



Cumnor House
School for Girls

Girls' Newsletter - 29th September 2023

Key Dates.....

October	Monday	2		
	Tuesday	3	2pm Year 3 Netball V Banstead Prep (A)	
	Wednesday	4	2pm Year 6A&B Netball V Seaton House (H)	
	Thursday	5	1pm Year 6 - Croydon Junior Citizenship Scheme	Year 4 & 5 Future Schools Presentation – 6pm (via Teams)
			2pm Year 4 Netball V Banstead Prep (A)	
	Friday	6	1pm Year 5&6 A Team Cross Country @Epsom College	
	Saturday	7		
	Sunday	8		
	Monday	9	Flu Immunisation	3.30pm Swimming Gala @ Sutton High U8-U11
	Tuesday	10	1.30pm Woldingham Choral Day Yrs 5+6	
	Wednesday	11	1.30pm Year 6A Netball Tournament @Aberdour	2pm Year 5A&B Netball V Seaton House (H)
	Thursday	12		
	Friday	13	Black History Day	
	Saturday	14		
	Sunday	15		
	Monday 16th – Friday 27th			

A Message from Mrs McShane

Dear Parents/Carers,

Global Be Well Day has been a great success, the children have learned new skills, learned about safety and digital wellbeing, they have discovered vlogging and created their own books amongst many other

things. Some superb learning has taken place and the girls have embraced it all with joy. Thank you to Mrs Johnson, who has only been with us a short time, but has still arranged a super GBWD today.

Year 1 had a splendid trip to **Brooklands Museum** exploring and learning about different forms of transport. This hands-on approach really helps the girls' learning become relevant and makes it come to life. The girls were beaming with excitement. Thank you to the Year 1 team for organising this for the girls.

It was good to meet with Year 6 parents this week to discuss their daughters' progress and final decisions for **senior schools evening**. Preparation of children, and parents is a robust process here as we endeavour to support you in finding the right future school options for your daughters. We look forward to the presentation for Year 4 and 5 parents on Thursday at 6pm **on TEAMS**. The link will be sent out next week.

We will be celebrating our **Harvest Festival** on 11th October and have a visiting speaker from Purley Food Hub to deliver our assembly. We will be collecting food for the Purley Food Hub and will deliver it there after the assembly. Please bring gifts from Monday 9th and we will put them in the hall ready. See the attached flyer for the things that are particularly needed at the moment. Cumnor families always give generously, and we hope that you will continue to do so in order to help very local families who are struggling at the moment. Thank you.



FOOD LIST - SEPTEMBER 2023



At Purley Food Hub we provide food and other items for local people going through hard times. Please consider donating one or more of **this month's 12 priority items**:

- Long Life Whole Milk for Children
- Small Bottles of Squash
- Packet & Tinned Potatoes
- Small 500g Packets of Long Grain Rice
- Tinned Carrots
- Tinned Dessert Fruit
- Packet Custard requiring only water
- Tinned Rice Pudding
- Baby Wipes
- Unisex Deodorant
- Washing Powder Tablets or Capsules
- Washing Up Liquid

We are so grateful for everyone's kind and generous support. Over the past 10 years you have helped us to provide food for nearly **320,000 meals** for clients and their families in crisis.



We are looking forward to our annual celebration of **Black History Day** on the 13th of October, please see the attached letter for further information.

We have a rather striking and unusual feature in the entrance hall at the moment - a **CARDIGAN TREE!** The coat stand is festooned with a variety of cardigans all either unnamed or with the names of

former pupils still in them. If you are missing a cardigan, please pop by and see if you recognise one. Without the correct name in we are unable to reunite them with their owners.



Last week we were shaken by the news of the closure of **Old Palace School**. As a result, we have had lots of visitors around the school. I must say what great ambassadors your daughters are, making people feel welcome and by interacting in an engaging manner. We have already had a few families say that they will be joining us, and I wanted to reassure you that the school has space and that any new entrants will not impinge on our small class focus, if a class gets too large, we will split it. A quality, robust and happy education for all our girls is our priority.

The tragic news on Wednesday about an Old Palace pupil also hit closer to home than we would like. I have sent our condolences to the school. It is an event that none of us would wish to imagine. We have not addressed this directly with the girls as we feel that it would not be appropriate, however if any of the girls express any concerns to us, we will help them. Year 6 will be going on their Junior Citizen workshop Day next Thursday and knife crime and keeping yourself safe is covered in this.

A reminder that after half term girls will be in **winter uniform**, please ensure that you get your orders through Perrys sooner rather than later, this includes the official pinafore and school coat.

Wishing you all a restful weekend.

There is no health without mental health; mental health is too important to be left to the professionals alone, and mental health is everyone's business. – Vikram Patel

Reminders/Important Info.....

School Trip Consent Forms

This is a reminder for all Year 5 & 6 parents to please complete the consent forms on Cognita Connect for their daughters upcoming trips. (Please refer to the Notices that were sent out on Cognita Connect for further details.)

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

Year 1 Trip - Brooklands Museum

Year 1 had a wonderful time on their trip to Brooklands Museum. They enjoyed seeing all the different types of transport and found the 'really old' vehicles from the past fascinating! Our favourite part was looking at and going aboard the different buses and having a go at being the 'bus driver'. The girls were excellent ambassadors for our school and even the 'Naughty Bus' behaved himself!

























Year 2

In Art, Year 2 have been learning about Vincent Van Gogh. We recreated our own 'Sunflower' paintings.



Year 4 - Humanities

In Humanities this week, Year 4 have been learning about democracy. They learnt how democracy was created and compared it to modern day. After learning about how laws are made and the different parties in government, the girls came up with ideas on new rules that they would like to happen at Cumnor House Girls School. The other girls then voted on whether they think they are a good idea. Use the QR codes to see the videos.

**Should prep be allowed
golden time like pre-prep
do?**

By Alyssa, Liyana,
Connie and Zeynab



**Should we have packed
lunch?**

By Dani, Riya,
Sophia S and Alima



**Should prep be allowed
more free time?**

By Sophia G, Annika,
Sara and Isobel



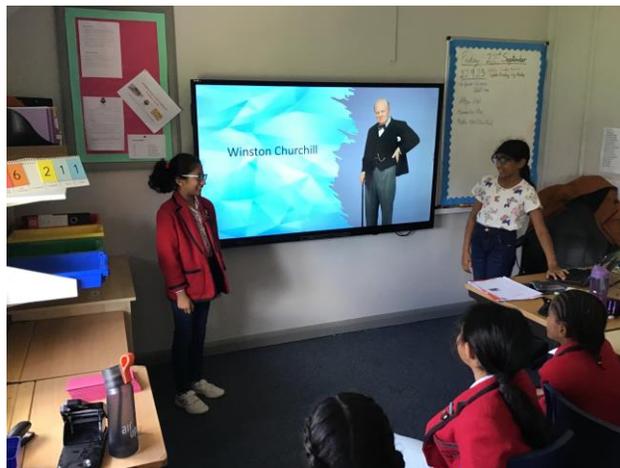
Should we have more play-ground equipment like the park?

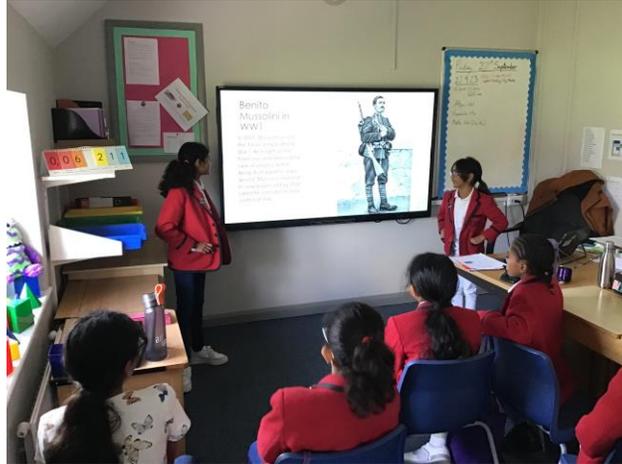
By Zareena, Amelia,
Olivia and Saimi



Year 6 - History/Computing

The Year 6 girls' have created presentations on the Allies and Axis leaders in WW2 using their research, collaboration and communication skills.





Global Be Well Day 2023

Today, we celebrated 'Global Be Well Day' and our focus for this year was on our 'digital wellbeing'. We had an amazing fun filled day of activities that included understanding digital kindness and the importance of a healthy balance of the time we spend on our screens. We were also supported by the digital educational company '3discovery' who taught the children technological skills which included creating a digital poster and animation about using the internet safely.



Discovery is the spark that empowers people with the skills and confidence to make the most of life's everyday connections, together.

Discovery workshops help people to gain the skills needed to safely benefit from, participate in and contribute to the digital world. Discovery workshops are designed to empower and educate people of all ages and abilities to develop some of the core skills needed for a digital world, as it continues to evolve whilst new technology gains ground.

Discovery also offers a range of fun, creative workshops for schools, to engage young people with digital technology. All our sessions build digital capability and encourage children to practice several key life skills, such as communication, teamwork, planning and focus, whilst aiming to support classrooms by bringing a term topic or project to life with the use of digital technology.

Discovery offer all of these workshops for free, as part of mobile phone network Three's commitment to helping everyone to get the most from mobile technology.

You can find out more by visiting our website www.three.co.uk/discovery. If you know any group that would benefit from these free, fun workshops drop an email to discovery@three.co.uk.



Discovery

















Sports News.....

Year 3 & 4 Netball Match

Yesterday our Year 3A and Year 4A&B Netball teams went to Ewell Castle for their first matches of the term and in the case of Year 3 their first match ever! First up it was the Year 4A team who showed excellent teamwork in both defence and attack and came out 4-2 winners. The Year 4B team next took to the court and worked their socks off, coming away with a 2-1 win. Finally it was the turn of the Year 3A team and once their nerves and excitement had settled produced some lovely passing moves and teamwork and were rewarded with a 2-1 win as well. After each game the teams got together and selected a player of the match, for us they were Sara for the 4A's, Olivia for the 4B's and Elizabeth for the 3A's. So a great afternoon was had by the girls and the fabulous travelling family support as well. A great start to the term.



Spotlight on Digital Safety.....



We have enjoyed a fantastic Global Be Well Day today learning all about the importance of digital resilience.

This poster will help parents to understand what digital resilience is and how to help your children to show it within their online interactions.

Thanks to all of the parents who came to the parent workshop today.

DIGITAL RESILIENCE

A GUIDE FOR EDUCATORS

This guide will help you to understand what digital resilience is and why it is important

How does going online affect young people?

Like all aspects of our lives, going online conjures up a huge range of emotions and responses that can impact our mood and well-being. A young person could be pleased to see photos of their friend having a great time on holiday but at the same time they may feel envious because they are not there or have never been to such a place. We want young people to think and talk about how going online makes them feel.

What is digital resilience?

"Digital resilience involves having the ability to understand when you are at risk online, knowing what to do if anything goes wrong, learning from your experiences of being online, and being able to recover from any difficulties or upsets."

Digital Resilience Working Group
The UK Council for Child Internet Safety

Why is digital resilience important?

Digital resilience gives young people the ability to recognise when going online is having a negative impact and the strategies to bounce back and recover. If a young person realises that the balance has shifted and going online is not making them feel supported, empowered and happy we want them to have a variety of people and techniques that they can turn to.

DIGITAL RESILIENCE TIPS TO HELP YOUNG PEOPLE

BUILD A SUPPORT NETWORK

- Reach out to someone and support others too. A problem shared is a problem halved.
- Find useful sites or organisations who can help

LIFESTYLE CHANGES

- Make time for the things and people that make you happy.
- Look out for new challenges.
- Life can be hectic. Find ways to help you relax

GIVE YOURSELF A BREAK

- You are not perfect and will make mistakes. Be kind and fair to yourself.
- Take some time offline if you want to.
- Sort out disagreements quickly.

PHYSICAL HEALTH

- Get some exercise, be active.
- Put your devices away at night to get a good night's sleep.
- Eat regularly and healthily.

These tips have been adapted with thanks from © Mind
This information is published in full at mind.org.uk



Other News.....

Black History Month-Saluting our Sisters-Home Project

We will be celebrating Black History Month during October culminating in an exciting Black History Day on Friday 13th October. The theme this year is 'Saluting our sisters' so we would like to invite the girls to select an inspirational black woman of their choice to showcase. This person can be anyone-living or deceased, a member of your own family, a community figure a well-known woman or a hidden figure who has not been given recognition before. We invite the girls to create information to present to their class about their inspirational woman. This could be a poster, a video, a speech, a PowerPoint-let their creative juices flow! Please can your daughter bring their presentation into school on Friday 13th October and there will be an opportunity for these to be shared on that day with their class. We look forward to seeing their amazing creations! More details regarding the day itself will follow next week.

Many thanks,

Mrs Syradd



The Safer Croydon Partnership

The Safer Croydon Partnership is holding a community meeting following the tragic death of a 15-year-old schoolgirl, Elianne Andam.

We know everyone in Croydon is deeply shocked and saddened by Elianne's death. This meeting is for local residents and community groups to come together to talk about the work that is being done to support our young people at this very difficult time, and how we can help them to stay safe.

The Safer Croydon Partnership is the borough's statutory partnership that works with community and volunteer groups to make our neighbourhoods safer.

Croydon's Borough Commander for the Met Police Andy Brittain, Croydon Council representatives and Sarah Jones MP will be at the meeting to answer any questions you might have. The meeting will be chaired by the borough's Safer Neighbourhood Board Chair, Donna Murray-Turner.

The meeting is on Monday 2 October, at 5.30pm in the Braithwaite Hall, Croydon Town Hall, Katharine Street. Entrance is through the front entrance of the Main Library for all attendees.

Any enquiries or special requests can be emailed to: SaferCroydonAdmin@croydon.gov.uk



Holiday Camps.....

Future Gymnastics October Halloween Camp


 Future Gymnastics

@future.gymnastics
 @Future Gym Surrey

HAPPY HALLOWEEN CAMP

JOIN US FOR A WEEK OF TRICK OR TREATS!
 GYMNASTICS EVERY DAY!
 THEMED DAYS! DON'T MISS DRESS UP!

Stay SPOOKY!
 TUCK SHOP AT LUNCH
 CLINIC SESSIONS FOR SKILL SPECIFIC
 NINJA DAY IS BACK!

This time days!
 Please check the website for all bookings and camp address.

Gymnastics every DAY!
 Lots of activities!
 Tuck shop at lunch!

sibling10 - 10% off
 earlybird10 - 10% off
 early bird offer expires 30/9

camps@futuregymnastics.co.uk
ALL BOOKINGS TO BE MADE ON THE WEBSITE!
www.futuregymnastics.co.uk



GENERAL CAMP

5+ All abilities welcome!

Woodfield Wallington
Monday - Friday 8.30am-4.30pm

Coombe Wood South Croydon
Monday - Friday 8.30am-4.30pm



MINI CAMP

3-5 years old

Woodfield Wallington ONLY
Monday - Friday 9.00am - 11.30am



PRO CAMP

6+ Pro and Development
Gymnasts will be assessed on the
morning to ensure they can
complete the skillset required.

Coombe Wood ONLY
Monday to Friday 8.30am-4.30pm



Join us this half term at one of the
leading holiday camp providers in
the area!

You do not need to be a member to
join!
Spaces are limited so book now to
avoid disappointment.

