



Striving for Excellence

Cirencester Kingshill School

Head: Christine S. Oates

5th February 2021

Dear Parent/Carer,

Well here we are at the end of another week. I think it is fair to say that a lot of people, myself included, have found this week to be slightly harder to remain motivated and upbeat. However, we have got through it by pulling together, being kind and respectful toward each other, and by looking ahead to more positive times on the horizon. It is wonderful to hear that schools will be allowed to start accepting pupils back from Monday 8th March 2021. We don't yet know the details around this or whether this will include any of our pupils, but we really hope so, and we will confirm to parents and carers as soon as we know ourselves.

Pupil recognition

We have been delighted by the hard work and commitment of our pupils over the last five weeks as they have picked up their learning from home. In recognition, we have been sending home postcards to pupils who have been "Recognised by the Faculty" or by teachers for their "Fantastic Effort" or "Brilliant Work". Well over 500 postcards have been sent so far, and we hope to send many more as pupils continue their hard work. Well done to all.

Remote learning – screen use

We are very pleased with the continued hard work of pupils and their approach to home learning. We are however, very aware of the length of time that pupils are spending in front of their screen. We do of course have the first and final ten minutes of each lesson where pupils are encouraged to look away from their screens and take a short break in preparation for their next lesson, but we also appreciate that any other assistance with the effect of screen use may be helpful. Below you will find some tips that may be beneficial.

Try and ensure that the room your child is using for their lessons has ample natural light and is well illuminated. Try also to ensure that where possible, your child is looking straight at the screen rather than on an angle. These factors will have a big influence on the glare from a screen

With regard to the computer that your child is using to access lessons, most laptops/PCs/tablets come with a feature called "night light", "night mode" or "night shift". This feature alters the display to show warmer colours that reduce the amount of emitted blue light. This function is usually found in your screen or display settings. When you first turn the feature on, you'll notice the colour shift immediately. After a while, your eyes will adjust to the change and it should be less obvious. It may be worth considering activating the same functionality on your child's phone and gaming consoles as well.

A further option to support with the impact of blue light is to purchase a pair of "blue light blocking glasses". These are widely available and appear to provide some benefits to users.

https://www.amazon.co.uk/s?k=blue+light+blocking+glasses&crd=2NV9FE2YORE1G&sprefix=blue+light%2Caps%2C170&ref=nb_sb_ss_ts-a-p_2_10

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Cirencester Kingshill School, registered in England and Wales under number 7686390





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Wellbeing update

As many of you will be aware, Monday 1st February 2021 saw HRH The Duchess of Cornwall, launch Children's Mental Health Week.

This year's theme is 'Express Yourself', and focuses on the creative ways children and adults can share feelings, thoughts or ideas through art, music, writing, poetry, dance, drama, photography and film, or just doing activities that make them feel good. Over the next few weeks we will be sharing some of their ideas for activities with the pupils and encouraging them to participate. You might find the following link a useful resource as parents: <https://www.childrensmentalhealthweek.org.uk/news/how-parents-and-carers-can-support-childrens-mental-health-and-wellbeing/> This identifies some of the ways we can all help our children with their mental health, especially during challenging times such as now.

Our Heads of Year are regularly addressing mental health and wellbeing in their Friday assemblies, and we are beginning to offer some small group support. This week, a group of Y9 pupils started a course called "Inspire to Aspire", and over the next few weeks around 20 Y10 pupils are going to have the opportunity to follow a Mindfulness course.

If you have any concerns regarding your own child please do make contact with their Head of Year, Mrs Christopher, Senior Assistant Head KS3, or Mr Morland, Senior Assistant Head KS4. We are very willing to do all we can to support.

Parents could be eligible for free vitamins with Healthy Start vouchers

Gloucestershire County Council has asked us to let our parents and carers know about the Healthy Start vitamin scheme. Anyone who is pregnant, or has a child under 4 and is in receipt of benefits, can now get free vitamins as part of the Healthy Start voucher scheme in Gloucestershire. You will also qualify if you are under 18 and pregnant, even if you aren't in receipt of benefits.

If you are interested in the scheme please visit <https://www.gloucestershire.gov.uk/schoolsnet/noticeboard/schoolsnet-bulletin-board/parents-could-be-eligible-for-free-vitamins-with-healthy-start-vouchers/>

Contact tracing over half term for pupils attending school in person

In order to ensure the safety of our pupils and staff, please can we ask that Parents/Carers of those pupils who are currently attending school, continue to inform the school if your child is confirmed as having COVID-19, if their symptoms developed **within 48 hours** of last being in school (up to 3:10pm on Sunday 14th February 2021).

Please also advise us if your child was not symptomatic, but tested positive **within 48 hours** of last being in school.

If your child tests positive for COVID-19, having developed symptoms **more than 48 hours** since last being in school, the school **should not** be notified. You should then follow contact tracing instructions provided by NHS Test and Trace.

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Contact details for reporting positive cases

If you need to notify school of a positive case of COVID-19 **between 12th – 14th February 2021**, please email sgardiner@cirencesterkingshill.gloucs.sch.uk

If your child currently attends school in person and receives a positive test result for COVID-19 **after 14th February 2021**, or is required to self-isolate for a period of time that will affect their ability to return to school on Tuesday 23rd February 2021, please contact school at the beginning of term by calling 01285 651511 and select option 1, or email attendance@cirencesterkingshill.gloucs.sch.uk Please provide the date that you expect your child to return.

Year 9 Reports, KS4 Options and Parents' Evening

Parents and carers of Y9 pupils will shortly be receiving packs through the post containing your child's report and also the KS4 Options Booklet. Please read through the booklet carefully with your child ahead of returning their KS4 Options choices by Friday 19th March 2021.

You will also be sent information about the Y9 Parents' Evening which will take place on Monday 22nd February 2021 from 2:00pm to 5:00pm. This event will be held online, and full instructions for how to book your teacher meetings will also be sent to you.

Year 11 Assessments, Reports and Parents' Evening

Earlier this week, Mr Morland, Senior Assistant Head KS4, sent a letter to parents and carers of Y11 pupils following an assembly he held with Y11 on Friday 29th January 2021. I hope that you have had opportunity to read it, and if you have any questions or concerns please contact your child's tutor, Mr Edwards, Head of Year, or Mr Morland. They will be happy to help in any way they can.

2021-2022 Term dates

Term dates for the 2021-2022 academic year have been published on the school website for your information. You can find them here <https://www.cirencesterkingshill.gloucs.sch.uk/school-information/school-term-dates/>

Thank you and goodbye to Mrs Sutton

It is with sadness that we say a fond farewell to Mrs Sutton, Cover Manager, who leaves us today after 15 years at Cirencester Kingshill School. We are very grateful for all of her hard work over the years, and we wish her the very best for her future.

We are delighted to say that Miss Huntley, Exams Officer, will be extending her role to take over from Mrs Sutton, so pupils and teachers will still have a familiar face to support them in times of teacher absence.

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As we go in to our final week of school before the half term break, please remember that if you have any questions or concerns relating to your child and school, please contact their tutor, Head of Year or the main school office, who will pass a message on to the most appropriate person in school. We are all here to help.

Thank you for your continued support this week. It is very much appreciated by all of us in school.

Please take care and stay safe.

Yours sincerely,

Miss C. S. Oates
Headteacher

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