



Cumnor House
School for Girls

Girls' Newsletter - 3rd November 2023

Key Dates.....

November	Monday	6	Fire Brigade coming to CHG to visit Reception girls'	
	Tuesday	7	Individual Photos in Winter Uniform Parents' Evening Rec – Yr 5 (Face to Face) 4.30pm – 7pm	4pm U8-U11 Swimming Gala @Old Palace Yr 2 Trip to Wilhelmina House
	Wednesday	8	Year 6 Trip to The Cabinet War Rooms	
	Thursday	9	Year 5 Trip to Docklands Parents' Evening Year 1-5 (online) 4.30pm – 7pm	1.30pm Year 3 Netball Tournament @Aberdour Yr 1&2 (A) Croydon Schools Cross Country
	Friday	10	Remembrance Assembly at Memorial	
	Saturday	11		
	Sunday	12		
	Monday	13	Anti-Bullying Week	
	Tuesday	14	2pm Year 3&4 Netball V Aberdour (A)	
	Wednesday	15	2pm Year 5&6 Netball V Aberdour (A)	
	Thursday	16	1.30pm Year 4 Netball Tournament @Aberdour	
	Friday	17		
	Saturday	18		
	Sunday	19		
	Monday	20	Ancient Greek Day – Year 4	
	Tuesday	21	2pm Year 3&4 Netball V Hawthorns (A)	
	Wednesday	22	8.30am Y5/6 Soloists Concert	2pm Year 5&6 Netball V Hawthorns (A)
	Thursday	23	3.30pm Whitgift Relay Gala U8-U11	
	Friday	24	Victorian Day – Year 5	
	Saturday	25		
	Sunday	26		
	Monday	27		
	Tuesday	28	1.30pm Year 3&4 Inter House Netball	
	Wednesday	29	1.30pm Year 5&6 Inter House Netball	
	Thursday	30	Look at Learning 8am – 8.30am	Yr 2 to 6 Swimming Gala @Sutton High
December	Friday	1	Year 4-6 ISA National Swimming Finals	
	Saturday	2		
	Sunday	3		
	Monday	4	Reception trip to Xmas Unwrapped	
	Tuesday	5	Reception Nativity Dress Rehearsal (To School)	Yr 1+2 Nativity Dress Rehearsal (To School)
	Wednesday	6	8.30am Reception Nativity Performance to Parents	2pm Yr 1+2 Nativity Performance to Parents
	Thursday	7		
	Friday	8	Extra Curricula Clubs/Activities Finish	Christmas Lunch/parties
	Saturday	9		
	Sunday	10		
	Monday	11		
	Tuesday	12	6pm Carol Service	
	Wednesday	13	School Finishes:- 11.45am Reception – Year 2 12pm Years 3-6	

Important Info/Reminders.....

Club Cancellations - REMINDER

Further to the Notices that were sent previously, this is a reminder that the following clubs will not be taking place next week:

Tuesday 7th November:

Board Games Club

Art Club

Netball Squad

Swim Squad

Wednesday 8th November:

Yoga Club

Thursday 9th November:

Digital Leaders Club

Swim Squad

Please ensure you collect your daughter at the normal time or alternatively After School Care is available to book via Cognita Connect. Any girls that are not collected on time will be taken to ASC for which there will be a charge.

Poppies

We have poppies for sale in the school entrance hall and would like all girls to be wearing one as an act of remembrance, we will also have these available at pick up should you wish to make a donation.

We will be walking to the memorial at Woodcote Green on Friday 10th November so that we can observe the minutes silence on the day but we will also be attending the Remembrance service on Sunday 12th November. This is due to begin at 10.45, our Head and Deputy Head girls will be laying the wreath on behalf of the school. Some of your daughters may be involved in the event as part of organisations such as Brownies, but it is always lovely when our families attend, and I would encourage you to do so. If you are able to come, please ensure that your daughter is wearing her school uniform. I look forward to seeing you there.

Individual School Photos

On Tuesday morning we are having individual photos for the girls. Please would all girls wear their full winter uniform.

Instrument Hire

If your daughter hires a musical instrument from school, please would you go into your offers on Cognita Connect and pay for the term's hire. Many thanks.

Parents' Evening

If you have not already done so, please would you log into your School Cloud account and book a time for you to see your daughter's form tutor next week.

Trip Consent Forms

Please can all Year 2 and Year 6 parents' ensure they have completed the consent forms on Cognita Connect for their daughters' upcoming trips:

Year 2 - Tuesday 7th November - Wilhelmina House

Year 6 - Wednesday 8th November - The Cabinet War Rooms

Without consent your daughter will not be able to attend the trip.

Forms/Documents

If you have had a letter from the office asking for forms/documents to be returned, please send them as soon as possible to the School Office.

A Message from Mrs McShane

Dear Parents/Carers,

Welcome back and welcome to our new families! I hope that you all had a fabulous half-term. We have had quite a few new girls join across the school and I am delighted by how each has settled and how welcome they have been made to feel. We are so pleased to have you and hope that you will all be very happy here.

It has been lovely to welcome the girls back, their sunshine smiles taking the edge of the chill and the wet weather. Autumn has really arrived, brisk, bright days and a plethora of golden leaves. The girls are all looking smart in their winter uniforms. As it is becoming increasingly chilly and wet, please remember the girls need their school coats and their berets.

We have started the new half term with some fabulous activities – with more planned. This breadth to the curriculum really enhances the girls' learning, creating a true understanding and empathy. Year 2 enjoyed a visit to the Horniman Museum this week where they enhanced their scientific understanding by examining a variety of specimens. Year 6 have also played some very successful netball matches with some conclusive wins. Year 1 have made some fabulous buses as part of their DT lessons and they are now dotted around the school for people to find.

It will be getting increasingly dark at home times, and we have improved the lighting but please do take special care when driving. We have spoken to the girls about being careful too. We all have a responsibility to keep all our families safe.

Next week, we have the Fire Brigade coming to visit Reception, Year 2 girls will be visiting the residents of Wilhelmina House, Year 6 will be visiting the Cabinet War Rooms and Year 5 will be going to the Museum of Docklands.

Next week, we will be holding our parents' evenings, we have again, chosen to do this in a blended manner with one face to face and one online, this is as a response to parents finding an online option beneficial to them. Again, after parental feedback stating that 15 minutes was more useful than 10 minutes, we have made appointments 15 minutes long however, we will need to be strict about timings in the face-to-face meetings so please be prompt. The online meetings will simply cut off after 15 minutes– that's the system not the teachers.

We do have poppies for sale at school, they are in the entrance hall and ask that the girls donate £1 per poppy. It is Remembrance Sunday on 12th November and a wreath will be laid at the Woodcote Green war memorial by our Head and Deputy Head girls, Saanvi and Anushka. It is always lovely to see members of our Cumnor family there and encourage you to attend.

In assembly we spoke about the significance of the poppy and how it is for remembering those who gave their lives in the service of others. We briefly touched on there being conflict in different parts of the world. Some of girls are aware of the conflict in Israel and Gaza and are asking lots of questions. Teachers will always remain impartial when asked and focus on the distress that there is for all people and the people who are helping those who are affected in both areas of the conflict. We appreciate that it can be challenging to have conversations about issues like this without causing anxiety. Please see attached a guide for how to talk to your child about the conflict.

Talking to your child about War and Conflict



BE HONEST

Answer questions factually and consider how much information is appropriate to your child's age and development. Children can feel and sense emotions the same way we do and if you're not honest with your child it can make them even more frightened. If you don't know the answer to their questions tell them so and acknowledge how hard it is to not feel certain or in control of what happens.



BE CALM

Your child will take their lead from you and be reassured if you are steady and matter of fact. Try not to dismiss or talk children out of their feelings or anxieties - accept and acknowledge them and empathise with how hard it must be to feel those things.



BE BRAVE

Start a conversation with them. Some children may not ask questions or appear upset, but this doesn't necessarily mean they don't have fears or anxieties. Choose a time when you are together and busy with something to ask what they have heard about the war and if they have any questions or worries.



BE BALANCED

Use familiar language and be careful not to overload children with too much information. Use child friendly sources such as Newsround. Try and limit how much they see on TV or social media. If it is appropriate for their age, empower them with the things they can do e.g., filling a shoe box with essential toiletries or toys for those who are displaced. Look for the helpers, keep them hopeful by balancing some of the news statistics with stories of compassion, kindness, and courage.



The importance of play when children are anxious or fearful



THE POWER OF PLAY

Children have experienced the disruption and fear created by the pandemic and are now seeing images of war and confusion in Ukraine. Playing, particularly shared play, is linked to wellbeing and reducing stress in adults and children. Shared play releases hormones and chemicals in the brain and body that support strong positive relationships and leave us feeling less anxious and aggressive. At a time when fear and anxiety are high, play provides an opportunity for family connection.

TYPES OF PLAY

				
PHYSICAL Jumping, climbing, dancing, and skipping are really important for using up energy that may come from stress.	IMAGINATIVE PLAY Role play such as tea parties, superheroes or shopkeepers can help children to make sense of experiences and to escape from a frightening reality.	FINE MOTOR SKILLS Drawing, creating, baking, building, cutting and sticking. Becoming absorbed in activity can help children move away from their worries and provide respite and welcome relief from their preoccupation and fear.	ROUGH AND TUMBLE Chasing, grappling and wrestling safely together can be a vital part of reducing	RULE-BASED Hide and seek, treasure hunts, board games, card games and I-spy. Games such as this require children to actively engage, and this gives them energy and lust for life and keeps them hopeful.

PLAY AS TIME TO CONNECT

Playing together can also provide opportunities for important conversations that allow children to make sense of their experiences and voice fears and worries with an adult they trust.

Year 6 girls are working hard in preparation for their forthcoming examinations for senior schools, this is often an anxious time for the girls, and parents, but every day they come into school smiling and ready for the day's challenges. This positive outlook is so important for so many reasons. When you have a positive attitude, you'll benefit from motivation which will help you accomplish things and reach your goals. The problems can turn into opportunities which allow you to grow and learn and it will in turn lead to an increased self-esteem because you'll begin believing in yourself and you'll realize that you are capable of achieving great things. I know that our girls can, and will, achieve great things.

Have a fabulous weekend.

“A simple smile. That’s the start of opening your heart and being compassionate to others” Dalai Lama

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

Year 2

On Monday 30th October, Year 2 went to the Horniman Museum. Our science topic this term is 'World Habitats' and the girls were able to partake in a workshop to showcase what they already knew so far and learn some new interesting facts. They impressed Maggie with their knowledge so far and how well they behaved. The girls were excited to visit the tropical habitat of the butterfly house. It was a really lovely day!



















In Science we have been learning about animal habitats so that is why we went to the Horniman Museum. First we hanged our coats on the peg and took the toyluts. Next we looked at the intrestin animals.



We saw a fox, wrens and a turtle and saw more. After we had lunch and went to the our work shop.
Emily



For our Science we are learning world habitats so we went to the Horniman Museum and we went to a workshop and we learnt about a woodland habitat also a Ocean habitat. We also learnt about Antarctic when we were at the Antarctic table we saw a massive tooth



and it was really heavy. at the woodland we saw a owl it was very soft and a Reddy Siskin hestchop really cute

Aizaha



Yesterday we went to the Horniman Museum
 for a science project that we went to learn
 at some animals. After that we went back to have
 lunch. When we were in a big field for our
 habitat. We were very happy and when we saw a
 pretty pink and black butterfly we were so
 lucky to get real rain deer. After the science
 was finished we happily went to the Butterfly
 house. We saw the butterfly that
 is pretty in the world. Sadly
 we had to leave.



- Ella



On Monday we went to the
 Horniman Museum. It was
 amazing. I went 2 times. The first
 the lady let me see our lunch
 room. So we can put our
 stuff in the box. After that
 we went to the toilet. Then
 I saw some animals. Then
 I went to see the
 butterfly. That's
 is one of the
 good by Ella





For our science we are learning
about world habitats. So we
went to the Horniman Museum.
First we saw a big big Wombat which
was a huge one and after we went
to the workshop Maggy which was
our teacher. She told me
a lot of things like this is
a cold disk then the
caterpillar is white
and she then we went
to the Butterfly House
and I saw a small
butterfly feeding a
lemon and we went
to the farm we saw
a rabbit that had red
eyes.



Jana



Denver science project was habitats
so the school trip we went Herndon
Museum. And we got a whole in the
museum and different things it was
interesting. Then we went to a butterfly
House. Then we got a lady cold nose she
showed us different habitats. After we
went to a farm we got sheep and
Rabbits and vama. Then we
went up stairs it was really
cool.

Reena K



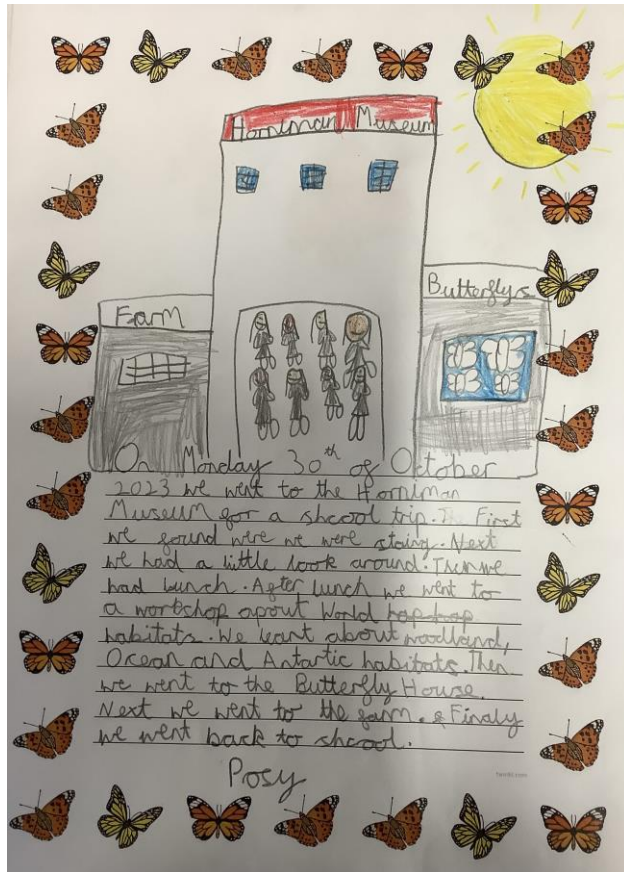
Bitterly House

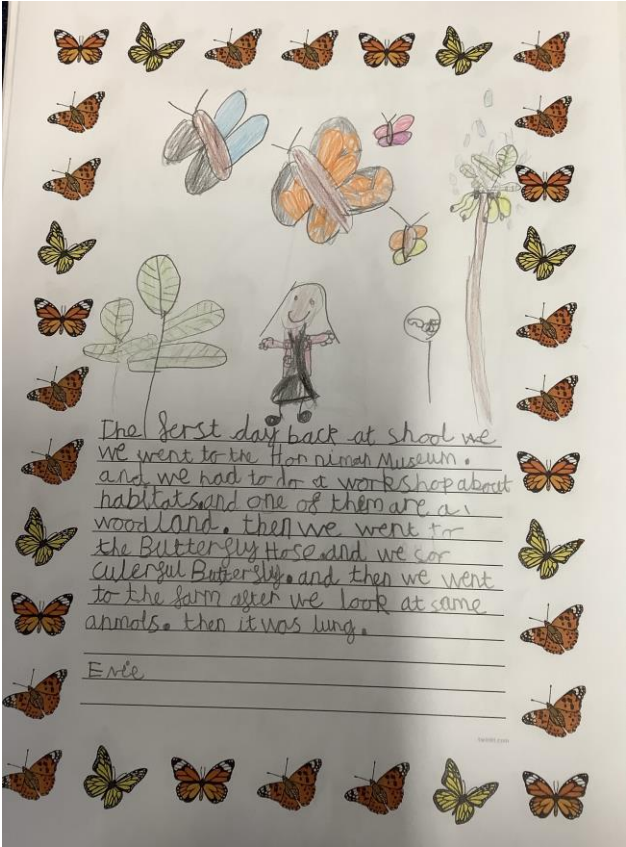
On Monday we went to the Hamman Museum because we are learning about world habitats. We had a look around and then we had lunch. After lunch we had our work book. The lady here was talking about the animals her name was called Mary. Next we went to the Bitterly house and then it was time to go back to school.

A map 5

On the first day that from here we went to the Hamman Museum. We went there because we are learning about habitats in science first we had a look around and we saw animals from a long time ago. Then a man told us about a shark tooth and a cow tooth. After that we went to our workshop and we learned about 3 different habitats one of the habitats we learned about was a ocean habitat. The other two habitats we learned about was a Arctic habitat and a Woodland Habitat. We also learned that there can't live alone and there are 2 full sizes of fish that live in a pool like fish and a river fish. The last thing we did was see the butterflies house when we saw all the butterflies sleeping around.

Revas





The first day back at school we
we went to the Horniman Museum.
and we had to do a workshop about
habitats and one of them are a
woodland. then we went to
the Butterfly House and we saw
Culterful Butterflies and then we went
to the farm after we look at some
animals. then it was lunch.

Eric

Horniman Museum



On Monday 30th of October, we went to the Horniman Museum because of our world habitat science project. Just we had to go to the Horniman Museum. So in we done our workshop this is we done of our workshop we take about our world habitat and ocean habitat and Antarctic habitat. we now done our world habitat workshop. Now we going to do is butterfly house we saw a blue butterfly and a small butterfly and a striped

Amarav

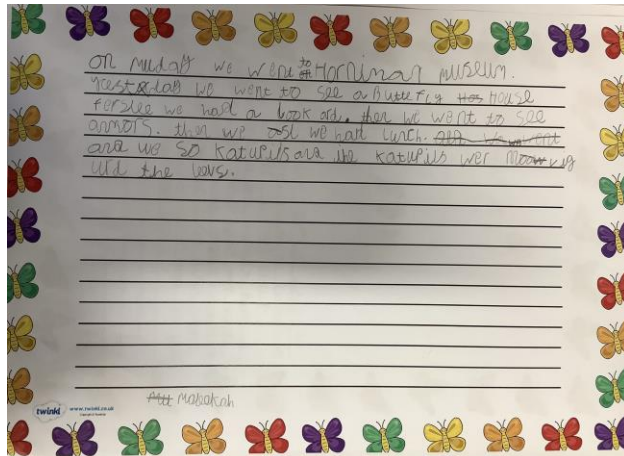
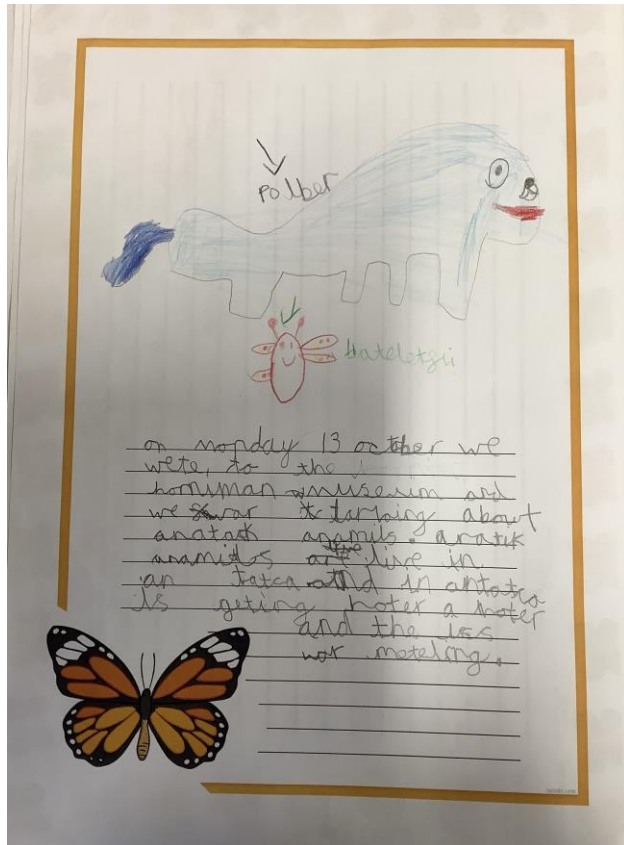


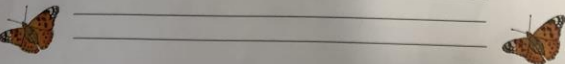
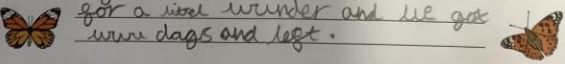
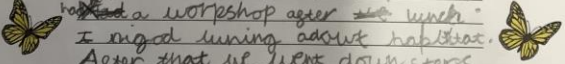
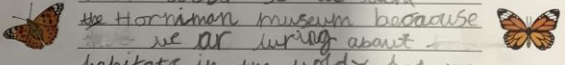
On Monday, 30th October
2023 we went to Horniman
Museum for our science
topic of world habitats.
After a while we all went
to a workshop and there
was a girl called Maggie
and what we learn is
world habitats
and we touched
some animals
and before that
we ate lunch.
After we ate lunch we
went to the butterfly house it



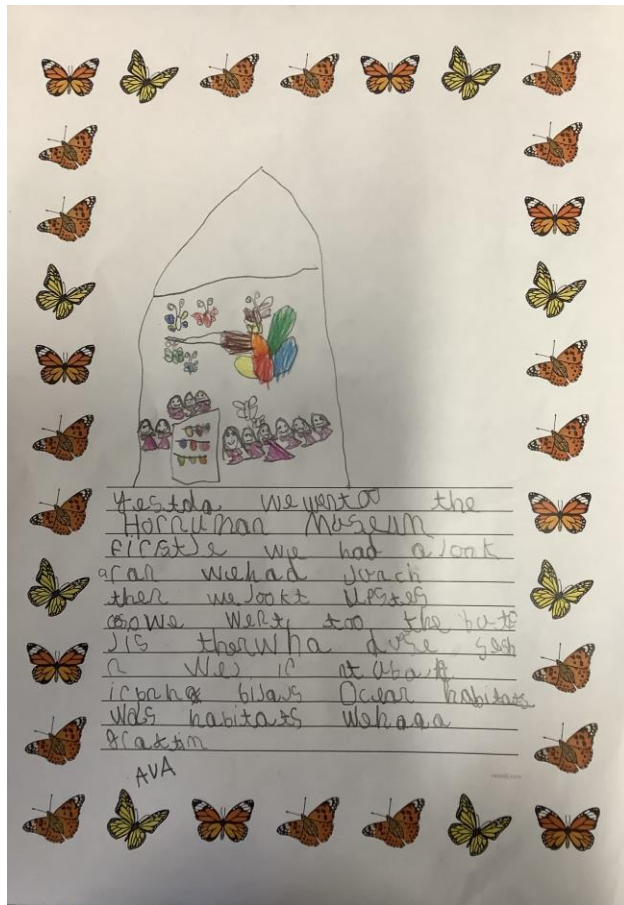
was fun.

Rose



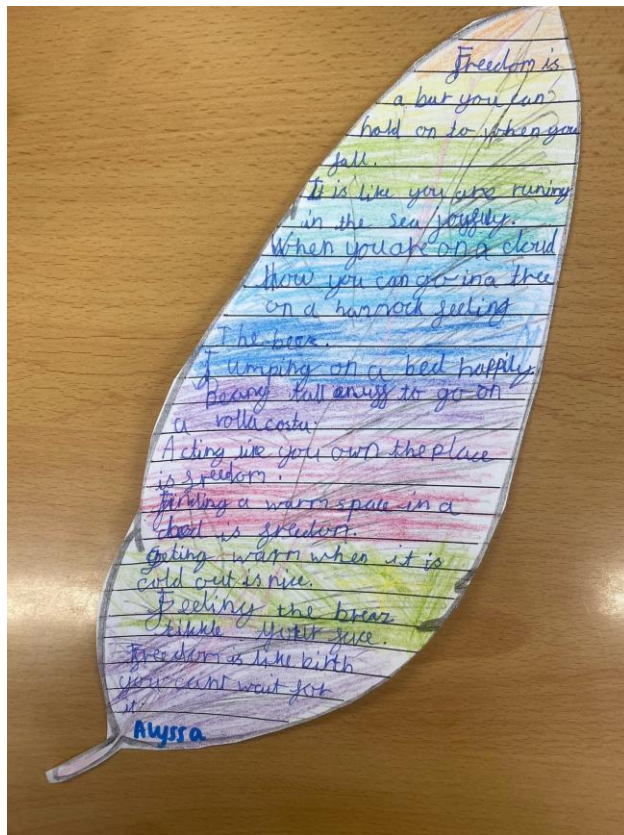


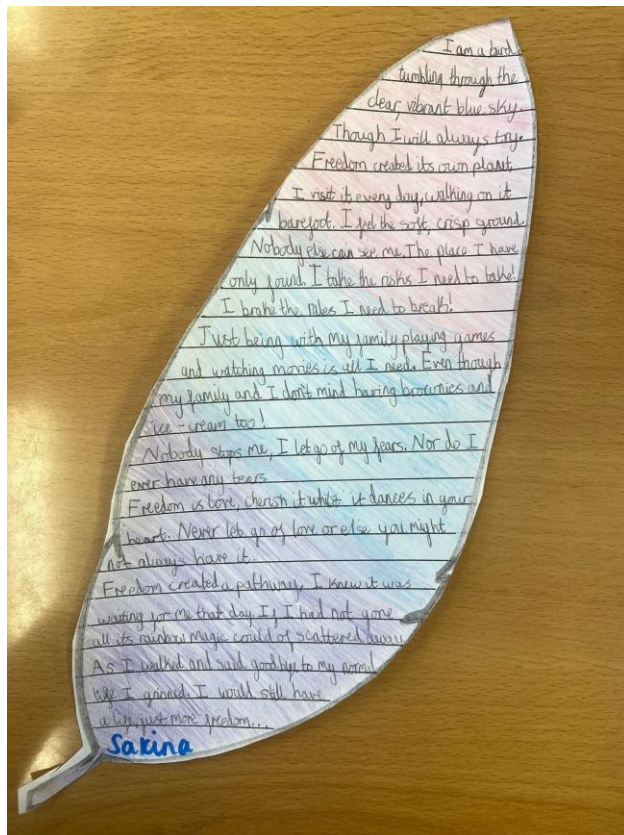
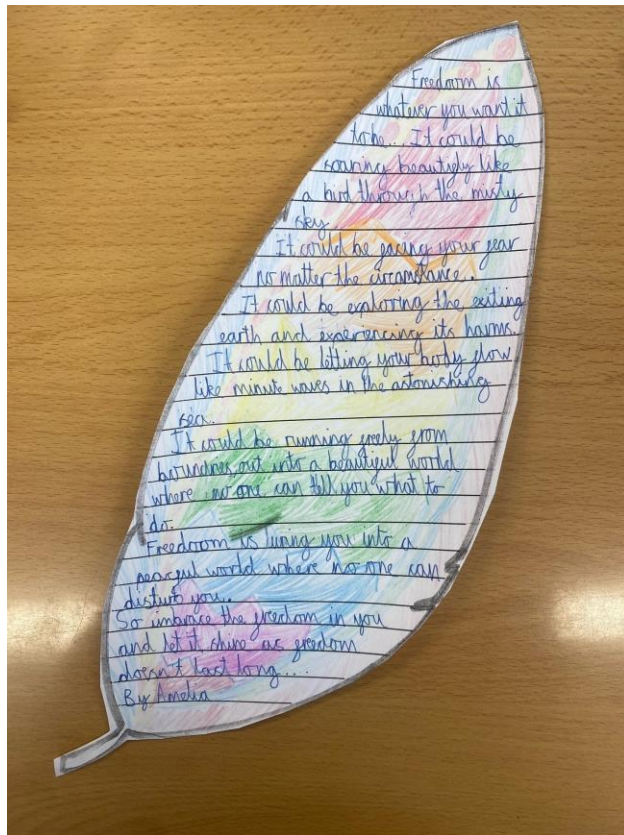
On October 30th we went to
 the Horniman museum because
 we are writing about
 habitats in the world and we
 had a workshop after lunch.
 I enjoyed learning about habitats.
 After that we went down stairs
 for a nice wander and we got
 some bags and left.



Year 4

In English, Year 4 have started their learning on a new book this week - 'Tar Beach.' The story is about a young girl who finds her freedom through flying over the city of New York in her dreams and imagining what life could be like. The children discussed the idea of freedom and what that might look like to them, they then created some beautiful poetry with their ideas.





Freedom is great
 breeze blowing on your
 face. It is standing up
 for yourself even when you are
 feeling down. Freedom is flying
 through an open blue sky
 imagining places to go. Freedom
 is being happy when you want your-
 self to be happy being yourself
 when freedom is doing what
 you want to do. It is an defending
 his own being them self. Reading a
 book singing under a basket enjoy-
 ing life.
 This world should be a free place
 where anyone can do what they want
 in a way that is not for them they
 having no limits when it comes
 to having fun.
 Be happy and be brave face your
 fears and be yourself. Freedom
 only lasts a little while so be
 free!

Sophia G

Sports News.....

NETBALL TOURNAMENT

This week, on Wednesday 1st November Cumnor's Year 6 A team went on a Netball tournament at Seaton house. At the match, there were 8 different schools and we played 4 of them: Old Palace, Sutton High School and Farron Mead.

Unfortunately, we lost 4:2 to Old Palace however the 2 awesome goals were scored by Serena, who is our Goal Shooter and Avani was voted player of the match.

After, we played Farron Mead and we won against them 2:0, with one amazing goal scored by Bethany and another by Serena. Aliyah was also voted player of the match.

Finally, we played Sutton High, and we won again winning by 2:0 With Anushka and Serena scoring the goals and Aliyah being player of the match.

Before the tournament ended, there was a final and semi-final. Cumnor made it to the semi-final against Seaton House although sadly Seaton won 1:0, which was very unlucky.

To finish, they presented medals and Cumnor Got 3rd place because the 2 schools in 1st tied. We all had a fabulous time, and we hope to do it again.

Shyla.



Spotlight on Digital Safety.....



Digital Leaders Guide to Staying Safe Online

The digital leaders have been using 'Book Creator' to create a guide to staying safe online. Use this link to take a look and discuss with your girls.

[Book Creator](#)

Other News.....

Anti-bullying week-Odd socks needed!

We are delighted to, once again, be taking part in Anti-bullying week from 13th-17th November. The theme this year is 'Make a Noise about Bullying.'

Monday 13th November will be 'Odd Sock Day' and we encourage your daughter to wear odd socks with their school uniform to celebrate how we are all different and unique.

The anti-bullying ambassadors have planned a whole school assembly to launch the week and a series of fun activities for the children to take part in across the week.



Year 6-Interview Preparation

Many Year 6 girls will be starting to prepare for their secondary school interviews. Atom has created some useful webinars to prepare children for interviews on the following topics:

- **Tuesday 7th November:** First impressions and FAQs
- **Tuesday 14th November:** Story Questions
- **Tuesday 21st November:** Opinion Questions
- **Tuesday 28th November:** Top tips

The webinars will run from 5.30-6.00pm on the dates stated.


There is also a webinar with advice for parents on Monday 6th November at 6.30pm.

For your daughter to access, please click on the link below and book your place.

[Senior School Interview Preparation \(atomlearning.co.uk\)](http://atomlearning.co.uk)




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the
national
sleep
helpline

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more about
sleep?**

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Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am



the national
sleep
helpline

Does your child suffer with sleep issues?

Do you struggle
with your child's
bedtime?

Will your child
not sleep in
their own bed?

WE CAN HELP

 **03303 530 541**
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am