

Friday 14 February 2025

The final week of the half term has been another busy one! Pupils have been reminded about keeping safe online during Internet Safety Week. Epping class helped raise awareness about this important topic. The theme this year is **"Too Good to be True?"**

Protecting yourselves and others from scams online."

Unfortunately, there are sophisticated ways that scammers catch people out so we want to raise awareness and advise caution when receiving emails or messages that seem 'too good to be true'.

See page 3, 4 and 5 for more information and links to some helpful videos and guidance to keep safe online.

We also welcomed a team from Market Field School to compete against us in another close-fought, competitive, football match. Well done to all the players for effort, conduct and excellent behaviour.

World Book Day is coming up after half term on **6 March** and there will be different activities running to celebrate our love of books and reading at KHS. Pupils are welcome to dress up as their favourite story characters if they would like to. Please don't feel you need to buy something new, there will be recognition for those who have a go at making something creative to wear! You can also enter to win costumes by clicking on the link below!

We wish everyone a restful and enjoyable half term break and look forward to welcoming pupils back to school on **Monday 24 February**.

Mrs Constantine, Headteacher

<https://www.worldbookday.com/>



Newsletter

Parent and Carer
Communication
Spring Term 2025



Word of the week

Kind

Related words:

Helpful, good-natured,
thoughtful, respectful,
nurture, care

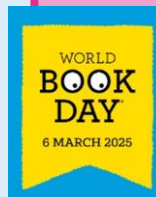
Be kind online!

*A kind word each day goes a
long way.*



KIND

*Both closed hands held
together with thumbs
extended start on chest and
make a small movement
forward.*



CHOOSE kindness

Kingswode Hoe School

What we plant today, we grow tomorrow



Recipe of the week

Lemon curd & yoghurt fool



Ingredients

- 300g jar lemon curd
- 500g tub 0% Greek yogurt
- 200g punnet raspberry
- 1 tbsp icing sugar
- Shortbread to serve

Method

- Mix the curd and yoghurt
- Pop into glasses and chill
- Top with raspberries and icing sugar

What's on the menu?

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------|------------------------|----------------------------|--|----------------------------|--------------------------|
| M Milk | Pizza | Minced Beef Tacos G | Sweet and Sour Chicken | Roast Gamm on | Battered Fish G F |
| F Fish | G M | | | | |
| So Soya | Baked beans | Cheese and Bean Slice | Southern Fried Veggie Nuggets G | Veggie Sausages G M | Veggie Fingers G |
| G Gluten | | G M | | | |
| S Sulphites | Coleslaw | Sweetcorn | Egg Rice E | Yorkshire Pudding | Baked Beans |
| C Celery | M | | | G E M | |
| E Egg | | Peas | Green Beans | Roast Potatoes | Peas |
| Mu Mustard | Salad | Salad | Salad | Cabbage Carrots | Chips |
| | Fruit Delight M | Jam sponge and custard | Jelly and fruit | Ice Cream Pot M | Oaty Cookie G |
| | | G E M | | | |

WEEK 2: Menu for week beginning 24 February 2025



SAFER INTERNET DAY

BBC short films and live lesson

Quiz - UK Safer Internet Centre

Home - Safer Internet Day

Sign up to support
Safer Internet Day



eSafety
Counsellor

eSafety.gov.au

Safer
Internet
Day **2025** | **Tuesday**
11 February

Coordinated by the UK Safer Internet Centre

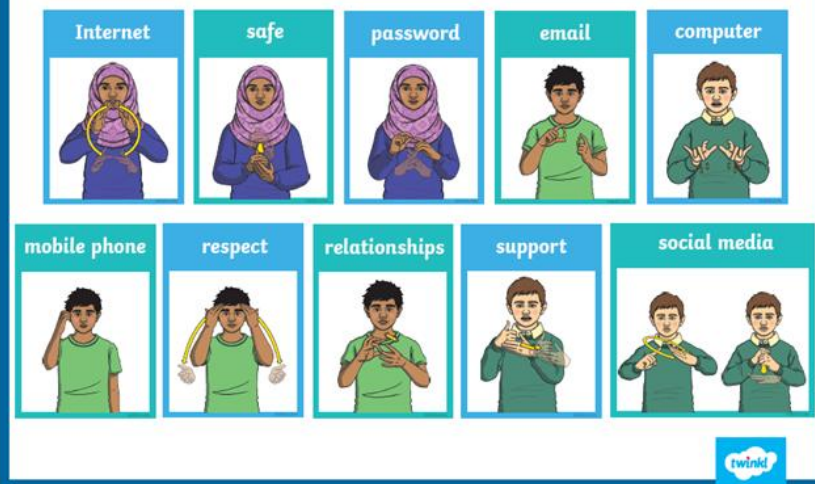
saferinternetday.org.uk

CLICK HERE

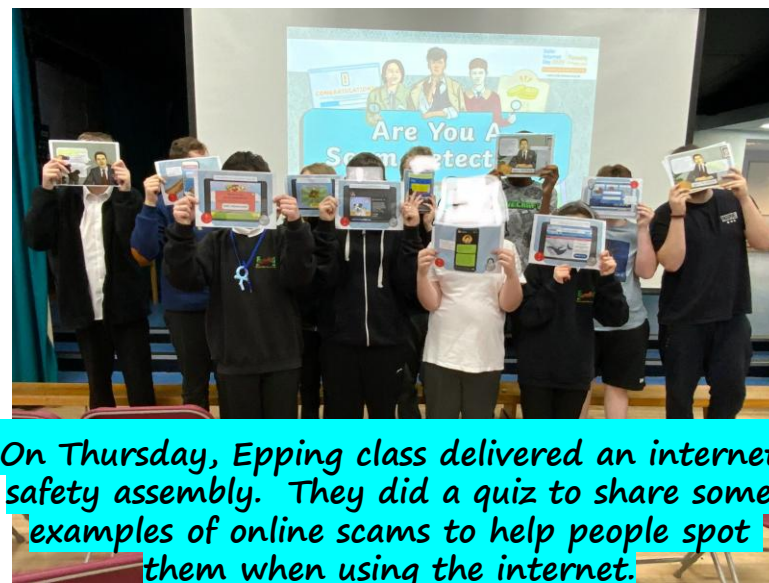


Epping class assembly...

BSL Safer Internet Day



[Safer Internet Day Presentations - \(webwise.ie\)](https://www.webwise.ie)



On Thursday, Epping class delivered an internet safety assembly. They did a quiz to share some examples of online scams to help people spot them when using the internet.

[CEOP Education \(thinkuknow.co.uk\)](https://www.thinkuknow.co.uk)

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

We all have a responsibility to use digital technologies responsibly, respectfully, critically and creatively. Online interactions should be safe, kind, helpful and positive.



Too good to be true?
Protecting yourself and others from scams online.

WORRIED ABOUT SOMETHING?

Sometimes things happen online that make us feel worried, scared or upset. Whatever has happened, it is not your fault.

The best thing to do is tell an adult you trust what has happened and how you are feeling. They will be able to help you.



Remember, always tell an adult if someone is:

- Putting pressure on you to do something that doesn't feel right.
- Saying something bad will happen if you don't do what they say.
- Offering you something that seems too good to be true.

SAFER INTERNET DAY

HOW TO KEEP SAFE AND SHOW RESPECT

• **Do**



- ✓ 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
- ✓ Take time out and check something that seems too good to be true
- ✓ Stay safe

• **Don't**



- ✗ 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
- ✗ Click on a link unless you are sure who it is from
- ✗ Stay online with anyone you don't know

Children's Mental Health Week



Doing a selfless act for someone without being asked.

Paying someone a compliment.

Having an open mindset to positivity.

Turning away from the media and asking a person how their day is going.

Last week saw the return of Children's Mental Health week

Children's Mental Health Week
(childrensmentalhealthweek.org.uk)



Children's Mental Health Week is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK.

Everyone can take part in Children's Mental Health Week!

Children's Mental Health Week was launched in 2015 and each year, hundreds of schools, children, parents and carers take part.

It is a good chance for us to think about the link between Internet Safety Day and Children's Mental Health Week- both are connected... How we use the Internet can have an impact on our Mental Health!

THINK!



Positive pupils!

Year 7

George, Ethan, and Damien helped run the KHS Credit Shop.

They welcomed Year 7 pupils and helped them find items they could afford with their credits.



Primary

For Children's Mental Health Week 2025, Place2Be's joined forces with Here4You to explore the importance of self-awareness and expressing emotions.

For Oak's PSHE lesson, they spoke about how they can grow and develop resilience, sharing, listening and discussing ideas, linking to The Zones Of Regulation. They then made a special memory box.



Football Match Strikes Again!

KHS team:

Kymani, George B, Jay, Ethan Briggs, Tyrese, Jude, Ethan W, Luke P, Harry P, Casey, Mikey.



Another nail-biting game of football was played this week at KHS! It was a 15 goal thriller which was end to end with both teams battling hard and giving it their all. Market Field School went in front for parts of the game but KHS fought back and managed to keep the scoreline close. The game was played with excellent sportsmanship from both teams with players complimenting each other throughout the match.

Final score was

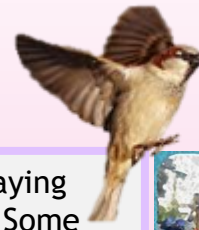
Kingswode Hoe 7 - 8 Market Field School.

Our goal scorers were Tyrese x 5, Ethan B x 2 and once again Kymani received the player of the match chosen by the opposing team.

Great effort- Well done!



Getting out and about!



Acorn enjoyed their time playing together out in the fresh air. Some pupils dug deep holes to seek out the bugs and insects. Some pupils enjoyed a game of pick-up sticks and made some fabulous pom-poms. A lovely time for everyone.



Birch enjoyed their morning bird watching using binoculars and having fun together. Some pupils made up a musical show to entertain their friends. They challenged themselves using their balance on the stepping logs and enjoyed bug hunting deep down in the holes they had dug together. A lovely time in our nature area!



Oak had a super morning. They enjoyed looking at the different birds through the binoculars. They had fun chatting together, making pom-poms and some made lovely characters made out of colorful pipe learners. They all worked and played really well together.

Getting outdoors helps our positive mental health and wellbeing...

Getting out and about! Forrest School

Maple had a super morning this week at Forest School. They worked and focused really well whilst trying to light the cotton wool with the flint and steel. They had great fun playing with the ball and some pupils made Pom pom-poms. Some pupils were excited to play with the musical instruments. A lovely morning for all.



Upper School – Duke of Edinburgh



Year 10 faced the wind and rain on their Friday morning to walk around the perimeter of Hillyfields. They worked well as a team and supported each other to negotiate their way around some very muddy puddles.



Year 11 walked at Alton Water and navigated their way around a new walk. The highlight of the day was seeing the resident Highland Cattle up close.



Food and Cooking

Maple



Maple Class made sandwiches. They used the knives carefully to cut the sandwiches, and thought about other fillings they could use. The most popular filling was ham.

Star baker this week is Sam in Maple Class
He is a star baker at home too!



Sam and nanny made Easter cookies at the weekend. They look yum!



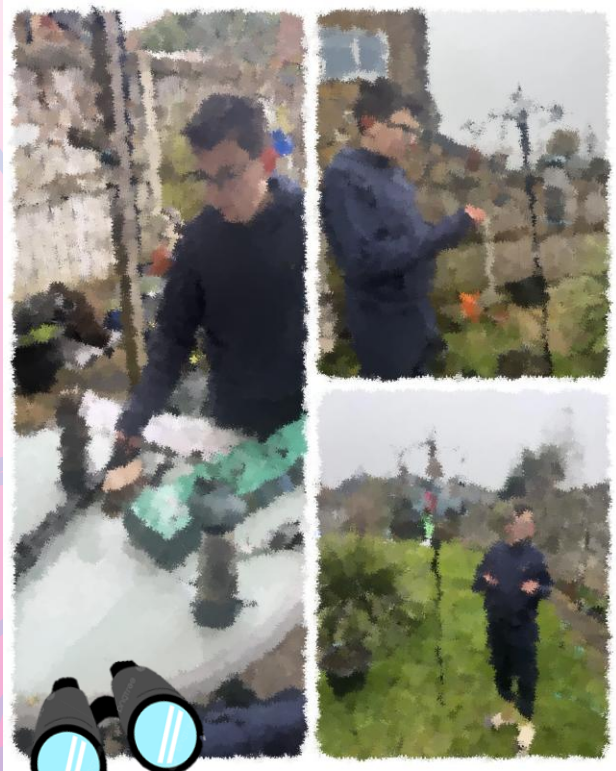
Sam Arter in Maple Class is Star Baker this week, he always enthusiastically joins in with group discussions and tells us about the recipes he has been practicing at home.



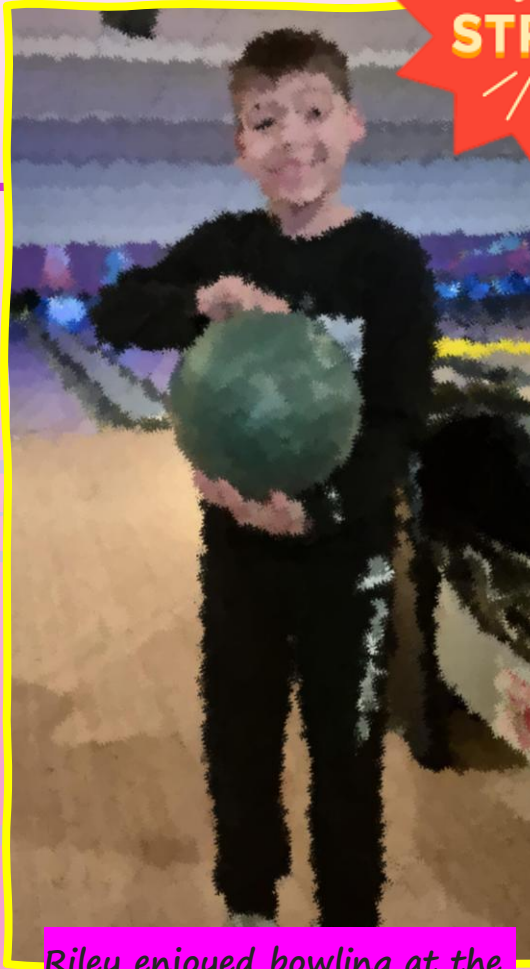
Teddy asked to make flapjacks this weekend, after having them in Cafe Hero. He did well measuring with cups. And will have the Flapjacks in his packed lunch this week.



Evidence for Learning at Home!



Jacob has built a bird feeder for his garden, He is looking forward to watching all the birds that visit.
Happy bird watching Jacob!



Riley enjoyed bowling at the weekend with his family



GREAT JOB!

Mason has earned Angel fish 1 certificate for swimming a hundred meters at his swimming lesson.



EVIDENCE
FOR LEARNING

Down on the Farm!

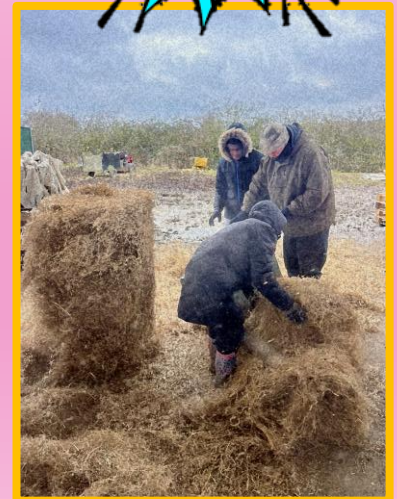
DE of



OINK!

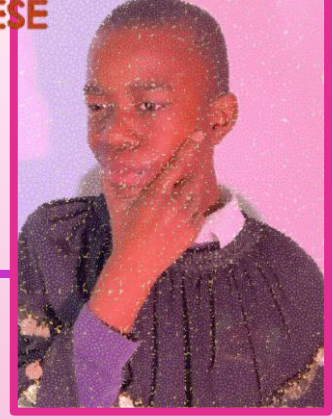
Year 10 had more fun on the farm.

MOO



Year 9 Photographers!

Year 9 Media



This half term, Year 9 have been learning the basics of photography. They have learnt about photographic composition using the rule of thirds as well as how to frame images with the camera.

They have been developing their skills to make their photographs more meaningful and artistic. We have some very natural photographers in Y9 who have really enjoyed the chance to be creative.

In our first few weeks we took nature photographs, using our school grounds and Hilly Fields as our settings. After this we looked at portraiture and product photography, making sure we highlight the features we want our audiences to see. We have also used colourful lights to help us create images with dimension and interest. Our final study was of architecture and buildings, trying to capture the interesting details we see around Colchester town centre.



More Photography Highlights

Year 9

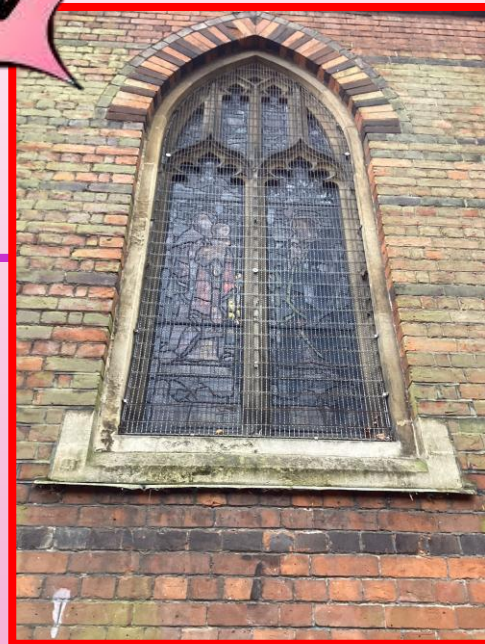
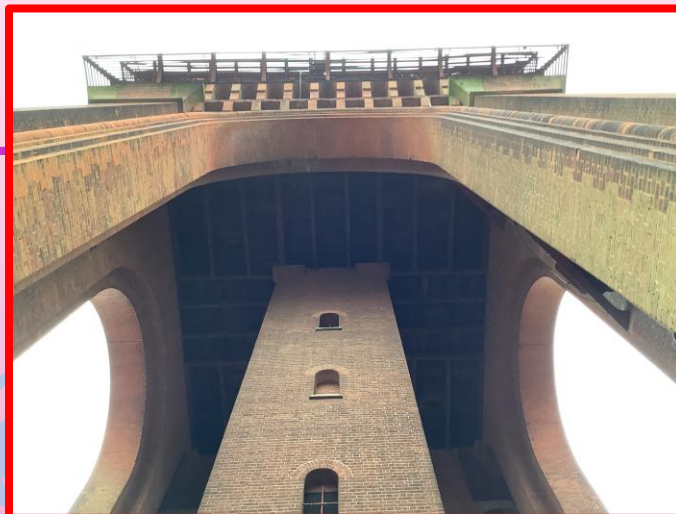
Whilst everyone in Year 9 did a fantastic job of taking pictures, there are a few with real talent in using the camera to capture interesting perspectives. Our Year 9 champion photographers are:

Rose E, Faith W, Max D, Tyrese M and Sophia J.



More Fabulous Photos

WOW



CLICK

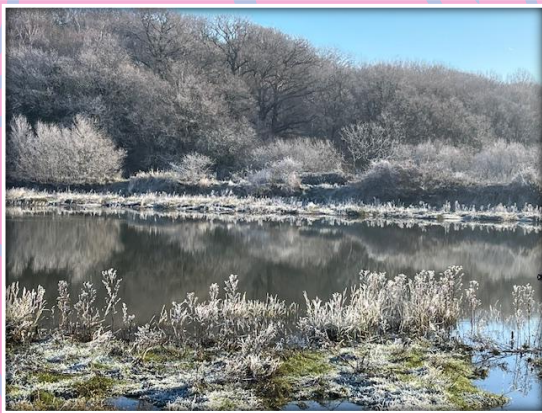


February Photography KHS Competition – WONDERFUL WINTER

1ST



1st Overall Winners
Jayden & Logan



Runner up
Mrs Wilkinson

Thank you to
everyone who
entered our
WINTER photography
competition.

Some amazing
photos!



Runner up
Mrs Boot

Thank you for all your excellent entries. The Eco-School Committee did not know who took the photos when judging them but all agreed on their favourites that they felt reflected the 'Wonderful Winter' theme.



2nd Highly Commended
Faith

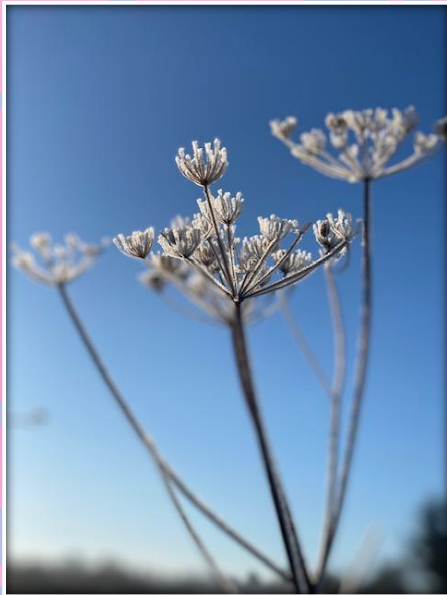
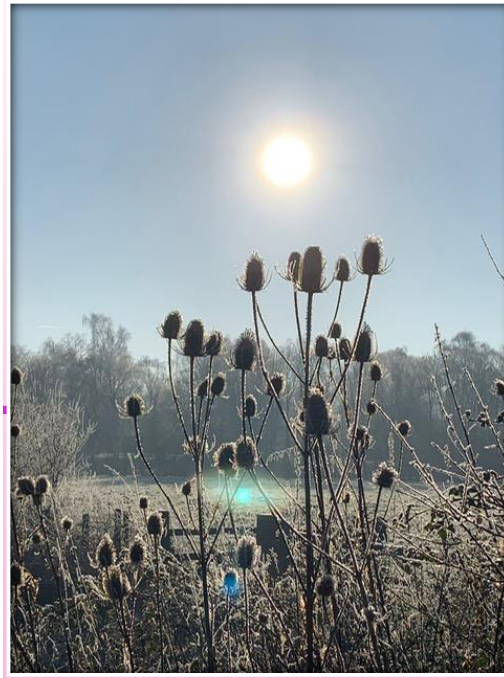


Runners up
Logan & Jayden

February Photography KHS Competition - WINTER



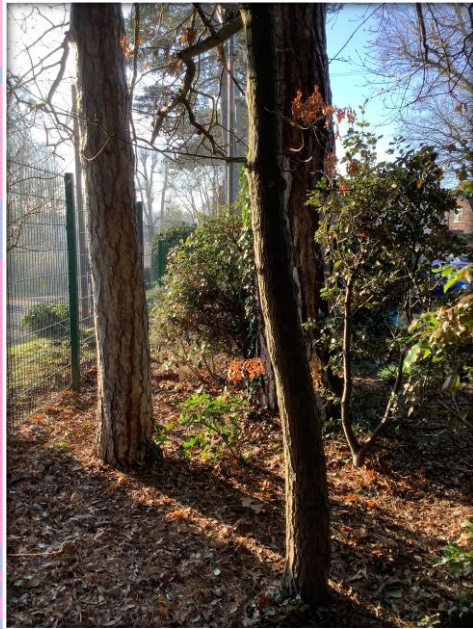
February Photography KHS Competition - WINTER



February Photography KHS Competition - WINTER



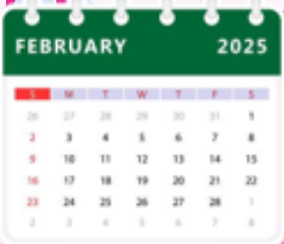
click



February Photography KHS Competition – BRITISH BIRDS



Lily in Thetford Class, took these amazing photos
on her dad's camera.



DIARY DATES

Dates for 2025

Vaccinations

HPV Year 8

Thursday 3 April

Year 8 Residential to Bawdsey Manor 9-11 July

Year 10+11 DofE Camping Rendlesham 18-20 June

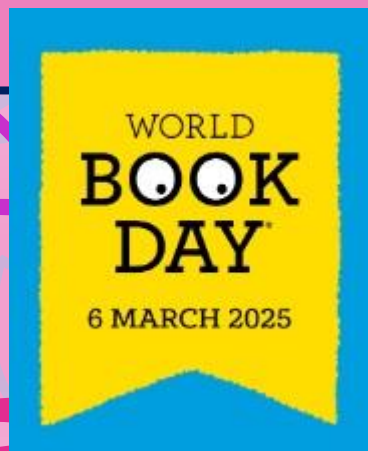
February Half Term

Monday 17 February - Friday 21 February

Easter holiday

Monday 7 April - Monday 21 April

Pupils return to school Tuesday 22 April



Facts for each day in February
(projectbritain.com)



Friday 14 February 2025

Coming up...

Themes next half term:

| Week beginning | Theme- linked to six outcomes/world events |
|----------------|--|
| 24/2/25 | First day of term |
| 24/2/25 | Fair Trade |
| 3/3/25 | World Book Day |
| 10/3/25 | Holi Festival of Colours |
| 17/3/25 | Community & Wider World: Comic Relief |
| 24/3/25 | World Poetry Day |
| 31/3/25 | Ramadan & Easter traditions |

<https://www.history.com/topics/valentines-day/valentines-day-facts>



Parent and Carer Communication
Spring Term 2025

Kingswode Hoe School

What we plant today, we grow tomorrow



World Book Day

WORLD
**BOOK
DAY**

6 MARCH 2025

Celebrating at KHS



Competitions & Prizes

- Best costumes (extra points for making your own)
- Decorate classroom doors before 6th March
- Copse Class book emoji competition
- World Book Day £1 book token for all

Dressing up ideas



Free Books!





Important Dates

Please see dates for Year 11 accreditation during the spring and summer term.

A reminder that this is a very important time for pupils as they complete their courses and prepare for final assessments and examinations.

Requests for absence will only ever be authorised in extremely exceptional circumstances and cannot be agreed for Year 11 pupils in the final stages of their school education at KHS.

Year 11 Exam dates

| Exam | Dates |
|--------------------------------------|--------------------------------------|
| English Entry Level | Thursday 8 May |
| English Level 1 Functional Skills | Thursday 15 May |
| Maths Level 1 Functional Skills | Tuesday 25 February Monday 12 May |
| Computing | Individual |
| Art/DT | TBC* |
| Sports leaders | Course work |

*TBC- To be confirmed.

Any further dates/details will be updated in the newsletter in coming weeks.

FINAL DAY FOR Y11 WILL BE FRIDAY 27.06.25

Half Term Fun !

Click the links to view half term activities.



Mark's Hall Snowdrop Walks

<https://www.markshall.org.uk> > About us

CLICK HERE



<https://www.englandfootball.com/play/Disability-Football/Comets>



BOOK Holiday Activities HERE



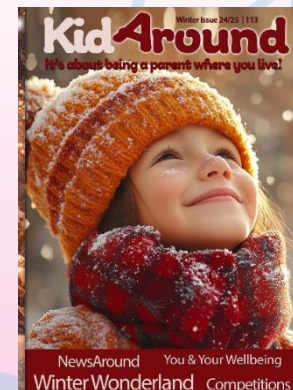
<https://www.mercurytheatre.co.uk/class/send-holiday-club/>



Cheap places to eat with kids

Half Term Fun !

KID AROUND



KID AROUND: For winter activities, please check on the links below...

[Holiday Fun](#) | [Learning Activities](#) | [Families at Firstsite](#) | [Colchester](#)

[KID AROUND Winter Magazine](#)



https://firstsite.uk/event_categories/holiday-fun/

First Site have a range of **FREE** workshops during half term from making to drumming, football, dancing and circus, there is something for everyone- have a look and sign up soon while there are still places!



[Familiesinfocusessex](#) -
Events for families with SEND children



[Colchester Museum events:](#)
[Colchester Museum Events](#)



Creative Hearts, Caring Hands
Saturday 8th February 2025
Greenstead Community Centre
10.30am - 2.30pm
FREE ENTRY

Paul's Creations
Sweet Treats By Jessy
Forever Living With Maggie
Diamond Art The Perfect Gift
Sweet Delights
3D Prints
Phoebe-Jo Textiles
Shabby Shed
Shilpi's Bangla Bites
Kelly's Creations
Wow I Love That Fragrance
Tracey's Art and Aromas

RAFFLE
BRAIN TUMOUR RESEARCH





Families InFocus Essex

North Essex Family Activity Club

for families living in North Essex with neurodivergent children and young people

| | | |
|---|---|--|
| Activities Lego Table Tennis Board games Arts & Crafts Soft Play Badminton | When Sundays 1.30pm - 3.30pm Cost Sessions are free for North Essex families. A small fee is applied for families living outside this area. | Where Leisure World Highwoods The Gilbert School, Brinkley Lane, Highwoods, Colchester CO4 9PU |
|---|---|--|

BOOKING IS ESSENTIAL
 For further information and to book your place email: activityclub@fifessex.org.uk

Understanding special needs →



ACL **FREE**

New Year, New Floristry Hobby!

Would you like to learn to create a Flower Handbag, Living Collar, or Fresh flowers in a Jar Jar?

ALL flowers and resources are FREE and you get to take home your masterpiece!

Start with us! ACL Chelmsford (Adult sessions only)

| | | |
|---|--|--|
| Book your place now! 01206 280111 01206 11290 01206 11291 | Book your place now! 01206 11290 01206 11291 01206 11292 | Book your place now! 01206 11290 01206 11291 01206 11292 |
|---|--|--|

COMMUNITY & FAMILY LEARNING
ACLCHESSEX.COM / FAMILY LEARNING



COMETS
 Disability & Football

Your place to play
 A safe space for disabled children aged 5 - 11 to kickstart their football journey

Just be you!

Book here
 Free

Scan here to visit our Facebook page

Time and Date: Weekly from Monday 10th of February 5pm - 6pm

Location: Chancellor Park 3G Chancellor Avenue, Chelmsford, CM2 6WS

Contact: Sarah - info@ccfcfoundation.org.uk

ENGLAND FOOTBALL

Get in touch to book your first session

Happy Half Term

We look forward to welcoming pupils back on Monday 24 February