened up the packet and started to build a wall with her snack!



The next morning, when Mrs Angus arrived at school, she turned to say hello to Mrs Harding and Mrs Miller only to discover the little bear was now at the top of the Front Office Christmas tree!!

Whatever will it get up to next? We still don't know the little bear's name so if you have any suggestions do contact Mrs Angus.

Wishing all our Study Centre pupils and their families a Very Merry Christmas and a Happy New Year—see you in 2023!

Beary Happy

Holiday's



Christmas Wreaths



Year 1 created Christmas wreaths as part of their R.E. lesson learning about Christian celebrations. The hands symbolise holly leaves, a representation of Eternal Life and Faith which is a strong, central theme in Christianity—this also links to our school motto -*Serva Fidem* (meaning, *keep faith*).



Their fine motor skills were honed as they drew around, and then carefully cut out their hand shape in green paper; they had to be patient and show endeavour and repeat this so there were enough cut out hand shapes to build the wreath circle.

The pupils even found an alternative way to display them...! *Mrs Martins*



"LifeLab" Enterprise Fair

The Year 9 pupils have been participating in a business and enterprise course called **LifeLab: Putting Young Minds to Work**. During their ten-week course, the pupils have developed knowledge and skills in financial capability, commercial awareness and business principles. They have acquired important life and employability skills such as communication, teamwork, resilience and self-belief. The course culminated in the pupils presenting their business plans to Mr Brooks, ex-KHS Headmaster, Mr Rob Austen ex-Chair of KHS Governors, Mr James Davis entrepreneur and Mr Sukhdeo, Assistant Head & Head of Seniors, prior to the Enterprise Fair on Tuesday. The judging panel were impressed with the standard of the pupil presentations and the course leaders—Shelley Stevens and Marie-Claire Lakin, were delighted at how much our KHS pupils had achieved since the start of term. Tuesday was in fact beset with pupil absenteeism and most teams had to stand in for missing peers and take on additional roles which they did unswervingly.

Mr Mitchell who has overseen their LifeLab course comments, *"Well done to Year 9 for completing their business and enterprise programme successfully. On Tuesday, they impressed the judges at the Dragon's Den style panel with their business acumen and ability to address potential issues. Later in the day they sold their products and services to the rest of the school and made profits of £282.89. The amount will be donated to Barnabus, a Manchester based homeless charity that KHS supports as part of the Year 9 Making of Modern Britain programme. There will be a prize for the group that gave the best presentation and the group that made the most profit. Winners will be announced in the end of term Assembly next Wednesday..."*





Here are some of our pupils in Year 4 busy planning, writing and posting off their Father Christmas letters!



Year 4 boys and girls have been learning about writing formal letters and the difference between formal and informal writing language. The children have worked hard to write a letter to Father Christmas, including paragraphs, correct punctuation and reason why they deserve their presents!

We then went on a walk to the post box near school, to send the letters. We look forward to getting a reply!

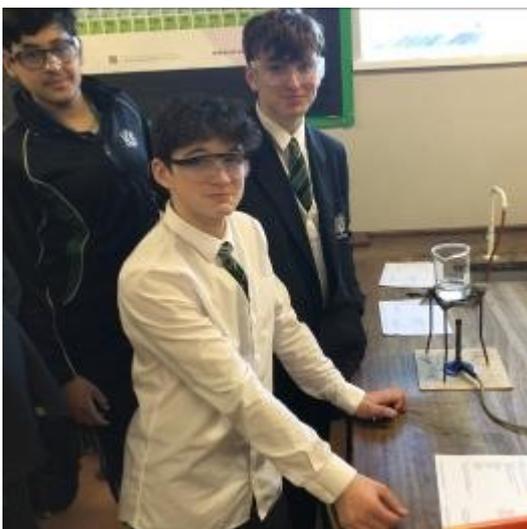


Miss Smith



Year 10 Science News

Y10 students have successfully navigated a tricky practical involving acid, fire and toxic compounds (!) to produce some beautiful, strikingly blue copper sulphate crystals. They followed instructions with care and showed great team work and resilience during the practical. Some great hands on science! Miss Patel





Printing Pronto in Year 8!

Santa's helpers pictured working hard here in the Art Room!

Year 8 pupils have been doing lots of printing this term - from pop art prime bottles to festive motifs; we kept it on brand with KHS green stockings ready for our Christmas holidays!

The pupils had to create a simple line drawing, considering the negative space, and perfect their lino cutting and printing skills.

Mrs Bastable





Happy Hanukkah!

Very well done to Form 11H who presented their assembly on the Jewish Festival of Light—*Hanukkah*—and the meaning and history behind it.

We heard how it is an eight-day celebration, sometimes known *Chanukah*, that commemorates the rededication during the second century B.C. of the Second Temple in Jerusalem. According to legend, the minority Jews had risen up against their Greek-Syrian oppressors in the Maccabean Revolt. Hanukkah, means “*dedication*” in Hebrew. This year the holiday period runs from the 18th—26th December and Jewish people at this time will light the menorah, attend the synagogue, and enjoy traditional fried foods, games and gifts with their family and friends at home.

This Assembly was the last this term that has explored a wide range of cultural beliefs and traditions including Harvest Festival, Thanksgiving, Diwali, Remembrance and now Hanukkah. Here at KHS we deeply value and respect each other’s different values and religious thinking.



Mental Health Warrior® Awareness Training

A bespoke course created for those under 18 years' old



A big 'Thank You' to Ms Timothy for organising this training for our Year 11s to recognise their own levels of mental health and help them assess their emotional needs. This will help our pupils upscale their skills and undoubtedly help themselves in the future.



Passionate about building awareness of mental health within educational institutions and young people.

The course leader was George Peterkin, a personal friend of Ms Timothy, and known to the school; we hope to bring him back later this academic year to work with pupils in the Seniors division to also equip them with their 'mental health first aid' skills.

More information about George and the charity he set up, Mind Your Health, is available: [here](#).

Meet George Peterkin, Managing Director



George is our Managing Director here at Mind Your Health. As well as being passionate about helping young people, George is a Mental Health First Aider, Safeguarding & Suicide First Aid Instructor, Level 4 Counsellor & Master Practitioner for Eating Disorders & Obesity.



"Oh Yes It Is...Oh No It Isn't!!!"

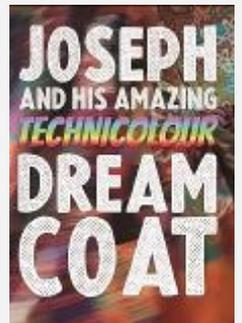
Year 7 boys and girls started Christmas with a bang at Working Theatre watching a fabulous version of the pantomime *Cinderella*. In fact, it could be the best panto of all time—oh no, it's not! *Merry Christmas, everyone!*

Drama Production 2023!

Cast Biographies: Please remind your performer to do this; we need a short, informal biography which will be printed in the programme alongside their picture. Between 80-100 words, please. Chasing some from pupils in Years 9 & 10 mainly. Biographies to be returned to [Mrs Horley](#) or [Mrs Earl](#) **no later than Wednesday 14th December**. Thank you for those already in!

Booster / Best Wishes messages: Please would you and/or other members of your family consider sponsoring a booster / 'break a leg' message to your cast member? Your message, of up to 40 words, will appear in our production souvenir programme for just £15. It would be great to see all cast members supported by at least one message. Get in touch with [Mrs Earl](#)

Business Advertising in Programme: Please do get in touch with [Mrs Earl](#) if you have a family business and wish to place an advert in the programme at excellent rates. Thank you for all your support in advance for the production, we look forward to seeing you in February!





Here are some of the super “crafty creations” made out of salt dough, on the theme of all things FEAST, by the pupils who joined in Craft Club this term with Mrs Bastable.



Congratulations!

A very warm ‘Well Done’ to Harvey W (11H) who was presented with his Functional Skills English Certificate by Mr Murphy this week.

His achievement comes after many hours spent in the Library, with Mrs Curnin (one of our LSAs) sat at the computer...sounds like a description straight out of *Cluedo*!!

Well done, Harvey, we are delighted with your success.



Hark the Herald Angels Sing... in Year 3 Art!

Cutting and using paper plates to make a host of heavenly bodies.

*Hark the herald angels sing
Glory to the newborn King!*





Senior Lecture with Lynn Parsons

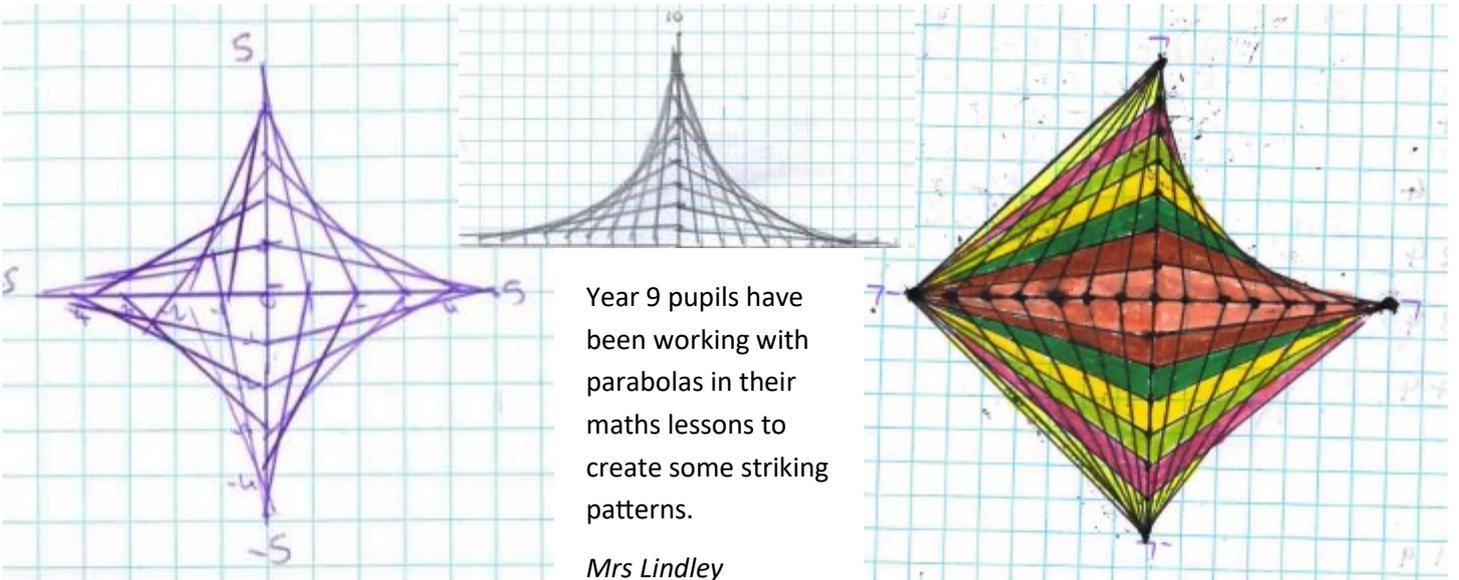
Our Senior pupils enjoyed a highly entertaining talk delivered by Lynn Parsons on Thursday evening when she proceeded to tell us many amusing anecdotes about her lengthy career in radio, including about the time when David Tennant met his life-like cardboard cut-out in the studio and gave Lynn a hand in moving it! Currently heard on Magic FM's week-night request show, Lynn also gave our pupils valuable advice, about pursuing and entering a career in media. She hopes to return to us sometime next year and run a workshop covering this area of interest.

Many thanks to Mrs Lindley who introduced Lynn to us—it was a fantastic showcase for broadcasting.

Parent Survey Reminder...

Dear Parents please can we remind you to fill in the KHA Survey as it helps tremendously with future planning of events. The survey will take no more than 5 minutes of your time, thank you. Please find the link [here](https://docs.google.com/forms/d/e/1FAIpQLSdni964gPRFd7Z1bU5CmAqSgRjf15et1ebkzkSI9AGW_A0h6A/viewform), or copy the following into your browser. https://docs.google.com/forms/d/e/1FAIpQLSdni964gPRFd7Z1bU5CmAqSgRjf15et1ebkzkSI9AGW_A0h6A/viewform Thank you in advance.





Year 9 pupils have been working with parabolas in their maths lessons to create some striking patterns.

Mrs Lindley



Some Senior Maths & History Work in Class This Week...

Here are our Year 11 historians working hard together, producing information sheets on the impacts migrants had on society in Medieval England; all good consolidation of work ahead of their mocks in January!




Collaborative Working



Despite the chilly, frosty start Lower Prep pupils enjoyed a super morning on Friday at Polesden Lacey following the 'Twelve Days of Christmas' trail...when they returned to school there was a surprise visitor in class...!



A Message from Mrs Darbishire, our School Matron...

"As I'm sure you're aware Strep A is in the news a lot at the moment and whilst it is a worry that there appears to be a spike in the number of children sadly dying from this currently, it is important to remember in most children this is a very mild infection which is easily treated with antibiotics.

Here is a useful guide to spotting any warning signs early as it is treatable once identified. It remains important to also remind pupils regarding hand hygiene as it is spread by direct contact and that all coughs and sneezes should be caught in tissues and disposed of properly. Thank you".

When should you worry?



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to touch
- Is going blue around the lips
- Too breathless to talk / eat or drink
- Has a fit/seizure
- Becomes extremely agitated (crying inconsolably despite distraction), confused or very lethargic (difficult to wake)
- Develops a rash that does not disappear with pressure (the 'Glass Test')
- Is under 3 months of age with a temperature of 38°C / 100.4°F or above (unless fever in the 48 hours following vaccinations and no other red or amber features)

You need urgent help.

Go to the nearest Hospital Emergency (A&E) Department or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breath
- Unable to swallow saliva
- Seems dehydrated (sunken eyes, drowsy or not passed urine for 12 hours)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Develops a painful, red swollen gland in their neck which is increasing in size
- Is 3-6 months of age with a temperature of 39°C / 102.2°F or above (but fever is common in babies up to 2 days after they receive vaccinations)
- Continues to have a fever of 38°C or above for more than 5 days
- If your child has recently had scarlet fever but now appears to have a puffy face/eyelids, tea 'coca-cola' coloured urine (pee), or a swollen, painful joint(s)
- Is getting worse or if you are worried

You need to contact a doctor or nurse today.

Please ring your GP surgery or out of hours contact NHS 111 for advice - dial 111 or for children aged 5 years and above visit 111.nhs.uk



GREEN

If none of the above features are present

Additional advice is also available to young families for coping with crying of well babies - click [here](#).

Self care

Continue providing your child's care at home. If you are still concerned about your child, please ring your GP surgery or out of hours contact NHS 111 for advice - dial 111 or for children aged 5 years and above visit 111.nhs.uk



PSHE Questionnaire for Parents, Guardians and Carers

Please may we ask you to fill in a brief survey [here](#)—taking no more than 1 minute of your time—about our PSHE Curriculum.

Mr Murphy is always looking for ways that we can enhance our provision and listen to parents; please do email school with any further thoughts on the subject. Thank you in advance for your time.

holiday TO-DO LIST

@POSITIVELYPRESENT



COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.



0300 123 3393
Helpline
mind.org.uk



Text SHOUT to 85258
24/7 text service
giveusashout.org



116 123
24/7 helpline
samaritans.org



Text YM to 85258
24/7 text service
youngminds.org.uk



0800 58 58 58
Helpline for men
thecalmzone.net



0800 068 4141
Under 35s Helpline
papyrus-uk.org

A note from Ms Timothy

Christmas is not joyous for everyone;

- Lack of routine,
- Financial difficulties,
- Social expectations/obligations,
- Financial difficulties.

There are so many emotions around the festive holiday period it can be a difficult time for adults and children alike. Try to recognise your own emotional energy 'credit' and 'deficit' when it comes to how you and yours are feeling and reacting. Help out those around you if you are in emotional 'credit' and reach for some self-care if you're in 'deficit'.

Manage the moments and remember, when you look back and reflect, just because things could have been different, it does not mean they would have been better...

THROUGH THE CHRISTMAS STORM

Based on ideas from Dan Hughes, with thanks to Helen Cruthers

Christmas is coming and we each bring our own sledge load of past experiences, expectations, internal and external pressures. Here are some top tips for how to survive and thrive in the Christmas Storm:



Your OWN big feelings: It is ok to prioritise your own regulation. If you feel broken, rage or despair then your child will feel it too. The first Christmas job is to regulate yourself.

OWNING your feelings: By acknowledging your own feelings towards Christmas, you can start to see how they might impact your empathy and connection with others.



CO-CREATING your own Christmas: Christmas brings huge changes in routine and expectation. It is ok if you avoid or adapt certain Christmassy rituals. By doing this you are supporting your child to feel successful by not having the experience of 'failing at Christmas'.

Invite your SUPPORT NETWORK to help: It's okay to know that you can't do it all alone. Ask your supportive friends, family or colleagues to help co-create a Christmas that is right you and your child.



EXCITEMENT is just the other side of the coin: Anticipate that excitement can often feel the same as stress for traumatised children. It's okay to keep things low key and by reducing excitement you are reducing stress