



WELLNESS
AMBITION
TOGETHERNESS
CONFIDENCE
HONESTY

CHOSEN HILL SCHOOL & SIXTH FORM

Parent Bulletin

Friday 9th September 2022

Her Majesty the Queen Elizabeth II

1926 - 2022

Rest in Peace



Learning Tip

Flying Starts - Well done to our students who have been making flying starts in lessons this week by having the correct equipment. If students are missing 'Top Ten' equipment, it can be purchased from Student Services.

Diary Dates for the Next Two Weeks

Thursday 15th September 2022:

Celebration of Success - by invite only.

Tuesday 20th September 2022:

Open Morning

Wednesday 21st September 2022:

Open Morning

Years 7, 8 & 9 UN Translation Day

Thursday 22nd September 2022:

House Assemblies

Open Evening

Students finish school at 14:10

Friday 23rd September 2022:

INSET - STUDENTS DO NOT ATTEND

Connect with us on Social Media:



Welcome back!

It has been brilliant to be able to welcome students back to school this week.

Over the summer break there has been a huge amount of building work going on. As busy as it has been with builders and cleaners, it is only when school is full with students that it really comes alive!

Thank you for your support in ensuring the students have returned so excited and ready to learn – and looking immaculate in their uniforms. I have spoken to all students this week about the importance of having high standards throughout the whole year, and the need to embed the positive daily habits in their learning, organisation and effort to really get the most from their time in school.

This year we are committing our attention to developing greater consistency – ensuring that there are clear expectations and a shared focus communicated with, and between, staff and students across the school.

I am excited to see the developments in school planning and the progress of students over this year and look forward to working with parents and guardians to enable this to happen.

Continued on next page...

www.chosenhillschool.co.uk

Effective communication is at the heart of this and as always we welcome your input and early contact if you have any queries or concerns.

It was with a real sense of sadness and reflection that we took some time out today to acknowledge the passing of the Queen. We will follow closely the information as it is released regarding the national plans of commemoration and look to mark this significant moment as a school in the coming weeks. We are awaiting further guidance from the Department for Education as to whether there will be a national day of mourning. The school may close for this date and we will notify you when we know more, otherwise school is open as normal during the period of mourning and students are expected to attend.

Mr Pauling
Headteacher

Welcome to Mrs Ingram, Deputy Inclusion Lead



Welcome to Mrs Ingram, who has joined us as Deputy Inclusion Lead. Dawn will be involved with supporting students with additional needs who are, either not on our Inclusion Register or who have a My Plan.

She will also be overseeing our Exam Access arrangements and diagnostic testing.

Mrs Stoneman will continue to oversee all statutory processes involving EHCPs.

School Photography and Use of Student Photographs

With the new website now live, we will be creating an ongoing programme to create a visual representation of day to day life at Chosen Hill School. The photographs will be used by our publicity department to showcase the amazing things that we do as a school.

In line with GDPR rules, it is necessary to update the parental consent form which allows us to take and use photos of your child.

An updated form was sent out via Schoolcomms at the end of last term, which included the section directly related to social media and the various platforms that we may use. Please ensure that you have completed the form by the end of September to enable us to update your child's school record.

If you have not received a communication regarding the consent form please let us know by emailing: publicity@chosen-hill.gloucs.sch.uk. In the meantime please use the link below to complete the form:

[Parental Consent for Taking and Using Photographs of Students](#)

If you have already completed the form, thank you, if you have not been able to and need a printed copy email publicity@chosen-hill.gloucs.sch.uk.

Please remember we cannot use any photos of your child without your consent. This applies to all events, including sports fixtures, house events, school productions, etc. It would also mean that, if your child were in the school production we would not be able to allow anyone to take photographs during the production, including parents/carers of other students.

Individual School Photographs

Active Photographic were in school today taking individual schools photographs. Your child has been given the proof of their photograph which will enable you to purchase directly from Active Photographic.

Donations of Second Hand Uniform

We would be grateful for any second hand uniform donations from students who have outgrown some of their uniform. Please pass any clean donations to Reception. We also have a selection of second hand uniform for sale at the school. Please contact Reception for more information and prices.

School Uniform

Many thanks for your support in ensuring that your child is wearing the correct uniform. Please remember that students must wear black socks and not white socks.

As a reminder, the policy and the letter which went to parents/carers in June is below:

[CHS Dress Code Policy 2022-23](#)

[Uniform Letter to Year 1-13 Parents, 17th June 2022](#)

Year 7 Parents' Information Evening

The Year 7 Parents' Information Evening has been postponed next week. This is now rescheduled for Wednesday 12th October 2022.

Student Absence, Reminder

To report your child's absence from school, please use one of the following methods:

- Log in to School Gateway <https://login.schoolgateway.com>, or use the App

- Telephone: 01452 713488 and choose option 1

- Email: attendance@chosen-hill.gloucs.sch.uk

You can use any of these methods to report any absence, students arriving late or medical appointments. Please ensure a copy of the medical appointment is emailed to attendance@chosen-hill.gloucs.sch.uk wherever possible. We appreciate that emergency appointments are generally a last minute phone call and, as such you will not have an appointment card/letter. Planned medical appointments should be reported in advance of the date.

Celebration of Success - Thursday 15th September 2022

The Celebration of Success event is taking place next Thursday 15th September 2022. This event will celebrate the exceptional performance and commitment of our students 2021-22 GCSE/BTEC and A-Level Students) in the academic year 2021-22.

Attendance is by invite only.

Logging into the School Network

We are aware that there have been some issues, in particular with year 7 students, logging into the school network. If your child has an issue logging in please ensure that Miss Moss is aware so that our IT Department can resolve the issue.

Open Mornings and Open Evenings

This year's Open Mornings and Open Evening are just a couple of weeks away:

Tuesday 20th September 2022 - Open Morning

Wednesday 21st September 2022 - Open Morning

Thursday 22nd September 2022 - Open Evening

Please be aware that students will finish at 14:10 on Thursday 22nd September 2022.

INSET, Friday 23rd September 2022

Students will not attend school on this day.

Music - Peripatetic Teaching

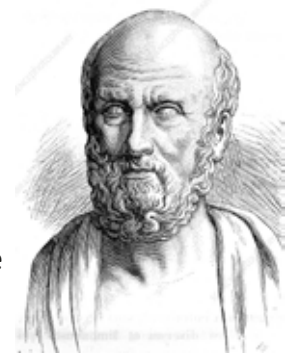
With the Covid restrictions now fully lifted, Mr Aston, Head of Performing Arts at Chosen Hill School, will be confirming details of availability of peripatetic music lessons. This is an opportunity for students to get involved in many of the music events at the school. As soon as we have more details we will let you know.

Wellbeing Matters

"Let food be thy medicine and medicine be thy food"

Wise words from Hippocrates of Kos, the father of modern medicine, and an apt quote to start this regular segment on wellbeing, nutrition and lifestyle matters.

Each instalment will contain nutrition and lifestyle tips based on recent and robust science to help support your body systems so you feel great and power through this academic year.



We'll be starting with a look at gut health thanks to the exciting revelation of the Gut Microbiome (GM); a dark, moist and, until recently, secret world inhabited by around 100 trillion bacteria, viruses and fungi. Think of ourselves as half human, half micro-organisms!

A healthy GM contains a rich and diverse micro-organism population that are responsible for keeping us healthy in many ways: helping to regulate body weight, supporting our immune system, producing hormones, vitamins and other chemicals that can affect everything from our mood to our blood pressure. In fact it's your gut bacteria that produce 95% of your "happy hormone", Serotonin, rather than your brain. In turn we will examine what you can do to benefit your "microscopic friends" and, ultimately, your own well-being.

So join us for the next issue where we will look at how to support your gut health as this is a fundamental pillar of your general health and well-being. I've got a "gut feeling" you'll find it both informative and useful! Watch this space

New Caterers - Innovate

We are pleased to announce a new partnership with Innovate to provide our school canteen services with effect from 1st September 2022.

Innovate are very keen to work with us to offer a wide range of nutritious food with a restaurant style service. There is a breakfast service that includes free porridge every morning for all students and at a nominal fee for staff. Break options that include freshly cooked hot and cold deli items and lunch options that will include soups, salads and main meals. There will be options for vegans and vegetarians and a special offer for the sixth form. Please see the menus for options. Menus are on a 3 week rotating basis.

If you have any food allergies or specific dietary requirements, please let them know so that we can cater for any special requests.

Please see the following menus and offer on porridge at the start of the day! (enlarged on the next few pages).

Restaurant Menu

WEEK 2	Classic Favourites	SOUTHERN STYLE	Great British Roast	KURRY	Fish & Chips
MONDAY	TRADITIONAL PORK SAVOURY & MASH Onion Gravy	MEXICAN BURRITO BAR Various Fillings/Varieties Toppings	ROAST TURKEY Yorkshire Pudding, Gravy	CARIBBEAN CHICKEN CURRY Dorset Rice, Naan Bread	BATTERED FISH/SALMON FISHCAKES Onion
TUESDAY	VEGAN SAUSAGE & MASH Onion Gravy	REFRID BEAN BURRITO BAR Various Fillings	QUORN ROAST Yorkshire Pudding, Gravy	VEGETABLE NOODLES & SOYA BEAN STEW Egg	PIZZA WRAP Onion
WEDNESDAY	CARROTS, PEAS	SWEETCORN	SEASONAL VEGETABLES	GINGER FRIED GREENS	BEANS GARDEN SALAD PEANUT
THURSDAY	TOMATO & BASIL				
FRIDAY	QUORN BOLOGNAISE	CARBONARA	PESTO	ARABBIATA	CHEESE SAUCE
SATURDAY	TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS				
SUNDAY	JAM SPONGE Custard	PEAR & GINGER CRUMBLE Cinnamon Custard	CHOCOLATE SPONGE Chocolate Sauce	APPLE & BLACKBERRY CRUMBLE Custard	STYUP SPONGE Custard
MONDAY	SELECTION OF FRUIT AVAILABLE DAILY				
TUESDAY	SELECTION OF YOGHURT POTS AVAILABLE DAILY				

Deli Menu

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT	LENTIL DALIA BUDHA BOWL	VEGAN BITES & WEDGES	VEGAN KOREAN NOODLES	MANAGER'S SPECIAL NATURALLY	HOT FALAFEL POKE BOWL
COLD	GREEK SALAD	GREENS & GRAINS	VEGETABLE SUSHI	VEGAN NOODLE BOX	CASSAR SALAD
WRAPS	HAM & CHEESE	ROASTED PEPPER HUMOUS & SHIMACH	PISI PISI CHICKEN	BBQ CHICKEN	VEGAN FALAFEL & HUMOUS

The following areas are available for students to purchase food:-

Break time

Year 7 - Canteen

Year 8/9, Jubilee pod

Year 10/11 Back of LM5

Lunch time

As above but all year groups will be able to go to the canteen for hot meals. There will be hot deli and sandwiches etc available in the pods as well, so they should only be going to the canteen for a main meal.

Those year 7's (only as the others should be at their pods) who just want a drink and something cold from the chillers can go straight to the chiller cabinets rather than having to queue along the main hot counter – they will access the chiller via the normal queue, but staff will call these students to the front to reduce queuing.

Pre-orders will be available in each year groups area.

START YOUR DAY WITH A FREE BOWL OF PORRIDGE

Also available to staff with the purchase of any hot drink, or **£1.00** without a drink

ADDITIONAL TOPPINGS 35p



DID YOU KNOW?

Proven to help lower high blood pressure and reduce bad cholesterol – not to mention a packed portfolio of vitamins, minerals, and fibre. Oats are the go-to fitness food for beginners and athletes alike, due to their slow-releasing, wholegrain goodness!



WEEK 2



Classic Favourites
MONDAY

SOUTHERN STYLE
TUESDAY

Great British Roast
WEDNESDAY

CURRY
THURSDAY

Fish & Chips
FRIDAY

MAIN MEAL

TRADITIONAL PORK SAUSAGE & MASH
Onion Gravy

MEXICAN BURRITO BAR
Various Fillings/Variou
Toppings

ROAST TURKEY
Yorkshire Pudding,
Gravy

CARIBBEAN CHICKEN CURRY
50/50 Rice, Naan Bread

**BATTERED FISH/
SALMON FISHCAKES**
Chips

VEGETARIAN MEAL

VEGAN SAUSAGE & MASH
Onion Gravy

REFRIED BEAN BURRITO BAR
Various Toppings

QUORN ROAST
Yorkshire Pudding, Gravy

VEGETABLE NOODLES & SOYA BEAN STIR FRY

PIZZA WRAP
Chips

VEGETABLE

CARROTS, PEAS

SWEETCORN

SEASONAL VEGETABLES

GINGER FRIED GREENS

BEANS GARDEN SALAD PEAS

PASTA POTS

QUORN BOLOGNAISE

CARBONARA

PESTO

ARABBIATA

CHEESE SAUCE

JACKET POTATO

TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS

JAM SPONGE
Custard

PEAR & GINGER CRUMBLE
Cinnamon Custard

CHOCOLATE SPONGE
Chocolate Sauce

APPLE & BLACKBERRY CRUMBLE
Custard

SYRUP SPONGE
Custard

FRUIT

SELECTION OF FRUIT AVAILABLE DAILY

YOGHURT POTS

SELECTION OF YOGHURT POTS AVAILABLE DAILY

TRY OUR HOME-MADE
SOUP
WITH FRESHLY BAKED BREAD

LOOK OUT FOR
AMAZING BLUE DOT MEAL DEALS

PIZZAS, WRAPS & PANINIS
FRESH OPTIONS
EVERY DAY


TAKE HOME A TAKEAWAY
Collect Before You Go Home

LUNCH MEAL DEAL
Check out what's on offer today!
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WATCH OUT FOR OUR
POP UP
& STREET FOOD PROMOTIONS

All of Our Deli Range, Sandwiches, Salads & Desserts are
FRESHLY MADE HERE DAILY

HOT


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	LENTIL DHAL BUDDHA BOWL	VEGAN BITES & WEDGES	VEGAN KOREAN NOODLES	MANAGER'S SPECIAL. NATURALLY	HOT FALAFEL POKE BOWL
	CHICKEN TIKKA SHAWARMA	GARLIC CHICKEN KEBAB	CHICKEN & BEAN ENCHILADAS	KOREAN FRIED RICE	CHICKEN STIR FRY NOODLES



LOOK OUT FOR OUR NEW BLUE DOT MEAL DEAL ITEMS

HOT PANINIS. HOT TWISTERS & DAILY SPECIALS

COLD

	GREEK SALAD	GREENS GRAINS	VEGETABLE SUSHI	VEGAN NOODLE BOX	CAESAR SALAD
	HAM & CHEESE	ROASTED PEPPER HUMOUS & SPINACH	PIRI PIRI CHICKEN	BBQ CHICKEN	VEGAN FALAFEL & HUMOUS

WRAPS

CHOICE OF BAGUETTES. ROLLS & PASTA POTS

Sports Clubs, September to December

Please see below our proposed sporting clubs which will be available to students from next week. Please contact your child's PE teacher for further details.

	Before School 08:00 - 08:25	Lunchtime 13:25 - 14:00	After School 15:10 - 16:15
Monday		Year 7 Hockey	
Tuesday		Years 10 & 11 Boy's Basketball	Year 9, 10, 11 Netball
Wednesday	Functional Fitness - Girl's Gym	Years 8, 9, 10 & 11 Hockey	Girls Football
Thursday		Years 7, 8 and 9 Boy's Basketball GCSE Trampolining	Year 7 Netball Boy's Rugby
Friday		Girl's Basketball	All Years Badminton

