

# Friday 7 February 2025

# Newsletter

Parent and Carer  
Communication  
Spring Term 2025

We have continued to focus on nature this week with our Eco-School committee presenting an informative assembly about the alarming length of time things take to decompose and the damaging effect litter has on our environment. Did you know that a leather shoe takes 40-50 years to decompose if it is sent to landfill? Find out more on page 2!

Primary pupils enjoyed a practical visit out at Pizza Express and thoroughly enjoyed eating the pizzas they made. Year 10 artists have been preparing an exciting Banksy inspired mural ready to unveil next week...watch this space! Thank you for sharing some super winter photos, there will be a special photography feature next week. You can still capture "wonderful winter" or "British Bird" photos this weekend and share via Evidence for Learning- the deadline is 10 February.

Please see important dates for parents and carers of Year 11 pupils to be aware of on page 12. Please be mindful of how important attendance for all pupils is and particularly for examination groups in their final two terms. We have had a lot of pupils and staff affected by winter bugs in recent weeks. A reminder about catch up flu vaccine clinics in the area is also on page 15. You can contact **0300 790 0597** for more information or your local GP. We will be sending out attendance letters before half term and want to support pupils to come into school as much as possible.

It is one more week until half term. Wishing everyone well!

Mrs Constantine, Headteacher



Word of the week:  
**Environment**

## MEANING:

*All the things together that surround animals and humans in the natural world, including the air, water and soil*

## RELATED WORDS:

Climate

Litter



## ENVIRONMENT

*Flat primary hand makes a horizontal circle around upward pointing index finger of secondary hand.*



**Fact:**

Recycling one aluminium can saves enough energy to power a TV for three hours!

# Eco-Schools



## WHY IS LITTER A PROBLEM?



Poses a danger to wildlife

It's a form of pollution and can especially cause harm in the seas/oceans

Can be dangerous to humans

Broken glass can pose a potential fire risk

It attracts vermin

## WHAT CAN WE DO ABOUT IT?



**#LITTER  
HEROES  
AMBASSADORS**

Reduce, reuse and recycle our rubbish as much as possible

Make sure all rubbish is placed in a bin

Take rubbish home if there are no bins available when out

Do a litter pick

The Eco-Schools committee presented an informative assembly all about how we can help look after our planet. There was a quiz showing how long different items take to decompose.

Everyone was shocked to find out that...



**Litter kills 3 million animals a year\***

Lend a paw  
Bin your litter

national highways



Congratulations to the pupils on the Eco-School Committee

## Recipe of the week: Frozen berry yogurt bark recipe



### Ingredients

- 500ml Greek-style natural yogurt
- 2 tbsp maple syrup or runny honey
- 1 vanilla pod, seeds scraped, or pinch ground cinnamon
- 250g berries of your choice



YUM!



## What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>M</b> Milk	Vegan sausage rolls	Bolognese pasta bake	All day breakfast	Roast Chicken	Burger in a bun
<b>F</b> Fish	<b>G</b>	<b>G M</b>	Sausages	<b>G E M</b>	<b>G C</b>
<b>So</b> Soya	Cheese and potato pie	Veggie tacos	Scrambled eggs <b>E</b>	Vegetable quiche	Veggie burgers in a bun
<b>G</b> Gluten	<b>G M</b>	<b>G</b>		<b>E M G Mu S</b>	<b>G E M</b>
<b>S</b> Sulphites	Baked beans	Garlic bread	Hash brown	Yorkshire Pudding	Baked beans
<b>C</b> Celery		<b>G</b>		<b>G E M</b>	
<b>E</b> Egg	Sweetcorn	Green beans	Baked beans	Roast potatoes	Crushed potatoes
<b>Mu</b> Mustard	Salad	Salad	Veggie option available	Seasonal vegetables	Salad
	Fruit salad Yoghurt <b>M</b>	Chocolate chip cookies <b>G</b>	Fruit Crumble <b>G</b>	Pancakes and cream <b>G E M</b>	Ice cream roll <b>G E M S</b>

WEEK 1: Menu for week beginning 7 February 2025



# Primary Forest School

Acorn

Oak and Acorn groups had a lovely morning out in the fresh air. They dug for treasure, insects and other bugs. Some pupils took part in our bird watch survey and used the binoculars. Pupils also made some colourful pom-poms and magic wands using pipe cleaners. They had great fun being with their friends.

Oak



# Year 7 Forest School



Birch group

Birch class had lots of fun at Forest School and engaged in all the activities on offer. They showed their balancing skills by walking along the log rolls.

They sat and chatted with their friends and challenged themselves playing a game of ring toss. Some pupils made pom-poms and others focused on watching the birds through the binoculars.

Maple pupils really enjoyed their time on site. They made lots of different coloured pom-poms and enjoyed playing a secret detective game, using different coloured cards. Some pupils dug for bugs and found some interesting stones. A lovely morning for everyone!

Maple class



# Year 7 Yoga



This week, Birch and Maple pupils took part in a yoga session for PE. They really enjoyed it.



# Upper School – Duke of Edinburgh



A Year 10 group enjoyed a wet and windy coastal walk at Clacton. They took our Dog Mentor, Nellie, with them and it is safe to say that a good time was had by all.

Year 11 walked at Heybridge Basin this week and enjoyed spotting different birds out on the water. Their favourite one was the beautiful swan that paid us a visit at the edge of the water.



Year 10 worked on First Aid again this week learning how to put somebody in the recovery position and the skills needed to carry out basic CPR.



# Food and Cooking



This week's star baker is  
**Chuka**

Orchard Chef!



Orchard pupils made pasta and served in with the tomato sauce they made. Max and Paul tried the sauce despite it having chilli!



Max always tries his best in Food and Cooking and has become confident to try the food he has prepared.



George, Luca and Mason gave up their breaktime to run the KHS tuck shop. They are all becoming confident in their roles to ensure customers are greeted politely and the food is served hygienically.

Orchard pupils made cheese on toast and all the pupils agrees that it was a tasty light meal that could be eaten for breakfast, lunch

Orchard



YUM!

# Pick up a Pizza



This week, primary pupils visited Pizza Express and had a great time learning to make their own pizza.

Delicious!

# yum!

Primary



Acorn pupils really enjoyed and had lots of fun creating pizzas in their art lesson. They took inspiration from their trip to Pizza Express and used different materials to show their creativity.

A lovely time was had by all.

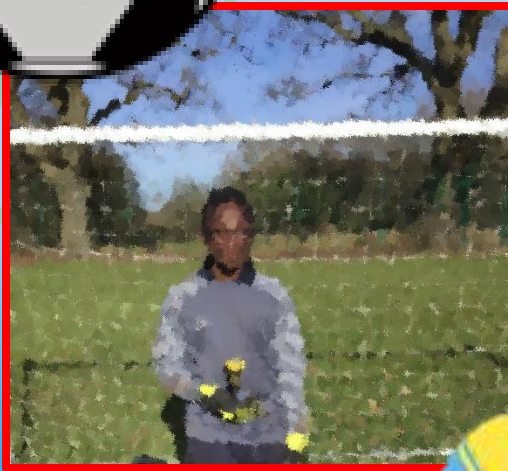


# Sporting Update

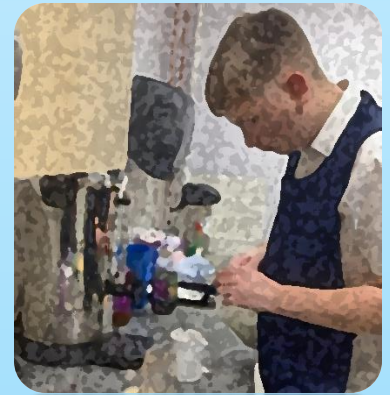


This week the KHS football team took part in a very hard fought and competitive match against a skillful St Nicholas team, saw us take the lead twice but unfortunately, we could not capitalise on the lead. St Nicholas battled back and ended up just pipping us with the game finishing 6-5 to St Nicholas. Both teams did their schools proud and should be applauded for their sportsmanship.

Our goals were scored by Tyrese X 2 and Ethan Briggs X 3 with Kymani once again being voted as player of the match from the opposing team.



Well played!



Today we had a special games cafe for some year 10 pupils.

Their fellow classmates served them and worked brilliantly as a team. The pupils enjoyed hot chocolate, squash, flap jack and cakes. It was lovely to see them all having fun.



# Evidence for Learning



If you would like your child to feature in our weekly newsletter, please upload pictures onto Evidence for Learning. It is great to see how pupils are applying their skills and enjoying activities outside school. If you need any help with E4L, please don't hesitate to contact us.

Amalia has been making lemon cake bars at home, measuring out all the ingredients and using the mixer safely.



Aaliyah has been baking some yummy cupcakes at home.



Riley enjoyed some fun in the sun at the park over the weekend



Today when Acorn made oat & raisin cookies, Chuka worked really hard to remain focused and check that the ingredients were weighed out accurately.



Sam made cookies and cupcakes with his nanny this week.



# More Evidence for Learning

EVIDENCE  
FOR LEARNING



Creative

Oak



Elena went to the wedding venue where her mum is getting married. She practiced walking down the aisle as a flower girl.



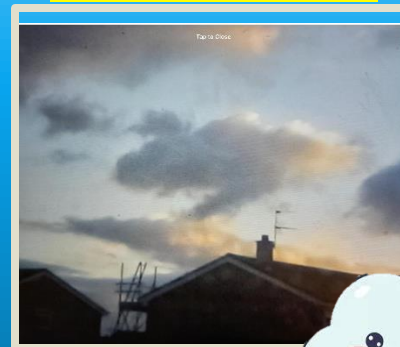
Betsi has been going to needlework and art classes. She has produced these beautiful pieces of artwork. Well done Betsi.



Liam is becoming more independent in the kitchen, helping to cook his dinner.



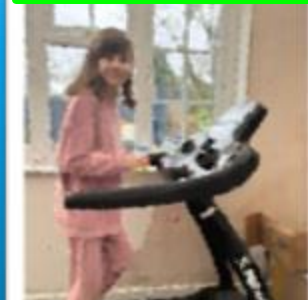
Sam took some photos of the clouds after being inspired by his wider world lesson.



Millie-Mae making bracelets.



Millie-Mae creating sing thriller figures.



Millie-Mae on the treadmill.



## Dates for 2025

Vaccinations

HPV Year 8

Thursday 3 April

Year 8 Residential to Bawdsey Manor 9-11 July  
Year 10+11 DofE Camping Rendlesham 18-20 June

## February Half Term

Monday 17 February - Friday 21 February

## Easter holiday

Monday 7 April - Monday 21 April

Pupils return to school Tuesday 22 April

## School Vaccination Catch up Clinics

It's easy to catch up, book your nearest clinic NOW on  
0300 790 0597

Room RA-08, Fryatt Hospital, Harwich, CO12 4EX  
10am-2.30pm, Saturday 8 February

Greenstead Children's Centre, Hawthorn Avenue,  
Colchester, CO4 3QE 10am-3pm, Tuesday 18 February

Clough Road Clinic, 16/17 Clough Road, Colchester, CO4 9QS  
10am-3pm, Wednesday 19 February and Saturday 1 March

7 February 2025

## Coming up...

Themes this half term:

Week beginning	Theme- linked to six outcomes/world events
6/1/25	New Year traditions New play plans!
13/1/25	Wisdom of Winnie the Pooh Day The Snug
20/1/25	Chinese New Year-29.1
27/1/24	Wider World: RSPB Big Garden Birdwatch-24.1
3/2/25	Community & Wider World: Eco-School
10/2/25	Resilience & Independence: Safer Internet Day

# More Dates for your Diary



**Creative Hearts, Caring Hands**  
Saturday 8th February 2025  
Greenstead Community Centre  
10.30am - 2.30pm  
**FREE ENTRY**

Paul's Creations  
Sweet Treats By Jessy  
Forever Living With Maggie  
Diamond Art The Perfect Gift  
Sweet Delights  
3D Prints  
Phoebe-Jo Textiles  
Shabby Shed  
Shilpi's Bangla Bites  
Kelly's Creations  
Wow I Love That Fragrance  
Tracey's Art and Aromas

**RAFFLE**  
**BRAIN TUMOUR RESEARCH**



## February Photography KHS Competition

Winter photos uploaded by  
10<sup>th</sup> February

## World Book Day 6<sup>th</sup> March



**Your place to play**  
A safe space for disabled children  
aged 5 - 11 to kickstart their  
football journey



**Just be you!**



kick ball



happy



Scan here to visit  
our Facebook Page

Time and Date: Weekly from Monday 10th of February  
5pm - 6pm

Location: Chancellor Park 3G Chancellor Avenue,  
Chelmsford, CM2 6WS

Contact: Sarah - [info@ccfcfoundation.org.uk](mailto:info@ccfcfoundation.org.uk)



Get in touch to book your first session



Please see dates for Year 11 accreditation during the spring and summer term.

A reminder that this is a very important time for pupils as they complete their courses and prepare for final assessments and examinations.

Requests for absence will only ever be authorised in extremely exceptional circumstances and cannot be agreed for Year 11 pupils in the final stages of their school education at KHS.



*Important Dates*

## Year 11 Exam dates

Exam	Dates
English Entry Level	Thursday 8 May
English Level 1 Functional Skills	Thursday 15 May
Maths Level 1 Functional Skills	Tuesday 25 February Monday 12 May
Computing	Individual
Art/DT	TBC*
Sports leaders	Course work

\*TBC- To be confirmed.

Any further dates/details will be updated in the newsletter in coming weeks.

**FINAL DAY FOR Y11 WILL BE FRIDAY 27.06.25**

KID AROUND: For winter activities, please check on the link below

KID AROUND Winter Magazine



FIRST SITE: Lots of fun to be found on the website:

Holiday Fun | Learning Activities | Families at  
Firstsite | Colchester

<https://firstsite.uk/>

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



First Site have a range of **FREE** workshops during half term from making to drumming, football, dancing and circus, there is something for everyone- have a look and sign up soon while there are still places!



Colchester Museum events:

<https://colchester.cimuseums.org.uk/events/>



Click the links to view half term activities.



COMMUNITY  
FOUNDATION

<https://cu-fc.us8.list-manage.com/track>