



Word of the week: Plant

Kingswode Hoe School
What we plant today, we grow tomorrow

Parent and Carer
Communication
Spring Term 2023



Meaning: one of a large group of living things that use sunlight to make their own food. Most plants have leaves, stems, roots and either flowers or cones.



March

PLANT

Secondary arm held horizontally in front of body. Open primary hand rises up from behind secondary arm.

As the start of March marks the Welsh Patron St David's Day we learnt about some of the traditions still observed in Wales and found out about the national symbols of the leek and daffodil (sometimes called the Lent Lily).

Birch class presented what they learnt about St David traditions.
Find out more on page 2 and 3.

It is remarkable to report that March is our one year anniversary of Nellie in school. She has become a regular favourite with so many pupils (and staff!) and an absolute asset to Kingswode Hoe, improving our wellbeing as she welcomes everyone on a Monday and wishes them well for the weekend on a Friday.

Our focus on reading and writing continues, we invited a member of the Local Authority team back for a Literacy Review this week to look at a number of curriculum changes and progress we have made in developing pupil skills as well as identifying further areas for development.

We look forward to welcoming Upper School (Year 9, 10 and 11) parents and carers to our information evening on Monday 13 March. Thank you to those who have completed the form response- please make sure you have done this here:

[YEAR 9, 10 & 11 PARENT & CARER EVENING RESPONSE FORM](#)

COMIC RELIEF

COMIC RELIEF 2023
Friday 17 March

Some great ideas from our School Council who will be running activities to raise money on the day!

Pupils can wear **RED CLOTHES** with a suggested donation of £1 for non-uniform and £1 to take part in activities that our School Council will be setting up for everyone to take part in

[Just Giving Cashless donation link](#)



Mrs Constantine, Headteacher

Birch Class Assembly



Daffodowndilly

By A.A. Milne

She wore her yellow sun-
bonnet,
She wore her greenest
gown,
She turned to the south
wind
And curtsied up and down.
She turned to the sunlight
And shook her yellow head,
And whispered to her
neighbor:
"winter is DEAD!"



©2014 www.thekindergartenboard.com

Sophia performed the poem
'Daffadowndilly'
by A.A. Milne whilst dressed as
the Lent Lily.

St David's last words have become famous

St David's last words to his followers are recorded as:
"Be joyful, keep the faith, and do the little things that you have heard
and seen me do."

"Do the little things" is a well-known phrase in Wales.
It suggests that the small actions we take in life can be just as
significant for ourselves and others as the big ones.

Birch pupils presented their assembly about St David's Day this week, featuring lots of handmade daffodils and leeks! They told us all about the origin of St David's Day and how St David came to be the patron saint of Wales.

Well done Birch Class!



[St David's Day Facts](#)
- BBC Teach



David was an early vegetarian

As a devout monk, David and his brothers are said to have eaten only bread, vegetables and herbs, and to have drunk only water. He became known as 'David the water drinker'. David and the other monks were also required to tend the land by hand, without the aid of animals, and to look after the poor in their community.



Did you know?

St David



- St David was born towards the end of the 5th century.
- He lived in Wales.
- He was a Christian and a teacher of the Christian faith.
- It is said that he performed miracles which is why he became a Saint.
- He died on the 1st March 588, which is why St David's day is on that day.



- Leeks and daffodils are the national emblems of Wales.
- St David's Day is commemorated by the wearing of daffodils or leeks.

Why leeks?

One version is that St David advised the Britons on the eve of a battle with the Saxons, to wear leeks in their caps so that they could easily distinguish friend from foe. This apparently helped to secure a great victory. Another version has the same thing happening at the Battle of Agincourt, when Welsh archers fought with Henry V against the French. The leeks in their caps distinguished them from their enemies.

Why daffodils?

Leeks and daffodils have similar names in Welsh Cenhinen (leek) and Cenhinen Pedr (Peter's leek). People believe this association is why daffodils are also national emblems of Wales.





"Nellie makes me laugh."

"Nellie is the best, she helps me when I am sad."

A Year of Nellie

"When I walk Nellie, it makes me feel calm."

"I love seeing Nellie, she makes me smile."

"Nellie is fun to have in our classroom."

This week we are celebrating a whole year of The Dog Mentor Scheme and having Nellie in school.

The time seems to have flown by and we feel we have achieved so much over the past twelve months.

Nellie always receives a warm welcome from pupils and staff alike and the impact she has had on our wellbeing was recognised earlier this year when she was awarded The Dog Mentor Gold Award.

During the week, the pupils have been telling teachers how they feel about having Nellie as their school dog.



"Nellie makes me happy, she's my best friend."

"She's just so cute and fluffy like a teddy bear."



Employability...

Another group of Year 11 pupils has successfully completed work experience at Tesco during the last six weeks.

They were all presented with a Certificate of Achievement and a Bronze Award badge. Well done to pupils for their effort and achievement.



Life Skills...



Year 11 Life Skills group made Mother's Day cards and keyrings. They experimented with different colour combinations.

Food and Cooking



Star Baker this week is Josh H!
He has become much more confident with handling, smelling, and tasting the foods we cook.
He works well with his team.



Acorn class made rainbow coloured Rice Krispie snacks.
They watched some of the ingredients change from solid to liquids as they melted the marshmallows and butter.

Year 10 Work Related Learning pupils made biscuits ready to turn into Red Nose Day 'Jammie Dodgers' next week for the KHS Café Hero.



Year 8 made an orange glaze to serve with the polenta cakes they made last week.

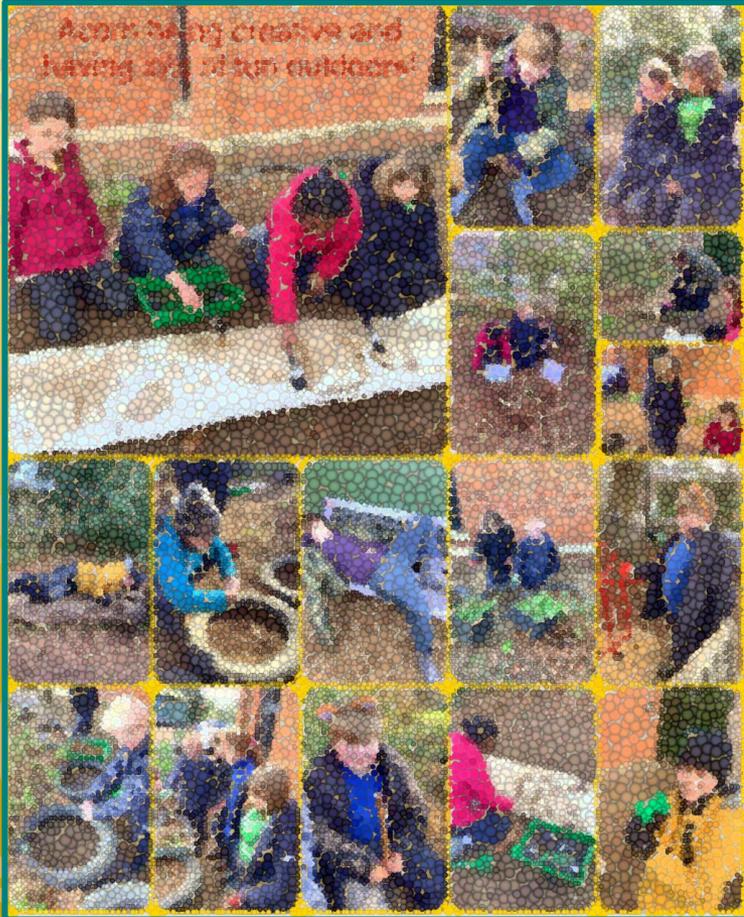


Upper school pupils have been putting their Barista skills to good use in the KHS Café Hero this week!



Outdoor Learning...

Oak and Acorn classes have been nature hunting with coloured card, mud painting, weeding and planting seeds. They've had a great time!



Acorn class has been making the most of the wet weather this week and had fun in the rain playing pick up sticks and coloured water painting.





Evidence for Learning

Thank you for sharing from home!

Emily made some Rice Krispie treats and has been practising her writing in the snow!



EVIDENCE
FOR LEARNING

Evan and Betsi had a day out in London. They visited Chinatown, the Lego store and saw Frozen!



George B has been teaching his baby sister how to make Yorkshire puddings.



Isla got some new books to keep her love of reading going!



Evidence for Learning



<https://web.evidenceforlearning.net/efl/>



EVIDENCE
FOR LEARNING

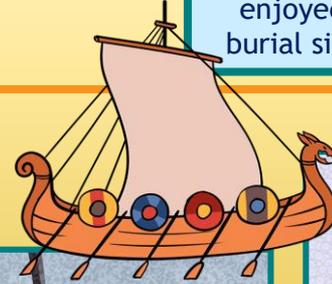
Thank you for sharing from home!



Koby has been practising playing his drum kit.



George J fed a goat at the zoo and tried some rock climbing, he managed to get right to the top!



Isla visited Sutton Hoo. She saw lots of artifacts and enjoyed the view of the burial site from the tower



Ruby T went on a hike. What an amazing view!



School Dinners

KINGSWODE HOE LUNCH MENU Week 1

Key to allergens

Milk	M
Fish	F
Soya	So
Gluten	G
Sulphites	S
Celery	C
Egg	E
Mustard	Mu

Monday

Macaroni Cheese G M
Roasted Vegetable Pasta G M
Salad
Bread G
.....
Flapjack G M

Tuesday

Hunters Chicken M
Boston Bean Burger M G
Rice
Green Beans
Salad
.....
Fruit Crumble & Custard G M

Wednesday

Minced Beef Pie G
Sticky Vegetarian Sausage S
Sweetcorn
Bread G M
.....
Rice Pudding M

Thursday

Roast Gammon
Yorkshire Pudding G E M
Roast Vegetable Strudel G M
Cauliflower Cheese M
Roast Potatoes & Mixed Vegetables
.....
Fruit Salad

Friday

Fish Fingers F G
Vegetarian Sausage Twist G
Baked Beans or Peas
Chips
.....
Fruit & Icecream M

Spring

Fruit & Yogurt available daily
Baguettes available Monday, Tuesday & Wednesday



Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.

Kingswode Hoe School
What we plant today,
we grow tomorrow



DIARY DATES

Monday 13 March Upper School Y9-11
 Parent & Carer Information Evening*
 4.00-5.30pm

YEAR 9, 10 & 11 PARENT & CARER EVENING RESPONSE FORM

COMIC RELIEF Comic Relief Day* Friday 17 March



Easter break: Monday 3 April- Friday 14 April
 Pupils return to school Monday 17 April

Vaccinations

HPV 1 Year 8 - 12 May
 HPV 2 Year 9 - 21 June

Further vaccination dates to be confirmed by NHS
 Those vaccinated on 3 March brought home a slip -
 please check bags

Final day for Year 11*: Friday 30 June 2023
 *Further information about these dates to follow

RESIDENTIAL TRIPS

Year 8 3-5 May 2023
 Year 9 & 10 11-14 July 2023

Coming up...

Themes this half term:

Week beginning	Theme- linked to six outcomes/world events
	World Thinking Day
	Accreditation: Reading/World Book Day
	Community & Wider World: Wales- St David's Day & Lent Lily
13/3/23	Health, Lifestyle & Wellbeing: Comic Relief
20/3/23	Resilience & Independence: Weather Day
27/3/23	Identity & Self-Expression: End of term & Arts Sharing



<https://saferessexroads.org/road-users/cycling/>



The Bikeability Trust

A big plea to ensure pupils wear helmets when riding their bikes!

Bike Pixels

Colchester Sports Park Holiday Activities

Please let us know about any other activities running in your area or over the Easter break so we can share with other parents and carers in the newsletter next week!



OUT OF SCHOOL



KTM Pop-up Event!

Free! Sensory & Exercise Event for People with Additional Needs

Come and join us! At the Greenstead Community Centre.



We have a Bouncy Castle, mini Trampoline, Ball pit, Arts & Crafts and much more!

Saturday 18th March 2023

10am - 2pm

Kelly's Café will be open to purchase Refreshments & Snacks. 😊

Greenstead Community Centre, Hawthorn Avenue, Colchester, CO4 3QE
louie@ktmcare.co.uk | 01376 571152