

## Word of the week: SUPPORT

MEANING  
SYNONYMS/RELATED  
WORDS:

To help during a time of trouble or stress.

To provide enough for.



### SUPPORT

Closed hand with thumb up rests on palm of flat upturned hand. Both hands move forward.

#### Similar words:

bolster, buoy  
up, cheer, encourage, help  
, reassure, uphold, provide  
for, sustain, take care of  
antonyms



Harvest Festival

# October



We have continued thinking about others at the start of October linked to our annual Harvest Festival when we learn about how food is harvested and think about those who may be in need of food and shelter at this time of year. Many thanks to all who have kindly donated goods that our pupils will help to deliver to local charities who help those in need. We welcomed visitors from St Leonard's Church and Variety, the Children's Charity to our special assembly that Maple class co-ordinated and presented. Highlights from the poems, songs, information and pieces shared by each class will be shared in the newsletter next week.

We have been visiting lots of lessons to look at learning this week, seeing pupils working hard and making progress. A reminder of our Parent and Carer Evening on Monday 9 October when we hope you will be able to join us to talk to your child's staff team.

Year 10 pupils are looking forward to welcoming parents and carers to our Café Hero opening on **Thursday 12 October between 1.45-2.15pm**. There will be further sessions on a Thursday afternoon later in the term, so we hope to be able to welcome those able to attend in coming weeks. This is part of our Upper School employability curriculum. Pupils make food for the café and help to serve, developing their confidence and customer service skills.

An important part of health and safety in school is making sure everyone knows what to do if there is a fire drill. On page 5 and 6 you will see a simple social story and some visuals we are using in school from Twinkl to help talk pupils through what to do when they hear the fire alarm. It would be very helpful if you can use these for those who may need them at home too.

Mrs A Constantine



# Highlights this week...



Harvest Assembly highlights coming next week...

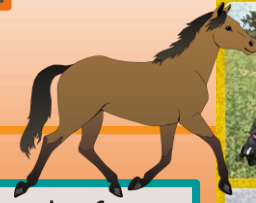


Meet Jeff the special scarecrow!

Thank you to Maple class for co-ordinating and presenting this special assembly ☺



Violet the Vintage Caravan was opened by Year 10 pupils, they served a selection of snacks to pupils from different classes. Great to see calm lining up and hear such nice manners from everyone.



Pupils worked hard on the farm preparing all the stables ready for the horses to go into for their afternoon feed.



In Community and Culture Year 9 have been learning about the Mayan people. They have made Mayan masks, green jade death masks and animal/demon event masks



Katie the travelling librarian visited Primary. She told us the story of Pride. The pupils were engaged in the sensory learning experience.





# FOOD & COOKING



Acorn made cheesy stars- they have been learning about space this term. Ben helped the class count the stars using his number skills.



Birch made toast; they all had a try tasting a different topping. Fraser tried lemon curd; Ethan enjoyed honey on his toast. They discussed how important it is to thoroughly wash, rinse and dry the dishes.

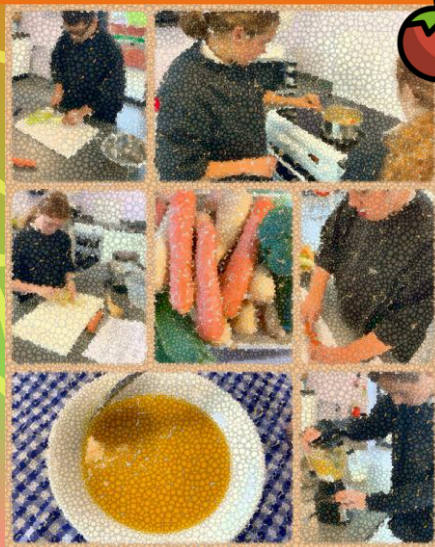


Weald pupils prepared local apples ready to make an apple crumble next week. They discussed knife safety when peeling and chopping fruit.



Year 11 pupils made vegetable soup, they selected their own veg and blended the soup in the blenders. They discussed using seasonal, local, vegetables to reduce the carbon footprint.

Emma in Acorn is Star Baker this week, she is really focused during food and cooking sessions and reminds her class about safe cooking methods.



Oak Class assembled a harvest food plate, they used spinach leaves, breadsticks, raisins and cherry tomatoes (which were grown and harvested at KHS). The pupils were encouraged to handle and taste their ingredients.



# E4L Home Learning

Ruby T made some chocolate marshmallow treats.

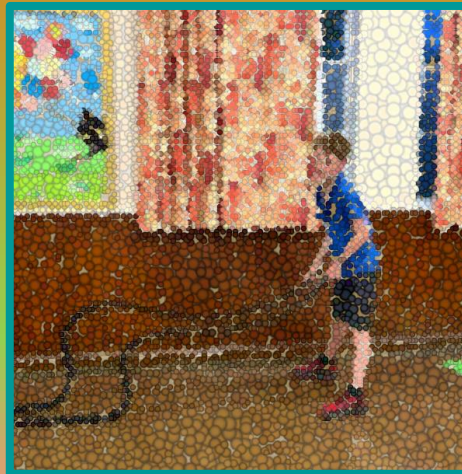


Greeshma visited Colchester Zoo.

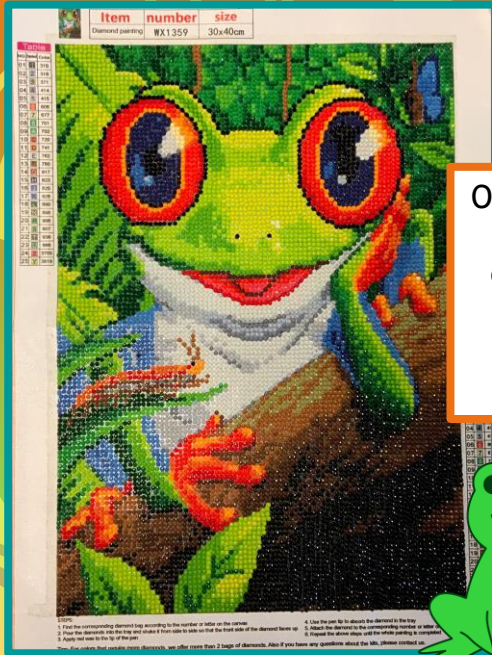


Remember that using Reading Eggs and Mathletics at home could earn you a certificate in Friday Assembly!

Rowan enjoys attending his circuit class to keep fit.



Olivia has been getting creative and made some gem art of a frog.



Ella completed a sponsored walk. Well done, Ella!

# SOCIAL STORY: Fire Alarm

Classes will be reminded about what to do if they hear the fire alarm. Some pupils find the noise of the fire alarm difficult. We have used these Twinkl visuals and social story in school that you can also read together at home, so everyone understands what to do.



If you hear the fire alarm...



Stop.



Look.



Listen.



Walk.



Line up.



Look and listen.



Silence.



Do not talk.



Do not run.



Do not push.



Do not stop to get anything.



# The Fire Drill



In our school, we have to practise for when the fire alarm sounds. This is called the fire drill. This is OK.



The fire alarm will make a sound. It will be very loud.



It is important to know what to do when we hear the fire alarm at school.



Free School Meal vouchers - Essex County Council have notified all schools that:

1. There will be no vouchers for the October Half Term break
2. A £60 FSM Voucher will be issued at Christmas (to cover Christmas & Spring 2024 half term)
3. At this stage, we cannot confirm if payments will continue during 2024
4. A Flyer has been emailed to all parents of FSM pupils regarding half term activities (HAF).



Essex ActivAte - Explained! - Active Essex

**BOOK ONTO A FREE HALF TERM CLUB WITH ESSEX ACTIVATE!**

Eligible children and young people are invited to book onto FREE, fun-filled activity clubs who are run by a network of locally, trusted organisations across Essex, brought to you by Active Essex on behalf of Essex County Council!

**IS MY CHILD ELIGIBLE?**

Essex ActivAte offer club spaces to primary and secondary school aged children (4-16 years), who are eligible for benefit based free school meals, or from 'low-income' working families, as well as children who may be vulnerable to inactivity or social isolation.

**WHERE WILL THE CLUBS BE RUN?**

Clubs will run in Braintree, Basildon, Brentwood, Castle Point, Chelmsford, Colchester, Epping, Harlow, Maldon, Rochford, Tendring and Uttlesford! Due to half term programmes being solely funded by Essex County Council, unfortunately there will not be any clubs running in Thurrock.

**WHAT DO THE CLUBS PROVIDE?**

Clubs provide a range of different physical, enrichment and food activities to support children's physical and mental wellbeing, as well as a delicious, nutritious meal!

**HOW DO I BOOK ONTO A CLUB?**

To book your child/ren onto one of our half term clubs, you will not receive a Holiday Activities voucher from your school, and you will need to book on through the Essex ActivAte website. Simply select your area, find what clubs are available and book your child on through the link provided. Depending on the club, you may need to book through our website, or contact them directly.

[Find out more about October half term clubs and book on here.](#)



# KINGSWODE HOE

## LUNCH MENU

### Week 3

**Key to allergens**

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

**Monday**

- Macaroni Cheese G M
- Mushroom Bake G
- Homemade Bread
- Salad
- .....
- Ice Cream Roll M

**Tuesday**

- Beef Lasagne G M
- Vegetarian Sausage Twist G M S
- Green Beans
- Garlic Bread G E M
- .....
- Fruit Trifle G M

**Wednesday**

- Sweet & Sour Chicken G
- Vegetarian Curry C
- Sweetcorn
- Rice
- .....
- Raspberry Slice & Cream G E M

**Thursday**

- Roast Turkey & Stuffing G
- Vegetable Strudel G C
- Cauliflower Cheese M G
- Peas & Carrots
- Roast Potatoes
- .....
- Fruit Delight M

**Friday**

- Bubble Fish F
- Omelette E
- Baked Beans
- Mixed Vegetables
- Chips
- .....
- Scones with Jam & Cream G M



Fruit & Yogurt available

daily

Baguettes available

Monday, Tuesday & Wednesday

## DIARY DATES



### Parent & Carer Evening

Monday 9 October

3.40-5.30pm



### Café Hero starts again Thursday 12 October

1.45-2.15pm

### Non-Pupil Day

Friday 20 October

Half term Friday 20 October- Sunday 29 October

Pupils return to school on Monday 30 October

### Non-Pupil/EHCP Day\*

Thursday 16 November

Friday 6 October 2023

### Coming up...

### Themes this half term:

Week beginning	Theme- linked to six outcomes/world events
	Health, lifestyle & wellbeing: Important figures- Mother Teresa
	Identity & self-expression: Reading challenge & Roald Dahl Day
	Accreditation: Essex Year of Numbers
	Resilience & Independence: Important figures- Gandhi
	Community & Wider World: Harvest & the homeless
9/10/23	Employability: World Post Day & KHS Shop
16/10/23	Goals and achievements this half term: Sharing assembly

Kingswode Hoe School

*What we plant today, we grow tomorrow*