



GOSDEN HOUSE SCHOOL

GOSDEN NEWS

11th June 2021

After the strange year we have had, in the past few months it was quite an exciting achievement to have been able to celebrate our Annual Sports Day events amidst various lockdown and social distancing rules. The planning for the events took account of the current COVID-19 restrictions, but ensured all pupils could participate and have equal fun.

We completed the activities in our bubbles on different days. We did not have parents or relatives to cheer us on, but it was as exciting as the ones in the years before.

The sun came out too!

Sophie

Raffle Tickets will be sent home with students today – please return completed stubs and monies to school office ASAP in envelope marked 'Gosden PTA Summer Raffle. Raffle will be drawn on 9th July.

If you want more tickets please contact Debby –
debbybrown@gosden-house.surrey.sch.uk

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



SPORTS WEEK OVERVIEW

All classes took part in their own bubbles in the events, which included Target Throw, Javelin, Shuttle Run, Long Jump and a Shot Put Throw.

The achievements assembly was held outside in the playground, with the entire school. The top three teams were awarded a trophy by Miss O'Sullivan.

Here are a few photos to give you a little glimpse of the fun that was had!

PRIMARY



SPORTS WEEK OVERVIEW

SECONDARY



UPDATE FROM BLUEBELLS

As part of our Feathers and Fins topic, Squirrels are very excited to have some new caterpillar classmates. We are looking forward to watching them change and learning about their amazing life cycle. To prepare for our new class guests we have been doing lots of research on mini beasts.



We enjoyed exploring the school grounds looking for mini beasts and making a tally chart showing the number of times we saw different creatures.



We turned our mini beast designs into plasticine models and then thought about what sort of habitat would be best for them.

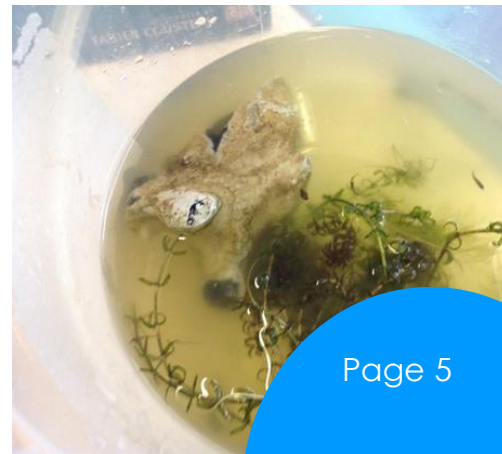


We designed our own mini beasts by drawing them with chalks on the playground. We then used lots of interesting adjectives to describe them.



UPDATE FROM BLUEBELLS

This week Woodpeckers have enjoyed the sunshine by tending to our plants and gardening plot. We tied up our tomato plants with string we also learnt how to 'thieve' our tomato stalks, something Etta kindly demonstrated to us. We watered our cabbages and sweetcorn which are all growing well despite the hot weather. A group of us have been clearing an area in the walled garden to create a wild flower garden, which will attract bees and other wildlife. We have visited the school pond and learnt that the pond is a habitat. We have some tadpoles and other insects which we will track and follow their life cycle.



UPDATE FROM BLUEBELLS

In Literacy this week, we have looked at persuasive letter writing and taken part in some group debating. We are extremely excited about our trip to West Wittering next week and have been practising our sand castle making skills in our new outdoor sandpit. We brainstormed ideas for things and areas we would like to be created outside, including a construction area and water play corner.

In Art this week we created watercolour fish inspired by a book called Funny Fish. The rest of the term promises to be an exciting but busy one with lots of celebration activities taking place, next week we will continue to rehearse our performance and delve into the past through lots of practical activities during History Focus week



UPDATE FROM BLUEBELLS

Sports Day



UPDATE FROM PERIWINKLES

In Year 10 we have not let the fact we are not able to get out for Work Experience this year dampen our spirits - we have used it as an opportunity to demonstrate our adaptability and enjoyed bringing the experiences to us through a variety of guest speakers that we have interviewed about the working world.

This week we had our very own Gosden Graduate, ex pupil and Animal Care teacher Frankie Gale. She works at Merrist Wood College and we had lots of questions and really enjoyed looking at her photos of different animals that she gets to work with. From farm animals, exotic animals and reptiles, they even have donkeys, sheep alpacas and llamas. We learnt about all the different elements of her job, some more exciting than others!

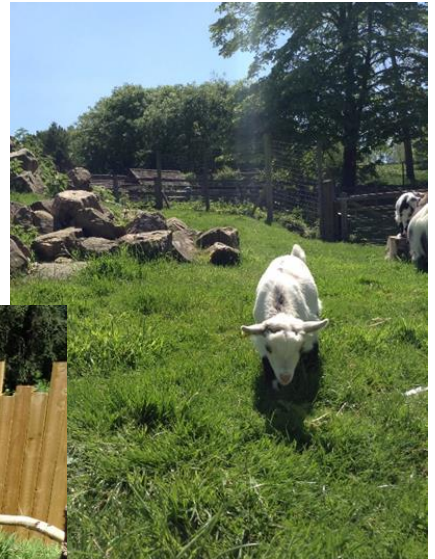
We then thought about our toolbox and wondered what skills she needed from our toolbox, we all agreed that all of the tools were really helpful for her job and she gave us examples of when she has used them all.

Thank you Frankie and all our other guest speakers.



UPDATE FROM PERIWINKLES

This week, Year 11 went on a school trip to Tilgate Park in Crawley. We saw many animals, such as parrots, snakes, meerkats, goats and rabbits. We then stopped for a picnic and an ice cream, before heading over to the play park. The weather was lovely and we had a fab day!

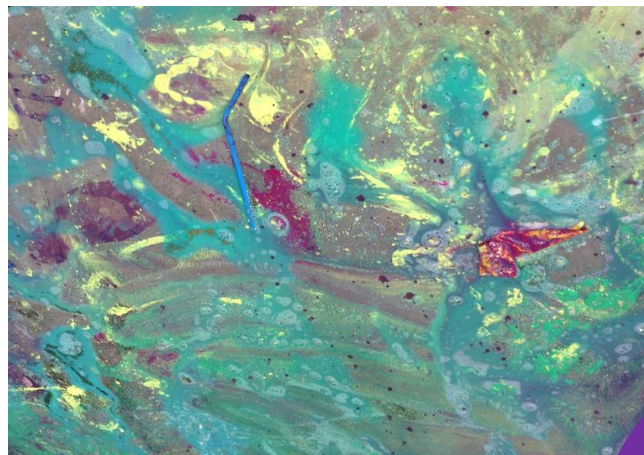


UPDATE FROM PERIWINKLES

Before half term, we had our annual sports day event.....



This week, we have been getting messy outdoors by experimenting with different colours, textures and materials. We filled balloons with different paints and then popped the balloons to see which shapes and colours splattered onto the page. We also used other things such as bicarbonate soda and vinegar, fairy liquid, glitter and paint.



UPDATE FROM PERIWINKLES

KS4 Food Studies

To celebrate the end of the year we planned and made a breakfast of our choice. The year 11s chose to make cheese and mushroom omelette with vegetarian bacon and toast.

We laid the table and ate our breakfast together. "It was scrumdiddlyumptious", Nikki said. Well done to Sabeer for being awarded the 'Chef of her lesson'.



UPDATE FROM ACTION FOR CARERS



Carers Week 2021

It's Carers Week! 7th–13th June
A time to recognise and celebrate the UK's
13 million carers who work so tirelessly to
support their loved ones.

Carers Week is an annual event which highlights the challenges unpaid carers face, and seeks to recognise the contribution carers make to their families and communities. In Surrey alone, unpaid carers save the local economy a staggering £1.8 billion every year. Yet many carers feel lonely, unsupported and hugely stressed. And this has been made worse by COVID. So this year we want to make caring visible and valued.

Making caring visible and valued

Caring often takes place behind closed doors, which can leave unpaid carers feeling under pressure and alone. We all have a part to play in helping carers to be seen and heard whether through our work or by reaching out to family, friends or neighbours who have a caring role and letting them know we are there, and tell them about the support available.

This year we are so excited to be having face-to-face outdoors events, once again, plus a selection of on-line activities too (easier for many carers). A chance for unpaid carers to learn, share their views, and importantly enjoy a little relaxation and company. You have to be registered with us to take part, but that's free and easy. Simply sign up here, or give us a call on 0303 040 1234.

You'll find all our events on our [Events Listings](#)

Get involved

There are lots of ways you can support carers this Carers Week, you'll find some ideas on the [Carers Week website](#). And if you'd like to help us support carers, you'll find loads of ideas in our ['get involved'](#) pages.

GOSDEN HOUSE PTA UPDATE



PTA DIARY OF EVENTS 2021

13 June: Cook Along at Home

2 July: Krispy Kreme Doughnut Sale (details below)

9 July: Summer Raffle

17 September: Golf Day

1 October: Phil a Bag

October Half Term: Smarties Challenge

9 December: PTA AGM

We are now taking orders for glazed Krispy Kreme doughnuts which we will be sent home with your child on Friday 2nd July.

If you would like to order some delicious doughnuts and at the same time raise money for our brilliant school, please fill in the order form below and send to school office.

ALL ORDERS MUST BE RECEIVED BY FRIDAY 24th JUNE

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CHILD'S NAME:

CLASS:

1 x box of 12 glazed doughnuts £10
Individual glazed doughnut £1

Number required
Number required
TOTAL: £

You can pay by sending cash or a cheque into school (please make cheques payable to Gosden House Special School PTA).

Alternatively you can make a bank transfer to:
HSBC Sort Code 40-47-08 Acct No: 02482940
using the reference Krispy Kreme

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://forms.office.com/r/z2bNLS03TM)

STAY AT HOME • PROTECT THE NHS • SAVE LIVES

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 SUPPORT

The 30-3-30 approach

The suggestions below are grouped into things that take about 30 seconds, things that you can do in about 3 minutes, and things that might take 30 minutes or longer. The 30 second ones are quick fix 'emergency' actions you can do if you suddenly feel panicky, scared or unable to cope.

30 seconds	3 minutes	30 minutes
Take a few slow deep breaths. Breathe in, count to 3, breathe out, count to 3.	Phone a loved one or friend for a quick chat. Leave a message if they don't answer.	Pamper yourself with a luxurious bath, and maybe have scented candles and soothing music.
Close your eyes, hold one hand in the other, squeeze gently and repeat 'I can get through this'.	Do a household task, like a quick bit of washing up, cleaning the bathroom mirror or making a bed.	Do 'proper sort-out' of a cluttered kitchen cupboard, drawer, wardrobe or bookcase. Feel the satisfaction of having done something!
Sit on a chair and focus on the sensation of the chair pressing onto your back and bottom.	Make a hot drink in a mug and sip it slowly, feeling the warmth of the mug in both hands.	Enjoy a TV or radio programme, either a recording of an old favourite or something new.
Take a few sips of cold water, focusing on the cooling feeling as you swallow it. Even better if very cold or if you can add ice.	Quick brain workout, such as 3 minutes doing a wordsearch, crossword, sudoku. Try the 'Alphabet Game' choose a category, then using the alphabet in order, list as many as you can.	Do something 'mindful'. This means just focusing on the one thing you are doing: such as bit of gardening, spending time on an indoor hobby, doing a jigsaw puzzle, listening to a recorded book.
Look out of a window or doorway. What can you see and hear? Anything new or unusual?	Listen to a favourite piece of music, something soothing or uplifting depending how you feel.	Prepare a tasty meal or snack, perhaps a new recipe, and eat it slowly, savouring every mouthful.
Pick up a special photo or object that evokes happy memories and focus on what it means to you.	Brush your teeth and brush or comb your hair. (even if you don't really need to!)	Sing. At the top of your voice, sing all the songs you know, or just your favourites several times.
Learn a favourite, inspiring quote by heart, or keep a written version handy to read.	Write a worry list. Getting things down on paper can help stop them going around in your head. Now tackle them one by one.	Go out for some fresh air, if it's safe and allowed. If not, are there any indoor exercises, yoga or stretches you can do?
Think of 2 things that are 'Just about OK'.	Phone someone for a quick 'hello'	Phone a helpline. Ask the person who sent you this leaflet to recommend a couple of helplines if you can't think of any yourself.

• Keep busy • Keep up a routine • Keep in touch • Do things you enjoy • Stay safe

MENTAL HEALTH SUPPORT



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 SUPPORT



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"



**CYP
HAVEN**

Call: 01483 519436

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