

KINGSWOOD WEEKLY NEWSLETTER



Spring Term
23 February 2024

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

School Office:
01372 723590

office@kingswoodhouse.org

Sports Line: 01372 746590
Study Centre: 01372 746594

www.kingswoodhouse.org



Dear Parents

Delighted to say the ski trip returned in one piece, off the piste, and a super time was had in great snowy conditions by all.

It was also wonderful to hear Hannarah's news from Spain where he took part in the World Junior Golf Championship and was placed third overall! An incredible achievement and one we are very proud of.

The second half of term has started as busy as ever with eSafety talks for Year 2-10 pupils, hockey fixtures and for staff, a flurry of sub-committee governor meetings this week discussing strategy and future improvements for the school; all very exciting and forward-looking!

Enjoy the weekend with your families and hope to see some of you at the KHA Quiz tonight...now where did I put that General Knowledge Quiz book???

Yours sincerely

Interim
Headmaster

Mr
Liam Clarke



Kingswood House



@kingswoodhouse



@Kingswood_house



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

2024 FEBRUARY / MARCH... Leap Year!			
Monday	26	0900-1500	Imago Individual & Sibling Pupil Portrait Photography; all pupils to come to school in FULL SCHOOL UNIFORM and bring PE kit if needed
		1230-1400	Year 11 GCSE PE students climbing at White Spider Centre
Tuesday	27	0900-1300	Year 10 FPQ / HPQ Presentations
		1315-1400	Year 5 & 6 'Nibbles & Natter'
		1630	Staff Meeting
Wednesday	28	0845-0915	10R Assembly
		0900-1300	Year 10 FPQ / HPQ Presentations
		0930-1025	Lower Prep Forest School
Thursday	29	0900-1300	Year 10 FPQ / HPQ Presentations
		1340-1400	House Meetings
Friday	01	0900-1200	OPEN MORNING for prospective families
		1300-1600	Year 6 Junior Citizenship Course, Epsom Downs

House points - totals - Whole School



Lunch Menu Rota—you will have seen the proposed changes to the lunchtime offering that was sent out in a Parentmail last week; further details are available on the next page and on our website.

Boulangerie Tuck Shop!

There are 2 changes with the *boulangerie* this half term and going forward. Firstly, the day has changed to **Thursday** and, secondly, the price of a *pain au chocolat* is now 70p. Please send in your child with correct change if possible. *Merci Beaucoup!*
Mme Rudenko



KHS Parent Consultation: Culture & Core Values

There is still time to give us your anonymous views on the school to help us improve...you are an important part of the school community and your feedback matters to us. The survey closes at midnight on Sunday 25th.

The survey can be found [here](https://survey.zohopublic.eu/zs/rLBu0j) The survey should take no more than 10 minutes to fill in. Thank you in advance for your time.

<https://survey.zohopublic.eu/zs/rLBu0j>

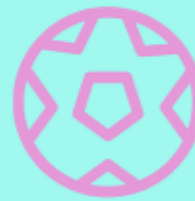
Monday	Tuesday	Wednesday	Thursday	Friday
Week beginning 26 February 2024				
Meat Free Monday Macaroni Cheese Cauliflower Cheese Steamed carrots & peas Variety of salads/bean salads	Chicken Goujons Roasted sweet potatoes/ crushed new potatoes Corn on the cob Variety of salads	Roast Pork & Apple sauce Roast potatoes Fresh broccoli & Peas Variety of salads	Beef Bolognese with Spaghetti Garlic bread Steamed carrots Variety of salads	Plain and BBQ Chicken in a wrap Crushed new potatoes Roasted bell peppers and onions Variety of salads
As above	Vegetarian Goujons	Roasted Haloumi in a Green Pesto Pastry	Quorn Bolognese	Haloumi Wrap
Jacket potatoes served daily with a selection of toppings including baked beans - grated cheese - tuna mayo; Soup served daily during colder months; Fresh fruit available in bowls on the table plus a selection of hot and cold puddings daily				
Week beginning 4 March 2024				
Meat Free Monday Penne pasta Tomato and basil sauce Spicy tomato sauce Peas & sweetcorn Variety of salads/bean salads	Cottage Pie Fresh broccoli Steamed carrots Variety of salads	Chicken Tikka Masala Rice & Naan bread Mango Chutney, mint raita Variety of salads	Beef Lasagne Garlic bread Variety of salads	Fish pie/fish fingers Sweet potato wedges Peas Tartare sauce Variety of salads
As above	Quorn Mince Cottage Pie	Cauliflower, chickpea and spinach curry	Vegetable Lasagne	Crispy Vegetable Quarter Pounders
Jacket potatoes served daily with a selection of toppings including baked beans - grated cheese - tuna mayo; Soup served daily during colder months; Fresh fruit available in bowls on the table plus a selection of hot and cold puddings daily				
Week beginning 11 March 2024				
Meat Free Monday Macaroni Cheese Cauliflower Cheese Steamed carrots & peas Variety of salads/bean salads	Chilli Con Carne Rice Guacamole, pickles, cheese, sour cream Variety of salads	Roast Chicken Roast potatoes & parsnips Peas Carrot/Swede Mash Variety of salads	Spaghetti with Meatballs in a tomato and basil sauce Vegetable medley Variety of salads	A selection of various Pizza's Variety of salads
As above	5 Bean Chilli with Lentils	Pesto and tomato tart	Vegetarian meatballs	Vegetarian Pizza
Jacket potatoes served daily with a selection of toppings including baked beans - grated cheese - tuna mayo; Soup served daily during colder months; Fresh fruit available in bowls on the table plus a selection of hot and cold puddings daily				
Week beginning 18 March 2024				
Meat Free Monday Conchiglie Pasta Chunky Mediterranean Vegetables in Tomato Sauce or, Spicy tomato sauce Peas & sweetcorn Variety of salads/bean salads	Thai Chicken Curry Rice Fine green beans Variety of salads	Beef or chicken burgers in a bun Tomatoes, lettuce, onion, gherkins Variety of salads	Sweet and Sour Chicken Noodles Sweetcorn Variety of salads	Burrito with various fillings Mince beef, lettuce, cheese, beans, guacamole, jalapenos, sour cream Variety of salads
As above	Thai Vegetable Curry	Vegetarian Burger	Sweet and Sour Vegetables	Vegetable and Black Bean Burrito
Jacket potatoes served daily with a selection of toppings including baked beans - grated cheese - tuna mayo; Soup served daily during colder months; Fresh fruit available in bowls on the table plus a selection of hot and cold puddings daily				

This half term's subject focus is **Sport** (taking over from Science last half term) and Mr Cowie has set up some great activities and challenges for all; *see the poster below and over the page for details!*

Please do encourage your son /daughter to take part over the next 6 weeks leading up to Easter...

SPORTS ENRICHMENT

YR 2-6 WORLD SPORTS POSTER CHALLENGE



19TH FEB – 21ST MARCH

HOW TO ENTER:

1. Choose any sport from around the world
2. Research your sport
3. Create an eye-catching poster about your sport

WHAT TO RESEARCH:

- The country/countries your sport is played in
- The rules of your sport
- Any equipment needed
- Any other information!



**THE WINNING SPORT IN
EACH YEAR GROUP WILL BE
PLAYED IN YOUR PE LESSON**

SPORTS ENRICHMENT

YR 7-11 STRAVA CHALLENGE

ATTENTION ALL STAFF AND PUPILS!

Please get involved in the **STRAVA** challenge.
There will be a competition between 19th February
and 21st March.

How to enter:

Step 1: Download the Strava App

Step 2: Create a Strava Account

Step 3: Search for Kingswood House Sports
Department and follow.

Step 4: Accept the invite to the Enrichment
Challenge.

Step 5: Track all your exercise and
activity for the entirety of the
challenge dates.

Activities you can track:

Running
Football
Walking
Cycling
Rock Climbing
Swimming
Weight Training
Yoga
Golf
+ many more!

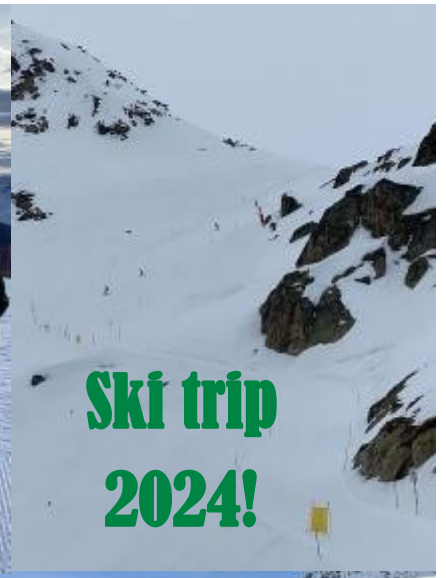
How to track:

You can track your exercise via. your phone by pressing
the record button on the app.

Or

You can track your exercise via. a SmartWatch by
connecting your watch to the Strava app.









Please find below the pupils who have been the subject of a **'Staff Shout Out'**

LOWER PREP

Verity F (2M) for a great understanding of halves and quarters. Mrs Martins

Hattie C (4S) for using support to help her be creative. Miss Sumners

UPPER PREP

Toby H (6S) for his superb drawing of Albert Einstein for his cross-curricular Science Enrichment project. Mrs Jennings

Ava M (7A), Tilly W (7A) and Hugo H (7A) for creating some very exciting Theme Park Projects during their Teams lessons this term. Mrs Jennings

Zac A (8L) Jensen W (8L) Indy D (8L) Isla M (8L) and Byron M (8L) for some excellent prep using sources to support the differing interpretations of Field Marshall Sir Douglas Haig. Mrs Haunstetter

SENIORS

Ezra O-W (9P) for being so positive around the school and exuding enthusiasm and kindness. Mrs Jennings

Harry H (9J) for his superb Power Station model which was built over half term as part of the Science Enrichment task. Mr Sukhdeo

For performances in the World of Sport activities overseen by Mr Barrat, a shout-out to...Youssef M (10R) - for enthusiasm and energy. Max W (10G) – the awesome goal shooter! Harry P (9A) – immense in defence; Alex H (9A) – right place at the right time – every time! Ezra O-W (9P) - increased pace and motivation.

Year 11 GCSE Historians – all working really hard, with detailed note-taking and a very positive attitude. Mrs Haunstetter

Oscar D'A (11W) for kindly waiting patiently to hold the door open for others, without even being asked. Mrs Jennings

Henry T (10G) stood out in the Y10 Esafety session as being particularly engaged and interested in what our guest speaker was discussing, as he made some very valuable contributions throughout. Mrs Haunstetter

Alex H (9B) who has absolutely smashed his Radiation Assessment and achieved a grade 9! Miss Patel

Ski Trip thanks and shout-outs to Eddie B (8L) Indi D (8L) Ruby B (9P) Pippa T (9J) and Dylan N (9P) for being such great company on the slopes! Mr Laudy

Y11 for their interest and engagement in PSHE when a visiting speaker came to talk to them about her job as a police woman. Mrs Weston

Oscar D'A (11W) for his superlative performance at the end of half term assembly. Mr Sukhdeo

SPORTS NEWS

Congratulations to Hannarah C (9A) who performed outstandingly well in his first tournament, which was organised by Robert Rock at La Manga Golf Club last week. He was placed 3rd overall! We are very proud of his efforts and looking forward to seeing more of his talent out on the fairway in the future.



Well-Being Week Round Up...

Here are our Year 6s and 7s enjoying their deep breathing session led by Mrs Sundaresh and Mrs Williams as part of Children's Mental Health Awareness Week which we ran at the end of last half term. It was beneficial for all.



Our Year 4s, 5s and 6s were thrilled to be joined by Jackson the Therapy Dog in the classroom.

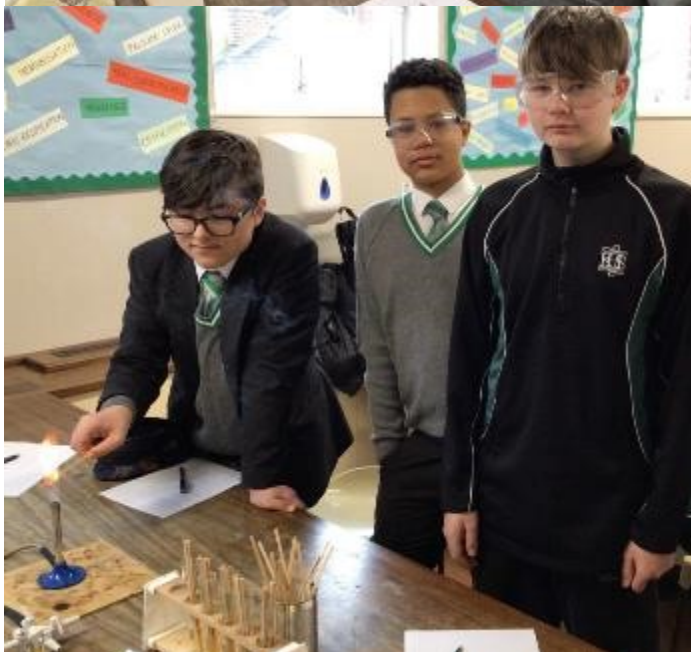
He was very relaxed and was happy to lie down on the carpet to be read to!





Ms Garrib tells us,

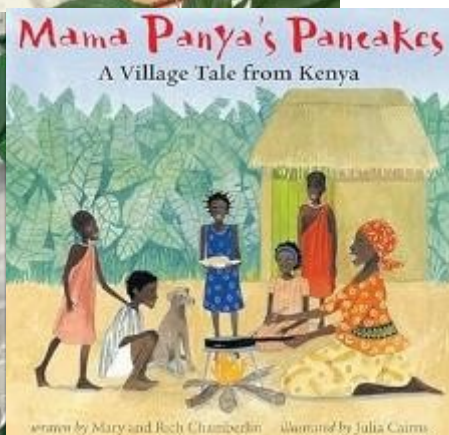
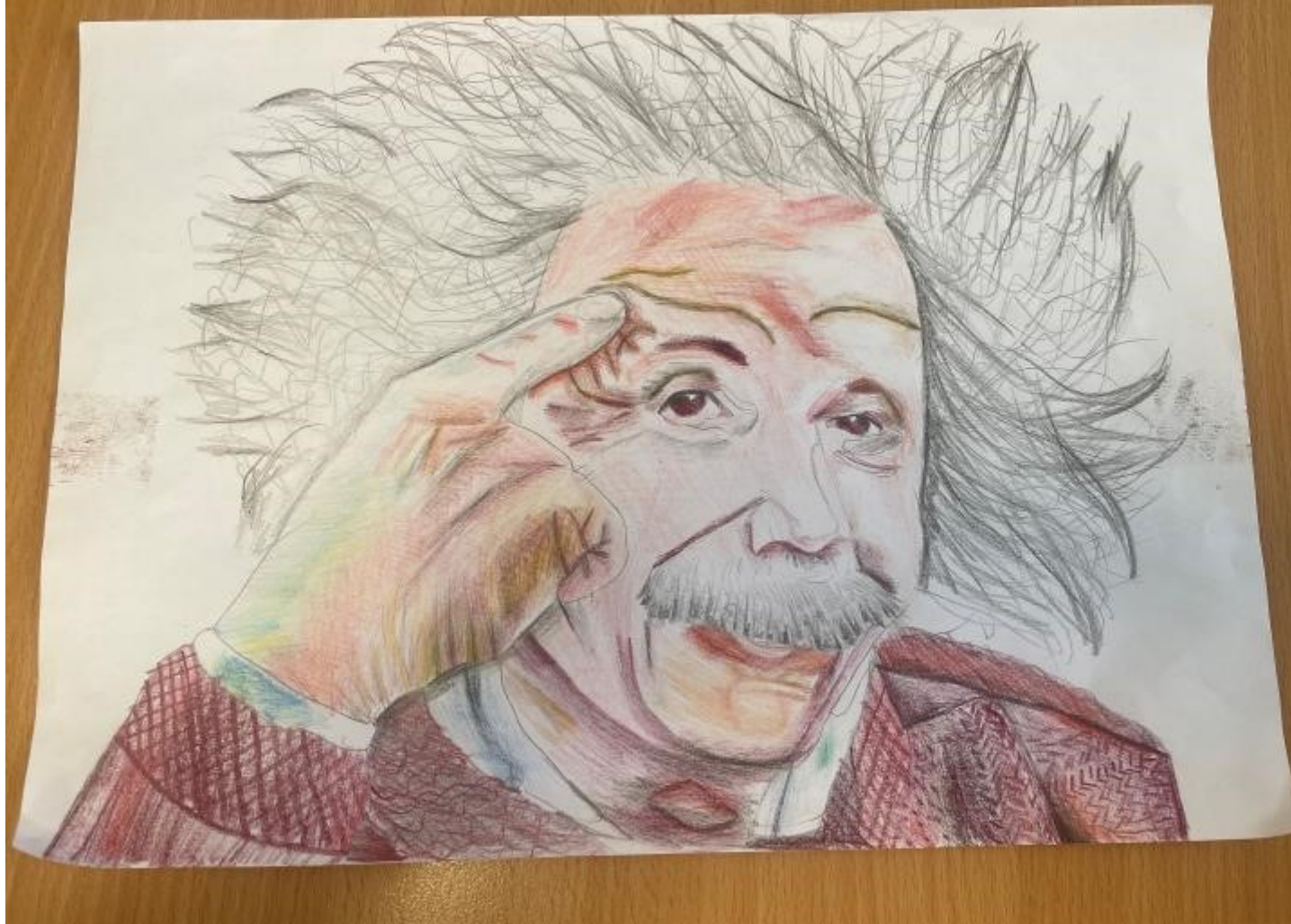
"My Year 10s thoroughly enjoyed making Blue Copper Sulphate Crystals in chemistry today. They learned how a neutralisation reaction results in a salt + water, and that when the water evaporates crystallisation occurs. Well done Y10s!"



...and more Senior Science moments in class with Ms Garrib who comments,

"My Year 9s had a whole lot of fun doing flame tests. They need to test the colour of the different metal ions. We got to see some really pretty and distinctive colours"

A fabulous drawing of Albert Einstein by Toby H (6S) for his cross-curricular Science Enrichment project!



Pancake Time!

Despite our pancake race sadly being cancelled in school due to the weather, class 2M enjoyed lots of themed learning opportunities.

They explored maths multiplication pancakes and then made their own mini pancakes with links to English writing as well as a nod to the class topic book, *Mama Panya's Pancakes*!

Mrs
Martins



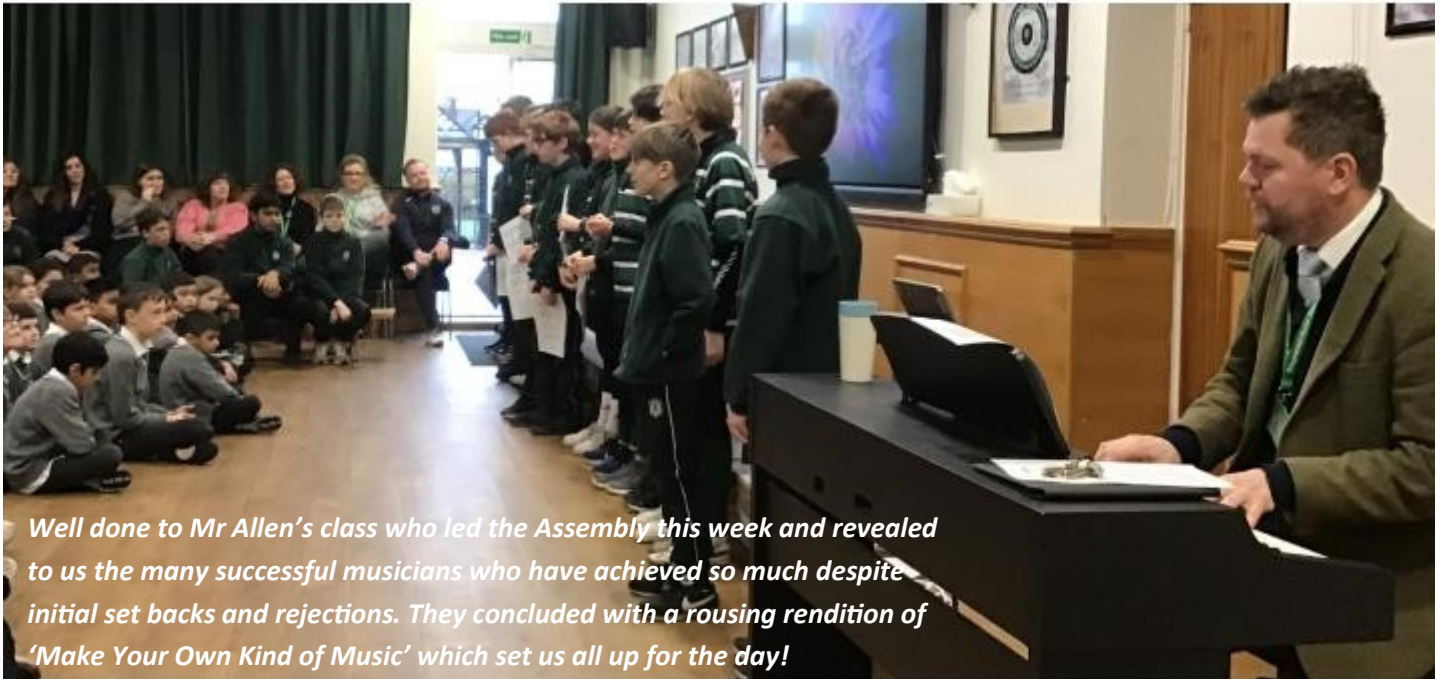
Year 4 started off their Science topic of Sound by conducting a school survey. They measured the noise of different areas of the school using a decibel meter. No surprises that the Music Room had the most background noise and Mr Clarke's room was pleasantly quiet!



The Right Side of the Law in Year 11!

Y11 students were very fortunate at the end of last half term, to have a police officer come in to speak with them about her career and experiences in the profession. They were able to handle some of the equipment used by the police, such as hand-cuffs, baton and vest. It was fascinating to hear from PC Claudia Humphreys as to how varied and interesting her role is, in supporting the community of Epsom. Thank you to Mr (former PC) McKelvie for arranging this on our behalf – it was a great PSHE session! *Mrs Haunstetter*





Well done to Mr Allen's class who led the Assembly this week and revealed to us the many successful musicians who have achieved so much despite initial set backs and rejections. They concluded with a rousing rendition of 'Make Your Own Kind of Music' which set us all up for the day!



Congratulations to Matviy H (5F) who successfully participated in the Leon Paul Junior Series fencing competition on Saturday and reached 3rd place in U12 category. Well done!





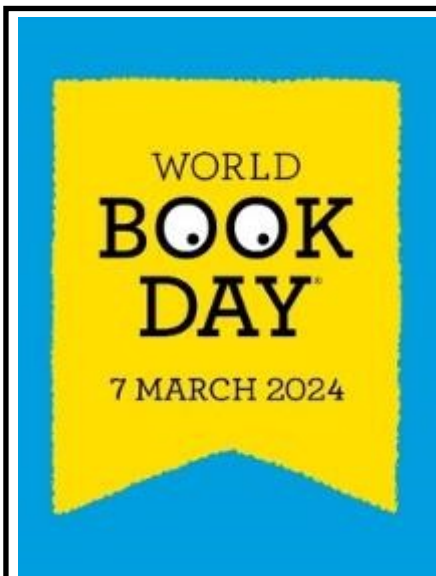
Beloved of *I'm a Celebrity Get Me Out of Here*, the witchetty grubs came to KHS... as Mrs Seiver tells us,

"6F have been studying Healthy Eating in Science and we've also been looking at what it means to be sustainable. The obvious connection was to try eating some insects with a view to investigating alternative sources of protein. Some memorable quotes include,

"I haven't even eaten a tomato yet, let alone a cricket!" from Freddie, who then ate crickets, mealworms and buffalo worms with gusto!

"It does have a very disgusting after-taste," from Oliver, who promptly asked for more!

A really super learning experience and great attitude from all pupils.



***Don't forget we are celebrating
WORLD BOOK DAY on Thursday 7th February...
literary characters are our costume theme!***

We look forward to seeing your inspired outfits then. Mr March

Some information to note from Mr Sukhdeo / Mrs Pengelly for our Senior age pupils considering a career in healthcare possibly...

Save the Date

Join us at Nescot College
on 15th March 2024
9am-3pm
for an informative event:

'Insight into Healthcare Careers'

This free event will improve your knowledge in healthcare careers, providing information in areas such as entry requirements, the variety of job roles and career pathways, with the aim of enabling you to better support students.

This event is open to Careers Advisors, Careers Leads and any other school or college staff who feel more knowledge in this area would be of benefit.

More details of the day are to follow, including information on how to register but if you have any queries about the event please email:

nicky.mendoza@nhs.net



Our PSHE topic this term is **healthy eating**.

Some good links can be found here; perhaps you can challenge your family members to try something new...

<https://members.tooledupeducation.com/resource/article/the-importance-of-breakfast>

<https://members.tooledupeducation.com/resource/activity/new-food-reward-chart>

Well done to Zach G (9P) with the Co-founder and CEO of Epsom Food Bank. Zach engaged well and was shown around, spoke with the volunteers and expressed a keen interest to do this again.



CERTIFICATE OF KINDNESS

Zach

Thank you for your incredible donation of
19.5 kg

Your donation is helping us to create a poverty-free future
for our community

Have you heard?! The KHA are recruiting!

We hope you all had a wonderful half term!

After two fun-filled years it's time for Tasneem and I to step down as Chair and Treasurer of the KHA. We also introduced a new role of Deputy Chair last September, currently held by Jane Jenkins, which we will also be recruiting for.

Another very important vacant role is our Uniform Officer. Yinka did a fantastic job raising significant funds for the KHA through our second-hand uniform sales. She left the school when her son finished in Year 11, and we've been covering it for a while but to ensure its continued success it needs its own dedicated support. This could also be a shared role.

And finally, after many years of supporting the KHA, we also have some committee members stepping down as their children enter Year 11. This means we've got lots of opportunities for more parents to get involved, bring fresh ideas to the team + make the roles your own!

We're looking to fill these exciting roles (see below) by the end of March 2024 to ensure the KHA continues to support the school community without interruption:

Chair

Deputy Chair

Treasurer

Uniform Officer

4 x Committee Members

The Kingswood House Association is run by parents for parents. Our purpose is to create opportunities for the school community to come together and socialize, primarily through a calendar of fun events for both parents and children. Monies raised through our events help provide valuable enhancements to our children's school experience.

Our team is made up of both full time and part time working parents and we have a lot of fun organizing and running social events for the school community. We've got to meet many parents over the last few years and have made friends along the way.

We would love for more parents to join the KHA and help us deliver these fantastic events - it is a very rewarding experience!

If you are interested in joining the KHA please contact us by email KHA@kingswoodhouse.org - we'd love to hear from you!

We would also love your help with the remaining Spring/Summer term events, including the upcoming Uniform Sales and the Summer Party (new venue) to celebrate 125 years of Kingswood House School

Save the dates:

Mothers Day/Special Persons Shop, Friday, 8th March - morning break

Uniform Sale in the Dining Hall Monday, 18th March from 2pm

Summer Party at Cuddington Golf Club, Banstead.

Saturday, 29th June 2024 from 7pm

We look forward to seeing you at the Quiz Night tomorrow!

Best wishes,

Jean

Chair, KHA



NHS & Day Lewis Pharmacy Services

We have been contacted by the Day Lewis Pharmacy group to relay some information to parents / guardians and our wider school community as they roll out extended services designed to help ease the burden on doctor's surgeries.



<https://www.nhs.uk/services/pharmacy/day-lewis-pharmacy/FE399/treatments-and-services>

The NHS has introduced a new system whereby people can walk into a pharmacy with some common conditions, have a consultation with the pharmacist and, if necessary, be supplied with a medicine previously only available from the GP. One of these 7 conditions is impetigo which can spread rapidly through a school/childcare setting leading to multiple children getting ill. Pharmacists can now help you with this. Other conditions such as acute middle ear infections, acute sore throat, acute sinusitis, infected insect bites, shingles and uncomplicated urinary tract infections are included (prescription charges may apply).

Any local Day Lewis Pharmacy in your nearest shopping town or local area can now offer this without the need for a Dr.s appointment.

Another 2 services available are the Pharmacy Contraception Service where a pharmacist can supply ongoing contraception or start oral contraception following a consultation including pill check, and the free Blood pressure check service (available to anyone over 40 not currently diagnosed with high blood pressure). This is in addition to the supply of the morning after pill. These services have been introduced by the NHS to free up workload at the GP so people with more serious complaints can get an appointment.

Please contact me or visit your local pharmacy if you have any questions regarding this and remember **Pharmacy First!**

E-Safety

Our pupils in Years 2-10 benefited from an E-Safety talk and workshop this week led by Alan McKenzie who has worked with our school on a number of occasions over the years. Please see his power point attached in this week's Parentmail for your convenience and a number of useful tips and ideas.



Online safety has been a passion of mine for a very long time; I love technology and the huge benefits that can be realised through global connectivity and collaboration. I'm a strong believer that online safety is an enabler, not a showstopper; it should not be a barrier to innovative use of technology. I'm a heavy user of social media, have been a gamer since my early 20's and I love YouTube. In other words, I use all the things children and young people use; I understand their online spaces, and when I'm in schools or speaking at a conference this is exactly what I'm talking about.

I strongly believe that if you educate children using the spaces they engage in, they understand more, they're more enthusiastic, they engage and therefore the likelihood of positive impact is greater.

Alan Mackenzie

ONLINE SAFETY SPECIALIST