



Chosen Hill School

Learning Tip

Sleep and Learning

Sleep can help learning and memory in two distinct ways. First, a sleep-deprived person cannot focus their attention and therefore cannot learn efficiently. Second, sleep itself has a role in the consolidation of memory, which is essential for learning new information.

Encourage your child to go to bed at a sensible time and to avoid screen-time. Sleep should be a priority and is as important as diet and exercise.

Parent Newsletter 15/10/21

This week the sound of music has filled the school as the House Music preparations build towards the finale performance today (Friday 15th). It has been fantastic to see the school so full of life and enjoyment throughout and after the school day through a full programme of extra-curricular fixtures, clubs and academic support.

Last day of term Thursday 21st October (3:05pm)

Reminder that next week our last day of term for teachers is Thursday 21st October (we are not in school on Friday!)

#HelloYellow non-uniform day

Well done and thank you to everyone who took part in the #HelloYellow day last Friday. Altogether we have raised £1165 to support the work of the Young Minds charity.

Congratulations Jack

Well done Jack on an incredible achievement at Brands Hatch earlier this month. Jack won his Team Green Junior Championship as well as the overall title in his class which includes senior riders. A very hard fought and well deserved win!



Y9 students vs Staff 5-aside Football

In a tense, competitive match, the Y9 CHS students, represented by the might of Sam Davis, Sam Jones, Ayman Zitouni, Theo Browne and Alfie Roberts, played with control, poise, and a real intent to win.

Sadly, the elite Teachers' Team, composed of Price, Taylor, Moss, Vaughan, Jefferies and Care (yes, that does appear too many for a '5-a-side' team...) pipped them to the post, with Vaughan scoring in the second half. The students came back well, keeping Taylor on his toes (and often his knees!) with many shots to goal, but were foiled at every attempt.

A great match, seeing a 1-0 defeat to the Y9 students.



Parking at School drop-off and Pick Up

As you know at drop off in the morning and picking up time outside the school can be very hectic. We want to ensure all our students are able to leave the site safely. Please can we remind all parents, not to park on the zig zags outside the school or in the bus stop or school gate areas.

There are double yellow lines outside the school as well and these should be kept clear to enable the traffic to flow. Please use the Rugby club car park wherever possible to wait for your child if picking up to try and avoid congestion outside the school. Your help is greatly appreciated.

Extension to deadline for October half term free school meal vouchers

If your child is entitled to free school meals and you haven't yet signed up to the GCC Free School Meal voucher scheme for October half term, please do so before midday on the 22nd October. Please visit the Holiday School Meal vouchers page on the GCC website.

Furthermore, Gloucestershire County Council has also extended the deadline to apply for the COVID-19 Local Support Grant to the 22nd of October at midday.

For more information as well as what support the grant can offer to families, please visit the Gloucestershire.Gov website.

COVID update

We have received the following update from the Local Authority about isolation and testing.

If your child has a positive LFD (but subsequently tested negative on a PCR) but has been a close contact of a positive case (such as a household member) and/or they have Covid symptoms - They should isolate for 10 days from the onset of symptoms or from the date of the positive LFD test.

Please use the following as a guide:

- If your child has symptoms and a positive LFD – they should stay at home and isolate, even if they then get a negative PCR result.
- If your child has a positive LFD and there are other people in the house who have tested positive – they should stay at home and isolate, even if they have a negative PCR result.
- If your child has a positive LFD and PCR test – they should stay at home and isolate, even if they don't have symptoms.

- If your child has had appositive PCR – They should stay at home and self isolate, even if they don't have symptoms.
- If your child has no positive tests or symptoms, but is a close contact, they should be in school.

We have had a number of cases where children have tested positive on LFD tests and have had symptoms and then had negative PCR tests despite having symptoms, or being close contacts of positive cases.

Please can we remind you that LFD tests should ONLY be carried out if your child is asymptomatic, that means that they DO NOT have any symptoms of COVID. They should be carried out twice a week only and ideally on a Sunday and Wednesday. If your child does have a positive LFD, They should go and have a PCR test to confirm it and isolate until they get the result.

Please be aware that we have a different LFD tests given out this time which require different instructions. Please see the table for a summary.

Test Kit	Innova	Orient Gene	Acon Flowflex
Package colour	Blue and White	Green and White	Blue with Brown
Nasal Swab	Yes	Yes	Yes
Throat Swab	Yes	No	No
Resting Time	None	1 Minute	None
Waiting Time	30 Mins	15-20 Mins	15-30 Mins

Year 11 support

The numbers of Y11 students attending the 4pm club each night have continued to grow (160 students attending regularly) providing a focused environment and a programme of intervention to help them consolidate their learning and prepare for their upcoming mock exams. They have also received some specific exam preparation strategies, techniques and ideas from Elevate Education this week - well done to all the students attending and staff supporting them!



STEM club

This term the Science department has re-launched STEM club. After a long absence due to covid-19 restrictions we have been back in the lab learning about skills in Science, technology, engineering and maths to solve real world problems. How high can you build a skyscraper with limited materials before it falls over? What shape UFO stays in the air for the longest? Which shape is the strongest when we are making buildings? How many calories are there in your snack? What is the perfect recipe for a bath bomb?

There are still spaces available for students to come to STEM club Wednesday after school from 3:15pm to 4:00pm in Sc23. There is no charge for STEM club. If you would want further information then please get in touch with Dr Dinnis on rd@chosen-hill.gloucs.sch.uk.

Date	Activity
20 th October	How many calories are in your snack?
10 th November	Lighthouse circuit challenge
17 th November	Match stick rockets
1 st December	Crash an egg
8 th December	Christmas party for STEM club attendees (by invitation only)

