



# GOSDEN HOUSE SCHOOL

## GOSDEN NEWS

21<sup>st</sup> May 2021

Gosden is a learning school.

This is our tagline and you will see from this week's newsletter that we really mean it. Please remember to ask your child to tell you 1 thing they learned at school today. And next, perhaps they can come and tell us on Monday mornings 1 thing they learned over the weekend. We LOVE learning.

Every day's a learning day!

*Cindy*

Don't forget to keep an eye on our website for updates and useful information: [Home Page](#) [Class Pages](#)



# EXCITING NEWS UPDATE

Thank you so much to the team at Capital Play who donated us this amazing new in ground trampoline.

The whole Capital Play team (office staff included) came out to dig the hole and install the trampoline in the pouring rain... we are so very grateful and excited to start bouncing on it.



 **capitalplay**

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

# UPDATE FROM BADGERS

In Badger Class, we have been working on our topic of 'Food'. As part of our topic, in our Literacy learning, we have explored our class story 'Kitchen Disco', and started to use our colourful semantics tools to help us identify the Who, What Doing, What and Where for each character in the story. We then created our own actions to go alongside the story, and produced a story map to help aid us in reciting the story!

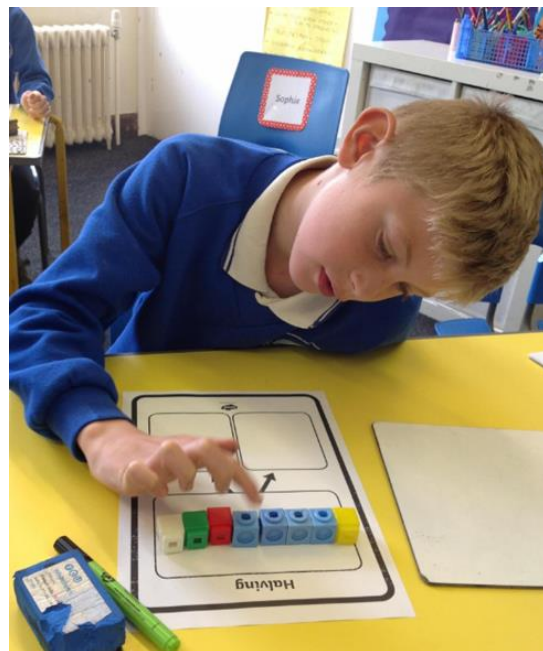
Once we mastered our story and memorised all of our actions, we started to innovate the story to make it our very own. The class worked to change the 'who' and the 'where' for each character in the story, and then re-read their new sentences to the class.

It has been wonderful for all of the Badgers to get to grips with a text in such detail! Amazing job, everyone!

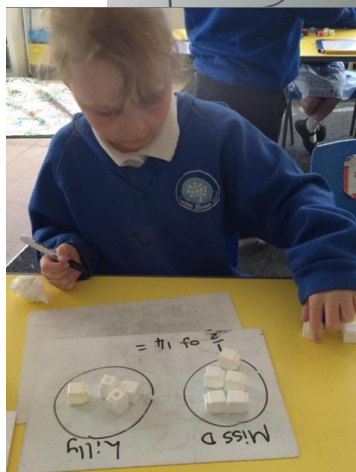
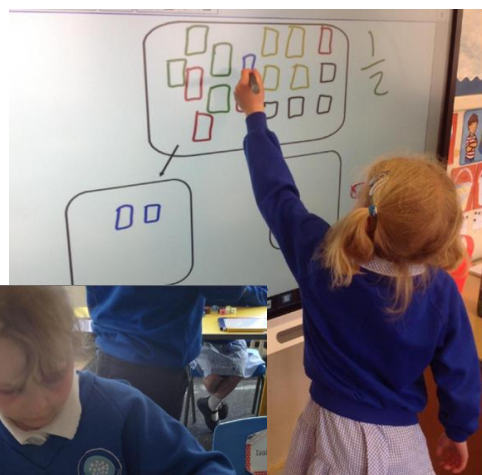


# UPDATE FROM FOXES

In Fox class during our maths lessons, we have been focusing on exploring fractions and in particular: halves. We started our learning journey by exploring halves of shapes including folding paper in half and understanding that one part of two parts was a half. We grasped the idea so quickly we were even labelling them using a fraction format!



Over the course of the past few weeks, we have expanded our learning journey to being able to say what half of a number is – going all the way to numbers past 20! It was great fun using different items and visuals to break down our whole number into two equal groups to find out the half. Just when you thought Fox class couldn't impress you more, they began to complete these learning tasks independently and show all their understanding of halving in just one go! The focus and determination has been amazing and their hard work is easily shown!



# UPDATE FROM BLUEBELLS

## Bluebells for Bluebells

Bluebell bubble had a lovely outing to the Chantry last week to see all the beautiful bluebells. We walked up through the trees where it looked like a blanket of blue on the ground all around them. We saw some dens that had been built and couldn't resist checking them out. We then gathered at the top for snack time and a few games.

The main question once back at school was ... 'When can we go again?'



# UPDATE FROM PARKS & HAWKING

It's the last term of the academic year and we've returned to our normal timetables. We have all been busy learning and having loads and loads of fun, as always. Here's just a few highlights from the last few weeks.

## Religious education

In RE, we have been learning all about Sikhism. Started by Guru Nanak Dev in India, Sikhism sought to reform many Hindu practices that young Guru Nanak found unfair.

We have learnt about the 10 Sikh gurus, the holy book called Guru Granth Sahib, the religious symbol and the significance of the 5Ks.



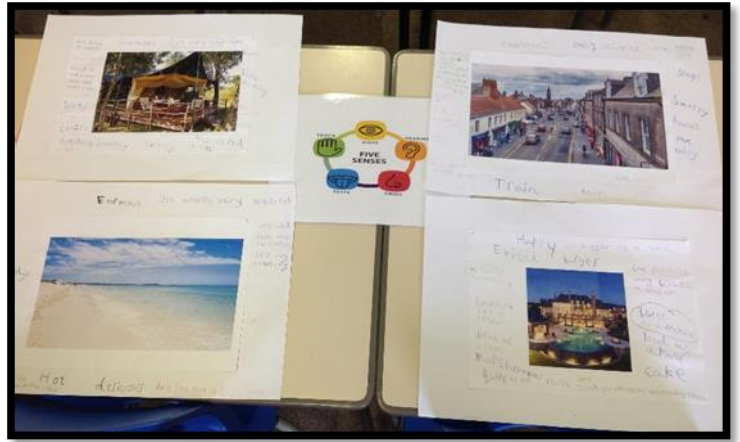
Did you know that all Sikh temples, called Gurudwaras offer free food to all in a feast called the 'Langar'?



# UPDATE FROM PARKS & HAWKING

## English and Maths

English and Maths sessions are now in smaller groups, to help us practise our phonics and master our numeracy skills. In our groups in English, we are already making huge progress in learning our sounds using textural and visual stimuli, creating storyboards for our own fairy tales using adjectives and similes.



Maths sessions have been fun as we have used setting indoors and outdoors to work out our number problems.



We have been having loads of fun using arrays and Numicon counters to hone our number skills. We have been learning how to tell the time, work out our 2, 5 and 10 times tables and calculate money and correct changes.



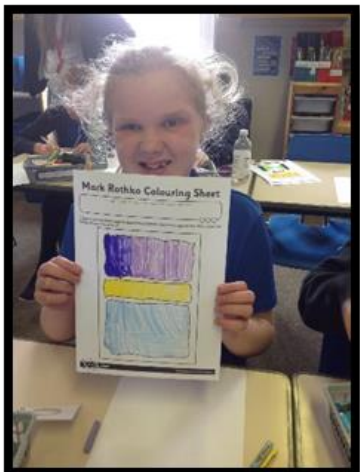
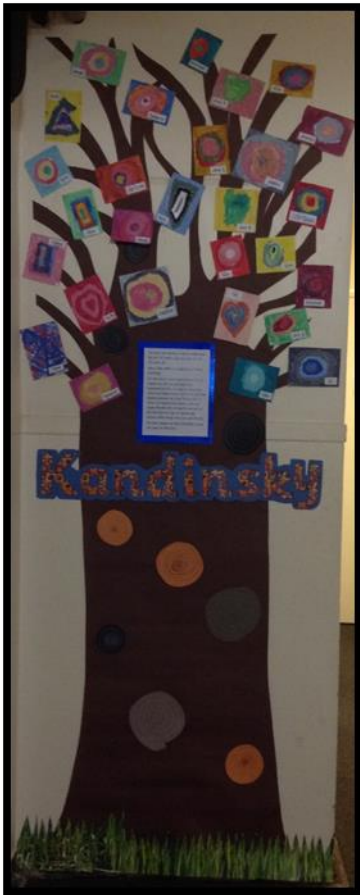
# UPDATE FROM PARKS & HAWKING

## Creative Arts

In creative arts we have been learning all about 1920s artists as part of our school centenary celebrations.

We've followed Kandinsky to create our own art and also Clarisse Cliff's pottery and created and painted our paint pots using these eminent artists as our inspiration.

We've also been exploring art by Mark Rothko and Andy Warhol, who continue to inspire the modern day art scene.





# UPDATE FROM PARKS & HAWKING

## Forest School

This term, we have been using the extensive grounds at school to explore our various senses, what we can see, hear, touch and smell and what it tells us about what might be going on around us in the nature.



## DT

In DT, we have started working on designing our very own clocks and wind chimes. We've completed researching shapes and themes for our unique designs.



## Science

We have been learning about the human digestive system. Not only did we learn about the various organs that make up our digestive system but also recreated the entire digestive process under the expert guidance of Mrs Gidley.

Did you know that the small intestine can be anything between three and five metres long!

[Click here](#) to have a look at our fantastic experiment; poo has never been this interesting!

# UPDATE FROM PARKS & HAWKING

## PE

PE this term has focused on creating team working skills while improving our hand eye coordination skills. We have been playing basketball, participating in Boccia and Panathlon competitions.



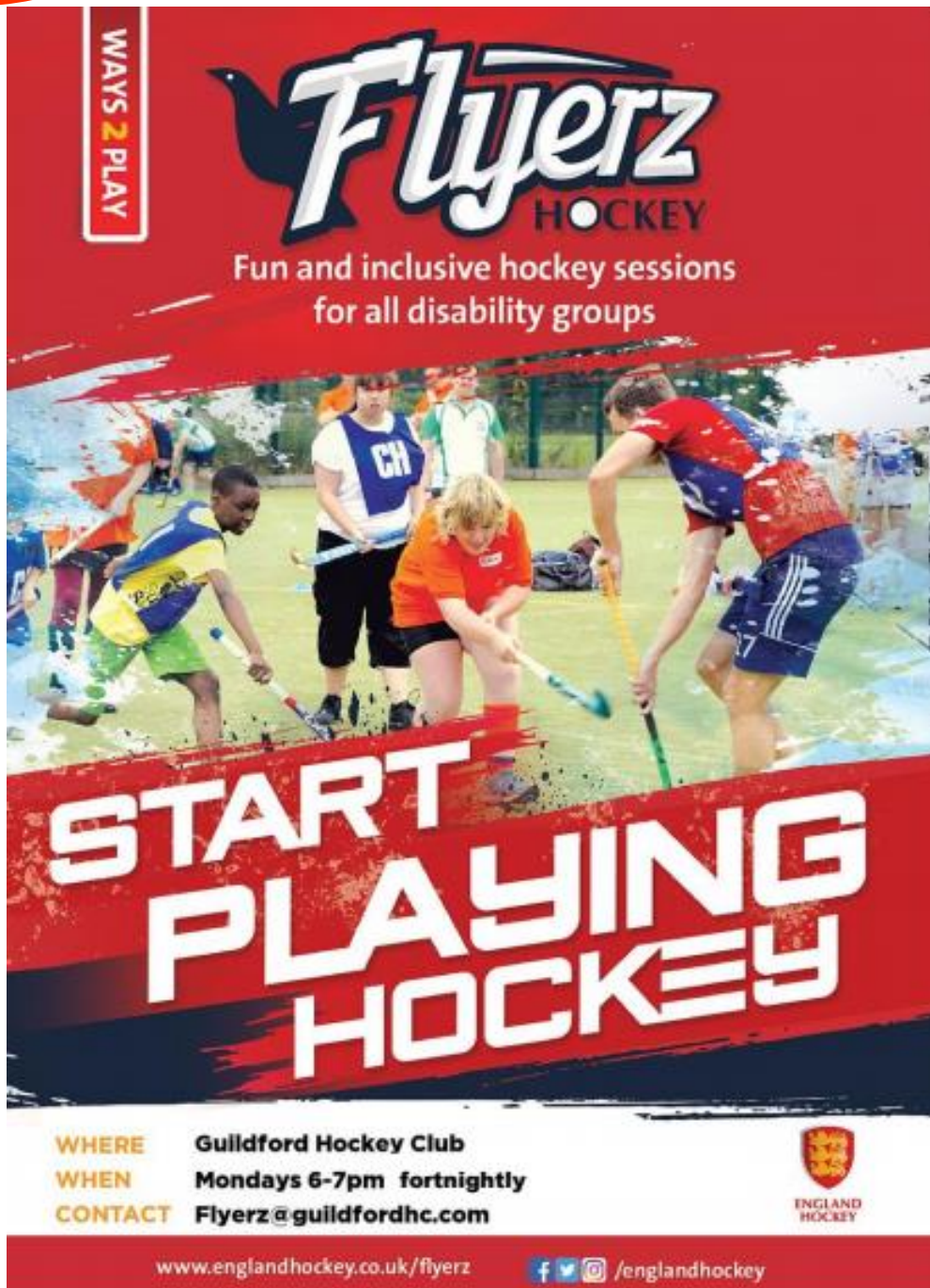
## PSHE

This term we have started learning about how our body changes as we go through puberty. We have learnt about the importance of personal hygiene and public and private places. We have also been finding out about forming healthy relationships, consent and its importance. We created self-portraits that identifies everything that makes us 'Amazing'.



# UPDATE FLYERZ HOCKEY

Fun and inclusive hockey sessions for all disability groups.

A promotional poster for Flyerz Hockey. The top section has a red background with the 'Flyerz HOCKEY' logo in white and black. Below the logo, the text 'Fun and inclusive hockey sessions for all disability groups' is written in white. A central photograph shows several people of various abilities playing hockey on a green field. The bottom section of the poster has a red background with the text 'START PLAYING HOCKEY' in large, white, bold letters. At the very bottom, there is a white bar containing contact information and the England Hockey logo.

**WAYS 2 PLAY**

# Flyerz HOCKEY

Fun and inclusive hockey sessions for all disability groups

# START PLAYING HOCKEY

**WHERE** Guildford Hockey Club  
**WHEN** Mondays 6-7pm fortnightly  
**CONTACT** Flyerz@guildfordhc.com

ENGLAND HOCKEY

[www.englishockey.co.uk/flyerz](http://www.englishockey.co.uk/flyerz) [f](#) [t](#) [@](#) /englishockey

# NATIONAL SMILE MONTH

As National Smile Month continues we are looking at ways to help care for children's teeth.



- ❖ Brush\help to brush your child's teeth with a fluoride toothpaste last thing at night and at least one other time during the day.
- ❖ After brushing do not encourage your child to rinse with water or mouthwash.
- ❖ Help your child to brush their teeth until they are age 8.
- ❖ Avoid eating and drinking 30 minutes before brushing.
- ❖ Avoid giving sugary snacks or drinks between meals.
- ❖ Only give your child water overnight. Never give them a bottle of milk or juice in bed.
- ❖ Take your child to the dentist every 6 months. They should have had their first visit before age 1.

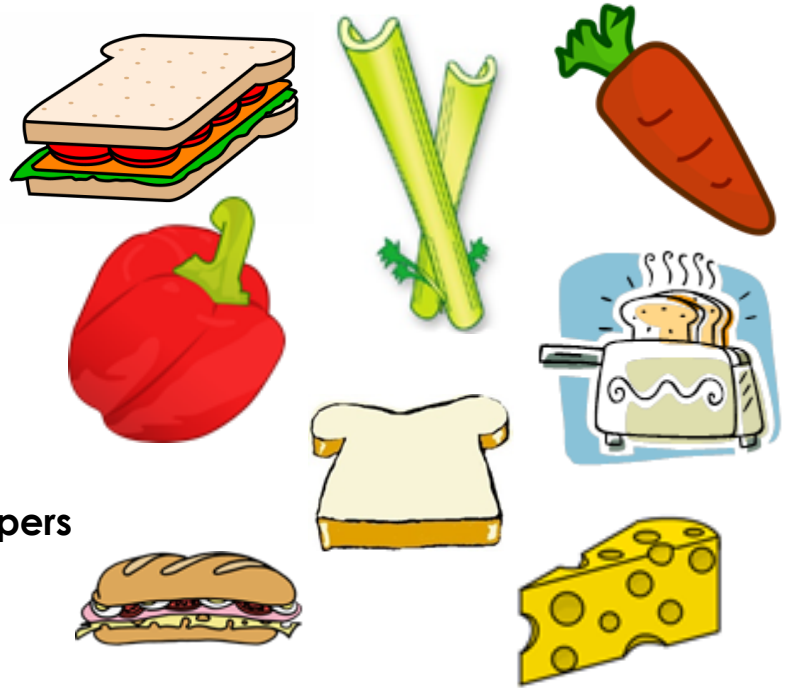
## What is Tooth Decay?

- ❖ Sugar contributes to dental decay. The sugar in food and drink is used by bacteria in the mouth to make acid. This acid dissolves teeth resulting in decay (holes).
- ❖ The mouth takes at least 1 hour to recover from sugar/acid attacks. This is why it is important to avoid snacking and keep any sugary foods or drinks to mealtimes **only**.
- ❖ It is not the amount of sugar eaten, but how **often** it is eaten.



# NATIONAL SMILE MONTH

## Tooth-Friendly Snacks



### Sandwich Fillers/Toast Toppers

- ❖ Cheese spread
- ❖ Marmite
- ❖ Hummus
- ❖ Cheddar cheese
- ❖ Tuna and cucumber
- ❖ Egg and cress
- ❖ Chicken and sweetcorn
- ❖ Ham

### Fresh Fruit

Fresh fruit contains natural sugar. Fruits are best eaten with main meals – however, some fruits which are lower in natural sugar include:

- ❖ Strawberries
- ❖ Kiwi Fruit
- ❖ Watermelon

### Dairy

- ❖ Cheese
- ❖ Mini Babybel
- ❖ Dairy Lea
- ❖ Plain Natural Yogurt

### Vegetables

Raw pieces of veg are great as a tooth-friendly snack.

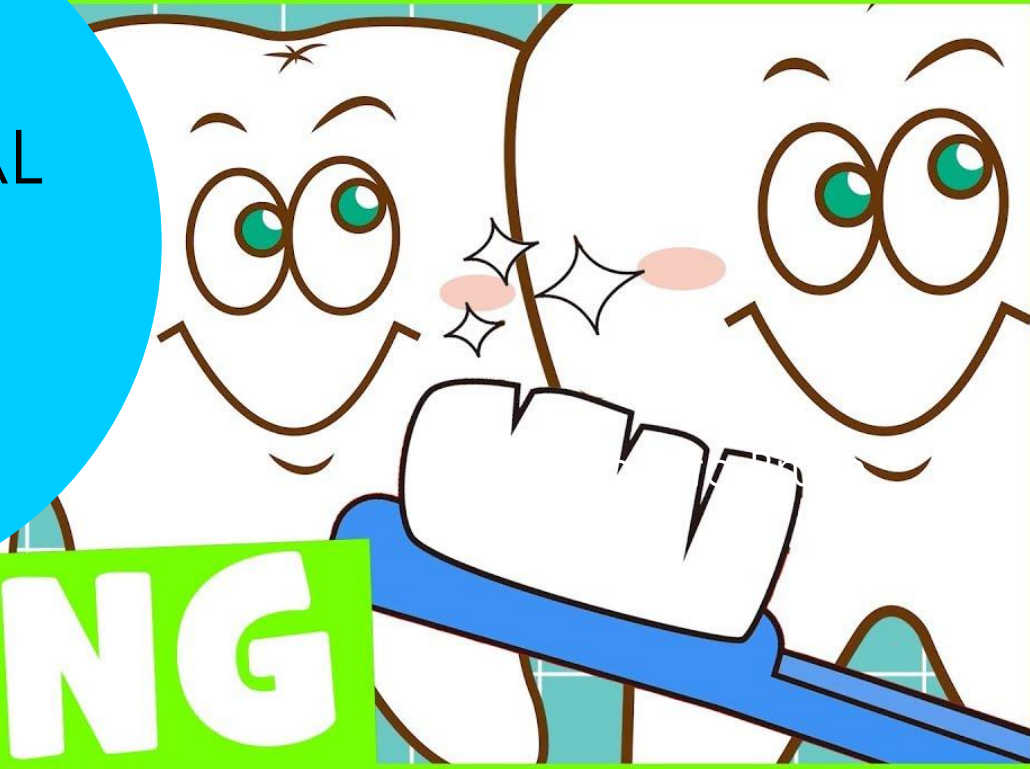
- ❖ Carrot fingers
- ❖ Celery sticks
- ❖ Cucumber sticks
- ❖ Sliced peppers

### Breads

- ❖ Unsweetened crackers
- ❖ Crisp breads
- ❖ Savoury rice cakes
- ❖ Savoury plain muffins
- ❖ Pitta breads
- ❖ Chapattis
- ❖ Toast fingers
- ❖ Breadsticks
- ❖ Cheese straws
- ❖ Unsweetened popcorn
- ❖ Plain crisps
- ❖ Twiglets

# NATIONAL SMILE MONTH

# SONG



## **Wiggle-Jiggle tooth (Tune – 'Old Macdonald')**

In my mouth, I have some teeth  
E i e i o  
And in my mouth I put my brush  
E i e i o  
With a wiggle-jiggle here and a  
wiggle-jiggle there  
Here a wiggle, there a jiggle  
Everywhere a wiggle-jiggle  
In my mouth I'll keep my teeth  
E i e i o

## **Are your teeth clean and white (Tune – 'Do your ears hang low')**

Are your teeth clean and white?  
Do you brush them left and right?  
Do you brush them in the morning?  
Do you brush them every night?  
Do you brush them up and down?  
Do you brush them round and round?  
Are your teeth clean and white?

## **Brush, brush, brush your teeth (Tune 'Row, row, row your boat')**

Brush, brush, brush your teeth  
Brush them every day  
We put toothpaste on our brush  
To help stop tooth decay  
Clean, clean, clean your teeth  
Clean them every day  
Your teeth will sparkle for years to come  
In the most beautiful way  
Brush, brush, brush your teeth  
Brush them every day  
Happy, healthy teeth you'll have  
If it's done this way

## **Brushing teeth (Tune – 'Twinkle twinkle little star')**

Here's my toothpaste  
Here's my brush  
I won't hurry, I won't rush  
Working hard to keep teeth clean  
Front and back and in between  
When I brush for quite a while  
I will have a happy smile

For information please visit <http://www.nationalsmilemonth.org/>  
We can also refer children to the Special Needs dental service if  
required – speak to Annie Welch for more info

# GOSDEN HOUSE PTA UPDATE

NEWS FLASH  
GOLF DAY  
PRICE DROP

## PTA DIARY OF EVENTS 2021

11 June: Muffi Day for Summer Raffle

13 June: Cook Along at Home

2 July: Krispy Kreme Doughnut Sale

9 July: Summer Raffle

17 September: Golf Day

1 October: Phil a Bag

October Half Term: Smarties Challenge

9 December: PTA AGM

### Gosden House School Charity Golf Day

**Venue: Bramley Golf Club**

**Date: 17th of September at 10am**

£380 for a team of 4 or £95 per person.

£500 for a team plus a hole sponsorship (signage on hole, flyers and mention at post golf meal, promotion on pre-event communications)

We are looking for hole sponsors so if anyone knows any companies that would like to sponsor a hole - £50

Price includes:

- Pre golf bacon roll & coffee
- 18 holes of golf on the stunning Bramley course, first T is 11 am
- Two course meal at the clubhouse followed by prize giving

To register your interest or if you have any questions please email Kim at [gosdenpta@gmail.com](mailto:gosdenpta@gmail.com) or call 07850 263849.

This event is proudly sponsored by Bramley Blinds.



# HOME COVID TESTING UPDATE

## Covid Home Testing Kits

Thank you to the secondary students that are now testing at home twice a week.

Please continue to test and let us know if you need more kits.

Please also keep reporting the results to us following this link:

<https://forms.office.com/r/z2bNLS03TM>

**KEEP SURREY SAFE**

**SYMPTOM-FREE TESTING**  
for households and bubbles of school pupils, and of staff

**BOOK • COLLECT • ORDER** [surreycc.gov.uk/symptomfreecovidtesting](https://surreycc.gov.uk/symptomfreecovidtesting)

**STAY AT HOME • PROTECT THE NHS • SAVE LIVES**

SURREY COUNTY COUNCIL

Anyone who is in the same household, childcare bubble or support bubble as a school or nursery pupil or someone who works in a school, nursery or college, is eligible for twice weekly symptom-free testing.

Please note, children and young people will continue to be tested via their school or college testing scheme. School and college staff can access home testing kits via their workplace.

Please read 'How to get a test in Surrey' and full details; [COVID-19 Testing for households and bubbles of school pupils and of staff](#).





# MENTAL HEALTH AWARENESS

## **24/7 mental health crisis line for children, young people, and families 0800 915 4644**

A new 24/7 mental health crisis line for children, young people and their families and carers in Surrey has launched.

The freephone number - **0800 915 4644** – is available for children and young people up to the age of 18, including those with Special Educational Needs and Disability (SEND).

The new crisis line provides emotional wellbeing support, advice, and signposting to a range of community services for children, young people and their families and carers who are in a mental health crisis. The number is available to those who are already receiving mental health services, and also for those who are not. No referral is needed.

The crisis line is staffed by a team of experienced, trained call handlers and mental health nurses.

A key aim of the crisis line is to help support young people, carers and families within their own homes and in the community and, whenever possible, help avoid the need for children and young people to go to hospital in a crisis.



# MENTAL HEALTH AWARENESS

## **School is always willing to provide advice or support and extra help**

You can call and speak to Annie Welch, our Home School Link Worker.  
Tel: 07864 721931

Web Page Information:

[School Web Site](#)

Keeping Children Safe Online:

<https://www.childnet.com/parents-and-carers>

For any child or family worries for which you may need additional support or advice you can request it by contacting the Surrey Children's Single Point of Access Team on 0300 470 9100 and press 1 and then option required.

For support and advice around domestic abuse, mental health or safety in the home:

<https://www.gov.uk/government/publications/coronavirus-covid-19-anddomestic-abuse/coronavirus-covid-19-support-forvictims-of-domestic-abuse>

<https://www.healthysurrey.org.uk/domestic-abuse>

# MENTAL HEALTH AWARENESS



**Surrey and Borders Partnership**  
NHS Foundation Trust

## Adult Services Mental Health Crisis Line

The helpline is for people living in Surrey experiencing a mental health crisis.  
Telephone: 0800 915 4644  
(24 hours, 7 days a week)

If you have speech or hearing difficulties, you can contact the helpline through:

- SMS: 07717 989024
- Next Generation text service: Dial 18001 0800 915 4644 from your text phone or smart app

The [Crisis Helpline](#) is staffed by professionals who are experienced in working with people with mental health issues and is managed according to the NHS Code of Confidentiality which respects individuals' personal information. However, the service has a duty to respond when someone's thoughts, intentions and actions indicate a specific and significant risk of harm to self or others particularly children). Such cases will be followed up and the relevant service or authorities will be contacted. In an emergency please call 999 or go to Accident and Emergency (A&E) – many of which have psychiatric liaison services. You can find local A&E services at [NHS Choices](#).

## Out of hours crisis support for children with a mental health need.

Out of hours crisis support for children, young people and their families has been increased in response to Coronavirus. Children, aged 11 and over, and their families can continue to call our Extended Hope Service for crisis support between 5pm-11pm, 7 days a week. Calls to this service are handled by the Emergency Duty Team and we have now put in place a triage worker to provide an immediate response to anyone calling this number: 01483 517898. In addition, our Mental Health Crisis Helpline is now providing telephone support to children, young people and their families between 11pm and 9am, seven days a week, to ensure they always have access to out of hours crisis support. During normal working hours people can talk to their GP or go to A&E for support and children, aged 10-18, can contact one of the CYP Havens.

Due to public health advice the CYP Havens are currently closed. Instead we are running a virtual service for young people to access support by phone. This service is available every day of the week including bank holidays

*"A safe place to get support when I am feeling distressed and worried about how I am feeling"*



**Call: 01483 519436**

**Monday to Friday, 4pm-8.30pm. Saturday and Sunday, 12pm-6pm**