

A mixed month weather-wise, January has flown and, as February approaches, we have been learning about different British birds as part of the Big Schools' Birdwatch.

Following the Big Garden Birdwatch at home last weekend, pupils have had opportunities to continue spotting birds and wildlife in school. Maple class read out some interesting facts to everyone sharing what they had found out about different birds. They also tested everyone with a fun quiz. Getting outdoors can really boost wellbeing. Keep encouraging pupils to go out and 'look up' to appreciate all that nature has to offer! We also have a wonderful winter photography competition and look forward to seeing some entries on Evidence for Learning- see page 4 for more details.

It is Children's Mental Health week coming up next week and the theme this year is 'know yourself, grow yourself'. We will be continuing to work with pupils to develop a positive, growth, mindset within our six outcomes as we move forwards into spring.

**Coming up...** World Book Day and Comic Relief are round the corner in March so look out for more details in the newsletters throughout February about these events.

Mrs Constantine, Headteacher



Find out more  
on Page 2

### DID YOU KNOW?

*in the last 35 years, the number of blue tits recorded has risen by 20% and the number of wood pigeons has risen by 800%!*



**DEFINITION:** an animal with two wings, two feet, and a body covered with feathers. Most birds can fly. Birds are warm-blooded animals with skeletons inside their bodies. Birds lay eggs with hard shells. Robins, eagles, chickens, and ostriches are a few of the many kinds of birds.

### Word of the week:



## BIRD

*Extended index finger and thumb of primary hand open and close by side of mouth.*

The RSPB says the bird population in the UK is in danger - according to their data, 38 million birds have been lost from UK skies in the last 50 years.



giving nature a home



Maple class reminded us how we can help with the Big Birdwatch and did a fun quiz with interesting facts about birds in their assembly.



**What did you see?**

Mark each bird you see on the grid. If you see more than one of the same bird, mark it as many times as you see it.

Your name: \_\_\_\_\_

	Blackbird 1 2 3 4 5 6 7 8 9 10		House sparrow 1 2 3 4 5 6 7 8 9 10
	Black-headed gull 1 2 3 4 5 6 7 8 9 10		Pigeon 1 2 3 4 5 6 7 8 9 10
	Blue tit 1 2 3 4 5 6 7 8 9 10		Robin 1 2 3 4 5 6 7 8 9 10
	Cormorant 1 2 3 4 5 6 7 8 9 10		Song thrush 1 2 3 4 5 6 7 8 9 10
	Chaffinch 1 2 3 4 5 6 7 8 9 10		Starling 1 2 3 4 5 6 7 8 9 10
	Coal tit 1 2 3 4 5 6 7 8 9 10		Greenfinch 1 2 3 4 5 6 7 8 9 10

RSPB's Big Schools' Birdwatch has been running for over 20 years, and the reason it's been going for so long is that it's such valuable work.

The results that schools submit to the RSPB are used by scientists to help create a picture of how birds are faring across the UK.



<https://www.rspb.org.uk/fun-and-learning/for-kids/facts-about-nature/facts-about-birds/what-do-wild-birds-eat/>



Look Up!

<https://www.rspb.org.uk/fun-and-learning/for-teachers/schools-birdwatch/>

In school until half term!





Oak class spotted a beautiful double rainbow on their way to the food room!

The whole of Oak class have unusually been awarded 'Star Baker' this week due to their excellent team-work and willingness to try new things in their food and cooking lessons!



Oak class have also been getting creative with Chinese New Year art, making paper fan snakes. We have had some decorations around school to recognise this festival.

Look Up!



Families -  
Children's  
Mental  
Health  
Week





## February Photography KHS Competition- WINTER

Have you got a 'Wonderful Winter' OR  
'British Birdwatch' shot to share?  
Pupils can upload their photo entries via  
Evidence for Learning by 10 February.

There will be a lower and upper school  
winner chosen by the Eco-School  
committee for display in school.

*Deadline: 10 Feb 2025*



Recipe of the week:  
Fruit, oat & seed bars



Fruit, oat & seed bars recipe | Good Food



# What's on the menu?

- 140g light muscovado sugar
- 3 tbsp golden syrup
- 140g butter
- 250g rolled oats
- 85g raisin or sultanas
- 85g walnut pieces (or use your favourite nuts, roughly chopped)
- 50g sesame or mixed seeds
- 25g dried cranberry
- 50g ready-to-eat apricot finely chopped

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>M</b> Milk	Tomato and basil pasta	Sticky chicken	Beef enchiladas	Roast pork	Bubble fish
<b>F</b> Fish	<b>G M</b>		<b>G</b>		<b>F</b>
<b>So</b> Soya	Cheesy pasta	Vegetarian chilli	Vegetarian risotto M	Vegetable slice	Jacket potatoes
<b>G</b> Gluten	<b>G S</b>			<b>G E M</b>	
<b>S</b> Sulphites	Garlic bread	Noodles	Peas	Yorkshire puddings	Baked beans
<b>C</b> Celery	<b>G</b>				
<b>E</b> Egg	Mixed vegetables	Rice	Sweetcorn	Cabbage, carrots and broccoli	Mixed vegetables
<b>Mu</b> Mustard	Salad			Roast potatoes	Chips
	Scones with jam and cream	Fruit platter	Lemon drizzle cake	Fruit cheesecake	Flapjack
	<b>G M</b>		<b>G E</b>		<b>G</b> Fruit

WEEK 3: Menu for week beginning 13 January 2025; 3 February 2025





# Year 9 Trip to Duxford Imperial War Museum

Some Year 9 pupils went to Imperial War Museum Duxford on Wednesday 22nd January. Pupils were amazed by the aircraft and the military transport we saw there.



## DUXFORD



Pupils have been learning about life in WW2 in their Culture and Community lessons to support their letter writing task in English. Pupils have been taking on the role of a WW2 Fighter Pilot, writing a letter to a loved one to explain what it is like for them. Going to the museum has helped them understand just how small a cockpit was, as well as appreciating how hard it would be to learn to fly a plane that has so many buttons and controls.



## Pupils said...

"I had a great time at Duxford, I want to go again." - Mikey W



"It was cool getting to try on the uniform." - Sophia J



"It was really interesting to see the planes." - George J



"I liked all of it, it was really interesting." - Riley N

"I think it would have been hard to fly the planes and it would have been scary to be in a fight." - Isla H





# Food and Cooking

Some of the Y10 pupils made pizzas using tortillas as base for the pizza.

They selected their toppings and discussed how the recipe could be changed if making the pizza at home, Ella suggested adding spinach and some chicken.



Acorn pupils made oat cookies. They worked hard at spotting maths during the lesson. They read the amount of the required ingredient from the recipe and checked the weight of the items when they weighed out the amounts needed.





# More highlights!

Maple pupils enjoyed bird watching, group games, using their imagination to create pipe cleaner animals and digging to find different types of stones during their Forest School session. Pupils also liked searching for and finding insects. Great teamwork everyone!



During WRL some of the Year 9 pupils worked in the KHS Credit Shop, they created a Robert Burns themed display, re stocked shelves, helped pupils chose items to purchase, and recorded what was sold.



# Let's get outdoors!



Oak class had a great time and were full of excitement helping to set up their camp fire, so they could toast their marshmallows for the first time. They took turns to toast them and enjoyed getting sticky fingers. They decorated some wooden discs, made pom-poms with some new coloured wool and enjoyed their time chatting and laughing in the hammocks.

Birch group were very helpful preparing for another campfire ready to toast their marshmallows. Some pupils arranged the wood into the fire pit, while others tried really hard to use the flint and steel to light the fire. They all enjoyed toasting their marshmallows and getting sticky fingers. Some pupils played ball games and engaged in some whittling once the fire had been put out.



Acorn stayed on our school site due to strong winds. They had a great time bug hunting and collecting lots of worms. They dug deep holes, made mud pies and created some lovely colourful pom-poms. They used the binoculars to see all the different birds flying around us and they had great fun blowing bubbles and chilling out with their friends.



# Sensational Stories!

Pupils thoroughly enjoyed another great sensory story with the travelling librarian. This book took them on a magical adventure capturing dragons.



<https://www.beano.com/comic/beanotown/the-golden-beano-worth-its-weight-in-lols>

# BEANO®



Joseph has very kindly donated a set of Tom Gates books to the school library. Thank you very much Joseph.





# Evidence for Learning



Ethan wanted to make blueberry muffins by himself. With help to read the instructions, he did all the baking independently! Well done Ethan, they look delicious!



## EVIDENCE FOR LEARNING

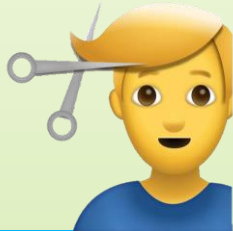


Adam came 3rd on a cadet sponsored run at the weekend. He was one of the youngest in his category but did amazingly and enjoyed himself.

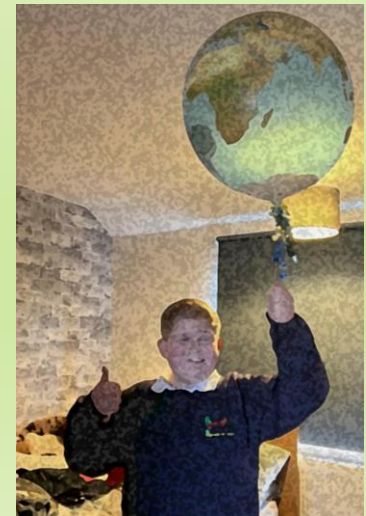
This is Louie. Jay C has been looking after him for a friend.



Chloe completed a puzzle with her Mum and went bowling with her family.



Lincoln was very brave and had his hair cut. Well done Lincoln, great resilience!





**DIARY DATES**

**Dates for 2025**

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](http://projectbritain.com))

**Coming up...**

Themes this half term:

Week beginning	Theme- linked to six outcomes/world events
6/1/25	New Year traditions New play plans!
13/1/25	Wisdom of Winnie the Pooh Day The Snug
20/1/25	Chinese New Year-29.1
27/1/24	Wider World: RSPB Big Garden Birdwatch-24.1
3/2/25	Community & Wider World: Eco-School
10/2/25	Resilience & Independence: Safer Internet Day

**HOLOCAUST MEMORIAL DAY**  
**27 JANUARY**

**What was The Holocaust?- Newsround**



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.



*Important Dates*

## 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**



ActivAte your  
February half  
term - Active  
Essex

Action for  
Children



Essex Short Breaks Clubs and  
Activities | Action for Children

[https://firstsite.uk/event\\_categories/holiday-fun/](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!

<https://www.chp.org.uk/customer-news/free-places-to-go-with-kids-this-february-halfterm-1532/>



NHS  
Essex Partnership University  
NHS Foundation Trust

## School Vaccination Catch up Clinics

**Has your child missed their school vaccinations?**

We are running local catch up clinics for their routine teenage vaccinations. \*\*

Your nearest clinic is:

**Room RA-08, Fryatt Hospital, Harwich CO12 4EX**  
10am to 2:30pm  
- Saturday 8 February

**Greenstead Children's Centre, Hawthorn Avenue, Colchester CO4 3QE**  
10am to 3pm  
- Tuesday 18 February (half term)

**Clough Road Clinic, 16/17 Clough Road, Colchester CO4 9QS**  
10am to 3pm  
- Wednesday 19 February (half term)  
- Saturday 1 March

**It's easy to catch up, book your nearest clinic NOW on 0300 790 0597.**

For information on school aged vaccinations please visit our website:  
[eput.nhs.uk/childrensvaccines](http://eput.nhs.uk/childrensvaccines)

\*\*HPV (from Year 8)  
DTP & Meningitis (from Year 9)

#GetWinterStrong

