



**WELLNESS**  
**AMBITION**  
**TOGETHERNESS**  
**CONFIDENCE**  
**HONESTY**

# CHOSEN HILL SCHOOL & SIXTH FORM

Parent Bulletin

Friday 30th September 2022



## IMPORTANT INFORMATION:

**EAGLE LINE BUSES:** Eagle Line has ceased trading today. Henshaws will temporarily take over the bus route. All Eagle Line passes will be valid in the meantime.

## Diary Dates for Next Week

### ALL WEEK:

House Music Rehearsals

### Tuesday to Friday

Year 7 Bikeability

### Monday 3rd October 2022:

Years 12 & 13 Natural History  
Museum Trip

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

This week we welcomed a delegation of staff and students from SAI International, Odisha, India. The visit provided an opportunity for students to work on collaborative projects and initiate personal links through developing 'in person' as well as virtual connections between students. It has also given a further focus and drive to the international linking between subjects at Chosen Hill and to directly engage with colleagues from SAI to further enrich our curriculum. Thank you to Mr Bird for his passion, energy and expertise in his leadership of the International work.

After a week of inspiring House Assemblies the preparations for House Music start next week. Please encourage your child to get involved. The event organised by our sixth form student leaders is always a highlight of the year.

Well done to all our sports teams with their fixtures this week – its great to see so many students representing the school.

Mr Pauling  
Headteacher

Connect with us on Social Media:



[www.chosenhillschool.co.uk](http://www.chosenhillschool.co.uk)

## Learning Tip:

### Quizzing

As teachers we often use a routine quiz to help check that students have learned material. Quizzing provides information to us about where gaps exist and the more it is done, the more fluently students remember.

Students can self-quiz at home using resources they have been given in class or use digital platforms like GCSEPod to re-visit material. Students could even ask their parents or friends to ask them a short set of factual recall questions using their exercise book.

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## 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](mailto:publicity@chosen-hill.gloucs.sch.uk). In the meantime please use the link below to complete the form:

### [Parent 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](mailto: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 800 responses - we have almost 1400 students in the school - still a long way to go.

## Working at Chosen Hill School - Vacancies

Vacancy	Link to Advert	Closing Date
School Receptionist / Administrator	Eteach	9th October 2022
Teacher of Design & Technology	Eteach	14th October 2022
Teacher of Business Studies & Social Sciences	Eteach	16th October 2022
Qualified Learning Assistant / TA	Eteach	23rd October 2022

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## Wellbeing Matters!

### Fabulous Fibre

“All disease begins in the gut.”

Yet another adage from Hippocrates and how accurate he was!. Our modern lifestyle diet of stress, lack of sleep, processed foods, medications, such as antibiotics, and even our mother’s diet during pregnancy can all influence the community of micro-organisms in our gut, known as the gut microbiome (GM). A disrupted or dysbiotic GM is thought to underly many chronic health conditions from arthritis to depression. The good news is that our GM is very dynamic and positive changes can be brought about fairly quickly (some studies suggest in as little as two weeks).

One substance that our gut bacteria absolutely thrive on is fibre. We, as humans, cannot digest fibre, but our gut bacteria can and they love it!. However despite us being recommended to eat 30g of fibre a day, many of us fall short. Dietary fibre intake positively associates with improved overall metabolic health and reduced risk of cardiovascular disease.

A particular type of fibre that microbes love is Inulin. This is what is known as a prebiotic (more about those later) and acts like “fertiliser” for our GM. Vegetables containing lots of inulin include Artichokes (aka “fartichokes” since the microbes produce gas when they ferment it!), onions and leeks. Inulin is great for constipation and there is anecdotal evidence that it may help you to sleep. However it is important to introduce fibre slowly, especially if you have Irritable Bowel Syndrome, as too much too soon can send gut bacteria into overdrive and may result in bloating.

Other good sources of fibre are:

- Wholegrain foods
- Pulses, beans, peas
- Fruit especially berries, pears, melon and oranges
- Nuts and seeds
- Leaving skins on potatoes/apples etc

There are many other ways to support gut health, which we will look at in future sections. In the meantime before you reach for the Bran flakes, here are some more exciting ways to up the fibre in your food:

<https://archive.nutrition.org.uk/healthyliving/basics/fibre.html>

## Additional Open Mornings

We have had a number of requests from our feeder schools (some of which were on residential last week) we will be offering two further open morning tours over the next fortnight. The tours will run on Tuesday 4th and Tuesday 11th October and will run at 9:15am prompt with a short welcome talk by Mr Pauling at 9:50am.

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## 4pm Club 2022 - 2023

Monday 26th September saw the return of 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 Yar 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.

## Week Beginning Monday 26th September 2022

### TIMETABLE

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

## House Music Competition - Friday 14th October 2022

House Music is an annual whole school event. The competition takes place on FRIDAY 14th OCTOBER, with each of the four houses given one lesson to present a programme of music to fellow students only. The competition is judged by an external adjudicator and the result is announced in Main School Hall at 13:45 and in lesson 5 a concert of highlights is presented to ALL YEAR 7.

A House Music Highlights Concert will take place on Tuesday 18 October, 19:00, Main School Hall, and parents/carers, students and staff are invited to attend. Each house presents a mini programme. Rehearsals take place during the morning, lessons 1-4. Each house is given one lesson to rehearse under the supervision of the music department staff. More information to follow.

As part of their programme each house must present a choir performing two contrasting pieces. This is where the majority of students have the opportunity to participate. Please encourage your child to take part!

The event is entirely run by the sixth form under the supervision of the Student Leadership Team. If you have any questions about House Music please ask us.



# Student Leadership at Chosen Hill School



**Head Student Team**



**CARNE House Captains**



**MASEFIELD House Captains**



**SCOTT House Captains**



**WHITTLE House Captains**

## SAI International Visit



On Monday 26th September 2022, Chosen Hill School was proud to host visitors from our British Council international partner school in India, SAI International. Over 40 students and 5 staff from SAI International joined 10 students from Parton Manor Primary and 41 of our students from Year 9 and the Sixth Form.

The objectives of the day were to build strong bonds between our schools, meet and make new colleagues and friends, start learning about things we have in common and our differences, and to begin the process of working together to gain a better understanding of international issues and to start the planning for exciting international collaborative projects.

The event was hosted in the Main School Hall where students from each of the three schools were mixed together to form a number of groups that were hosted by a Chosen Hill School Sixth Form student.

Students made presentations to each other about life at their respective schools, participated in a range of collaborative learning activities based around the role of the Commonwealth of Nations. Later in the day, the older students from SAI International and Chosen Hill School discussed the arguments for and against nuclear weapons as part of the UN Day for the Elimination of Nuclear Weapons.

Meanwhile a group of 11 teachers from across the three schools met to discuss a range of exciting future collaborative projects to enable us all to develop and enhance the international dimension to learning at our schools. Representatives from Business Studies, Modern Foreign Languages, English, Mathematics, Humanities and Science joined the meeting and initial plans for 12 projects were scoped out.



To finish off the day a group photo was taken, and our students waved off our visitors.





The day was a great success and our students commented, 'I really enjoyed meeting and working with them...', 'I was impressed at how hard they worked on the learning activities,' 'I can't wait to visit their school.'





## 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](mailto:dwr@chosen-hill.gloucs.sch.uk) or [P.A.T.C.H@chosen-hill.gloucs.sch.uk](mailto: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](mailto:dwr@chosen-hill.gloucs.sch.uk) or [P.A.T.C.H@chosen-hill.gloucs.sch.uk](mailto: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.



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.



### ***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](#)

**#HelloYellow**

**YOUNGMINDS**

**Join #HelloYellow  
on 10 October to  
show young people  
they matter.**

**More young people than ever are  
not getting the mental health  
support they need. This needs to  
change - with your support, it can.**

**To take part, simply wear yellow,  
donate what you can to YoungMinds,  
and post a photo on social media.**



# FEELING SMALL IS A **BIG** THING.

Are you concerned about a young person in your life? Don't wait for the problem to 'go away', contact our Parents Helpline for free, confidential advice.

Call the helpline on 0808 802 5544

Or visit [www.youngminds.org.uk/parents-helpline](http://www.youngminds.org.uk/parents-helpline)  
to speak to us online.



**#HelloYellow**

## We Made it to the Ice Cream Factory!

On Thursday the finalists from the ice cream project during Enrichment Week got to go to the Unilever site and 14 very excited Y10 students headed through security and onto the site. We then went to their main conference area to have a short history of the company and H&S briefing before getting kitted out to go on a tour of the production lines.



The tour that followed was fascinating as we saw Magnum, Rocket and Twister lollies being made, as well as Vienetta and a brand new Ben and Jerry's ice cream that was just going into production. We were shown the individual machines in small groups and a great time was had by everyone; we now have a much better appreciation of the technology behind making sure each ice cream is perfect!



The next bit was eat as much ice cream as you like and we all got to taste the new Ben and Jerry's straight from the production line along with anything else that the students asked for!

After filling up on ice cream, we returned to school with goodie bags and apologies to all period 5 teachers of the students, as the students were on a high from the day as well as the sugar rush from so much ice cream! A great day had by all and well worth the wait!



## 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.

	<b>Before School 08:00 – 08:25</b>	<b>Lunchtime 13:25 – 14:00</b>	<b>After School 15:10 – 16:15</b>
<b>Monday</b>		<ul style="list-style-type: none"><li>• Year 7 Hockey</li></ul>	
<b>Tuesday</b>		<ul style="list-style-type: none"><li>• Years 10 &amp; 11 - Boys Basketball</li></ul>	<ul style="list-style-type: none"><li>• All Years - Boys Rugby</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>• Functional Fitness – Girls Gym</li></ul>	<ul style="list-style-type: none"><li>• Years 8, 9, 10 &amp; 11 - Hockey</li></ul>	<ul style="list-style-type: none"><li>• Girls Football</li><li>• Year 7 Rugby</li></ul>
<b>Thursday</b>		<ul style="list-style-type: none"><li>• Years 7, 8 and 9 - Boys Basketball</li><li>• GCSE Trampolining</li></ul>	<ul style="list-style-type: none"><li>• Years 7, 8, 9, 10 &amp; 11 - Netball</li><li>• Boys Rugby</li></ul>
<b>Friday</b>		<ul style="list-style-type: none"><li>• Girls Basketball</li></ul>	<ul style="list-style-type: none"><li>• All Years - Badminton</li></ul>



# Chosen Hill School Dance Show 2022

**Meeting:**

**Monday**

**LUNCHTIME 1.40-2.00pm**

**MAIN SCHOOL HALL**

**ALL WELCOME – dance and gymnasts**

## Sporting Fixtures

Well done to the U14's rugby team who beat Bournside this week! A great team performance!



Two games for our girls this week!

Home vs Cleeve School, Lost, 1 - 2

Away vs Churchdown, Won, 11 - 0

Well done Girls!

More cup games to follow!

