



WELLNESS
AMBITION
TOGETHERNESS
CONFIDENCE
HONESTY

CHOSEN HILL SCHOOL & SIXTH FORM

Parent Bulletin

Friday 23rd September 2022



IMPORTANT INFORMATION:

Please **DO NOT** park on neighbour's driveways, particularly on Brookfield Road, opposite the school. Please be kind and considerate.

Diary Dates for Next Week

ALL WEEK:

Year 7 CATS

Year 13 Assessment Week

Monday 26th September 2022:

SAI School - International Visit

Thursday 29th September 2022

Year 8 Parents' Information Evening -
details to follow.

The Calendar on the website is now live which feeds into the timeline of events on the Home page of our website.

Connect with us on Social Media:



Although this was a relatively short week, it was an incredibly busy one. We have run two open mornings and the open evening, all of which were incredibly well attended.

I feel privileged to be Headteacher at Chosen Hill School and even more proud at these showcase events. I have once again been blown away by the pride, confidence and positivity of the students (over 500) that represented the school at these events. Working as guides, giving presentations, supporting in subjects and organising the car parking, they showed off the very best of Chosen Hill School and the amazing young people that they are. I am grateful for their support, passion and commitment in making these events so successful. Thank you!

Also this week, all students had an assembly and a focused session in Learning Mentor time on the Chosen Hill Antibullying Charter. The charter outlines our robust response to bullying and promotes the need for the whole school community to challenge and report any instances of negative behaviour.

Thank you for your support.

Mr Pauling
Headteacher

Learning Tip:

Learning Changes your Brain

Did you know that when someone repeatedly practices an activity or accesses a memory, groups of neurons in their brain fire together - creating electrochemical pathways?

Deliberately practicing new activities and skills is crucial to the learning process as when people stop practicing, the brain will eliminate or 'prune' the connecting cells that formed the practice.

Encourage your child to access their Class Charts (formally Satchel) account daily to check what home learning and practice they have been set by their teachers



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 toward 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 July 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 Form](#)

If you have already completed the form, thank you, you do not need to do anything else. If you have not been able to complete the form and need a printed copy please 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, which would be unfair to those who have completed their forms.

Currently we have had only 770 responses - we have almost 1400 students in the school - still a long way to go.

4pm Club

From Monday 26th September we will be commencing the '4pm Club' from 3:05pm to 4:15pm. This intervention will provide a programme of structured support run by different departments to improve confidence and subject knowledge. The '4pm Club' will run Monday - Friday up until the start of the Year 11 Mocks exams (6 week programme).

The topics covered will help prepare students for the upcoming mocks, which have been scheduled to run between Monday 14th November and Friday 25th November.

More details are available in the letter sent out to Year 11 parents and carers on Wednesday 21st September 2022.

A Microsoft Forms document has been placed in Class Charts for students to complete. Please can you remind your child to complete so that we can get a full picture of students attending each session.

4PM CLUB 2022/2023

WEEK BEGINNING MONDAY SEPTEMBER 26TH

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Silent Revision</u>	USH	USH	USH	USH	
<u>After School 4PM</u>	L16 Geography DS1 Drama/ Performing Arts M38 Maths Foundation L20 French	LM3 History P1 Creative Media P3 Computing Science Sc20 Science Invite Only	U3 English Securing Grade 4+ U9 English Securing 6+ M37 Maths Higher M39 Maths Foundation	Sc10 Higher Chemistry M20 Science All Classes LM4 History G23 Business Studies G15 H & Social Care D1 Art/Photography/ Graphics D4 – 3D Design	L2 PE Theory PE Sports Hall Practical Badminton



Cycling to School Protocol

Cycle safety continues to feature prominently nationally, with the increase of the number bicycles on the roads and changes to the [Highway Code](#) that include new rules for all cyclists.

There is a significant group of students who cycle to and from Chosen Hill school. We routinely speak to those students about cycle safety, for example, individual students who choose to cycle without a helmet. We are also conscious that members of the public have been in contact in the past about the conduct and safety of individual students cycling on the roads outside of school.



A letter will be sent shortly outlining the Chosen Hill School Cycling to School Protocol. If your child wishes to cycle to school parents/carers will need to sign the consent form at the end of the protocol.

The protocol outlines the procedures that we have in place to ensure the safety of our students, including a Level 3 Bikeability course for students in Year 7.

We take the safety of our students seriously and hope that you will support us to keep your child.



If you have any question please email Mr Bardgett, Deputy Headteacher: jb@chosen-hill.gloucs.sch.uk.

Variety of the Spice of Life

Ever wondered why some people can eat just about anything and not gain weight?. The British Gut project collected samples of faeces from the UK and US general public over a number of years and analysed the micro-organisms present in it. The results were astonishing; Gut micro-organisms varied between US and UK citizens (guess who had the best population of microbes? ...), Northerners could be distinguished from Southerners and country folk from town dwellers. Findings showed that our gut microbiomes (GM) are unique to us and genetics only has a very small influence.

Identical twins in the project, who differed by 15-20kg in body mass had their GM analysed and it was found that, despite the same upbringing and identical genes, the thinner twin had a much more diverse number and types of bacteria in their GM. In particular they had high numbers of Akkermansia bacteria. When the Akkermansia from a thin person were put into mice and the mice were overfed, the mice didn't gain weight, showing a cause and effect between microbes and body weight.

The really exciting finding was that encouraging diversity in our GM (which is what we want) was very simple. Whether you are vegan/vegetarian/no gluten etc. appeared to not influence gut diversity to a major degree. The main factor boosting the diversity of your GM was the number of different plants that were eaten every week meaning we can easily positively alter our GM with benefits for our health.

Different plants act as "fuels" for different micro-organisms in our gut so the more variety in our diet, the more diverse our gut bacteria. As humans we tend to be creatures of habit when it comes to food, but increasing variety can be as simple as food swaps and adding herbs and spices to your meals so why not try the attached 50 food challenge for week to increase the diversity of your gut microbiome and see if you feel any different:

<https://www.janicetraceynutrition.com/post/the-50-foods-challenge>



Why should I apply?

For every child that is entitled to free school meals the school receives extra funding to enhance provision and improve progress and outcomes for children. So please apply even if you do not wish to take up your free school meal.

What are the qualifying criteria for Free School Meals?

Your child might be able to get free school meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

How long will it take to get a response?

You will receive an instant response as to whether you are entitled to free school meals once you have submitted your claim. All you need is your National Insurance Number and a current email address.

When your application is received, your eligibility will be checked with the Department for Education, Department for Work and Pensions and HM Revenue and Customs. If unsuccessful, children in Reception, Year 1 and Year 2 will still receive universal infant free school meals.

Free school meals for over 16s

All 16-18 year-old learners who are, or whose parents are, in receipt of eligible benefits and enrolled in further education provision funded via the Education Funding Agency can apply for free school meals.

Learners who are aged 19-25 years old who have a Learning Difficulty Assessment (LDA) or an Education Health and Care Plan (EHC Plan) are also entitled to free meals under this scheme.

All eligible 16-18 year-old learners who attend a sixth form at a school/academy can apply using the free school meals on the above link. For all 16-18 learners who attend other colleges/institutions please contact them for more information on how to apply.

Apply online to [GCC](#)

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 1

Classic Favourites

MONDAY



SOUTHERN STYLE

TUESDAY



Great British Roast

WEDNESDAY



KURRY

THURSDAY



Fish & Chips

FRIDAY



MAIN MEAL

CLASSIC BEEF LASAGNE
Garlic Bread

CHICKEN & SAUSAGE JAMBALAYA WITH FRESH LIME & CORIANDER

LEMON & THYME ROASTED CHICKEN LEG
Yorkshire Pudding, Gravy

BEEF KEEMA CURRY
50/50 Rice, Naan Bread

BATTERED FISH/ SALMON FISHCAKES
Chips

VEGETARIAN MEAL

VEGETABLE & BEAN LASAGNE
Garlic Bread

SWEET POTATO & QUORN JAMBALAYA

MACARONI CHEESE

CAULIFLOWER & LENTIL DAHL
50/50 Rice, Naan Bread

CHEESE & ONION PASTY
Chips

VEGETABLE

GARDEN SALAD PEAS

TOMATO & CUCUMBER SALAD

SEASONAL VEGETABLES MIXED SALAD

BOMBAY ALOO

BEANS GARDEN SALAD PEAS

PASTA POTS

TOMATO & BASIL

QUORN BOLOGNAISE

CARBONARA

PESTO

ARABBIATA

CHEESE SAUCE

JACKET POTATO

TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS

DESSERT

BERRY & APPLE CRUMBLE
Custard

CORNFLAKE CRISPY CAKE

LEMON SPONGE
Custard

SPICED APPLE SPONGE
Vanilla Sauce

CHILLED COCONUT RICE PUDDING

FRUIT

SELECTION OF FRUIT DAILY

YOGHURT POTS

SELECTION OF YOGHURT POTS 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!



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
NATURally	VEGAN BITES & WEDGES	VEGGIE BREAKFAST WRAP	HOT FALAFEL POKE BOWL	LENTIL BUDDHA BOWL	SPICY LENTIL & BEAN BURRITO
Street VIBES	CHICKEN STIR FRY NOODLES	KOREAN FRIED RICE	PIRI PIRI CHICKEN SHAWARMA	MANAGER'S SPECIAL. STREET VIBES	CHICKEN TIKKA SHAWARMA

LOOK OUT FOR OUR NEW BLUE DOT MENU ITEMS

HOT PANINIS. HOT TWISTERS & DAILY SPECIALS

COLD

NATURally	VEGAN NOODLE BOWL	MEZZE BAG HOUMOUS POT	VEGETABLE SUSHI	NO CHICKEN CAESAR SALAD	MARINATED EDAMAME BEANS
WRAPS	CHICKEN CAESAR	PIRI PIRI CHICKEN	CHEESE & HAM	VEGAN ONION BHAJI	BBQ CHICKEN

CHOICE OF BAGUETTES. ROLLS & PASTA POTS

Year 7 BOOST Project 2022

Last week, Year 13 and Year 7 students were involved in the BOOST project. BOOST is a programme that has been developed by Gloucestershire Constabulary and Chosen Hill is the pilot school to launch the project.

Last year we had the first year of delivery and this year we have developed it further. The project is aimed at developing self-leadership and emotional resilience in Year 7 students to help give them strategies to cope with the transition to secondary school.



Year 13 students led the sessions with Imogen Stainton from Gloucestershire Constabulary. Two Year 13 students worked intensively with a group of 4-5 Year 7 students delivering a series of activities. The first thing students did was set up their camp in the Sports Hall and this acted as their base for the programme. The sessions involved group tasks, developing strategies, and lots of discussion and reflection around a series of themes. The main themes were: Treasure Your Breath (grounding techniques), Hack Your Mind (good and bad habits and how to practise/upskill), Walking Softly (compassion, empathy and self-compassion) Discovering Superpowers (behaving positively towards others) and Being Magnificent (bringing your "best self" to everything you do).



It was great to see the students developing relationships with their Year 13 Group Leaders and enthusiastically building a team identity. The Group Leaders will continue to visit their Year 7 groups over the year and act as a mentor to them helping them settle to their new school environment. Encouraging them to join in with activities like the upcoming House music competition will enable Year 7 to feel part of the school community and help to develop social and leadership skills.

The Group Leaders were able to take part in valuable work experience, which hasn't been easy during the pandemic, as well as developing their own leadership skills. Both year groups gained from completing the programme and we hope it has helped provide a welcoming environment for our new Year 7 students. Year 13 Group Leaders definitely went home exhausted on Friday evening but it was lovely to see them step up and take on their roles with professionalism. Both year groups were a credit to themselves and the school working positively with each other and Gloucestershire Constabulary.



Open Events 2022

A huge thank you to all involved with our Open Events this year, from the Open Days to the Open Evening yesterday our staff and students, once again proved outstanding! Their dedication and love for their subject reflected throughout the school. A huge 'thank you' also has to go to our parents and carers who made it possible for their children to support the school by providing transport - it is much appreciated.

It was great to see so many parents attending the events, both of prospective Year 7 students who are completely new to the school and parents and carers of existing students who were unable to attend previously due to Covid restrictions in previous years. It was also great to catch up with former students, now with their own Year 5 or 6 students.

We are looking at extending our day time tours over the next few weeks to enable prospective students and their families to view the school in action, and will publish these dates when they are available.

Once again thank you to all who were involved in making our open events a success.





"I visited your school today as a prospective parent of a child considering attending. I was very impressed with the school and the examples of the teaching that goes on. We were very lucky to have two of your students take us on a tour (Jayden and Olly). They were a great advert for your school. They were patient with us (we had our daughter and our 7-year-old twins with us). They answered our questions and made it an enjoyable tour. I am relieved that there is a choice of two excellent schools on our doorstep. Thank you to you, your team and to our tour guides for your time."



"I just wanted to ensure that I gave feedback for Callum and Billie who gave my daughter a tour of the school tonight (sorry I'm unsure of last names but they are yr 11 prefects). They both went out of their way tonight to give my daughter an exceptional tour of the school, included her and spoke to her about real school life. My daughter has been so nervous about school choices, and they made her feel so comfortable they were exceptional young people and you should be proud of them"

"It was great to walk around with our Year 10 child as a personal guide for us. He was in non uniform yet his teachers all recognised him and spoke to him on the way around, even the ones he's only had a couple of times since September. True to the part of Mr Pauling's talk where he mentioned that the children in the school are known. Our youngest son felt welcome and excited to look around. Thank you"





"Please pass on my thanks for a really good tour this evening. The two year 11 boys that showed us round are an absolute credit to you and a great advert for your school. We were very impressed!"

"Fabulous evening, with a very positive buzz. Well done to all involved, organising and supporting "



Thank you to our P.A.T.C.H. ladies for keeping us topped up with beverages and nibbles all evening. It was much appreciated by all.

Fundraising at Chosen Hill School

P.A.T.C.H.

Welcome to P.A.T.C.H., the parent and teacher group that supports Chosen Hill School by funding the 'extras' that help make a difference to all of the students at Chosen Hill School. If you have great fundraising ideas or a little spare time and would like to get involved with our fundraising, please get in touch by emailing either dwr@chosen-hill.gloucs.sch.uk or P.A.T.C.H@chosen-hill.gloucs.sch.uk.



We are raising funds to replace the laser printer in DART, which every student will use during their time at Chosen Hill School. The cost is around £7,000. We will be holding various events throughout the year with the aim of funding this piece of equipment.

Future Events

We are currently putting together proposals for events for this academic year. If you have any suggestion of events that you would like to see included in the calendared events please email either dwr@chosen-hill.gloucs.sch.uk or P.A.T.C.H@chosen-hill.gloucs.sch.uk.

Raffle Prizes

We are, once again collecting donations which can be used as raffle prizes for the various events that we are planning for this year. If you have any new items that you can spare, any unwanted gifts, etc. we would be grateful for any donations. Please bring to reception.



**The Giving
Machine™**

Just a reminder to use the Giving Machine when you are making online purchases. Every time you use the Giving Machine to go to a shopping website and make a purchase, the school will get a contribution. So far we have raised £83.86, with no additional cost to supporters. Shops include Amazon, Argos, ebay, John Lewis, Clarks, M&S, Boots and many more. It doesn't cost you a penny extra and you get all the same discounts and offers, you just need to go to your chosen site via the Giving Machine page. The link to the page is [here](#) for you to sign up if you haven't already.



Adult Education
in Gloucestershire



Help Your Child at School for ESOL Parents

A free* online course



Learn English



Find out how to help your children



Build your skills

Wednesdays

9:30-11:30 or 12:30-2:30

The course is being delivered via Zoom

To book a place, please contact
fay.tucker@gloucestershire.gov.uk

* The course is free if you are over 19 years old, have lived in the UK for 3 or more years, have a valid Residence Permit, and are one of the following: Unemployed or earning below £18,525 per year; Qualified below a Level 2 (less than 5 GCSEs); Have mental health challenges, Have a learning difficulty or disability.



Upgrade Your Maths



A free* course for parents/carers or grandparents to build their own skills and help them support their children in school

The tutor, Richard, will explain the building blocks of maths.
You can:

- Take the stress out of maths homework
- Boost your children's maths skills
- Refresh your own skills

Thursdays 10:00-12:00
22 September- 20 October

If you worry about maths this course is for you!

The course will be delivered via Zoom

To book a place please email fay.tucker@gloucestershire.gov.uk

* The course is free if you are over 19 years old, have lived in the UK for 3 or more years or have a valid Residence Permit, and are one of the following: Unemployed or earning below £18,525 per year; Qualified below a Level 2 (less than 5 GCSEs); Have mental health challenges, Have a learning difficulty or disability.

Her Majesty Queen Elizabeth II, 1926 - 2022

We have taken time out last week to honor the passing of Queen Elizabeth II and her dedication and loyalty to the Crown during the past 70 years. Our flag has been flying at half mast throughout the public mourning period, we have held memorial assemblies and students have contributed to a book of condolences that we are putting together. We finished the week with a fire drill which brought all staff and students out onto the field, during which we held our final minute silence for Her Majesty.



Our own, Alex Waters, was at the Thanksgiving Service for Queen Elizabeth II at Gloucester Cathedral last weekend, in his capacity as Lord Lieutenant's Cadet.



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 Boy's Basketball	Year 8, 9, 10, 11 Netball All Years, Boy's Rugby
Wednesday	Functional Fitness - Girl's Gym	Years 8, 9, 10 & 11 Hockey	Girls Football Year 7 Rugby
Thursday		Years 7, 8 and 9 Boy's Basketball GCSE Trampolining	Year 7 Netball Boy's Rugby
Friday		Girl's Basketball	All Years Badminton

Chosen Hill School Dance Show 2022

Meeting:

Monday

LUNCHTIME 1.40-2.00pm

MAIN SCHOOL HALL

ALL WELCOME – dance and gymnasts