

Friday 20 October 2023

Newsletter

Parent and Carer
Communication
Autumn Term 2023

Word of the week:
HALLOWEEN



synonyms: flames
similar words:
combustion, energy, glow,
heat, light, spark, sparkle

BSL HALLOWEEN WORD SEARCH



SPIDER



HALLOWEEN



GHOST



PUMPKIN



british-sign.co.uk

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WWW.BRITISH-SIGN.CO.UK

MEANING

Halloween is celebrated by children who dress up in costumes and go from house to house begging for treats or playing tricks. In the Christian calendar, Halloween is the night before All Saints' Day.

We have ended the half term sharing, and celebrating, our goals and achievements. I would like to take this opportunity to wish our superb staff team a well-deserved half term break following our SEAX Trust staff training day. We are very proud to announce that our Food and Cooking lead has been awarded with The Nook Pods Excellence Award for Inspirational Support Staff in D&T. You can read more about this on page 3. It was also great to award pupils with their achievement certificates and pencils for 100% attendance during our sharing assembly this week. Well done to all our pupils for their hard work and effort so far this year- we wish everyone a very happy half term holiday too!

Pupils return to school on Monday 30 October when we look forward to another packed and productive half term. Wishing everyone a restful, enjoyable and safe break in the meantime, **please read important tips for keeping children safe online and at Halloween on page 9 and 10!**

Mrs A Constantine

What we plant today, we grow tomorrow
Kingswode Hoe School



Food and Cooking

Acorn made pizzas using muffins as the base. The pizzas were decorated with olives and peppers to create a Hallowe'en theme.



Violet the Vintage Caravan has been open again this week.

On offer was a selection of fresh fruits, raisins cake or breadsticks.

Kaius used maths knowledge to tell us that 47 portions of tuck were served.

Star Baker: Riley S B in Acorn- great listening and for trying new flavours

You're a STAR!

We are delighted to announce that our very own Food and Cooking lead, Mrs Wilkinson, has been awarded [The Nook Pods](#) Excellence Award for Inspirational Support Staff within D&T. This prestigious award was presented at the D&T Excellence Awards Evening in Bristol on Friday 13 October.

Every week, as well as leading practical and evaluation DT Food sessions, Mrs Wilkinson captures these activities for our newsletter with collages showing repeatedly how pupils engage, progress and benefit in this important area of the curriculum. She is passionate about developing independence and life skills and her impact on classes is clear. She also nominates our star baker, creates the school Christmas cards and works tirelessly to adapt learning to the needs of each pupil and group.



DESIGN & TECHNOLOGY ASSOCIATION

Congratulations Mrs Wilkinson!



D&T Excellence Award 2023 - D&T Association (designtechnology.org.uk)

An extract from her nomination reflects the positive impact Mrs Wilkinson has had during her time at Kingswode Hoe School:

‘In our Ofsted report, inspectors wrote that design and technology is popular with pupils- adding significantly to pupils’ personal development and enjoyment. This statement sums up the impact that Mrs Wilkinson has had in her time here. From lockdown, she has helped bring back design and technology as a fundamental part of our school which makes a profound difference to pupils’ lives. They look forward to coming to school because of it, they leave each lesson being able to do more because of it and understand that their adult lives will be positively impacted by it.

Staff respect Mrs Wilkinson, and she is recognised as being a fair and compassionate colleague as well as a champion of the children. She has never once hesitated to take on any role or job and has proved time and time again that she is dependable and trustworthy.

In my 25 years of teaching the subject, I have never come across such an instance of a non-specialist support member of staff having such an impact on so many pupils in design and technology.’

Learning in Primary



Oak class discussed what made a good friend by playing a listening game and creating a mind map.



Acorn pupils enjoyed a visit to Forest School despite the wet weather. They had a lovely time playing in the hammocks and on the swing.



Getting Creative



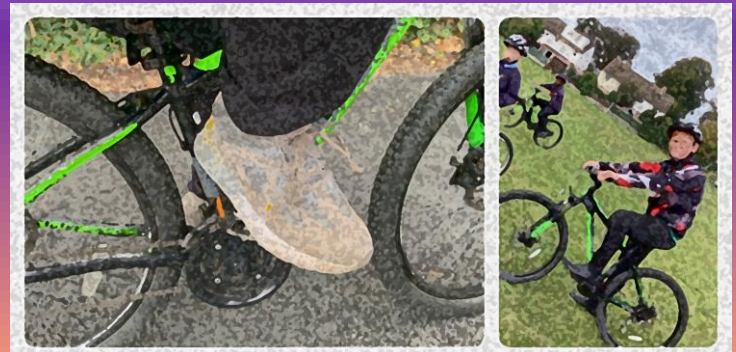
Year 8 pupils have started studying the subject of Media. Last week, pupils put their new learning into practice by taking part in a photo shoot using iPads and the school bikes. Pupils showed how talented they were, as seen by these photos. The pupils have also been using the computers to edit their images and create a presentation.



Year 9 pupils have been learning about the Ancient Maya culture and have been investigating different aspects of the culture and society they created.

They have been exploring masks and ceramics that were used for religious purposes. Here, Year 9 pupils are creating coil pots and artefacts linked to the more gruesome parts of the culture.

It has been super to see some of this work on display too.



E4L Home Learning



Jess had a great time at Diggerland.



Dylan visited Colchester Zoo and took this lovely photo with the otters.



Charlie C has been building some Halloween Lego.



Betsi enjoyed meeting the rabbits Apple and Lily.



Fraser loves spending time with his nan's chickens.



Packed Lunch/snack Ideas HALLOWEEN STYLE



KHS Allergen Key

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

Packed lunch ideas - BBC Food



Fruity 'Pumpkins' are a fab way to create Healthy Halloween snacks this half term!
 Why don't you try these together at home and share your wonderful creations on E4L with us?
 We'd love to see!
 See some more ideas below you could try.



KHS Week 1 Autumn Term

Yogurts & Fruit available daily
 Baguettes available Tuesday & Thursday

Menu may change according to availability

We are a nut aware school

<p>Monday</p> <p>Macaroni Cheese Mu G M OR Vegetable Quiche G E M WITH Coleslaw Salad E</p> <p>Fluffy Jelly and Fruit M</p>	<p>Tuesday</p> <p>Chicken Italiane M OR Five Bean Chilli WITH Savoury Rice</p> <p>Chocolate Cake with Chocolate Sauce G E M</p>
<p>Wednesday</p> <p>Tomato and Basil Spaghetti G OR Vegetable Lasagne G M WITH Salad, Garlic Bread G M</p> <p>Angel Delight M</p>	<p>Thursday</p> <p>Sausages G S and Yorkshire Pudding G E M OR Chickpea Wellington G E WITH Roast Potatoes, Mixed Vegetables</p> <p>Ice Cream M and Fruit</p>
<p>Friday</p> <p>Bubble Fish F OR Vegetable Sausages G S WITH Baked Beans, Sweetcorn Salad, Chips</p> <p>Muffins G E</p>	

Pupils return to school on Monday 30 October



Remembrance Silence Friday 10 November

Non-pupil/EHCP day Thursday 16 November

Children in Need Day Friday 17 November

**There will be further dates for Thursday afternoon
Café Hero sessions next half term!**



*Wishing everyone a restful, enjoyable
and safe half term break*

Coming up...

Themes next half term:

Week beginning	Theme- linked to six outcomes/world events
30/10/23	Community & Wider World: Bonfire night/Divali festival of lights
6/11/23	Community & Wider World: Remembrance
13/11/23	Identity & Self-Expression: Anti-Bullying week & Healthy Schools Children in Need
20/11/23	Resilience & Independence: Clubs & Credit time
27/11/23	Reading for pleasure: C.S. Lewis
4/12/23	Community & Wider World: Eco-Schools
11/12/23	The Nativity

Kingswode Hoe School

What we plant today, we grow tomorrow



Being out in the dark

Halloween Safety



Always have an adult with you and stay together- don't go trick or treating alone

It's a good idea to bring a torch or glow stick if you are out after dark. Never bring candles.

Some people can be scared of fireworks - animals too ...
be considerate and respectful if out and about.

<https://capt.org.uk/halloween/>



Top tips- take care!



Online Safety

Advice for parents and carers to help children and young people with special educational needs and disabilities (SEND) stay safe online.

[Connecting and Sharing \(internetmatters.org\)](http://internetmatters.org)

Please click this link for the 'internet matters' online safety support for SEN document.



INCLUSIVE
Digital Safety

Connecting & Sharing

Children and young people (CYP) with SEND are more likely to experience content, contact and conduct risks.

Risks do not always lead to harm. It's likely that CYP may talk to strangers online while gaming or in a group chat, or may experience negative comments, but the key thing is to ensure they know how to recognise warning signs to prevent this turning into harm.

What you need to know

How is socialising online different for CYP with SEND?
Interacting with others online through social media or other platforms has become an important part of CYP lives and even more so for those with SEND.

The Benefits

Connecting, creating, and sharing with others online brings a range of benefits which can support a child's wellbeing, including:

- Making and maintaining friendships which might be harder to do offline
- At times it can be seen as a safer option to interact with others (depending on what they are doing) than allowing CYP to go outside (avoids risks of face-to-face bullying and increased fears around knife crime etc).

There are many more, click the link above for more info!



**INTERNET
SAFETY**

 SWGfL

ACL

FAMILY LEARNING

Family Mental Wellbeing

Sydney Family Hub

FREE

Have fun as a family and learn what you can do to increase your families wellbeing. Suitable for parents of school aged children. No need to book

26/10/2023

18:00 - 20:00

Essex Child and Family Wellbeing Service

 Believe in children

Sydney House Children's Centre is at 61a Langham Drive, Clacton-on-Sea

InterAct

Funded By



Developing Resilience and Wellbeing

A FREE four week course for Parents/Carers of children (0-19) SEN&D/Emotional difficulties

Resilience Training

Introducing the idea of building resilience (managing the daily family pressures and stress), and using what we know, can help children and ourselves to bounce back when life is particularly tough.

Resilience is the ability to withstand and recover from stressful life challenges, strengthened and more resourceful. The course focuses on what it means to be a parent of a child/children and the particular challenges the family may face on a daily basis

The course aims to build parents' resilience, so they are well placed to enjoy their journey bringing up their children:

- Share and explore their travels so far
- Take note of and celebrate the skills they have acquired along the way
- Map their needs in preparation for the next adventure
- Practise and rehearse possible strategies for building their skills and strengthening their resolve to journey on



"I enjoyed learning about meeting and knowing my basic needs, resilience in a meeting – learnt skills to have a positive attitude. To put into action all that I have learnt on the course" (Parent comment)

Course details

Dates: 31 Oct 7 14 21 Nov 23

Times: 10:00 to 13:30

Venue: Copford Village Hall, School Road, Copford, Colchester, Essex, CO6 1BX

Call
**01245
 392053**

For more information, or to book:

Contact: 01245 392053 or email: training@interact.org.uk or link to book:

<http://interact.org.uk> Developing Resilience & Wellbeing: Free Courses in Clacton & Maldon | (interact.org.uk)

InterAct, Charity Registration No: 1048631 Company Registration Number: 3087233

Short Breaks in Essex for Children & Young People with Special Educational Needs | (interact.org.uk)



Essex Partnership University
NHS Foundation Trust

FLU VACCINE CATCH UP CLINICS

Has your child missed their school vaccinations?

We are running catch up clinics in north east Essex for flu.

Your nearest catch up clinics this winter:

- **Clacton**
14 & 23 October & 18 November
- **Colchester:**
24 October, 4 November & 16 December
- **Harwich:**
25 October & 2 January

It's easy to catch up.
Book your nearest clinic NOW
on 0300 790 0597 or for
more information on
missed vaccinations.

#DOYOURBITESSEX



[Children's vaccines](#) | [Essex Partnership University NHS Trust](#) (eput.nhs.uk)

Holiday Fun - Firstsite

Family Day at Firstsite | Colchester Venue | Firstsite

Firstsite
Holiday Fun
Oct Half-term 2023
Tue 24 to Sat 28 Oct

FREE

Make
Free drop-in creative art activities
10:00am - 2:30pm

Move
Free fun movement activities
10:45am - 11:45am
12:00pm - 1:00pm

Canteen
Free freshly-made hot meals for all the family
11:45am & 1:00pm

Early bird tickets available from 9am on Mon 9 Oct 2023

Essex **ACTIVE** Half Term

Active Essex
Half Term Clubs
SEND

Active Essex