

It's been nice to see some sunshine this week, as well as invite Year 10 and 11 parents and carers to talk about pupil progress and next steps.

Oak class shared their learning with the school about **people who help us**. We have been thinking about people who need our help too. For Comic Relief on Friday 18 March, we will be trying to achieve half a million steps as a whole school and doing activities about why we help others and how getting active helps our wellbeing too.

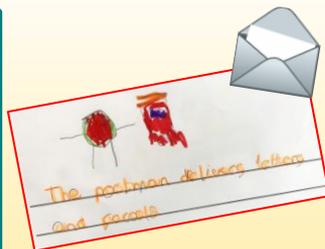
We were also delighted to welcome a special visitor to our school, Nellie the Cockapoo. Nellie was in school to be assessed as a possible Wellbeing Dog for visits to Kingswode Hoe. We are pleased to say that Nellie has passed the Bronze Level of the course and will now be available to work within our school.

Our focus on reading continues, with some pupils even choosing to read all through their lunch break outside! Find out more on page 2...

It is wonderful to see pupils who have been working extra hard as part of our Friday celebration assembly. Next week we will be inviting the whole class that includes the highest credit earner to recognise their achievement together!

Another busy and productive week!

Mrs Constantine, Headteacher

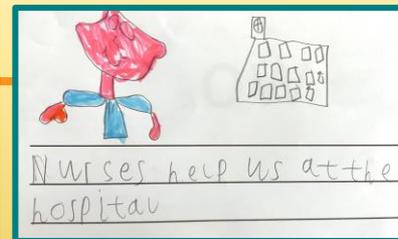


March

Newsletter

Parent and Carer
Communication
Spring Term 2022

Word of the week:



Meaning: to aid or assist
Synonyms: aid, assist, serve



HELP

Closed hand with thumb up rests on palm of flat upturned hand.



COMIC RELIEF

COMIC RELIEF 2022

Friday 18 March

We will be aiming for half a million steps as a whole school challenge

Pupils may wear their own clothes (**RED THEME suitable for being active in**) with a minimum donation of £1, please click the link below to make your donation online.

[Kingswode Hoe School is fundraising for Comic Relief \(justgiving.com\)](https://www.justgiving.com/Kingswode-Hoe-School)





As part of their EHCP session, a group of Year 10 pupils visited Waterstones in Colchester on Monday morning to spend their book tokens to continue their reading focus and progress towards individual targets.



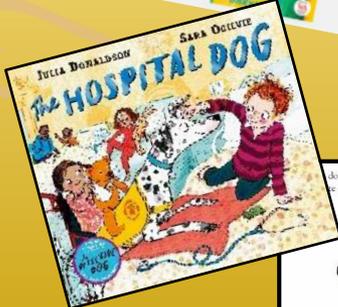
Year 8 pupils also visited town to get their World Book Day books.

Reading books linked to our theme this week have been enjoyed by Oak as part of their topic work.

READING CORNER

WE ARE LOOKING AT DIFFERENT STORIES LINKED TO DIFFERENT ROLES

Each story has a different type of person who can help us in it.



Oak class have been working on their drawing skills this half term. They followed an online tutorial of Sara Ogilvie drawing The Hospital Dog. The results in their final pictures are really impressive!

Getting active...



As part of their supported work placement at Tesco, the Year 11 group all applied their maths skills trying out the tills and worked on communication, helping customers pack their shopping.



At the start of the month, we took a group of pupils to Leisure World to represent the school in the Messa Swimming Competition. The pupils were a credit to the school and represented us brilliantly throughout the event. We were extremely proud of each one of them for their efforts in securing second place. Well done on your fantastic achievements.

Year 10 have been focusing on personal presentation and working on a range of tasks which included sewing on buttons, ironing shirts and repairing ties on school aprons.



Oak and Acorn pupils showing off their excellent rugby skills in the sunshine!

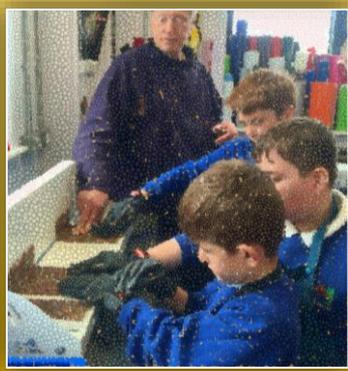


Maths skills

Super behaviour, safety awareness and evidence of maths from Oak group in the DT workshop, pupils were challenged to identify the right angle needed for the pencil holder they are making from recycled plastic.



In maths, Year 10 pupils decided what equipment they would use to measure a range of items. The group then measured them and compared their figures.



Community and Wider World

In their Community and Wider World session, Year 9 pupils experimented by simulating the effects of weather, using sand, a watering can and straws for rain and wind.

Food and Cooking ✨



Acorn class made peach melba pop tarts with tinned peaches and fresh raspberries.

Year 7 pupils decorated the cakes they made last week- what star bakers!



Developing independence



Upper school pupils have been putting their Barista skills to good use making staff hot drinks!



Year 9 pupils made their crumble topping for the apple crumbles. Mr James rated them 10/10.



Kingswode Hoe School
What we plant today,
we grow tomorrow



Out and About

Green Cross Code

- 1 Think
- 2 Stop
- 3 Look and listen
- 4 Wait
- 5 Look and listen again
- 6 Arrive alive



Pupils enjoyed the minibus talk and having a go in the driver's seat!



Birch practised crossing the road and enjoyed a walk around Hilly Fields.



Maple and Acorn class had another fantastic morning out at Forest School



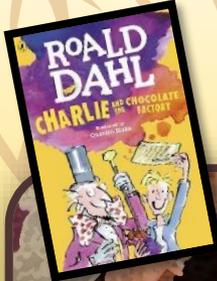
Evidence for Learning



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

From school

EVIDENCE
FOR LEARNING



Ethan helped produce a special World Book Day dinner inspired by Charlie and The Chocolate Factory!



Ethan also made frozen penguins during his science experiment using some warm water and salt. Brrrrrlliant!



Smriti has been practising the origami skills that Mr Smith has been teaching the class!



Rowan was also inspired by a popular book character... can you guess who it is?



Lewie's favourite thing to do is cooking and he loved the pancakes he made! How many can you flip?



COVID GUIDANCE REMAINS THE SAME AGAIN THIS WEEK!

Current isolation advice

Unlike mainstream schools, there is still a recommendation that young people and staff who work in special schools continue to test themselves for Covid-19, using an LFD testing kit, twice a week. We know that for some pupils this is a difficulty and so, as we have throughout the pandemic, we will be sympathetic to this, and no-one will miss education because they do not test.

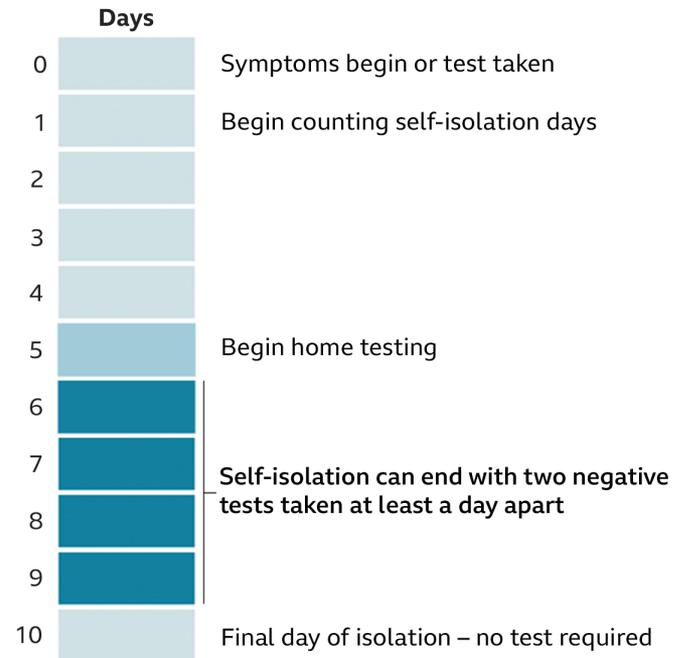
If your child has a positive test, or has symptoms of Covid-19, then the advice is:

- Children and young people with COVID-19 should not attend their education setting while they are infectious.
- They should take an LFD test from five days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day.
- If both test results are negative, they should return to their educational setting, if they feel well enough to do so and do not have a temperature.

Children and young people who usually attend an education or childcare setting and who live with someone who has COVID-19 should continue to attend the setting as normal.

You will see from the SEAX letter that advice remains the same for staff and pupils in our special school

How five-day isolation rule works in England



Source: NHS



Please continue to check government websites for the latest information:

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

[Click for vaccination information](#)

School Dinners



Kingswode Hoe School
Spring Term Lunch Menu

Week 2 14 March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
No Meat Monday	Curry Day G	Mince Cobbler G E M	Roast Chicken	Fish Fingers G F
Tomato Spaghetti G M	Vegetable Chili G E M	Vegetarian Savoury Whirl G E M	Yorkshire Pudding G E M	Cheese Pasty G M
Tomato & Chickpea Ragout G M	Rice Naan G	Green Beans	Risotto C	Chips G
Sweetcorn Salad	Mango Chutney	Broccoli	Roast Potatoes	Broad Beans
Chocolate Sponge & Chocolate Sauce G E M	Ice cream & Fruit	Pancakes & Cream G E M	Cauliflower Cheese M	Peas
			Carrots	Jelly
			Mixed Vegetables	
			NO BAGUETTES	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



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.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.

Kingswode Hoe School
What we plant today,
we grow tomorrow

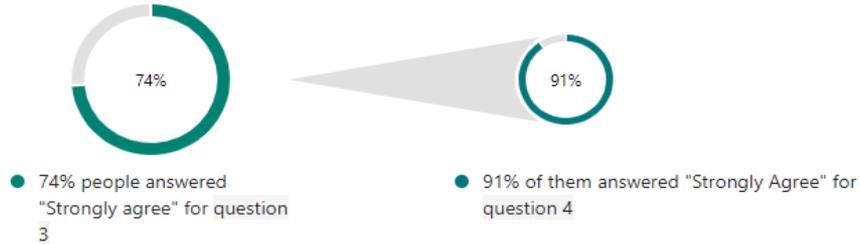


Thank you to Year 10 and 11 parents and carers who came to our progress evening and provided valuable feedback.

Question 3: My child is happy at Kingswode Hoe School

Question 4: My child feels safe at Kingswode Hoe School

74% of people answered **Strongly agree** for this question, and the majority answered "**Strongly Agree**" for Question 4.



DIARY DATES

Comic Relief Day Friday 18 March

**Easter Holiday dates:
4 - 18 April**

Back to school on Tuesday 19 April

HPV Catch up vaccinations Years 9-11 1 April
DTP/Meningitis ACWY Year 9 19 May
HPV 1st vaccine Year 8 July

Final day for Year 11: Friday 1 July 2022

RESIDENTIAL DATES

Thorrington Camp 4 - 6 May Year 7
Letton Hall 24 -27 May Year 9
Leiston 6 - 10 June Year 10
Rendlesham Forest Camping 22 - 24 June DofE Group
Thorrington Camp 12 - 14 July Year 8



Coming up...

Themes this half term:

Week beginning	Theme linked to six outcomes & world events
	Employability: Kingswode Hoe Shop
	Accreditation: Reading/World Book Day- The Nest
	Community & Wider World: People who help us
14 March	Health, Lifestyle & Wellbeing: Comic Relief Mindfulness
21 March	Resilience & Independence: Our Environment DofE #ShowTheLove
28 March	Identity & Self-Expression: Arts Award Sharing

<https://firstsite.uk/event-categories/children-families/>

Firstsite

<https://saferessexroads.org/road-users/cycling/>

Do let us know about any other activities running in your area or over the Easter break so we can share with other parents and carers in the newsletter next week!



The
Bikeability
Trust

Easter Holiday Courses Bikeability Level 1, Level 1 & 2, Level 3, and Learn to ride courses. In Chelmsford, Colchester, Harlow & Maldon.



OUT OF SCHOOL

<https://colchestersportspark.co.uk/other-activities/holiday-activities>

<https://colchestersportspark.co.uk/>

COLCHESTER
SPORTS PARK
NORTHERN GATEWAY

PARTIES

AT COLCHESTER SPORTS PARK

Bags of sporty fun await your children at Colchester Sports Park! Book their birthday party with us before end of March 2022 and save 30% on your fee.

 <p>MULTI-SPORTS PARTIES £140 (£98 discounted price)</p> <ul style="list-style-type: none">» 1 hour of Rounders, Kwik Cricket, Hockey or Football (choose one, or a mix) in the Indoor Sports Hall» Ages 5-13» Up to 15 children	 <p>FOOTBALL PARTIES £140 (£98 discounted price)</p> <ul style="list-style-type: none">» 1 hour of Football in the Indoor Sports Hall» Ages 5-13» Up to 15 children <p>YOUR EXCLUSIVE DISCOUNT CODE: SP30*</p>	 <p>BUBBLE FOOTBALL PARTIES £160 (£112 discounted price)</p> <p>High-energy fun in a bubble!</p> <ul style="list-style-type: none">» 1 hour of Bubble Football in the Indoor Sports Hall» Ages 9+» Up to 12 children (sharing 10 bubbles)
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*T&Cs: 30% discount applies to party fees of £140 (or £160 for Bubble Football) and does not apply to additional catering costs, where relevant. Hot or cold food catering options available at additional cost (£60 hot selection, £50 cold selection, menus available on request). Discount applicable on bookings made by 31st March 2022, for parties in 2022 and is a one-time offer applied to your first party booking but does not apply to subsequent bookings. Weekend bookings only, year-round. Party room access available 15 minutes before and after the party for set-up and clear-away. Sessions include briefing and guidance from a host (please note no quiet sessions available for parties). Pump Track party fee of £140 with a 30% discount applied equates to £98 per child based on 12 children.