

Friday 27 September 2024

Newsletter

Parent and Carer
Communication
Autumn Term 2024

Word of the
week: **TIME**

MEANING
SYNONYMS/RELATED
WORDS: The system in
which events appear to
happen one after the next
in a way that can never
be turned back; the past,
present, and future.
Days, weeks, months,
years, decades, centuries



TIME

*Extended index finger of primary hand
taps top of wrist of secondary hand
twice.*



It is hard to believe that we have reached the final week of September already, but the mixed weather is starting to feel more autumnal! An important reminder as we approach October, even if it is cold and rainy, we go outside whatever the weather, which also helps build resilience! Please make sure pupils have a suitable, **named**, outdoor coat in school each day.

The newsletter is packed full of highlights from another busy week at KHS- our theme of the week is TIME and it certainly is flying! Rendlesham helped us understand the importance of time in their assembly with pupils bravely presenting to the whole school. We were privileged to host the first football fixture of the SEND Latimer League, hosting Langham Oaks, another school in the SEAX Trust, who ended up the winning team in a challenging and well played match. See more on page 4!

We are preparing for our Harvest Festival assembly on 17 October. Donations of tea, coffee, sealed or tinned goods such as sugar, soup or beans welcome.

Forest School sessions have taken place off site for the first time this term using The Spinney area we are allocated by the local ranger.

Please see the links and information about our Parent and Carer evening on Monday 7 October for Upper School and Monday 14 October for Lower School (***Please note new date for Primary, Year 7 & 8). You will have the opportunity to meet with staff and discuss how pupils have settled into their new year group.

We look forward to welcoming you!

Mrs A Constantine

*Please click &
complete by 3.10.23

UPPER SCHOOL RESPONSE FORMS- Y9,10,11

LOWER SCHOOL PRIMARY, Y7 & 8 RESPONSE FORMS

Kingswode Hoe School
What we plant today, we grow tomorrow



We have been thinking about the importance of TIME as part of our theme this week and learning some of the history behind Greenwich Meantime (GMT).

We all do things at different times of the day. Getting up in time for school and going to bed at a reasonable time so we get enough sleep are just two examples of how important time is!



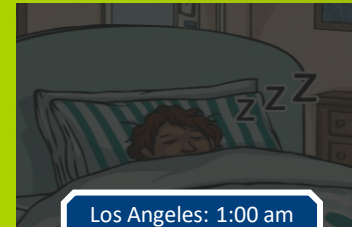
Rendlesham class assembly helped us think about the importance of time!

While you are in bed at night-time, people in some countries are getting up and starting their day. In other countries, people are at work and school as it isn't night-time there yet.

TIME

The time of day will depend on whereabouts you are on Earth.

This is all linked to a country's time zone.



GREENWICH LONDON



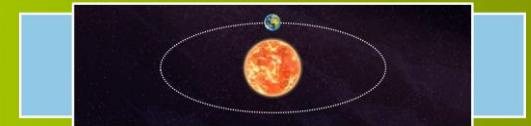
Greenwich Mean Time (often called GMT) is the clock time at the Royal Observatory in Greenwich in London.

We learn:

- ✓ Number, clocks and units of time in school

To help us with...

- ✓ Being on time - not missing out!
- ✓ Understanding how long something will take
- ✓ Employability - getting a job



The Earth rotates on its axis and the Sun only shines on the side of the Earth which is facing it. This means that for this side of the Earth it will be day-time. On the side of the Earth facing away from the Sun, it will be night-time.

Keeping Active



We hosted the first fixture in the new SEND schools Latimer Football League on Tuesday. We welcomed our first opponents Langham Oaks to Kingswode Hoe and a very competitive but fair match was played between the two sides. Langham Oaks came out on top winning the match 5 - 2. Our goals were scored by Ethan and Alfie and Kymani was chosen by their team for player of the match. Both sides represented their schools superbly showing excellent behaviour and resilience.



Pupils enjoyed playing outside in the sunshine during social time.

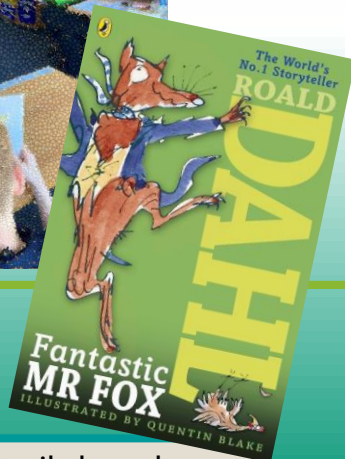


Year 8 finished their bleep tests this week. Once finished we introduced our new sport- football. Pupils worked on their passing and dribbling skills. We also spoke about communicating positively with our teammates.



Kingswode Hoe School
What we plant today, we grow tomorrow





the READING CORNER

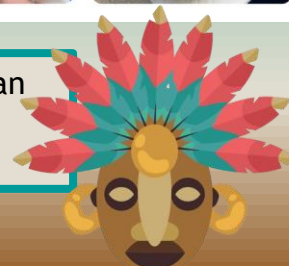


Pupils have been showing super concentration and perseverance with their reading skills during tutor time and English lessons across the school.

Birch pupils are enjoying reading *Fantastic Mr Fox* by Roald Dahl together. Reading spaces are being brightened up with a new world map and flag key on the wall in the reference library.



Orchard pupils created their own Mayan masks in their Community and Culture (CC) lesson.





In science this week Acorn class investigated friction. We measured how far a toy car could travel on different types of surfaces and found out that a bumpy surface slowed the car down.



Primary pupils enjoyed playing invasion games to build on their teamwork. They displayed brilliant communication skills and worked well together.



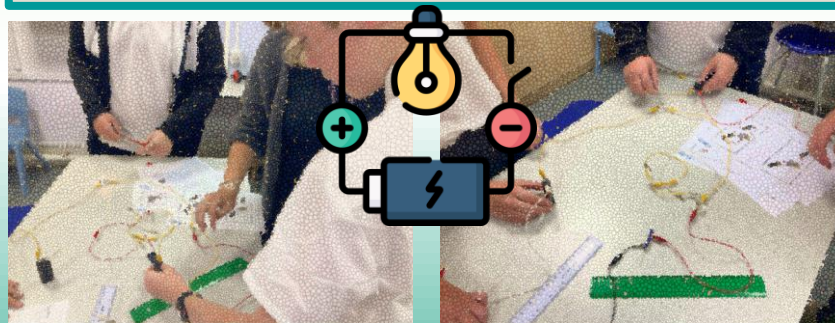
Learning in Primary



Primary welcomed Katie the Travelling Librarian who told the story of BeeBop the Alien. The pupils were fully immersed in the multi-sensory story, experiencing different sounds, sights and textures.

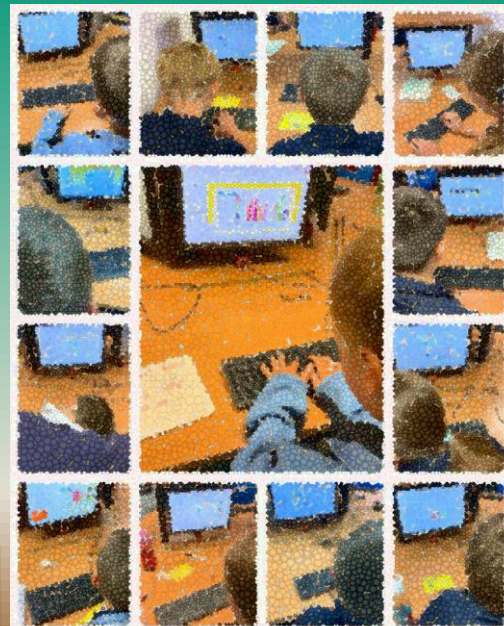


Year 9 pupils have been experimenting with electrical circuits as part of their Wider World sessions.



Year 8 pupils had a visit from representatives from the local Rotary Club. They found out all about the Rotarians across the world and what they do to help their communities. They learnt about the Rotary Club's current pledge to eradicate polio everywhere in the world and discussed ideas that we could do in school to help raise money and awareness for this important cause. Watch this space and start saving those pennies!

Year 8 have been learning about online safety in their computing lessons this term. They have identified different ways social media can be used and collected data to show how many people use social media for different purposes. They collated the data using Jit5 and line graphs.

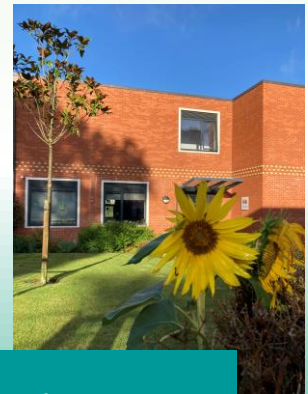


Computing

Charity work

Employability

Year 9 pupils have been working hard preparing the shop ready for business! They restocked, tidied and looked at the different roles needed to serve the customers and make them feel welcome.



Wellbeing



Nellie enjoyed spending time with some of the new pupils this week either out in the sunshine or in the cabin.



Forest School



Oak had a lovely time at Forest School, painting with mud, making potions and bug hunting. There was some lovely teamwork, working together to dig big holes. Pupils also enjoyed bird and squirrel spotting using the binoculars, completing the log walk, drawing and stories.



Acorn engaged in all the activities during their session. They enjoyed personalising their wooden discs, making magic potions and being very creative with their mud paintings. We chatted with our feathered friends and the pupils worked together to dig the deepest hole, and had great fun.



Outdoor Learning

Year 7

Birch pupils had a great time out in the fresh air. They chilled and chatted with each other during their session. They made fabulous pom-poms, they made lots of different magic potions using mud, sticks, stones and water. Lots of bugs were found during their bug hunts and some beautiful personalised wooden discs were made.

A lovely morning for all.

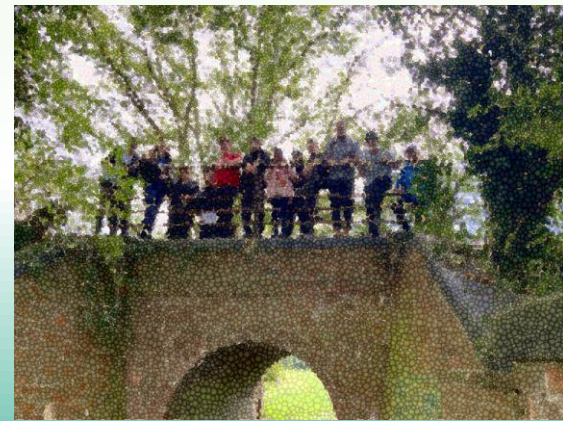
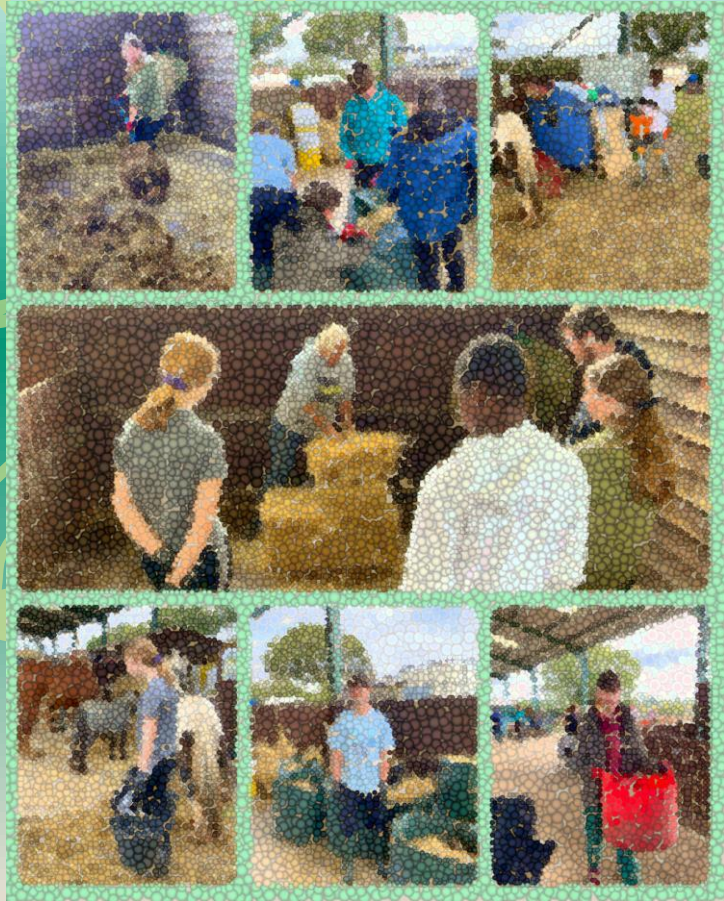


Maple class enjoyed their very first visit to the big forest! They engaged in all different activities such as hammock chilling, swing time and working together to build back the stream that was made last year.

All participated in a big game of volleyball and were brilliant at turn taking with the ball!

Outdoor Learning

The second group of Year 10 pupils enjoyed their first session at Sandy's Farm. They all got involved in lots of hard work in the barn.



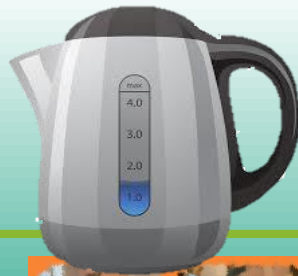
Year 11 pupils braved the rain during their railway DofE walk in Sudbury



Mr James introduced Year 10 to the Trangia cooker. He showed pupils how it worked and how to boil a ration pack on it. He went on to explain that you could make a hot drink with the water that you have used. The pupils tested to see if they could feel the heat safely.



FOOD & COOKING



Year 10 pupils iced cupcakes and made cups of tea, they set the table and enjoyed a chat around the table. They discussed the safe use of the electric kettle.



Acorn Class made themselves sandwiches. They practised spreading the butter right to the edge of the sliced of bread. Pupils were reminded of the importance of thorough hand hygiene prior to preparing food.



Some of the Year 11 pupils made themselves a cup of tea or coffee independently. Karl also made himself some fresh fruit salad, he showed Miss Lewis how to use the tunnel method to chop his grapes.

FOOD & COOKING



Spinney pupils cooked pasta to serve with the tomato sauce they made last week. They agreed it was just as good as a shop bought sauce, if not better!



This week's Star Baker is awarded to Teddy. Teddy worked hard to focus and made himself a cup of tea, he warned the other pupils to be careful when he carried his hot tea to the table.



Star
BAKER



Year 9 Food and Cooking pupils prepared locally sourced apples to make an apple crumble. They discussed the importance of working safely with knives and peelers.



E4L Home Learning

Did you know you can also share video clips from home?

Ruari enjoyed sharing a video of him using the skate ramp with his scooter with his class!



Ethan E was very brave and touched a snake at a family fun day



Ethan chose to make marble cake. He followed the recipe instructions well.



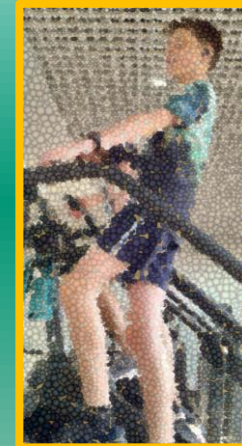
Zeynep enjoyed a visit to Colchester Castle Museum and learn some fascinating facts about Britain's rich history.



Maximus in Birch class has been helping at home with painting the fences. Well done Maximus keep up the hard work!



Rowan enjoyed going to the gym and was very focused throughout his session.



Sam in Maple Class has been busy reading at home. This week his book choice is 'Marv and the Ultimate Superpower'



Harvest Festival ASSEMBLY



Community & Wider World

Thursday 17 October Harvest Assembly

We will have a special Harvest whole school assembly in October to think about others and how food is harvested before the winter.

Each class will be presenting a different aspect of the Harvest as part of this theme.

Please send in dry goods such as tinned items, sealed tea, coffee and sugar that we can donate to some of the charitable organisations in Colchester that help the homeless.

If you can, please send in:

- ✓ Tea
- ✓ Coffee
- ✓ Tinned goods
- ✓ Sugar



Essex Food Bank info

End Child Poverty
link with Full Time
Meals recipes to try
at home



Happy Days

We hope you enjoyed the photos taken by Happy Days. You may still order copies online, using the information on the card that was sent home.



TUCK SHOP

PLEASE NOTE

APOLOGIES FOR ERROR IN NEWSLETTER LAST WEEK...

Tuck shop will start on Thursday 3 October at break time

Tuck tokens will be available to buy individually or in batches of 10, each token costs 20p, tokens only paid for online- no cash.

Pupils will be given a token to pay with if parents or carers have paid online.

There will be a selection of fruit, vegetables or freshly baked sweet & savoury goods.



DIARY DATES

Cafe Hero dates this half term:

October: 4 & 11 in aid of MacMillan Cancer Research



Harvest Festival Assembly

Thursday 17 October

Please send donations in if you can



Parent & Carer Evening

Monday 7 October - UPPER SCHOOL

3.40pm - 5.30pm

Monday 14 October - LOWER SCHOOL

Please click to confirm attendance

*Please
click &
complete
by 3.10.23

UPPER SCHOOL RESPONSE FORMS- Y9,10,11

LOWER SCHOOL PRIMARY, Y7 & 8 RESPONSE FORMS

Non-Pupil Days

Thursday 24 & Friday 25 October

Half term Thursday 24 October - Sunday 3 November

Pupils return to school on Monday 4 November

Non-Pupil/EHCP Day*

Thursday 24 October

**More details to follow about this event*

Friday 27 September 2024

Coming up...

Themes this half term:

Week beginning	Theme- linked to six outcomes/world events
4.09.24	Year of Opportunity: Going for GOLD!
9.09.24	Identity & Self-Expression: Reading & Roald Dahl Day
16.09.24	Identity & Self- Expression: KHS Rocks!
23.09.24	Importance of Time: GMT
30.09.24	Resilience & Independence: National Schools' Fire Safety Week
7.10.24	Wider World: World Space Week
14.10.24	Community & Wider World: Helping Others HARVEST
21.10.24	Identity & Self Expression: My EHCP

Kingswode Hoe School

What we plant today, we grow tomorrow

Packed lunch ideas - BBC Food

Packed Lunch IDEAS



A whole wheat tuna pasta salad recipe that's ready in 10 minutes. Perfect for packed lunches.

This healthy banana muffin recipe makes eating cake for breakfast guilt-free! Ripe bananas add sweetness to muffins, so you don't have to use much sugar. Wholemeal flour give the muffins plenty of fibre, keeping you full for longer.



Don't forget cherry tomatoes and grapes need chopping up length ways as they can be a choking hazard whole.

KINGSWODE HOE

LUNCH MENU Week 2

9.9.24 *30.9.24* *21.10.24* *18.11.24* *9.12.24*

Key to allergens

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

Monday

Pizza GM
Coleslaw M
Salad
Pasta Salad G
Angel Delight M

Tuesday

Sausages G
Vegetarian Savoury Nince S
Baked Beans
Peas
Crispy Cubes
Jelly & Fruit

Wednesday

Cheese & Tomato Pasta GM
Macaroni Cheese GMMu
Green Beans
Salad
Garlic Bread G
Fruit Salad

Thursday

Roast Chicken
Vegetable Slice GM
Yorkshire Pudding GEM
Peas & Carrots
Cauliflower Cheese GMMu
Roast Potatoes
Flapjack G

Friday

Fish in Batter GFMu
Vegan Nuggets G
Baked Beans
Sweetcorn
Chips
Toad Bun GE



Fruit & Yogurt available
Baguettes available

daily
Tuesday & Wednesday

HOLIDAY COURSES

Bikeability Level 1, Level 1 & 2 and 3 and Learn to ride courses

To book, please visit link
essex.cycleready.co.uk/publicbooking

There is a £15 non-refundable booking fee



SAFER
GREENER
HEALTHIER

Essex County Council

[Upcoming Courses \(cycleready.co.uk\)](https://cycleready.co.uk)

Essex ActivAte - Explained! - Active Essex



SEND - Active Essex



SEND SENSATION

#Local #Accessible #Positive



SEND Sensation - Essex Short Breaks:
Clubs & Activities | Facebook

MERCURY

Theatre Programmes for Young
People - Mercury Theatre Colchester

<https://www.visitcolchester.com/whatson/colchester-fringe-2024/>

