

# KINGSWOOD WEEKLY NEWSLETTER



Spring Term  
02 February 2024

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Dear Parents

Well there is certainly an African sounding 'buzz' around school this morning after a fabulous opening night of our school production of ***The Lion King***. If you have not seen it yet, but have tickets for tonight, you are in for a real treat!

A school production really brings out the best in pupils and staff, and is unique in its manner of learning as it can instil so many values that are beyond the classroom experience. It is heart-warming to see pupils take so confidently to acting, singing and performing under the bright lights on stage as they become almost unrecognisable from the student sat at the front in a Maths or English classroom. It is a huge team effort behind the scenes as well and I am delighted to see so many of my staff going the extra mile to make it happen and stepping away from their usual roles in school to assist with costumes, make up, backstage technical crew, props, scenery, front of house and box office admin. It is also testament to the huge community that KHS truly is, with ex members of staff and pupils coming back to be part of the production as well.

Away from the theatre, school life continues apace as we look ahead to Well-Being Week next week for us all and then the ski trip over half term; again, both these inclusions in the school calendar show how we aim to provide a well-rounded education that reaches far beyond the traditional academics. Thank you in advance to Ms Timothy for putting so much into our mental health and well-being, next week as well as every week.

And finally, Congratulations to Seb H (7A) *below* who I was thrilled to award a Headmaster's Green Star Award to this week for his achievement in Art.

Have a lovely weekend.

Yours sincerely

Interim Headmaster

Mr Liam Clarke



Kingswood House



@kingswoodhouse



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

2024	FEBRUARY	WELL BEING WEEK	
Monday	05	1215-1305 1510-1600	Year 11 Samaritans workshop in Langlands Year 10 Samaritans workshop in Langlands
Tuesday	06	All day  0900-1600 0935-1055 1330-1420	GTi Science Trip to BFI IMAX Cinema and Sea Life Centre, London Safer Internet Day; various activities Year 9 Emotional Intelligence & First Aid Course—session 4 Therapy dog Jackson visiting Year 6 classrooms / pupils
Wednesday	07	0845 0930 1330-1515 1830-1930	Year 6 Half Term Assembly at Christ Church Lower Prep Forest School Therapy dog Jackson visiting Year 4 pupils Vaping webinar for Parents online
Thursday	08	All day 1030-1100 1350-1420	Mufti—dress to express yourself! Inter House Pancake Race! Year 6 & 7 workshop on breathing techniques for calm and control of situations
Friday	09	0330 1350-1510	Ski Trip departs Therapy dog Jackson visiting Year 5 pupils
Saturday - —Saturday	10—17	All week	KHS school ski trip to Austria



**A message from the KHA, The KHA Quiz Night is nearly here!**

Join us on the 23rd of February for an evening of quizzical fun and see if we can finally beat the teachers! You can come on your own and meet new parents, or build your own team with your year group (or strategically pick your team members for a win!) Tickets are priced at £15 each and include a fish and chip supper (veg option available). Bar (cash only) opens at 7pm. Please use the QR code to access the booking form or book [here](#)



#### LUNCH MENU for week beginning 05.02.2024

Monday		Tuesday		Wednesday		Thursday		Friday	
Meatballs; Veganballs & Tomato Sauce with Spaghetti	Fresh Fruit Smoothies	Sausage Casserole; Veggie Sausage Casserole (V) with Mashed Potato & Baked Beans	Fresh Fruit; Crumble & Custard	Chicken Tikka Masala Curry; Cauliflower & Spinach Masala Curry (V) with Brown & White Rice	Fresh Fruit; Cheese & Biscuits	Plain Pasta or Pesto Pasta (V) with or without Chorizo; Salads	Fresh Fruit; Jelly	Fish Fingers; Crushed New Potatoes; Peas & Sweetcorn	Fresh Fruit; Yoghurts



Please find Mr Clarke's topical thoughts for the week [here](#) and the pupils who have been the subject of a '**Staff Shout Out**' below,

#### LOWER PREP

Olivia J (2M) for her fantastic recount letter based on the book 'Lila and The Secret of Rain'. Well done. Mrs Martins

A staff shout out to all of Year 4, for a fantastic display against Tower House School, showing the Kingswood House Way. They showed incredible sportsmanship, and had a great time. In particular with Dilan Chadha becoming a tackling machine. Mr Westcott

#### UPPER PREP

Aidan K and Zayn J 5F for excellent pronunciation in French. Madame Swift

Aidan K (5F) for endeavouring to try harder in his lessons. Keep it up! Miss Forbes

Alfie L (5F) for showing outstanding focus and enthusiasm during the trip to Hobbledown. Mrs Jennings

6S for being brave tasting meal worms, buffalo worms and crickets in their Science lesson this week! Mrs Jennings

Max B (6F) for making such an effort to be more organised. Mrs Seiver

Zachary B, Eliza B-P, Toby H, Gregory C (6S) for excellent grid reference work in Geography. Mrs Seiver

Max W (7A) for sharing his Maltesers after our Assembly last week - he clearly listened to the message! Miss Forbes

Seb H (7A) for being incredible in Games this week - great job! Mrs Jennings

Blaine D and Kaydon J (7B) for contributing with such enthusiasm during our English lessons. Mrs Seiver

Ava D (8C) for her determination and the excellent progress she is making. Mrs Angus

Thank you to the following boys in Year 8 who gave up part of their break to help me sort the multi-link cubes just before a lesson - Indigo D (8L) Ed B (8L) Jensen W (8L) Chris K (8L) Oscar E (8L) and Harvey M (8C). Mr Sukhdeo

#### SENIORS

Big well done to Mr Belcher's Y9 DT class. Had them for a cover lesson and they were absolutely perfect. Got on with their work quietly and diligently. Mrs Haunstetter

Alex H(9A) James D (9P) Pippa T (9J) Tommy vM (9J) and Dylan N (9P) were all highlighted by the visiting speaker from ICR for asking excellent questions and engaging well in their sessions! Miss Patel

A special shout out to Conor M-A (9A) George E (9J) Stan B-D (9J) and Thomas H (9P) for your work on Ionic and Covalent Bonding. Mrs Garrib

Freddie T (9A) for his incredible support with the lower school pupils during sport practice. Mrs Jennings

Kittie C (9J) and Gabriel C (9A) for sharing some particularly interesting first aid experiences with the rest of Year 9 during Enrichment. Mrs Jennings

Jamie S (10G) and Harry L (10R) for their insights into Byron's poem 'When We Two Parted'. Mr March

To 10k and 10h science groups - you have been absolutely wonderful. It has been fantastic teaching you so far. Mrs Garrib

Pryank P (10P) for making good progress this term and for being so much more at ease with his peers. Mr Sukhdeo

Mingwan K (11W) and James C (11H) for their amazing efforts in their English work with Miss Smith recently. Mrs Angus

Congratulations to Faizhan J (11H) and Henry S (11H) who have both produced some excellent quality Prep in History recently. Mrs Haunstetter





More **'Staff Shout Outs'** continued...

#### **SENIORS** continued

A special shoutout to Year 11 scientists who have been actively engaged during their science masterclasses. Well done! Mrs Garrib

Mr Sukhdeo's Year 11 maths group for their excellent flipped learning presentations last Friday! Particular mention to Lukas C (11W) for the content in his presentation.

Bogdan P (11W) Lukas C (11W) James C (11H) and Tobias vH (11W) who are to be commended for helping an elderly lady, during their town leave, who fell off her wheel chair and sustained some serious injuries to her face. You boys are real ambassadors for the school and a credit to Year 11.



Mrs Haunstetter tells us about the learning experience Year 11 History pupils had last week;

*"Our Y11 Historians had a fabulous day out last Friday, on a walking tour of the East End of London. We visited many places which were of significance to the migration of people during the 1600s through to the C20th. It was interesting to see how buildings had changed usage throughout time – for example: a Huguenot Christian Church, which became a synagogue and then a mosque and how migrant groups were Anglicised over time.*

*We were able to visit, amongst other places, where the East India Company was originally based, where the Jewish Free School was located – with its 4500 pupils - and the site of the Battle of Cable Street took place in 1936.*

*Our guide Andy was so knowledgeable and informative and we were very lucky to have a special visitor with us for the day, Mr Mitchell!"*

*Mrs Rahman and Mrs Haunstetter*





# SPORTS NEWS

Mrs Jennings reports back, "The U11 girls played in a friendly football fixture against Claremont on Tuesday - they were such a pleasure to take and everyone showed brilliant teamwork and commitment on the pitch. It was a close game - the end score was 2-1 to Claremont but there were so many shots on targets during the game from both sides. Player of the Match was Annabel P (5F) and Bea S (5F) was the goal scorer. Well done everyone!"



A note from Mr Sukhdeo,

Please join us for a webinar by Mira Osinibi, a specialist respiratory nurse, to discuss vaping in adolescents. The webinar will include discussion about the impact of vaping on teenagers and how parents can support their children. Click [here](#) to join the webinar.

**Vaping Webinar for Parents—Wednesday 7 February—18:30-19:30**

## House points - this week - Whole School

Drake - 449

Marlborough - 510

Nelson - 580

Wellington - 393

## House points - totals - Whole School

Drake - 1371

Marlborough - 1599

Nelson - 1523

Wellington - 1280



Miss Patel writes, “As part of our Science Enrichment Year 9 staff and pupils were lucky enough to spend a day with a visiting speaker from the Institute of Cancer Research.



*Denisa is a bioinformatician working in the Cancer Biomarkers and Translational Therapeutics Teams at the Institute of Cancer Research. She works with next generation sequencing data to understand prostate cancer biomarkers in advanced disease. She has a multidisciplinary background in medicinal chemistry and molecular biology, as well as bioinformatics expertise, particularly in transcriptomics, epigenomics, integrative omics and biostatistics.*

*Denisa gave each class a short introduction on her career path, education and what her current role involves. Students were then able to replicate some of the work done in actual research labs to extract DNA—from fruit instead of patients! - followed by a Q+A session.*

*The students showed great participation in both the practical and in asking some fantastic questions about various cancer treatments and what the future of cancer biology will look like! They showed fantastic respect, integrity and endeavour throughout the day and were a credit to themselves and the school. I hope the students will take inspiration from the day and enjoyed furthering their scientific knowledge!”*

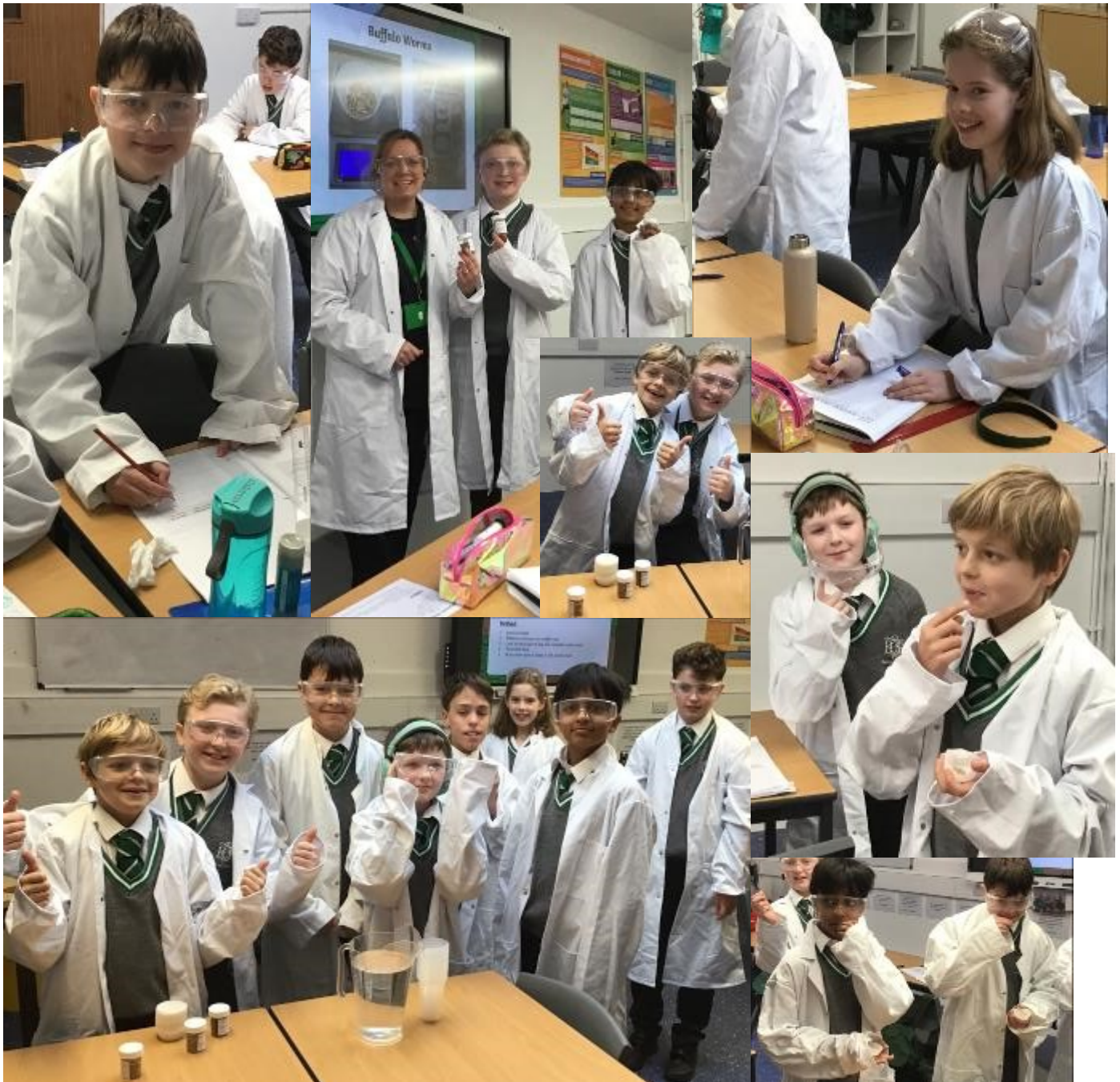






*Years 9s really got involved with the hands-on aspect of their Basic First Aid Training with Mrs Darbshire this week.*

More Science Enrichment—this time for 6S showed great enthusiasm in their Science lessons this week investigating bugs and having the opportunity to taste meal worms, buffalo worms and crickets! *Mrs Jennings*





## ...learning around school...

Year 2 have learnt about maps and grids this term, have created clay African masks, drums with animal patterns and tribal style jewellery using painted pasta pieces all exploring their learning in Geography about Kenya. They have all worked really well. *Mrs Martins*



Year 4 had some practical fun when learning about fractions this week. *Miss Sumners*







Thank you so much to Mrs Haunstetter for leading an inspiring assembly to pupils in the Upper Prep on the Kindertransport, as part of the Holocaust Memorial this week. We really appreciate your incredible knowledge, passion and expertise! *Mrs Jennings*



*Next week in school is our Well-Being Week... activities include talks, workshops and webinars for pupils, parents and staff as well as a visit from Jackson, the therapy dog!*

*Get involved with your child—please see over for a message from Ms Timothy...*

# WE'RE PROUD TO SUPPORT CHILDREN'S MENTAL HEALTH WEEK

[CHILDRENSMENTALHEALTHWEEK.ORG.UK](https://childrensmentalhealthweek.org.uk)

#CHILDRENSMENTALHEALTHWEEK

# MY VOICE MATTERS

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

### Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- ① We don't need to have one-off 'one off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGi8](https://bit.ly/3PzCGi8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)



## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT  
YOUR DAY

WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?

WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?