

# Friday 15 October 2021

# Newsletter

Parent and Carer  
Communication  
Autumn Term 2021

Another packed week at Kingswode Hoe with pupils enjoying a range of activities, visits and opportunities in and out of school.

We have been thinking about **equality** and **respect** to mark the International Day of the Girl Child. It is really important that we all understand how stereotypes can affect how we think and talk about other people. Classes have been reflecting on this as part of assemblies and tutorial time this week.

As part of our Covid contingency plan, whilst curriculum has continued as usual, we have restricted some activities in response to our case last week and encourage all who can to wear masks, particularly in more crowded areas.

Pupils have enjoyed participating in their credit time sessions to end the week and it has been super to see so many growing in confidence with their social skills, bike riding and communication in particular.

Wishing everyone a safe and restful weekend as we move into the final week of this half term.



Mrs Constantine, Headteacher



# October

Pupils in Acorn class have been doing visual work to challenge stereotypes this week...

## Word of the week: Stereotype



## QUIET

*Both open hands, with fingers apart, held in front of body. Hands move apart while index finger and thumb on both hands move together to touch at tips.*

Kingswode Hoe School  
What we plant today, we grow tomorrow





## "GIRLS CAN'T PLAY FOOTBALL"

Around the world, girls are told that football isn't for them. In 2019, Bernadette's talent was spotted during a training session by Plan International's Kick It project team. Now, Bernadette, 23, coaches the Tigresses – one of eight girls' and women's teams in her region in Mali.

"I was always told that football is a man's sport but I replied by saying that anyone can play it. I would like to call on everyone to encourage those who want to practice it to do so, especially since the popularity of women's football is growing. Please, let your daughters and your sisters play football."



Bernadette, 23, coaches a girl's and women's football team in Mali

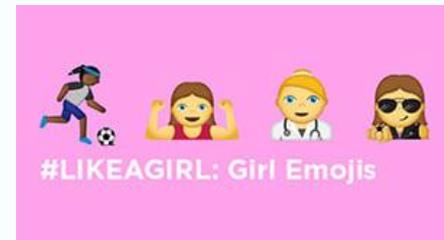


We do not have myths about what girls can or can't do at Kingswode Hoe  
We treat and talk about everyone as equals



Our new SLT Inclusion Lead helped us rethink how we view people in different job roles as part of our class assembly this week

A link to a thought provoking film as part of the Always brand campaign that has been shared with pupils in Year 9 upwards:



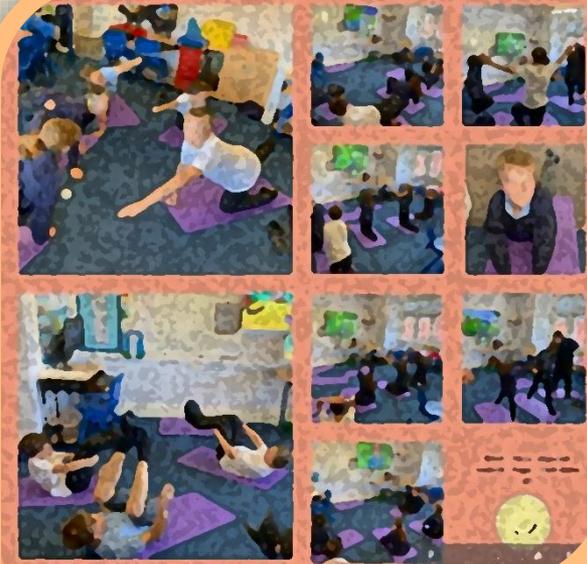
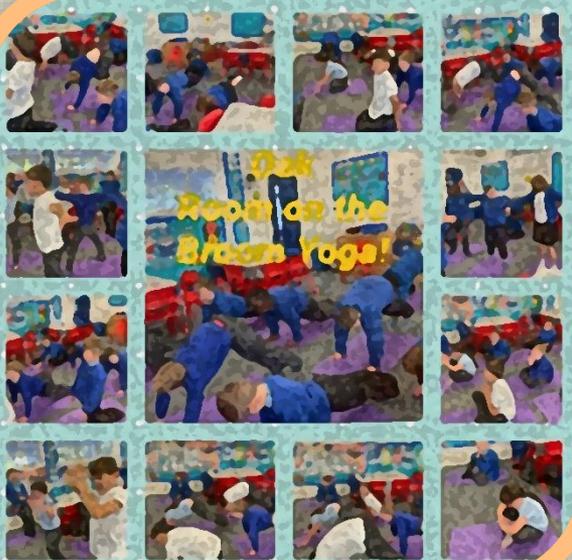
[https://plan-uk.org/international-day-of-the-girl-2021?utm\\_campaign=day-of-the-girl-fy22&utm\\_medium=ppc&utm\\_source=google-t&gclid=EAlaIQobChMlnNOyzO\\_B8wIVVwMGAB3ASgNbEAAYASAAEgK8Y\\_D\\_BwE](https://plan-uk.org/international-day-of-the-girl-2021?utm_campaign=day-of-the-girl-fy22&utm_medium=ppc&utm_source=google-t&gclid=EAlaIQobChMlnNOyzO_B8wIVVwMGAB3ASgNbEAAYASAAEgK8Y_D_BwE)

# Highlights this week

## YOGA

Did you know Yoga is an old discipline from India?  
It is both spiritual and physical.  
Yoga uses breathing techniques, exercise and meditation.  
It helps to improve health and happiness.

*Both Oak and Birch class  
enjoyed Yoga this week. Super  
stretching stars!*



<https://www.nhs.uk/live-well/exercise/guide-to-yoga/>

*Some of our pupils really enjoy using resources such as Cosmic Kids Yoga on YouTube in school- here is the link to try this at home:*

<https://www.youtube.com/user/cosmickidsyoga>

# Outdoor Learning



Oak class went for a local area walk and looked at the different architecture on Sussex Road.



Acorn and Maple pupils being creative with conkers at Forest School.



# CULINARY STARS



Acorn, Birch & Spinney developed their motor and culinary skills making sandwiches and preparing vegetables. Some groups were able to use fresh produce grown in school, such as onions, as part of these sessions.

*"Acorn Class enjoy their food sessions. They look forward to it each week. The pupils have been listening so well and taking turns."*



We have been asked to share information about a weekend cricket club specifically aimed at pupils with SEND currently running in Brightlingsea which may be of interest.

## DISABILITY CRICKET

AT BRIGHTLINGSEA CRICKET CLUB

BRIGHTLINGSEA SPORTS CENTRE

STARTING SATURDAY 2ND OCTOBER

11-30AM-12-30PM

£3-00 PER SESSION



**OPEN TO ALL**

**ALL EQUIPMENT PROVIDED**

**QUALIFIED COACHES**

**FOR MORE INFORMATION EMAIL**

**[brightlingseacricketclub@gmail.com](mailto:brightlingseacricketclub@gmail.com)**

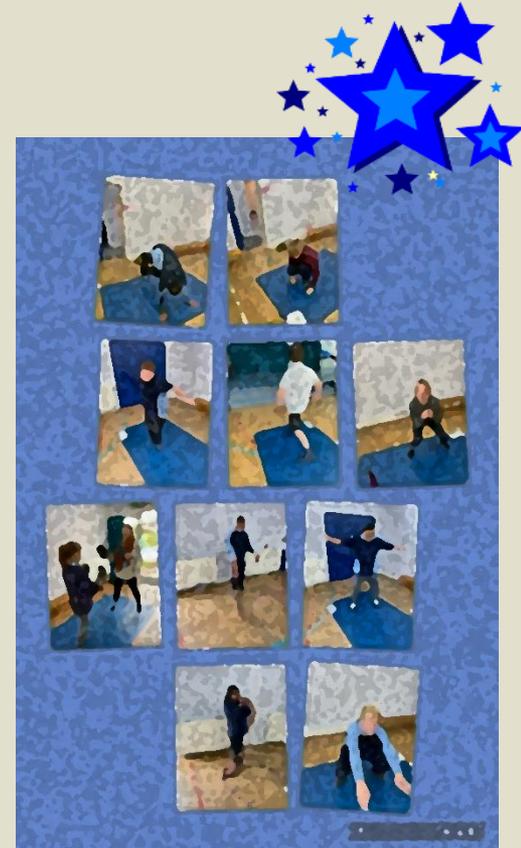
## SOCIAL & SPORTING ACTIVITIES

The Mercury Theatre in Colchester have a SEND party night for young people on during half term and Frist Site gallery have some activities running too- click on the links to find out more

<https://www.mercurytheatre.co.uk/event/send-party-nights/>

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

Orchard class completed a circuit training activity in PE this week.



**IMPORTANT: Please do not send food for others into school**

A polite note to all parents and carers that although we do appreciate some pupils like to celebrate their birthday or other occasions by bringing in treats for others, unfortunately we cannot hand out food items from home. There is strict guidance about packaging and labelling food with ingredients. We do have some pupils in school who have food allergies and may not travel home with their parents and carers, therefore we ask that you do not send food for others into school.

**Many thanks for your support and understanding with this matter.**



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  
Autumn Term Lunch Menu

Week 1 6 Sept, 27 Sept, 18 Oct				
Monday	Tuesday	Wednesday	Thursday	Friday
No Meat Monday	Hunters Chicken M	Roast Gammon Yorkshire Pudding Vegetarian Sausages	Pasta Bolognese G M	Battered Fish G E M
Pasta Neapolitan G M	Vegetable Curry	G E M	Cheese & Tomato Slice M	Vegetable Pasty G E M
Macaroni Cheese G M	Rice	Roast Potatoes		Chips Pasta G
Homemade Bread G M	Green Beans Salad	Peas Carrots Cauliflower Cheese M	Sweetcorn Salad	Baked Beans Peas Salad
Mixed Salad	Chocolate Sponge & Chocolate Sauce G E M	Angel Delight M	Jelly	Muffins G E M
Ice cream M	Fruit	Fruit	Fruit	Fruit
Fruit	Yogurt M	Yogurt M	Yogurt M	Yogurt M
Yogurts M		NO BAGUETTES		NO BAGUETTES

Mixed salad available daily.  
Filled baguettes available on request.  
Reduced fat milk available.

# COVID UPDATE

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

Thank you for support to help pupils follow basic hygiene routines. We continue to reinforce these in school, hold assemblies via Teams and ventilate classrooms.

**Please encourage pupils who can, to wear masks in taxis.**

**We really are grateful to all parents and carers who are supporting pupils to test regularly at home and share their results. If you need guidance on this or extra test kits, please get in touch.**

**For any communication about Covid-19, please get in touch quickly and ask for Mrs Constantine or Mr Lee. You can also email [office@kingswodehoe.com](mailto:office@kingswodehoe.com) with COVID-19 as the subject**

**Please be aware that whilst we fully appreciate that Covid-19 has affected many holiday plans since March 2020, we are unable to authorise holiday absence for pupils apart from in exceptional circumstances, as per SEAX policy.**

**We wish all our families well**



**Regular rapid testing is now available for parents, their households and bubbles.**

Regular rapid testing is a fast and easy way to find out if you have coronavirus and help protect your loved ones and community. It's free and takes around 30 minutes.

**Why introduce regular rapid testing?**

Up to 1 in 3 people who have Covid-19 have no symptoms and could be spreading it without knowing.

Regular rapid testing is now available for parents of nursery, school children and college students. As well as adults in their households, childcare and support bubbles.

Regular testing for people without symptoms is already taking place across the country. Thousands of people who didn't know they had the virus have been able to take action to stop the spread of the disease.

As lockdown restrictions ease, getting into the regular habit of twice weekly testing will play an important role in getting back to normal; alongside the vaccine, following the hands, face, space guidance, and social distancing measures.

**Regular testing for school staff and students**

Regular rapid testing is already available to all staff at nursery, primary and secondary schools and colleges.

Secondary school and college students aged 11 and above will continue to access regular rapid tests directly through their school or college. And we continue to encourage them to get tested.

On return they will initially be supervised while testing at school and then continue to test themselves at home with test kits they will get from school or college.

**Nursery and primary school children are not being asked to be tested** as evidence continues to show that children and young people are at low risk from Covid-19 and are very unlikely to get seriously ill.

**What is the benefit to you?**

By taking part in regular rapid testing, you'll be protecting yourself and your loved ones. And helping us all get back to a more normal way of life.

**Click on the image for guidance leaflet about the benefit of regular testing**

# Notices



## DIARY DATES

### October Half Term

Monday 25 October - Monday 1 November

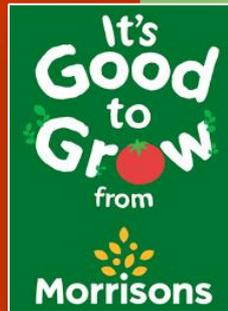
SEAX Trust Staff Inset Day:  
Monday 1 November 2021

## REMINDER

Do you shop at Morrisons?  
Would you like to help our  
school collect FREE gardening  
equipment?

Please

visit <https://www.itsgoodtogrow.co.uk>  
for more details.



Friday 15 October 2021  
**Coming up...**

**Themes this half term:**

Week Mon	Theme - linked to six outcomes and world events
6/9	<b>Health, lifestyle &amp; wellbeing:</b> Paralympic achievements & goals Summer School
13/9	<b>Accreditation:</b> Reading/Roald Dahl Day
20/9	<b>Identity &amp; self-expression:</b> Tolerance & diversity
27/9	<b>Community &amp; Wider World:</b> Harvest & the homeless
4/10	<b>Resilience &amp; Independence:</b> Learn to sign week, BDA, Space week
11/10	<b>Employability:</b> Equality International Day of the Girl Child
18/10	<b>Goals and achievements this half term:</b> Sharing assembly