

Friday 7 January 2022

Newsletter

Parent and Carer
Communication
Spring Term 2022

January takes its name from the Roman two-headed God Janus who had one head looking back to the outgoing year and one facing the year ahead.

NEW YEAR



American author of What Katy did books reflects on new beginnings in this poem:

Every day is a fresh beginning,
Listen my soul to the glad refrain.
And, in spite of old sorrows
And older sinning,
Troubles forecasted
And possible pain,
Take heart with the day and begin again.

Susan Coolidge



A new day, a new term, a new opportunity ...

Wishing everyone a very Happy New Year!

It has been great to welcome the majority of pupils back to school at the start of the spring term and see them settle back into their groups. The week started with Braille Day which we learnt about during assembly and tutor time.

Classes have enjoyed quizzes, creative challenges, calculating and reading together. We are very pleased to report that pupils have started preparing the Kingswode Hoe Shop so that credits 'earned' in school can be 'spent' on items donated as part of our whole school reward system. Find out more about this in next week's newsletter ...

There have been a number of changes to Covid-19 guidance and more to come from Tuesday 11 January. Please see the SEAX letter sent out and page 4 for more details.



Mrs Constantine, Headteacher

Word of the week:
New



NEW

Flat primary hand brushes up behind flat secondary hand.

Kingswode Hoe School
What we plant today, we grow tomorrow



HIGHLIGHTS



LEARN

Hatfield class came back in 2022 feeling determined to focus and learn. They have been learning how different countries celebrate New Year and working in small groups playing a money game.



Fine motor sewing skills in action as part of Year 10 work related learning session this week



GCSE Art



Creative



Weald created personalised emotion wheels and worked together to build the tallest tower out of paper and tape.

We started the week on Tuesday 4 January marking the importance of World Braille Day in our whole school assembly. This is a day to celebrate the innovation of braille, but what is it, really?

What is World Braille Day all about?

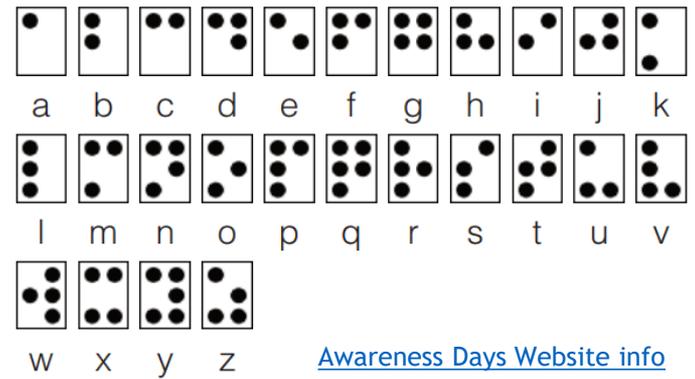
World Braille Day is celebrated every year on 4 January because it is Louis Braille's birthday, the inventor of braille! Louis was born in 1809 in France. He became blind after a childhood accident, and he quickly mastered his new way of living. When he was just 15 years old, he created the system we know today as braille, based on a system of writing developed by Charles Barbier. Over the years braille was tweaked to make it easier to read, and now it is used the world over!

Celebrate Braille Literacy

World Braille Day is a reminder of the importance of accessibility and independence for those who are blind or visually-impaired. The reality is that many everyday establishments, restaurants, banks and hospitals, are not equipped with braille menus, statements or bills. That means people with blindness or a vision impairment are not given the freedom to choose their own dinner ... or to keep their finances private.

World Braille Day spreads awareness about braille and other accessible forms of communication.

Everyone deserves (and is legally entitled to) the same accommodations and service, regardless of ability. On World Braille Day, let us remember that and do our part to make our school more accessible for everyone.

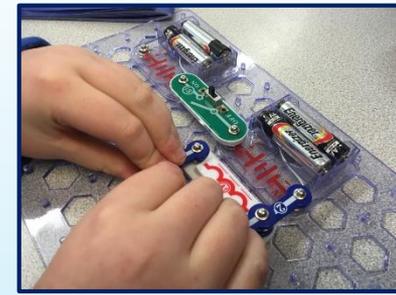


World Braille Day





Primary and Year 7 enjoyed their first Forest School sessions of the new year despite the chilly conditions!



Mastering tricky electronics

Selecting and talking about best work in Acorn class



WRAP UP WARM!

Please make sure pupils are dressed warmly for school, classes can be cold to keep well ventilated and we go out, whatever the weather, so they need to be prepared and reminded to bring coats during chilly weather.



In the event of snow closure, a text will be sent out via Arbor.

There will be snow themed work available on the SEAX Learning Platform for day 1. Click on the snow picture to go to our website.



Oak class have been talking about their hopes and wishes at the start of the new year



Photo Corner

Some fantastic winter snaps from one of our pupil photographers in Year 11 who has taken these wonderful wintry scenes.

Well done Charlie!

COVID-19 UPDATE



Huge thanks to the significant number of families who supported pupils to test at home before returning to school this week. This really helped to identify any positive cases following the holiday and limit spread of Covid-19. We know it is not pleasant as staff have been testing regularly for months so we appreciate support to do this with pupils where possible. Just get in touch if you need more LFT kits. If your child is aged 11 or above we would ask you to **continue with twice weekly testing** where you can. Again, we know this may not always be possible, but if it is, please continue with this important activity. **If a test is positive, or they are showing any Covid-19 symptoms do not send your child to school** but seek a PCR test and if that is positive please ensure your child isolates.

Changes to guidance mean that if any pupil of any age is a **close contact of someone who has Covid-19, they should test daily for seven days using a LFT test**. They may continue to attend school if they do this, unless of course the test is positive or they have any symptoms themselves. Schools are no longer expected to carry out contact tracing.

Pupils of secondary age continue to be encouraged to wear masks in taxis and communal areas. New guidance from the government now recommends that when **pupils are aged 11 or above they should wear face coverings in classrooms too**. This will hopefully be for a short period of time.

A high proportion of pupils on roll were given the flu vaccine on Wednesday and the NHS team were once again very impressed by the conduct of our pupils, which is good to hear.

We have had some queries about when the NHS will be offering Covid-19 vaccinations on our school site but we do not currently have a date and this is organised by the NHS. However, there are walk in opportunities within the local area for those keen to take up this opportunity.

Guidance is changing frequently at the moment. Please check government websites for the latest information:

<https://www.gov.uk/coronavirus>

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/>

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.

Visit

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes-for-healthier-lunch-box-alternatives>



The best time for new beginnings is now



Kingswode Hoe School
Spring Term Lunch Menu

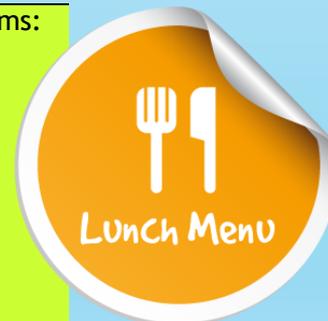
Week 3 → 10 January, 31 January

Monday	Tuesday	Wednesday	Thursday	Friday
No-Meat Monday	Sausages	Chicken Pie	Roast Pork	Battered Fish
↓	S	G-M	Yorkshire Pudding	↓
Pizza	↓	Cheese & Onion Quiche	↓	G-F
G-M	Vegetarian Sausages	G-E-M	Vegetable Strudel	↓
↓	G	Homemade Bread	Roast Potatoes	Tortilla Boats
Sweetcorn	↓	G-M	Cabbage	↓
↓	Diced Potatoes	Broccoli	Carrots	G-E-M
Coleslaw	↓	Green Beans	Peas	↓
M-Mu	Beans	Angel Delight	Fruit Muffins	Chips
↓	↓	M	↓	Baked Beans
Pasta Salad	Sweetcorn	↓	NO-BAGUETTES	Peas
G	↓	Ice-Cream Roll	G-E-M	↓
G-E-M	Rice Pudding	↓	↓	Flapjack
↓	M	↓	NO-BAGUETTES	↓
↓	↓	Available daily:	↓	↓
↓	↓	Fresh wholemeal bread	↓	↓
↓	↓	Salad, fresh fruit, yogurt	↓	↓
↓	↓	Fresh milk & water	↓	↓



Key to allergens in menu items:

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



Kingswode Hoe School
What we plant today,
we grow tomorrow



Staff update

We want to wish Miss Hardy the very best of luck in her new role at a different special school. Her last week will be next week so I am sure the pupils she supports, particularly in Arts Award, Maths and Rendlesham class will make it a memorable one. I would like to take this opportunity to thank her for her contributions to our school over the last three years and hope that she will really enjoy this progression opportunity.



DIARY DATES

Wednesday 12 January

Year 10 Heybridge visit

Peer mentor briefing- Upper School

Themes

...this half term:

Week beginning	Theme- linked to six outcomes/world events
4 January	New Beginnings World Braille Day
10 January	Identity & Self-expression: Martin Luther King Day (15/1)
17 January	Resilience & Independence: Scott of the Antarctic
24 January	Community & Wider World: Australia Day
31 January	Health, Lifestyle & Wellbeing: Big Garden Birdwatch
7 February	Safer Internet Day

[Facts about January - day by day \(projectbritain.com\)](http://projectbritain.com)

[Facts for each day in February \(projectbritain.com\)](http://projectbritain.com)

