

Friday 12 March 2021

It has been brilliant to be able to welcome pupils back across the school this week and work with full classes again. On the whole, pupils have adjusted very well to all the changes and continued measures in place to keep safe in school. Some have found it “nerve-wracking”, “difficult” and “tiring”, whilst others have said it has been “fabulous”, “enjoyable” and wonderful” to be back together. It is understandable that there have been mixed emotions, but we hope that everyone will start to settle into routines and continued focus on learning through our adapted timetable for the next fortnight before the Easter break.

Some super creative work has continued in classes this week as well as life skills lessons and computer tutorials- see the fantastic results of photo editing by Year 10. Anglia Sport coaches have been running some extra outdoor sessions for pupils as part of our focus on Healthy Bodies and Minds this week. We are delighted to continue our link with ProCorda who will be running some remote music workshops with some classes before Easter.

We hope that families have also had the chance to re-establish some routines at home with pupils back in school and would like to thank you for the feedback and supportive comments that we have received.

Mrs Constantine



Weekly Update



Please follow guidance to keep safe:

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

Kingswode Hoe School
What we plant today, we grow tomorrow



Healthy Body = Healthy Mind



Top Tips For Keeping Active:

1. Do things you find enjoyable
2. Be optimistic
3. Build exercise into your routine
4. Never compare your fitness to anyone else's
5. Exercise with friends and family



*"Exercise doesn't make you tired,
it energises you"*



*"Create healthy
habits"*



"Exercise can change your mind, body and mood"

Comic Relief 2021

Usually at this time of year, we all come together at Kingswode Hoe in support of the important causes championed by Comic Relief. Despite the current climate, we are still going to think of people who need our support and do what we can to raise some money.

Although we can't all be together as one this year, it hasn't stopped us planning some fun socially distanced activities that will help us raise some funds.

Pupils will be asked to wear **Red** items of clothing to attend school on Friday 19 March in suitable non-uniform and will then be taking part in activities with their form tutors throughout the morning. One of the activities will be a sponsored mile that will be completed on the school field or our cross country track on Hilly Fields so please ensure they are dressed appropriately for this activity and have layers in case it is cold.

Our Acorn class will be taking part in a special red nose day themed forest school session.

Any donations towards Comic Relief are gratefully received and we will send out more details about how to transfer money raised via Arbor next week.

We are looking forward to working together and enjoying the day in support of this national event.

Mr Govia

Letters will be sent out with more details next week.

**RED
NOSE
DAY**



**COMIC
RELIEF**

KS4 had a wonderful walk out to Cymbeline Meadows this week.

Despite the mixed weather, the Year 11 group all enjoyed getting out in the fresh air as part of our 'Active bodies and minds' theme.

Thanks to the staff team for arranging and supporting this curriculum activity in our local area.



We didn't realise we were making memories.
We just knew we were having fun



Friday 12 March 2021

As pupils return to school following the challenges of lockdown, there are some external sources of advice and support that may be helpful to families in terms of wellbeing:

<https://home-startessex.org.uk/parenting-support-2/>

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

Click for more contact details



Theme next week: Wellbeing: Positive routines

COVID-19 testing



Click for more information

[Testing for secondary age pupils link](#)

[Testing for household members link](#)

Notices

COVID-19
Public health

IMPORTANT

Remember to report absence in the usual way next week by phoning school and taxi company.

Any Covid symptoms or cases must be notified as quickly as possible- ask to speak to Mrs Constantine or Mr Lee.

covid@kingswodehoe.com

DIARY: Easter break is Monday 29 March- Friday 9 April this year

