



WELLNESS
AMBITION
TOGETHERNESS
CONFIDENCE
HONESTY

CHOSEN HILL SCHOOL & SIXTH FORM

Parent Bulletin

Friday 21st October 2022



IMPORTANT INFORMATION:

Monday 31st October 2022 - Start of Term - this will be Week 2.

Diary Dates for Next Term

ALL WEEK:
GCSE Resits

Tuesday 1st November 2022:
BBC Schools Tour 2022

Wednesday 2nd November 2022
Year 11 Parents' Information Evening
- 18:00hrs in Main School Hall

Thursday 3rd November 2022
Year 13 Parents' Evening

Friday 4th November 2022
Japanese School Visit

Connect with us on Social Media:



As we reach the end of another busy term it feels appropriate to look back and recognise the amazing contribution of staff and students to growing the Chosen Hill community.

The pride with which so many students represented the school as part of our open events, house activities and sports fixtures has been a real highlight.

We have welcomed guests from India and Germany as part of our International links, recognised through the redesignation of our International Award.

This term also had moments of sadness and celebration commemorating the passing of Queen Elizabeth II, which again was marked through a heightened sense of community. Thank you for your support.

Students have settled well and staff have worked hard to ensure consistency across the school, helping students with high expectations and positive experiences and attitudes towards their learning.

The half term break is a really important time to recharge and reflect ahead of the run up to Christmas. I wish all students a relaxing and safe week and look forward to welcoming them back on Monday 31st October 2022.

Mr Pauling
Headteacher

www.chosenhillschool.co.uk

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.

Lost Property

Please ensure that all of your child's belongings are labelled - we cannot return items if we do not know who they belong to.

If your child loses any item belonging to them at school they should retrace their steps in the the first instance. Any lost property that is handed in will be kept at Reception.

Year 11 Parents' Information Evening - Wednesday 2nd November 2022

We would like to invite you to a Year 11 Parent's Information Evening on Wednesday 2nd November at 6pm in the Main School Hall at Chosen Hill.

The evening will run through how best you can support your child throughout Year 11.

The focus of the evening will be based on:

- How best to support your child throughout Year 11
- Upcoming mock exams
- Post 16 and next steps

It will be the first face to face contact since picking option subjects in Year 8 and we hope to see all parents. Your child does not need to attend, but are welcome to come along if they wish to. We would be grateful if you could fill in the form below so that we know whether you can attend.

[Response form](#)

Sixth Form Open Evening - Save the Date!

Our Sixth Form Open Evening is on Thursday 5th January 2023 from 6pm-8pm.



Working at Chosen Hill School - Vacancies

Vacancy

Qualified Learning Assistant / TA

Office Manager

Teacher of Business Studies and Key Stage 3 ICT

Link to Advert

Eteach

Eteach

Eteach

Closing Date

23rd October 2022

30th October 2022

14th November 2022



We have been working closely with our colleagues from Gloucestershire Constabulary (our PCSO) and they would like to remind students about staying safe out and about in the community.

They have supplied a letter with some key advice and awareness for students about staying safe as the nights are drawing in.

Letter from Gloucestershire Constabulary.



Soup Station in Canteen

Innovate Catering are providing a soup station every lunchtime after half term.

Soup and bread will cost £2.04.



Remembrance Parade & Church Service 2022

St Andrew's Church, Churchdown.

Sunday 13th November 2022

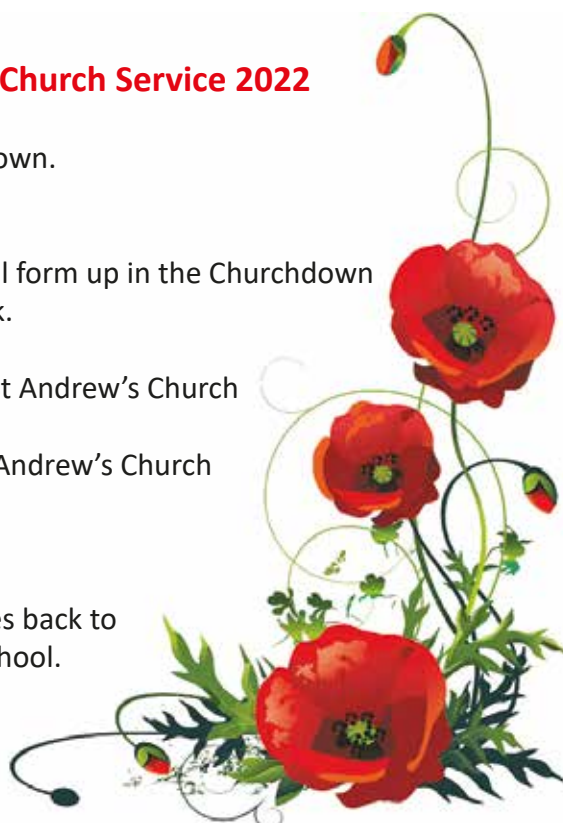
ETA: 10:15hrs - the Parade will form up in the Churchdown Village Junior School's carpark.

ETD: 10:30hrs - March up to St Andrew's Church

10:55 - 11:15hrs - Outside St Andrew's Church

11:45hrs - Inside service ends

ETA 12:00hrs - Parade marches back to Churchdown Village Junior School.



4pm Club Timetable

	Silent Revision	After School
Monday	USH	<ul style="list-style-type: none"> • L16 Geography • DS1 Drama/Performing Arts • M38 Maths – Foundation • L20 French
Tuesday	USH	<ul style="list-style-type: none"> • LM3 History • P1 Creative iMedia • P3 Computing Science • SC20 Science – Invite Only
Wednesday	USH	<ul style="list-style-type: none"> • U3 English – Securing Grade 4+ • U9 – Securing Grade 6+ • M37 Maths – Higher • M39 Maths – Foundation
Thursday	USH	<ul style="list-style-type: none"> • Sc10 Chemistry – Higher • M20 Science – All Classes • LM4 History • G23 Business Studies • G15 Health & Social Care • D1 Art, Photography, Graphics • D4 3D Design
Friday		<ul style="list-style-type: none"> • L2 PE – Theory • Sports Hall Practical Badminton

BBC 100 Share Your Story - Tuesday 1st November 2022



We are excited to announce that we are going to be taking part in the BBC 100 Share Your Story tour as part of the BBC's 100th birthday celebrations throughout 2022. In the one-hour sessions being delivered to the students at CHS, a carefully selected BBC Ambassador will share their inspirational journey with students, in a bid to inspire them through the power of storytelling.

The year groups involved, and the timings are shown below:

Session 1: 9 – 10am Year 7

Session 2: 10 – 11am Year 10

Session 3: 11.20-12.20pm Year 8

Session 4: 12.20 – 13.20pm Year 9

B B C



100 YEARS OF OUR BBC

If you have any queries please contact Mrs Hall via email: eh@chosen-hill.gloucs.sch.uk.

Wellbeing Matters

Time Restricted Feeding (TRF) (aka Time Restricted Eating)

We used to be told to “eat a little and often to keep our blood sugar up”. Many people consuming a typical Western diet spread their eating across a 12-hour window during the day. 45% of their daily energy intake is consumed at dinnertime (or “teatime” if you are a Northerner !) and in the evening as snacks. However, keeping blood Glucose (BG) at lower levels is now known to be better for our health.

Chrononutrition is the study of how food and when it is eaten interact. Non-eating periods or fasting are one aspect of chrononutrition and may have a number of metabolic health benefits:

- Your body starts to use fat for energy rather than glucose
- Your cells have improved resistance to stress and disease
- Some species of beneficial gut bacteria increase when the gut is empty (remember Akkermansia?)
- Heart health, blood pressure and cholesterol levels have been reported as improved
- Many studies also suggest weight loss is more achievable and there may be mental health benefits too.

Time-restricted feeding (TRF) is eating in a window of 8 hours and then fasting (non-sugary fluids permitted) for the rest of the day. A 2022 randomised controlled trial studied the effects of TRF on non-obese, healthy individuals and whether the window of TRF had any influence; that is did doing TRF early (no more than 8 hours between 6am & 3pm) or in the middle (<8hours between 11am & 8pm) of the day make any difference? The participants carried out eating their normal diet in a designated period of TRF for 5 weeks.

The study concluded that having an early eating window improved the sensitivity of body cells to insulin so BG is better controlled, body and fat mass was reduced, inflammation was lessened and gut bacteria diversity increased. However, in both groups, although energy intake was reduced, only the early TRF group lost body mass. This TRF regime is very easy to implement and adaptable to an individual’s lifestyle. If you are interested in carrying it out, I have included the study mentioned on the link below and a link to a BBC article on the subject.

<https://www.nature.com/articles/s41467-022-28662-5>

Change when you eat not what you eat.



PRIME Hydration Drinks - DO NOT ALLOW YOUR CHILD TO BRING THESE TO SCHOOL

It has been brought to our attention that students are bringing this drink into school and are selling it amongst themselves during break and lunchtimes - at extortionate prices, which is causing conflict amongst students.

Any Prime drinks will be confiscated if found or seen within the school grounds.

PRIME is a hydration drink produced by Logan Paul, a social media influencer, and KSI. While looking at the list of ingredients in the drinks themselves many, such as Magnesium Citrate, actually do more harm if used long term.

Hydration is very important to sustaining both adults and children throughout the day, and water is by far the healthier choice and the best way to replace fluids throughout the day.

HOUSE NEWS

House Music

Thank you to all parents, students and staff who attended the house music highlights show on Tuesday evening. We have had overwhelmingly positive feedback and I hope you enjoyed the show as much as we enjoyed making it! We are so proud of our students for getting involved and putting in the time and effort, ensuring it was a smashing success. They represent the absolute best of Chosen Hill and we pride ourselves on having such talented and supportive students.

A special thank you to all the sixth form students and house leaders, without which the show wouldn't be possible. Due to an unfortunate amount of illness there were large absences leaving the show vulnerable. As a response, many of our students stepped in and filled the places, even if it meant supporting another house! This showed outstanding character, teamwork and resilience, typifying the Chosen Hill spirit.

Finally, we would like to thank the amazing staff who organised everything behind the scenes, namely, Mr MacDowall-Scott, Ms Poole, Mr Aston and Mr Day, and our amazing student Tech Crew.

Stay tuned for even more exciting house events, the year has just begun!



Innovate: South Asian Cuisine

We enjoyed the first of Innovate Catering's 'specials' last week. The chosen cuisine belonged to that of South Asia and what a success! Both staff and students enjoyed the various selection of foods on offer!

We look forward to the next 'special'...





South Asia

National Capitals



MFL Food Tasting Event

Guten Appetit! ¡Buen provecho! Bon Appétit!

On Tuesday 18th October, all year 9 students studying a language had the opportunity to taste food from the countries of the language they are studying.

We are currently studying the topic of food and this event gave the students the opportunity to 'order' food in the foreign language from our 'A' level students, who were 'working' in the café. Following the tasting, they made comparisons and written their opinions on the wide variety of traditional food that they have tasted in French/German or Spanish.

We are very proud of our year 9 students for not only being brave and adventurous trying new foods, but also for using their Language skills to order their food.

We have nominated the following students as winners for either using as much of the target language as possible or for being adventurous and trying different types of food. The students will be awarded a small prize after half term. Congratulations to them:

George Brooks, McKai Lawson, Erin Holder, Josh Martin, Rafal Zielonka, Alex Williams, Jacob Dearnley, Aiden Baynham, Nikodem Mazur, Muwafak Ibrahim Alyasin, Ali Raza, James Abernethy, Noah Dean and Molly Golding.

Thank you to all the parents who supported the event by contributing money, so that the event could take place.

MFL department







German Visitors at Chosen Hill School on Wednesday 19th October 2022

We had the pleasure of hosting 14 students and two members of staff, Frau Elisabeth Schick-Billy and Sebastian Wilhelm, from our partner school, Oberland Realschule in Holzkirchen, Germany, at Chosen Hill School this week. The students were paired up with some of our year 9 German learners who took them to their lessons. Break and lunchtime were a great opportunity to connect further and make new friends. We heard everything about their school and area where they come from in a presentation by two of the German guests. Holzkirchen is a town near Munich in the South of Germany close to the Bavarian Alps.

A huge thank you goes to all the lovely year 9 hosts and all the colleagues at Chosen Hill School who made our visitors feel so welcome. Vielen Dank!



Future projects will include pen-pals and visits to their school.

Our first visit is scheduled for July 2023. All year 8, 9 & 10 German learners have been invited to the Munich/Holzkirchen trip and there is one last chance to sign up for it. The letters have gone out on Schoolcomms. If you haven't received it and you wish your son/daughter to go, please contact Mrs Smith csm@chosen-hill.gloucs.sch.uk. There are a few more spaces!



Thursday 27th Oct
Friday 28th Oct
Saturday 29th Oct
7.15pm

Chosen Hill School
Adults £9
Concessions £7
Family (2+2) £26

It's Back

Churchdown
Gang Show



FOR TICKETS:

churchdowngangshowtickets@gmail.com
or call **07879 626653**

Scouts 



Democracy Can Succeed - School Council Meeting

In our current climate of political upheaval, it was a real privilege to see clear democracy and leadership in action on our recent Whole School Student Council. The meeting was ably led by our Sixth Form Council leaders and our student representatives, who asked a series of searching questions about the topics under discussion.

Thank you to Mr Pauling and Mr Rees who on this occasion were explaining some of their school policies and ideas. There was a genuine spirit of teamwork and constructive advance which are national politicians would do well to replicate.

Our Year Councils continue to meet fortnightly with the next full Council on 7th December 2022. In the meantime, if any students or parents have questions, feel free to ask us at:

SCLeaders@chosen-hill.gloucs.sch.uk



Sporting News

Western Schools Judo Championships

Exactly one year to the day that they first stepped onto a judo mat, Isabel and James Mills represented Chosen Hill School at the Western Schools Judo Championships on Sunday 16th October 2022.

James, and Chosen Hill School are now the holders of the Year 8 & 9 boys trophy after a mixed bag of fights that saw James come out on top - literally!

Isabel had to move up a weight class and compete against older, heavier and vastly more experienced judoka in the girls years 10 -13 class to come out with an astonishing silver. She narrowly missed gold after being accidentally headbutted on the nose.

They both now automatically qualify for the British Schools Championships in March

Isabel also represented the West of England in the National Team Championships back in early July.

They are training up to 8hrs a week travelling to Bristol and Bath and we couldn't be prouder of how hard they've worked.



Celebrating the Success of Former Students



Well done to former student Ethan Ingram who plays for West Bromwich represented England U20's in football last month against Morocco and Australia. Huge achievement!

County Football

Well done to Jay Wells, 11CC, who represented the county at football last week - we look forward to seeing the progress.



Sporting Fixtures

Year 9 Rugby

Well done to all year 9 boys who represented th school this week - superb team performance by all involved.



Sporting Fixtures

Year 7 Rugby

Great to see so many Year 7's represent their school this week against Cleeve School! Top performances from all three teams involved!



Well done to Year 7 boys representing the school this week against Holmleigh Park School - some good rugby and loads of potential.

Sports Clubs, September to December

Please see below our sporting clubs which are now available to students. 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 – Boys Basketball	• All Years – Boys Rugby • Year 9, 10 & 11 - Netball
Wednesday	• Functional Fitness – Girls Gym	• Year 8, 9, 10 & 11 – Hockey	• Girls Football • Year 7 Rugby
Thursday		• Years 7, 8 and 9 – Boys Basketball • GCSE Trampolining	• Years 7 & 8 – Netball • Boys Rugby
Friday		• Girls Basketball	• All Years - Badminton