

Friday 13 May 2022



Newsletter

Parent and Carer
Communication
Summer Term 2022

Another packed and productive week at Kingswode Hoe. Following their residential trip, Year 7 pupils showed great focus and flexibility welcoming visitors to their PSHCE lessons to learn about friendships. Groups had fun in the forest and at the farm despite the rain, which we are sure the plants were grateful for! Year 7 pupils have been creating craft for the KHS shop and Year 10 pupils have continued to apply their maths skills to calculating, sorting and delivering stock.

Our sharing assembly focused on our outcome of **health, lifestyle and wellbeing** this week, highlighting some of the spaces, activities and things we have in school that help promote positive wellbeing and keep us calm. It was great to see pupils welcoming Nellie to school on a special film all about her visits and we know she is helping pupils feel happier in the short time she has been coming in on a Friday. Find out more about Mental Health Awareness Week and the benefits of our outdoor learning curriculum on page 2 and 3...

Mrs Constantine

Word of the week:



Health, lifestyle and wellbeing



HEALTHY

Both open hands start on chest. Both hands move forward while closing with thumbs extended.

Word: HEALTHY

*Meaning: being free from sickness; well; fit. having to do with a good mind and body
synonyms:
healthful, hearty, right, robust, wholesome*

How we are calm at KHS...



Playing



Litter picking



Colouring



Games



Acorn class have been creating pictures about Mental Health Week

Kingswode Hoe School

What we plant today, we grow tomorrow



Wellbeing visits @ KHS

Nellie is a special visitor every Friday and she has a positive effect on our wellbeing...



<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Mental Health Awareness Week

9 - 15 May 2022



Mental Health Foundation

CONNECT

TALK & LISTEN.
BE THERE.
FEEL CONNECTED

**BE
ACTIVE**

DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD

**KEEP
LEARNING**

EMBRACE NEW
EXPERIENCES. SEE
OPPORTUNITIES.
SURPRISE YOURSELF

GIVE

YOUR TIME.
YOUR WORDS.
YOUR PRESENCE

**TAKE
NOTICE**

REMEMBER THE
SIMPLE THINGS THAT
GIVE JOY

OUTDOOR LEARNING- HOW IT IMPROVES WELLBEING...

THE BENEFITS OF OUTDOOR LEARNING

Improved health & well-being

Increased motivation

Enhanced memory

Decreased stress levels

<https://www.outposts.co.uk/10-benefits-of-outdoor-learning/>

We devote a significant amount of our curriculum time for all year groups to outdoor/active learning. We are lucky to have trained Forest School and Duke of Edinburgh lead on our staff, as well as teams who are passionate and involved in promoting the benefits of this area. It is clear to see the positive impact outdoor learning can have on pupils and this is under pinned by research if you want to find out more...click on the links below!

We are pleased to be working with our link Educational Psychologist to plan how we develop this area of the curriculum and strengthen it further for the coming year. We know why we value it (intent), and we are currently working on how we organise and deliver it (implementation) and want to be able to demonstrate the positive effects (impact) more clearly.



Forest School clay play Hedgehogs!

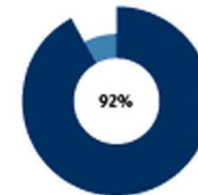
Natural Connections Demonstration Project: Schools report positive impacts of outdoor learning:

Makes lessons more enjoyable (95%)	Engages pupils with learning (92%)
Improves social skills (93%)	Has a positive impact on behaviour (85%)
Improves pupils' health & wellbeing (92%)	Leads to a greater understanding of nature (94%)

<https://learningoutsidetheclassroomblog.org/2016/07/21/busting-the-myths-on-outdoor-learning-in-schools/>

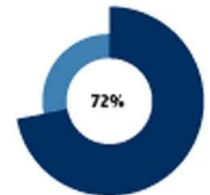
IMPACT OF OUTDOOR LEARNING

Improved pupil health



of schools said learning outside improved pupil mental wellbeing

Improved teacher health



of schools said learning outside improved staff health and wellbeing

Source: Natural Connections Demonstration Project, Natural England, 2016

<https://www.cypnow.co.uk/features/article/special-report-research-outdoor-learning-research-evidence-study-4>

WELLBEING @ KHS

For more information on how connecting with nature benefits our mental health visit <https://www.mentalhealth.org.uk/campaigns/nature/nature-research>



This week, Year 10 pupils have been pond dipping at Highwoods Country Park. They discovered tadpoles, dragonfly nymphs, damselfly nymphs, lesser water boatman, rams horn snails and diving beetles.



Pupils were asked to complete a find and photograph task, here are some of their discoveries.

A nest, a wildflower, a leaf with five points, a stick approximately 30cm long, fungi, three different coloured stones, an insect and a pine cone.

Health, lifestyle and wellbeing

Spinney class pupils have been using their map reading skills to navigate Hilly Fields. In groups, they challenged each other to find hidden cards using the grid references given. Well done Spinney!



This week...



We would like to take this opportunity to wish Ms Excell well in her new job as she moves on after 11 years. She has worked with many different staff and pupils since 2011 and has always enjoyed putting her creative skills to good use. Birch and Orchard class have made their own leaving cards for Ms Excell and we look forward to hear how she is getting on.

All the best for the future!



Best Wishes

and more!

Year 10 pupils showed creative responses in one of this week's arts activities, when they followed instructions to recreate the character Goku from the popular anime series 'Dragon Ball Z' with exceptional outcomes as you can see...
Well done Year 10!



WELLBEING

FOCUS ON...PSHCE & RSE CURRICULUM

Please see the short film on our website made by staff at Kingswode Hoe about how we approach this with our pupils to tell you more:

<https://www.kingswodehoe.com/curriculum-overview>

PLEASE RESPOND TO OUR SIMPLE FORMS QUESTIONS AS PART OF THIS CONSULTATION IF YOU HAVE NOT ALREADY DONE SO!

Click on the image to see our short film to find out more!



[CLICK TO FIND OUT MORE ABOUT JIGSAW...](#)

LINKS AND INFORMATION- NO CHANGES THIS WEEK...

Vaccinations

Parents and carers of all 5 to 11 year olds are now able to book a COVID-19 vaccination for their child. Link to the [national booking service](#)

To book a COVID vaccination for all eligible age groups please visit the [NHS national booking service](#) or dial 119.



[NHS Coronavirus advice & links for vaccinations](#)



Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend.

[Click here for latest government Coronavirus guidance](#)

Cooking



Acorn class made their own 'Salad Bar' salads, using dinosaur shaped pasta and lots of fresh vegetables.



Year 10 Life Skills Group heated basic pizzas. Developing their ability to read for purpose, they looked at packaging and heating instructions.

To improve communication, they talked about how they could make them tastier by adding different toppings.



Year 11 made Rocky Road cakes!



Evidence for Learning



<https://web.evidenceforlearning.net/efl/>



Curtis decided to be creative at home and make snow mobiles and jet skis out of paper, fantastic imagination Curtis!



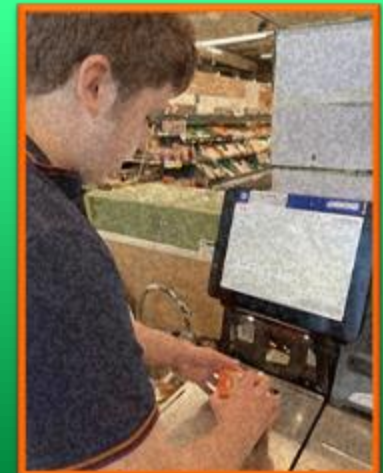
Esme enjoyed a three mile walk round Chalkney Woods.



Ethan enjoyed the Owl Sanctuary and Crazy Golf over the weekend!



Tye developed his life skills and went to a local shop, using the self-service till, excellent!



Evidence for Learning



<https://web.evidenceforlearning.net/efl/>

Esme has been putting her cooking skills to use and made pizza at home, they look delicious!



Paul celebrated his 10th birthday cake, wow, what a cake!



School meal menu is on a 3 week cycle. We sometimes have to make changes due to availability of ingredients

The impact of breakfast on
learning in children

family
action



Click on the logo to
find out more

LOVE SCHOOL — Meals —

BREAKFAST BAGELS

We are pleased to be working in partnership with the National School Breakfast Programme so that, as well as our Breakfast Club provision from 8.15am each morning that you can book your child into, we can also offer any pupils who may have missed their breakfast, something on the go when arriving in the morning at no extra cost to families.

We know that some pupils miss breakfast before their taxi or drop off, so healthy bagels and cereal will be available. Your child's tutor will be able to liaise with you about this option if you have any queries as we get this set up over the coming week.

Please limit sweet treats as part of packed lunches to ensure healthy balance for pupils and slow release energy during the afternoon.

Providing Breakfast for Pupils



Kingswode Hoe School
What we plant today,
we grow tomorrow



KINGSWODE HOE LUNCH MENU Week 2

Key to allergens

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

Monday

Jacket Potatoes
Beans
Cheese M
Coleslaw M
Salad

Fruit Jelly

Tuesday

Sausages S
Pizza Whirl G M
Baked Beans or Peas
Hash Browns

Bakewell Tart G E M

Wednesday

Pasta Bolognaise G
Cheesy Leek Pasta M G
Green Beans
Garlic Bread G E M

Fruit Fool M

Thursday

Roast Chicken
Vegetarian Sausages S
Yorkshire Pudding G E M
Cabbage & Carrots
Roast Potatoes

Oat Cookies G M

Friday

Fish Fingers G F
Vegetable Quiche G E M
Baked Beans
Mixed Vegetables
Chips

Fruit Cheesecake G M



Fruit & Yogurt available

daily

Baguettes available

Monday, Tuesday & Wednesday

DIARY DATES



DTP/Meningitis ACWY Year 9 19 May
HPV 1st vaccine Year 8 8 July



SPORTS DAY 1: Friday 17 June

SPORTS DAY 2 Tuesday 28 June

(If unable to hold this event on 17 June due to weather or unavoidable circumstances)



RESIDENTIAL DATES

Letton Hall 24 - 27 May Year 9

Leiston 6 - 10 June Year 10

Thorrington Camp 12 - 14 July Year 8

YEAR 11 DATES

Rendlesham familiarisation DofE Walk 23 May

Graphic Assessment 7, 8, 9 June

Graphics Assessment 14, 15, 16 June *(if for any reason the school is unable to administer the examination on proposed dates)*

Rendlesham DofE Expedition 22 - 24 June

Arts Award moderation 30 June

Year 11 Leaving assembly and last day 1 July

Friday 13 May 2022

Coming up...

Themes this half term:

Week beginning	Theme linked to six outcomes & school/wider world events
	Employability: Work experience placements How we grow at Kingswode Hoe
	Accreditation: Sharing
	Community & Wider World: Travel
	Health, Lifestyle & Wellbeing: Keeping calm
16 May	Resilience & Independence: Y7 Sharing- Thorrington trip
23 May	Identity & Self-Expression: Arts Award Sharing