



Girls' Newsletter - 25th February 2022

Weekly Newsletter

Friday 25th February 2022

Cumnor House School

A Message from Mrs McShane



Well, we were blown into this half term somewhat and I sincerely hope that our families were left unscathed by Storm Eunice. We lost a tree which fell across Woodcote Lane but we were able to get that sorted very quickly, and the one that fell from our opposite neighbours. A huge thank you to Mr Zecir who acted quickly to remove debris from the road. The Boys' School was more severely affected as part of the swimming pools roof was blown off and although an open-air pool is attractive in the summer, it is not quite what we had in mind. We are working to get this sorted as quickly as possible but, in the meantime, swimming lessons will be replaced with PE and land training. Please make sure that your daughters bring in their PE kits on swimming days.

Car Park and drop off

When driving in the car park, reversing from parked etc please be very careful. We had an occasion this week where a parent getting their child out of their car was knocked by a driver reversing from a space. I cannot stress enough the need to be super vigilant and careful. There should be no need to park, in the mornings we operate a drive through system, if you need to park, please park in the Lane.

We are still having parents dropping and leaving their daughters before the Piccadilly doors open at 8.00am. School begins at 8.00am. If we let your daughters in to keep them safe, you will be charged for Breakfast Club even if it is "just for a few minutes".

Your child's safety is paramount. Please work with us to keep everyone safe on our premises.

We are so proud of our Year Six girls. They have represented themselves, and the school, well during the whole 11+ process. They have emerged with a superb set of results both in terms of offers of places, scholarships and awards, also the feedback that I have had from the head teachers of the senior schools about our girls has been very complimentary.

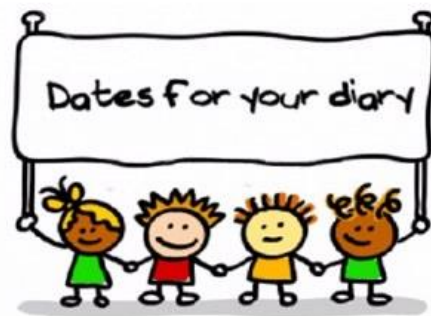
Provisionally, I can tell you that there are 60 offers of places to independent schools and 50 Scholarships, Prizes and Headteacher Awards. 5 girls have also gained places to the local selective Grammar Schools.

We were awarded the top two scholarships that Old Palace give and we gained five Academic Scholarships for Caterham, from a total of 20 that are awarded each year.

"I just wanted to write to say what an absolute pleasure it has been interviewing the Cumnor students this year. They have been so confident, down to earth and positive!"

Jane Burton, Headteacher of Old Palace of John Whitgift School

Important Dates for your Diary



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|----------------------------------|--|
| Tuesday 1 st March | Year 3+4 Inter House Hockey 2pm |
| Wednesday 2 nd March | Year 5 +6b Hockey v Aberdour (h) 2.30pm |
| Thursday 3 rd March | Years 3+4 Hockey v Ewell Castle (a) 2.15pm |
| Friday 4 th March | U9-U11 Cross Country 9am – 3pm |
| Saturday 5 th March | Year 3-6 Cross Country @ Farthing Downs 9.30am |
| Monday 7 th March | KS2 Swimming Gala away - Banstead |
| Tuesday 8 th March | Year 6 Netball Tournament @ Margaret Roper Year 3 & 4 Hockey v Banstead Prep (a) 2.30pm |
| Wednesday 9 th March | Speech and Drama Recital (Years 3 and 4 and Mrs Kimber's LAMDA students) U9-U11 Swimming Gala at JAGS |
| Tuesday 15 th March | Pre-Prep Look at Learning Year 3 Hockey Tournament @ Banstead Prep |
| Wednesday 16 th March | Year 5 Hockey v Banstead Prep (a) |
| Thursday 17 March | Prep Look at Learning Year 1 trip to St Patrick's Church, Wallington 11am 12.30pm |
| Saturday 19 th March | Yrs 3-6 Cross Country League @Woodcote High School |
| Wednesday 23 rd March | Celebration Evening 6pm – 8pm Yr 6 Hockey v Seaton House (h) 2.30pm |
| Thursday 24 th March | PTA Mother's Day pop-up shop during school |
| Tuesday 29 th March | Year 5 ESB exams U8-U11 Swimming Gala @ Royal Russell 4pm |
| Wednesday 30 th March | House Performing Arts - Whole School 1pm (no parents) |
| Thursday 31 st March | Inter-house Cross-Country Years 1-6, 1.30pm, PTA doughnuts and tuck shop sale during event |
| Friday 1 st April | Break up for Easter PTA Easter Egg Hunt |
| Wednesday 20 th April | Summer Term begins |

Reminders.....

Extra Curriculum Activities - Cancellation

Please note that **Computing & Coding Club** Year 5 & 6 is **cancelled** on **Tuesday 1st March**.

Please remember to collect your daughter/s at normal time at the end of the day or alternatively you can book ASC through Cognita Connect.

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



World Book Day is on Thursday 3rd March

Don't forget.....

1) Book over Breakfast

Between 8.00am and 8.30am, we are inviting all girls and their parents to come to the school hall and share a book together. The book can be their own reading book or another book of choice. Croissants and orange juice will be served and please bring a cushion to sit on too. If you are unable to join us for breakfast, why not read a book together over your own breakfast.

2) Costumes

This year, we would like the girls to dress up in pyjamas and come with a teddy and a book.

3) Book in a Bag competition

Over the weekend, why not create your bag which contains a book and some props to tell the story. The bag can also be decorated.

Please bring in your bag on World Book Day so we can show them in Assembly but all entries must be submitted by **Tuesday 8th March** for judging. Prizes will be awarded at our celebration assembly on **Monday 14th March**. A Winner will be selected from: Reception, Year 1 and 2, Year 3 and 4 and Year 5 and 6. So plenty of opportunities to win!

4) Book Swap

Why not search through your bookshelves this weekend. Please bring in your unwanted books and we will exchange them for a swap token

We can't wait to celebrate World Book Day!

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

Year 3 & 6 Buddy Reading

With World Book Day coming up next week, Year 3 and Year 6 took part in a buddy reading session to encourage each other to read to someone different. The girls took it in turns to read to each other, discuss their favourite books and pass on any recommendations of different authors they have enjoyed. We are already looking forward to our next fun activity with our buddies!

“The more that you read, the more things you will know. The more that you learn, the more places you’ll go. (Dr. Seuss)”







Covid Update.....

Latest changes to the Government guidance on COVID 19.

From Monday 21/2/22:

Guidance for staff and students to undertake twice weekly lateral flow testing is removed

From Thursday 24/2/22:

- The legal requirement to self-isolate following a positive test is removed
- Adults and children who test positive are still **advised** to stay at home and avoid contact with other people for at least 5 full days
- Continue to follow this guidance until you have received 2 negative test results on consecutive days
- Fully vaccinated close contacts and those under 18 years of age no longer required to test daily for 7 days
- The legal requirement for close contacts who are not fully vaccinated to self-isolate is removed
- Routine contact tracing will end - contacts are no longer required to self-isolate
- Staff and pupils should attend their school setting as usual - this includes staff who have been in close contact within their household

- The legal requirement for staff to tell their employers they are required to self-isolate is removed
- <https://www.gov.uk/government/publications/covid-19-response-living-with-covid-19>

Further updates to the guidance for England will be issued as the UKHSA will publish updated guidance for Schools - Schools Operational Guidance Document. We will keep parents updated of any changes.

Other News.....

Children's Newsletter

Please click on the link below to view last half-term's children's Newsletter.

[Children's Newsletter](#)

Staff News

Mrs Hood will be leaving us at the end of this term as her Maternity Leave cover will come to an end. We congratulate her as she will be embarking on a new role at Worth School from April. We look forward to welcoming back Mrs Currie to Year 4 and she will be job sharing with Mrs Amy Kestell. Mrs Kestell is a very experienced teacher, and she impressed us greatly both at her interview and with her demonstration lesson where she showed great skill and the ability to build a rapport with the girls in a short space of time.

How to manage anxiety around the Russia/Ukraine conflict

The whole world is watching the conflict in Ukraine unfold, and we want you to know you and your daughters are not alone if you are feeling worried or anxious. The main thing to remember is to not bottle up these feelings and talk to loved ones to share your thoughts. At Cumnor Girls, we are encouraging our girls to speak up about their feelings to a trusted adult. We are also using our form times and PSHE lessons to discuss war and conflict and how to deal with any worries they might have.

Please feel free to contact Miss Dunnell (sophie.dunnell@cognita.com) if you have any further concerns.

Please see below for some things to be mindful of:

Be mindful of the media

The conflict is dominating all aspects of the media cycle. The media thrives on crisis for engagement, however the media does more than just report the news, it speculates to fill time.

Focus on the news, not the speculation. Remember the people being interviewed are offering their opinion, and this is not always factual. Be mindful of those predicting the future - these kinds of discussions can be very scary, triggering and unhelpful, and often reduce a very complex situation down to a soundbite.

Find a coping mechanism that works for you

If the anxiety gets on top of you, focus on your breathing. Or ground yourself by focusing on your five senses (taste, touch, smell, sight, sound).

Distract yourself with something that calms you, such as a podcast, a hobby, music, yoga - choose something that works for you and make time for it.

Be aware of social media

Similarly, social media is designed to get clicks and engagement. Any reaction is a good reaction, even if it's causing mass fear and panic.

Choose one reputable news source and stick to it. Fact check anything you see, and ignore mindless conjecture from accounts who are purposefully trying to stir up anxiety.

Be aware of your thoughts

It's very easy to spiral and fall into a pattern of negative thinking catastrophising.

Be mindful of what you're thinking about, what you're focusing on and what you're saying to yourself. Calm yourself with soothing mantras and affirmations, until the negative thoughts pass.

Acknowledge if your anxiety gets too much

If you're struggling, ask for help. Speak to a loved one, a counsellor or a GP. Don't judge yourself if you feel overwhelmed, your feelings are valid and understandable.

If you want to talk to somebody, call the Samaritans 24-hour helpline on 116 123, email jo@samaritans.org, visit a Samaritans branch in person or go to the Samaritans website.

Wishing you a happy and restful weekend.

Amanda McShane

Headmistress of Cumnor Girls