



# Girls' Newsletter - 28th January 2022

Weekly Newsletter

Friday 28th January 2022

Cumnor House School

## *A Message from Mrs McShane*



The term moves on apace and is not without its highs and lows. One of my highlights was seeing the jubilant faces of the Year Six girls as they returned from their hockey matches, flushed with success. Well done girls for your sporting endeavour and good sportswomanship - I am making that an official word now! Thank you to our sports team, ably and enthusiastically led by Mr O-B for enthusing the girls and teaching them to such a high standard as well as ensuring that they participate in a good number of outside events. This term we have had a biathlon, matches, swim galas and cross country and we have only been back at school a short while. I am so pleased that despite the dreaded covid we are managing to still give girls these opportunities.

You are probably aware that we have been hit quite badly with covid this week, with rising numbers of cases amongst pupils and I have five members of staff off at the moment. We are continuing to work hard to ensure that all the girls get consistent learning through this time, but it is a challenge juggling staff members, so please do be patient, we are doing our best. With staff absence there may be some after school clubs that will need to be cancelled, we will give parents as much notice as possible to make alternative arrangements should this be the case. We have sent advice home via cognita connect about what to do if your daughter shows symptoms, please act quickly and please do not send your daughter in if you suspect that they may have covid. The Omicron variant may not be so severe, but we do still have some more vulnerable members of our community and it still requires people to self-isolate which

causes disruption to everyone in one way or another. A **massive thank you** to the staff who are still in school, and we wish all children and staff with covid a swift recovery.

School uniform is still an area where we need all parents pulling together, whilst there are more school coats in evidence, there are a significant number of girls who are not wearing a regulation school coat. Please order one as soon as possible.

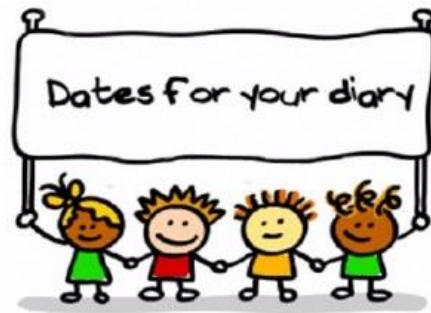
The other area of uniform that needs some reminding is shoes. The girls should be wearing black school shoes that fasten securely. Girls should not be wearing ballet pump style shoes (I know they look pretty!), they do not offer adequate support when the girls are cavorting around the playground etc. Ankle boots and trainers are also not permitted.

I wish you all a safe, pleasant, and healthy weekend. I am hoping that my own recovery from covid is swift so that I can be back with you all as soon as possible.

**... whatever life throws at us, our individual responses will be all the stronger for working together and sharing the load.**

Queen Elizabeth II

## *Important Dates for your Diary*



Tuesday 1st February	Year 5 trip
Wednesday 2nd February	Year 5 Hockey v Seaton House (h) 2.30pm U11 Hockey (a) Aberdour
Friday 4th February	ISA U11 Netball Tournament
Monday 7th February	Swimming gala U8-U11 @ Banstead Prep
Tuesday 8th February	4.30pm - 6.45pm Parents' Evening online (NO CLUBS OR SQUADS) Year 3 Hockey (a) v Aberdour 3pm
Wednesday 9th February	Year 6 Hockey Tournament @Banstead Prep 1pm 4.30pm - 7pm Parents' Evening online (NO CLUBS OR SQUADS)
Thursday 10th February	Reception Fairy Tale Ball tbc Year 4 Hockey v Aberdour (h) 3pm
Friday 11 <sup>th</sup> February	Inter-house Cross-Country Years 1-6, 1.30pm
Monday 14th February - Friday 18th February	Half-Term
Friday 25 <sup>th</sup> February	Charity Election Day
Tuesday 15 <sup>th</sup> March	Pre-Prep Look at Learning
Thursday 17 March	Prep Look at Learning
Wednesday 23 <sup>rd</sup> March	Reception and Year 1 Mothers' Day Concert 8.30am
Friday 1 <sup>st</sup> April	Break up for Easter

## **Reminders.....**

### **Year 5 Senior School Meeting**

Please would all the Year 5 parents call the office to arrange a time to meet with Mrs McShane to discuss Senior Schools.

### **Extra Curriculum Activities**

Please note that there will be **NO** clubs or squads running on Parents Evenings (**8th & 9th February 2022**), so please ensure you make alternative arrangements for your daughter/s on these days. After school Care will still be available to book via Cognita Connect.

### **Parents' Evenings - 8th February (4.30pm - 6.45pm) and 9th February (4.30pm to 7pm)**

Parents' Evenings will be open to book from **Tuesday 1st February from 5.30pm**. The evenings will be **online only**.

To book your slot please visit:-

<https://cumnorhouse.schoolcloud.co.uk>

If you are having problems please click on the link below for more information:-

<https://support.parentseveningsystem.co.uk/article/801-video-parents-how-to-attend-appointments-over-video-call>

For Year 6 Parents' Evening Mrs Syradd and Mrs Pettinger will be together to speak to you but 6P will only be on Tuesday 8th February and 6SOB only on Wednesday 9th February.

### **PE Kits/Swimming Bags/Food Tech Containers/Musical Instruments & Books/Water Bottles**

Please can you kindly remind your daughters to come into school with the correct items for the day ahead, we have had an increasing number of children this term forgetting items on a weekly basis which they need to remember to bring in.

## *Covid Update*

Further to the Government announcement last week advising that face coverings will no longer be mandatory from today we will be recommending the following:

- If you are entering the school building please continue to wear a face covering.
- If you are meeting with a member of staff in person within the school please undertake a lateral flow test just prior to your meeting.
- We will align with public transport guidance and continue with staff and children wearing a face covering on our school transport until further notice.

### **Clarification on what to do if your child is ill or positive with Covid:-**

- **Scenario 1:** if your child is ill she should stay at home and take a lateral flow test.
- **Scenario 2:** if your child is positive following a lateral flow test then she should self-isolate at home and follow government guidelines. Your child may not come back to school until she is better and has had 2 negative lateral flow tests on consecutive days. She does not need to take a PCR test, but please follow the guidance you will be sent when you report it on the NHS tracker.
- **Scenario 3:** if your child is unwell but negative, she has to stay at home until she is better (online learning is not available under this scenario).
- **Scenario 4:** if your child has tested positive, and is feeling well, she should still self-isolate at home and follow government guidelines. Online learning will be available but you must email the form tutor before 7.45am each morning. This allows them to plan ahead.

### **When to take a PCR test:-**

- If your daughter has Covid symptoms and has a negative lateral flow test, please take a PCR test and keep your child at home until the result of the PCR test is known. As they are not well there will be no online learning available.

## *This week at the Girls' School.....*

### **FOX Club**

This week in FOX Club the girls had great fun making bird feeders. They each carefully threaded some breakfast cereal on to a string, before hanging them up around our school field. We hope the birds will enjoy their treats.







## **Ants**

ANTS not the little insects that we see but Self Talk. AUTOMATIC NEGATIVE THOUGHTS

Everyone has them. Children, teachers parents. Everyone. But we all deal with them differently.

So what are these ANTS? Those negative thoughts that pop into our heads that sometimes don't go away; they stay there and we keep thinking them, the same thought over and over and over again. We get stuck in the thought, like a spider's web.

Now think of ants at a picnic. There you are, settled with a feast of deliciousness and an ant comes along, then another and another. One or two ants at the picnic is ok, but they won't go away and more and more seem to be joining and now they are irritating and making you cross and flustered. They spoil a lovely occasion.

These negative thoughts are just like the ants at the picnic, they can make us feel:

- afraid,
- anxious
- suspicious
- inadequate
- angry

The thing about ANTS is that because we are telling them to ourselves they are always very believable, but unfortunately they are also always negative. We might jump to conclusions without having all the facts, or we fear the worst; maybe we beat ourselves up about something, or we might worry about the future, or think we know what other people are thinking about us; or we may focus on what could be the very worst outcome ..... the list goes on.



ANTS make us feel bad, they can stop us from seeing a bigger picture, they can stop us from problem solving, they can prevent us from being happy, they can interrupt our sleep and they can certainly hinder learning and our friendships. ANTS are always unwanted. And as I said, because we are telling them to ourselves, we believe them and we get stuck in a web of negative thinking, and this will change the way we feel not just about ourselves, but about other people, and the world around us. ANTS can fill us with self-doubt, they will make us worry about what other people think, make us question our own ability, make us worry about the future – and this means we don't focus on the present – the here and now.

So what can we do. SWAT them out.

- Recognise the thought - Catch and challenge it.
- How is that ANT making me feel?
- Is this thought helpful or not?
- What evidence do I have for this thought?
- Do I want to feel that way?
- Is it a rational and sensible thought?
- Swat it away. Sometimes it helps to name the ANT

2 thoughts:

1. Would you speak to your best friend the way you speak to yourself?
1. Just because you think it doesn't make it true

Remember if you are having difficulty with ANTs and you cant swat them away, talk with an adult and they will help you.



## *Other News.....*

### **Mrs McShane's Blog**

Some of you may not be aware that I write a blog, much of the content is based on the thinking that I do with the girls in assemblies. None of the articles are long or complex, but hopefully they will give you something to ponder, or even discuss with your daughter. Most focus on growth mindset and ideas that will promote mental wellbeing. Please do look, follow and share. Thank you

[www.headshipjourney.com](http://www.headshipjourney.com)



### **Voice of the Parent**

At Cumnor House School, one of our key aims is to ensure that our close partnerships with our families remain strong throughout your child's educational career. Having a solid understanding of your views on the school, enables us to work together to ensure that Cumnor House is moving forward in the right direction.

We are pleased to announce the launch of our Annual Parent Survey which will be sent to you on **Tuesday 1st February 2021**. We recognise that the last academic year has been like no other, but we believe it is important to reach out through our survey, to understand your views of how the school is performing. Every year, your answers help us to plan effectively and to make sure that we are placing our energy and resources in the right place to deliver the best education for your child. Please do look out for the email invitation arriving in your inbox. Please note if you have more than one child at Cumnor House you will receive a survey per child - please complete your answers based on each child's experience of the school.

**The survey will remain open until 21st February 2022.**

**HB SPORTS - Feb Half Term**

Dear Parents,

HB SPORTS will be running over February Half-Term at Cumnor House School for Girls.

**Dates: Monday 14th February - Friday 18th February**

Please visit the following website to book online:

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



Wishing you a happy, warm and restful weekend.

Amanda McShane

Headmistress of Cumnor Girls