0 February 2023





Parent and Carer Communication Spring Term 2023



Tuesday 7 February was Safer Internet Day in the UK so we spent time reminding pupils how to stay safe online and what to do if they are worried about anything when gaming, chatting and using the internet. It can be a positive resource that is an inevitable part of modern life, however, it also has many risks and negative effects that pupils, parents and carers need to be aware of in order to stay safe.

This also links to Children's Mental Health Week which highlights the ways that we can support and promote positive mental health in our school for the benefit of all pupils. Unfortunately, negativity online can have a direct impact on how pupils feel in school and at home. We have shared some helpful guidance posters for parents and carers from National Online Safety that give detailed advice about some of the different platforms we know pupils access. Please remember there are age restrictions on many of these apps and games for good reasons and online use should be monitored, talked about and checked as our pupils are very vulnerable to exploitation.

Year 8 and 9 pupils enjoyed a trip out to Duxford Museum as they have been learning about World War 2 in English, Culture and Community and Media lessons. They had an excellent day out- find out more on page 4 and 5.

Curriculum Leaders have been visiting lessons during learning walks as we evaluate the impact of our curriculum on pupil engagement and progress and this monitoring will continue after the break. Well done to pupils and staff for so many achievements this half term. Special mention to Nellie as well as all those who attend, show kindness and make the right choices each and every day.

Wishing everyone a wonderful half term!

Mrs Constantine, Headteacher

Word of the week:



IMPORTANT

Flat dominant palm taps tip of extended index finger on secondary hand.

Definition: Having great

meaning or value.

Also

Means: crucial, essential, vital

Kingswode Hoe School What we plant today, we grow tomorrow



SAFER INTERNET DAY

We highlighted the importance of online safety this week to mark Safer Internet Day the annual flagship campaign under the European Strategy for Better Internet for Children.

The theme this year is about talking about our online life. Assemblies and tutorial activities have helped pupils explore how to think carefully about how they interact online.

THEME 2023

'Want to talk about it? Making space for conversations about life online'.

<u>Safer Internet Day 2023 - UK Safer Internet Centre</u>

Safer Internet Day 2023 - film for parents and carers -YouTube





Stay safe online



Enjoy

play, have

fun and stay

safe

Friends

are real

people we

know



Pupils across the school have been focusing on Online Safety this week during assemblies, tutorials, PSHCE and Computing lessons.

Technology can be a 'minefield' with dangers but also a positive resource when used responsibly.

Parents and carers play a crucial role in empowering and supporting children and young people to use digital technologies responsibly, respectfully, critically and creatively.

Support pupils by supervising their online interactions and talking to them about how to keep

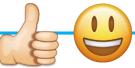
These links have lots of useful safety tips and advice

Did you know?



Homepage - UK Safer Internet Centre CEOP Education (thinkuknow.co.uk)







- ✓ Ask permission to go online
- ✓ Talk to a grown up
- Use kind words
- ✓ Go online with people you know
- Block people if they are threatening or unkind
- ✓ STOP if asked
- ✓ Have a time limit for online activity
- Stay safe



- Keep things secret
- Use threatening or unkind words
- Go online with people you don't know
- Spread rumours about people
- Carry on if asked to STOP!
- Spend all your time online
- Believe everything we hear
- Spread gossip or rumours

"There was a lots of Spitfires and Hurricanes in the air museum." - Smriti









"We saw a Blackbird plane." - Mason



On Wednesday, a group of Y8 and Y9 pupils travelled to Duxford to experience some of the things they have been learning about in school. The weather was cold but sunny which made the airfields and surround countryside look stunning. We were lucky enough to see several planes land and take off while we were there, the sound echoing across the landing strip.

As we entered the first hangar, pupils were in awe of the number of planes and tanks that were before them. Our wonderful guide, Bernie told us lots of interesting facts about the machines and about World War II. Pupils asked lots of brilliant questions and were fascinated by the answers. Our resident military expert was also a great source of information too. As we walked around the museum, we were able to spot things we had learned about, such as injured soldiers, Soviet tanks, stealth planes, Spitfires, Hurricanes and much more.

Pupils covered several miles of ground while at the museum and were tired-out when it came time to get back on the buses to go back to school. We had wonderful day that went far too quickly. It was a fantastic experience enjoyed by all.

"There was a sign that showed how many planes got knocked down in the war." - Lauren





























There were some wonderful examples of pupils supporting each other with reading and with understanding what they were looking at. Pupils also took the chance to dress up, sit in the cockpit, go onboard a passenger plane, and watch original film clips from WWII.

During lunch there was even time for a quick game of Imperial War Museum Top Trumps!

Gold star Nellie!







KHS has been awarded Gold in The Dog Mentor Scheme. Nellie has shown to have a positive impact on staff, pupils and parents.

This week Kingswode Hoe School was awarded a Gold Award from The Dog Mentor Scheme.

We have achieved this by providing evidence that Nellie has had a positive impact on the school community.

WELL DONE!

We have been developing...

Independence





Year 11 Life Skills pupils baked sausages and fried onions to enjoy a sausage butty brunch together.



Pupils did some spring cleaning.

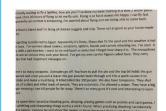
They ironed, cleared out the baking tin cupboard, wiped down hobs and surfaces and practised tying shoelaces.

What we plant today, we grow tomorrow









The training here we do is trying Planes and country the enemy when we can try the planes on our sound was can go to war. The important news I have I so not to explain.
Frise of, we went to expect and I met a
Friend where Egyle is quite more. It fall like I
man getting altig in the truck. It was so not
like that we had to burn the air conditioning

I hope you are oxay. Training is very hardand very good. I also to exersize like running, jumping and loss of other stuff. 11 miss home because there are Lots of things I have to do hore. The Food works lisquesting the brocalishood wilk trees and when milk to Stroken. Two strongs and in the so not in 1824 yes the trees and in the coming home on Friday. IKnow yourhomesick.

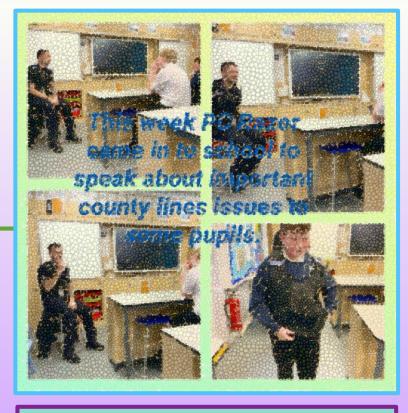












PC Rasor came into school and did a targeted session about keeping safe, both online and in person, with some of our Upper School pupils as part of their RSE and PSHCE curriculum.

In English, Weald class wrote letters to a loved one. They had to imagine they were a pilot in World War 2 using the information they gathered this term.





Creativity

Don't forget to log into

Evidence for Learning to see
individual pupil pictures and
find out more about
lessons in school!





Maple class were challenged to apply all the skills they've learnt this half term to create a picture using 2D Design in Technology.

Year 11 Graphics class applied their knowledge to specify final details for their point-of-sale displays.





Oak class followed a step-by-step guide and used a paint splatter effect to create some rainy artwork.

Artwork reflecting Acorn pupils work about the story of Cloudy with a Chance of Meatballs





Food and Cooking

Well done to Shantae, star baker this week!



Year 10 WRL group made a batch of flapjacks for KHS Hero Café.
They used maths knowledge to compare costings of the two varieties of Rocky Road (the Biscoff ones were more expensive than the classic Rocky Roads). They added raisins to the flapjacks and are waiting for feedback on how they compare to regular flapjacks.

Year 10 made red velvet cupcakes, they made a cream cheese frosting and piped it onto the cupcakes.



Acorn Class were last week's highest earners and were rewarded with a glass of squash and homemade Valentine jam tarts which they had made earlier.

Well done for their hard work.



Applying maths skills

Acorn class made Valentine themed jam tarts, ready to be served to them in KHS Hero Café.

What we plant today, we grow tomorrow









Show The Love — The Climate Coalition

Birch class had a love themed Outdoor Learning session.

They made nature hearts and love bugs.

Outdoor Learning

Kingswode Hoe School What we plant today, we grow tomorrow



Show the Love with us

February 2023



Evidence for Learning





Creativity @ Home

Lewie has been making a model of Colchester Castle!



From home

Ruby helped to make her birthday cake which looks like a sweet filled delight! She has also been trying new foods at home



Esme made red velvet cupcakes







Betsi had a great time at the O2 seeing Strictly Come Dancing and occupied herself reading during the long train and bus journey











Ethan has also made some tasty treats!







Charlie has been busy constructing Lego at home





Isla and Rosie are proud of their certificates for swimming and reading

Children's Mental Health Week





<u>Children's Mental Health Week</u> (childrensmentalhealthweek.org.uk)

Doing a selfless act for someone without being asked.

Paying someone a compliment. Having a open mindset to postivitiy. Turning away from the media and ask a person how their day is going.



Place2Be announces theme for Children's Mental Health Week 2023 (childrensmentalhealthweek.org.uk)

Human beings thrive in communities, and this connection is vital for our wellbeing, and our survival. When we have healthy connections — to family, friends and others — this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely — which can have a negative impact on our mental health.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week – and beyond.

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding, and meaningful ways.

DID YOU KNOW?

Box of Chocolates

The Valentine's Day tradition of giving a box of candy was started in the 19th century by Richard Cadbury. With a new technique recently established at the company to create more varieties of chocolate, Cadbury pounced on the opportunity to sell the chocolates as part of the beloved holiday.

First Valentine Was Written From a Prison History's first Valentine was written in perhaps one of the most unromantic places conceivable: a prison. Charles, Duke of Orleans wrote the love letter to his second wife at the age of 21 while captured at the Battle of Agincourt. As a prisoner for more than 20 years, he would never see his Valentine's reaction to the poem he penned to her in the early 15th century.







Together

together we join to celebrate together we clap and cheer together we watch improvements and face the things we fear

together we grow and develop together we all belong together we make mistakes and learn about right and wrong together we praise the gentle the kind, the strong, the brave together we share achievement in a thousand different ways

together we'll finish the journey wherever it started from together we are tomorrow together we are one

Matt Goodfellow

<u>Together by Matt Goodfellow | Children's</u> Mental Health Week 2023 - YouTube

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



Fruit & Yogurt available

daily

Baguettes available

Monday, Tuesday & Wednesday



Sandwich fillings for kids | BBC Good Food





You're a star sarnies

Fillings: cream cheese and red pesto

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







DIARY DATES

Half Term Break 13-17 February

February 2023 **₹**

| • | | | | | | | | |
|------|----|----|----|----|----|----|----|--|
| Week | Мо | Tu | We | Th | Fr | Sa | Su | |
| 5 | | | 1 | 2 | 3 | 4 | 5 | |
| 6 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
| 7 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | |
| 8 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | |
| 9 | 27 | 28 | | | | | | |
| | | | | | | | | |

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

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



February Half Term 2023

Coming up...

Themes next half term:

| Week beginning | Theme- linked to six outcomes/world events |
|-------------------|--|
| 20/2/23 | World Thinking Day |
| 27/2/23 | Accreditation: Reading/World Book Day |
| 6/3/23 | 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 |

What we plant today, we grow tomorrow



HALF TERM ACTIVITIES

Family Day at Firstsite | Colchester Venue

Firstsite

Firstsite Holiday Fun

February - March 2023

Every Saturday and Sunday from 4 Feb - 26 Mar

Plus

Half Term from Tue 14 Feb - Fri 17 Feb

Make

Free drop-in creative art activities 10:00am -



FREE

Move
Free fun
movement
activities
10:45am - 11:45am
8.12:00pm
- 1:00om

Colchester

at: Firstsite.

CO1 1JH

Activities take place

Lewis Gardens, High St, Colchester, Essex

We will be providing our Holiday Fun programme every weekend throughout February and March, as well as Tue 14 Feb - Fri 17 Feb during Feb Half term. The Holiday Fun Programme Is delivered with Art Fund support.

Our Holiday Fun activities are for families facing economic challenges or who require additional support during the school holidays, including those that qualify for benefits-based free school meals.

Delivered in partnership with:

Canteen

hot meals for all

11:45am &

1:00pm













Essex Short Breaks Clubs and Activities | Action for Children

HALF TERM ACTIVITIES

https://www.colchesterzoo.com/event/zoo-crewcelebrations/

COLCHESTER ZOO



School's Out Activities | School Holiday Camps for Kids Aged 4-16yrs! (schoolsoutactivities.co.uk



