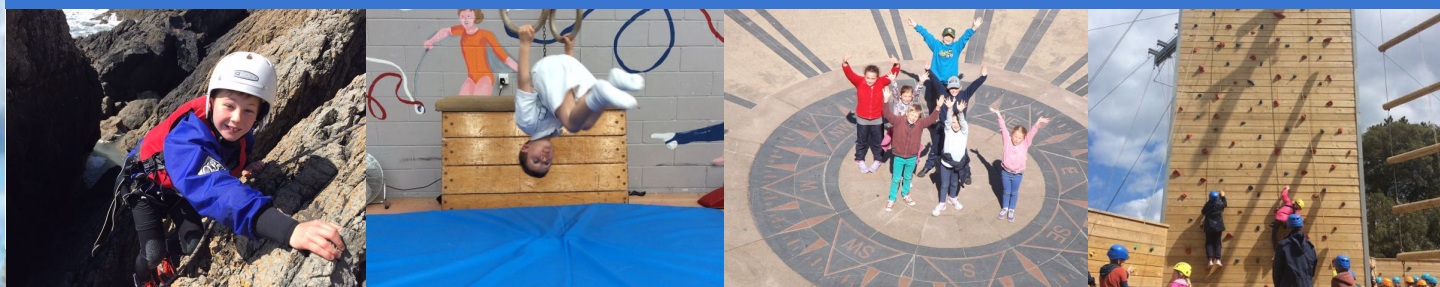




The Old School Henstead

Newsletter

Summer Term 2015 Issue 1 | May 2015



Calendar for next week

Monday 4 May
Tuesday 5 May
Wednesday 6 May

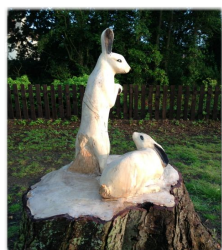
Thursday 7 May
Friday 8 May

Bank Holiday (School Closed)
9.00 Year 2 visits Redwings Horse Sanctuary
9.00 Reception visits Blois' Farm
9.30 Years 5 & 6 Bikeability
9.30 Years 5 & 6 Bikeability
9.30 Years 5 & 6 Bikeability
7pm Concert in aid of CLIC Sargent, United Reformed Church, Southwold

Dates for your diary

Saturday 16 May
Friday 22 May

Open Morning (for parents, grandparents, friends and family)
Henstead Hike in aid of CLIC Sargent (whole school event)



Message from the Headmaster

It is unusual to be writing to you in the sunshine from the foot of a crag in Llanberis, one of the premier outdoor education venues in the United Kingdom. What a week of activity it has been, with the whole school involved in outdoor learning. There is so much to be proud of. Well done to boys, girls and staff alike.

Mr McKinney



Concert in aid of CLIC Sargent.

We are really looking forward to our charity concert on Friday 8 May in aid of CLIC Sargent - the UK's leading cancer charity for children and young people, and their families, providing clinical, practical, financial and emotional support.

It promises to be a varied and interesting programme - there will be songs from the Junior and Senior Choirs, a Year Five recorder ensemble and the Year Six recorder consort. We shall also hear from the winners of the Inter-House choral speaking competition and various soloists. Tickets are not required, but there will be a retiring collection in aid of CLIC Sargent and refreshments will be served after the event.

Performers should arrive at URC by 6.40pm in School uniform.

The concert is open to all members of the Henstead community and the public. The venue is the United Reformed Church (situated next to Barclays Bank on Southwold High Street). We are most grateful to the URC for generously allowing us to use their church for this fundraising event.

Please invite family and friends to support the children's performances and help us raise lots of money for such a great charity.



Mud, Mud, Glorious Mud!

Reception



The Reception children proved that they weren't afraid of a bit of mud, dirt and grime. It was wonderful to see all of the children so enthusiastic to take part in every activity during our morning session at Ringsfield Hall.



Our trip began in the sunshine, building a creature made out of freshly dug up mud, kindly donated to us from their friend Mole! We were then taken along a trail following a barking ball called 'Dogball', where he led us to the home of the Lilypods. The children were asked to find presents to give them. Their imaginations ran wild collecting all sorts - a slide, wings, a doormat and a backscratcher, to name a few!



We then went on to make smelly cocktails. The children put a variety of natural ingredients into a cup and used a strong stick to mix and crush it together. All created some very strong aromas.



More activities followed: mountain climbing with the help of a rope; bridge building to cross the troll's stream; mud-pie making; face paint making; and den building. We completed all these tasks just in time before the rain set in.

We finished our trip with a beautifully told forest story huddled under our den.



A big thank you goes out to all the staff at Ringsfield Hall. We had a wonderful morning.

Miss Coxon



An enchanting forest.

Year One



Year One had a fantastic day at Ringsfield Hall with Molly Mushroom, Carlos Squirrel and Jenny Owl.

We were met by Molly Mushroom, who took us to the Imagination Tree, where we found our named tree cookies hanging on branches. We were amazed that the tree knew all of our names. Molly required our help. She was going on holiday to visit her woodland friends, but was unsure of where to find them. Using our terrific map skills we were able to help. Soon we came upon Carlos Squirrel. We helped him build a comfortable drey and look for pine cones. Fortunately we had Brayden, King of the Pine Cones, to give us tips on where to look.

Following our maps, next we met Jenny Owl. We nearly missed her, as she was sitting on the top of a very tall tree. She showed us all how to hunt for prey and how to improve our swooping and gliding skills. We proved to be expert little owls. After refreshments of goat's wee and beetle juice, we made music using twigs and trees. We were fantastic at keeping a rhythm and the children agreed that they sounded wonderful. We said goodbye to Molly Mushroom, who after meeting Pete, taught us a penguin song.

After a picnic lunch, sitting under a willow tree, we explored the glorious grounds. The children were very adventurous and all had a go at climbing an incredibly high tree house.

We all had a wonderful time and the Year One children were delightful as always. A big thank you to all the characters at Ringsfield Hall and we hope to see you all very soon.

A very proud Ms Thomson and Mrs Dakin



C.R.E.A.T.E at Ringsfield

Year Two

Year Two had a wonderful day on Tuesday at Ringsfield and literally all of our school values were evident throughout the day: Confidence, Resilience, Empathy, Adventure, Teamwork and Excellence!

We knew it was going to be a good day as we loved it so much last year. The sun was shining and we were greeted with big smiles and enthusiasm by our leaders Kat and Eloise. With so many different activities on offer at Ringsfield, we were careful to choose a different kind of day to last time, to engage the children in different skills.

This year's focus was much more on nature and being creative with what was on offer: with Spring flowers and buds everywhere we were able to mix potions and perfumes; we had a go at making natural paint from Sticky Weed and charcoal to create a display of hand prints - on show outside our classroom - and this activity also resulted in the formation of two splinter teams, the Black Hand Gang and the Green Hand Gang!

We made beautiful flower prints simply by folding flowers into sheets and pressing them; we built sculptures out of searched-for materials which we recorded in a Wheel Map; we created a huge woven display from willow; we even made a den for al fresco dining!

The children were superbly behaved and appeared to get so much enjoyment out of the day's activities - especially the Sticky Nose Challenge, painting their own faces with charcoal and the Penguin Song at the end! They even tried eating nettles, daisies, grass, chives and various leaves and we all agree it made for yet another great day with the Ringsfield team. Can we come back next year please?

A big thanks to all the people there, to Mrs Blois for helping out and to Mr Hunter and Miss Goddard for booking it for our Activities Week.

Miss Kay & Miss Newnham



Forest Explorers.

Year Three



The sun rose high in the sky and the Year Three team of explorers set off to the depth of the rural Suffolk countryside in pursuit of adventure.

Following the storm of all storms they found themselves stranded on an island. Team Three immediately set about gathering items from their broken ship, washed ashore by the raging storm. Any hope of survival and return to Henstead depended on team planning and the prioritising of basic needs. With shelter identified as a first concern, rural became urban as settlements arose from the forest floor.

The day continued with a buzz of urgency and outstanding teamwork. Come mid-afternoon desert island or not, the traditional English cup of tea was urgently required and as it happened just at that moment, a basket of tea cups and teapots washed ashore. Nettles were tentatively gathered and the brew mashed.

Tummies rumbling and twelve budding chefs prepared bread with the supplies that seemed to appear from nowhere. Cooked to perfection on the fire that had been so skillfully prepared earlier. The only disappointment of the day was that it had to end. The mucky explorers swam to the mainland and returned to Henstead.

Miss Clifton





The Camping Crew.

Year Four

Our roving reporter Oats the Horse reports back from the Year 4 trip that is still in progress...So boys and girls how has the trip been?

Daniel – I loved the camping and the trip amazing! The BBQ wasn't half bad either!

Tilly – What a busy trip! There was so much to do that we could have stayed for a week! Sleeping in the tents was awesome.

Savile – This was my first trip with The Old School Henstead and it was brilliant! Toasting marshmallows on the bonfire was a highlight.

Lucas – Orienteering was harder than I thought it would be. We completely missed the first marker, but by the end of the course we were like professionals.

Finney – Everyone had an amazing time orienteering in the woods.

Bethany – The quiz was brilliant and we are officially the best team ever at passing Maltesers at pace!

Jasper – Putting up the tents was good fun, even though Thomas and I struggled to begin with. The night walk along the beach was also great, even though I got caught by Mr. Tiley-Octopus as we scrambled up the slope!

Jack – The Wardens Centre is awesome...I also loved the rowing boats.

Ruby – I loved sleeping in the tents and walking along the coast at night with our torches on was good fun, especially the secret spy mission.

Matthew – Toasting the marshmallows over the fire was fun, but harder than it looked. The trick is to toast the marshmallow and not your eyebrows!

Alex – I really liked the night walk along the beach and following it up with some toasted marshmallows was amazing. I can't wait for my Year 5 trip!

Lily – I really enjoyed the night walk. We had an incredible view out to sea and we could see all of the boats lit up. We also saw lots of stars in the sky.

Thomas – The moon was really bright and I liked looking up at all the stars.

Louis – We had a great trip and we even managed to stay on budget in the supermarket, earning ourselves marshmallows, ice cream and Maltesers as a result.

Jess – The quiz was epic. My team, The Brainy Pineapples, were immense. We won with 78 points...I had an awesome time.

Daisy – We made a lovely bonfire and toasted some yummy marshmallows over the glowing embers. It was like melting clouds on your tongue. Delicious.

Mr Tiley-Nunn, Miss Goddard & Mr Hunter



Adrenaline Adventures.

Year Five



"On Monday morning we headed for Cromer, where we parked on the cliff top for a picnic lunch. We walked down to the pier. Terry (our class mascot) went fishing - he didn't catch anything - then we went inside the lifeboat station to see the gigantic lifeboat. Then off to our final destination, West Runton.

We met Charlie, our group leader for the trip, and he showed us to our rooms. We all failed miserably at our first challenge, putting a cover on a duvet!

Charlie introduced us to a fantastic game called four square. (Please Mr McKinney, can we have one?) After an hour of play, we crowned Isabelle queen of the square. We went for a long walk down the steep steps to the beach.

After a lovely tea, we had our first activity, Laser Tag. We were put into two teams, boys v girls, and played capture the flag. The girls annihilated the poor boys. Next up aeroball - where you bounce on a trampoline while trying to throw a ball in a hoop. Although Charlotte was the best bouncer, George was the top of the leader board with 12. Hot chocolate and bedtime story concluded our first day at Kingswood.

After playing a little bit of four square we went to crate stacking. First Charlie harnessed us up, and gave us helmets. Theo went on the crates first with team Taylor building, he got 8, but Isabelle was victorious with 13 crates.

Charlotte was the best at bouldering. We did all sorts of activities. Bouldering was a good warm-up for outdoor climbing in the afternoon.

After lunch we went to outdoor climbing. The challenge was to climb as high as you can. Then we had some races - Charlotte and May drew in first place.

Team challenge saw us faced with physical problems that we had to solve together. We raced though a load of activities until we came to the elephants pit. We had to move our team from one end of the pit to the other with just 4 planks! We were not terribly good. Thank goodness for Amber's strength!

Our last activity of the afternoon was the Leap of Faith. Of all of our activities this was the one we feared the most. You have to climb a pole 33 feet tall, stand yourself on the wobbly platform and try to jump on to a metal pole. Only May managed to catch the pole.

After dinner we did archery, we were split into 3 teams. Our instructor taught us how to hold a bow. We played games which involved shooting our arrows into all the colours. May and Charlotte were our best archers.

Our seventh and final activity of the day was movie time with hot chocolate - a great way to end an exciting day.

After breakfast Charlie took us to the go-karts. Oscar started us off by setting the benchmark at 26 seconds. But overall Theo won on most consistent laps, his fastest being 19 seconds, drawing with George.

Our final activity was the zip wire. It was epic - one of the best activities. After lunch, it was home to Henstead. We had an absolutely brilliant time." - Year Five

Climb Every Mountain.

Year Six



0730 Monday and team Year Six was already aboard the shiny Walesmobile - off we went and Miss Sindall was pleasantly surprised as we traversed East Anglia and arrived at our coffee stop on the Birmingham toll road with only one hold up - a zebra crossing in Diss! Onwards via Iron Bridge services and into The Principality - croeso Cymru, the land of my fathers and unexpected traffic lights. Nevertheless we were soon enjoying the splendour of Llanberis Pass and arrived at the Arête Mountain Centre to be greeted by Matt, our instructor for the week. Hiking boots, helmets, buoyancy aids, dry cagoules, waterproofs, mitts and climbing harnesses. The lot - and we needed every bit of it.



The scenic splendour of the Conwy Valley was our home for the week, on the hillside above the village of Rowen, our cottage had everything that we required, including a wonderfully entertaining approach road which Mr McKinney much enjoyed. After supper, Matt briefed the team on what we would need for the day ahead - the highest mountain in Wales. A brief walk up the lane to end the day checked that boots were fitting properly.



Bright sunshine and a light breeze greeted us over breakfast on Tuesday and we were soon in the Pen y Pass car park, ready to tackle the Pyg Track, once used by the Welsh miners to access the valuable minerals of the upper slopes. There were some nerves, but we settled into a good rhythm and made excellent progress, stopping from time to time to adjust clothing, have snacks and take in the glorious view. There was still a dusting of snow on the upper sections of the route, but we reached the summit in good time - a fantastic achievement for the boys and girls.



continued on next page/...

Climb Every Mountain.

Year Six - part 2

.../continued from previous page



The required top of Snowdon picture was taken, but the wind was stronger and colder above 3,000 feet, so we were soon on our way down the well trodden path to Llanberis, enjoying the admiring glances of the tourists who had taken the mountain railway half way up the mountain. Weary feet and limbs were revived by hot chocolate in *Pete's Eats*, the Llanberis café famous for its multicoloured 1960s décor. There was a hearty supper to greet us back at Rowen, some time for relaxation and, before long, much snoring...



The weather held on Wednesday, so it was on with the water sports gear and off to the coast of Anglesey. Coastal scrambling was a new activity to all and greatly enjoyed, with short abseils, climbs and even a spectacular Tyrolean traverse with the waves breaking nearby. It was a real highlight. Lunch in the sunshine and back to the mainland for an afternoon of canoeing skills, races, towing and canoe tag aka mink and ducklings. A glorious evening for spag bol and some exploring before bedtime, with just time to fit in a recorder consort rehearsal!



Rain overnight, but the world famous climbing venue of Llanberis Pass had dried in the sunshine and team Year Six rose to the challenge magnificently, learning to tie in, work as a belay team and climb a number of routes on dolorite. After lunch it was abseiling in the amphitheatre of the slate quarries - not for the faint-hearted! Souvenir shopping and an evening meal in Betws y Coed finished an action packed day.



The journey home was an opportunity for tired limbs to rest, for remembering challenges tackled and achieved. Well done to all and huge thanks to Matt for this expertise, good humour and support throughout the week.

Mr McKinney and Miss Sindall



Nursery News.

The Nursery Nursery!

Welcome back Nursery. We hope you had a fantastic Easter.

Nursery children jumped right back into the Summer Term with their new theme - **Growing**. They have had lots of fun planting tomato, courgette and strawberry plants.

We talked about what these plants need to grow and decided to put them in the sun and make sure we water them regularly!

We have also each been growing our own sunflowers. I wonder which one will grow the biggest? Watch this space....



Nursery Star of the Week★

Nursery Star of the Week award goes to Lucas for saying goodbye to Mummy without tears. Lucas always comes into Nursery with a smile now!

Miss O'Mara and Miss Butcher



School Council Elections.

Friday 24 April dawned, the fog cleared and eager voters flocked to The Old School Henstead Polling Station. Ably manned by Year Five officials, votes were cast and tension filled the air. As others played in the sun during break, Amber, Head of School Council, remained indoors to undertake the final count. Votes were counted then verified and the result kept under lock and key. The official results:

Reception: Nicole & Charlotte

Year 1: Harry S and Harry D

Year 2: Addison and Emily

Year 3: Alex L and Tabatha

Year 4: Finney and Jasper

Year 5: Oscar and Charlotte

Year 6: Sarah and Ella.

We congratulate the pupils on their enthusiastic turnout once again and wish the new Council members a successful term in post. *Miss Clifton*



Parents' Seminars

Henstead Hike

Gold Certificate



We will be holding two seminars for parents this term, where we will share developments to the Henstead curriculum:

Healthy, Happy Learning
Monday 11 May 4.10pm

Year Three 2015/16
Monday 18 May 4.10pm.

Please save the dates. All parents are welcome to attend.

Following tradition, our annual Henstead Hike on Friday 22 May will be a whole school charity fundraising event - this year in aid of CLIC Sargent. Children from Nursery through Year 6 will take part in this sponsored walk, starting at age-appropriate points along the route.

Parents are also welcome to join us for a great day in aid of a fantastic charity. Sponsorship forms and further details will be issued soon, but in the meantime an online fundraising page has been set up on Virgin Money Giving: www.virginmoneygiving.com/team/HensteadHike2015

21 days to go. Will you be our first sponsor?

Congratulations to Isabelle on achieving a Gold Certificate for 15 A's. Well done.

Mascot Winners



This week's mascot winners, for best demonstrating our school value Teamwork, are:

Reception - Marli
Year One - Brayden
Year Two - Joe
Year Three - Team Three
Year Four - Matthew P
Year Five - Oscar
Year Six - Sarah

PTFA

News Extra

Summer Fayre Wednesday
1 July, following Sports Day.

Henstock Festival Saturday
11 July 2pm. Save the date!

Follow us on twitter



@OldSchoolHstead



Excellence in Education
The Independent Association
of Prep Schools



independent
schools
council



**INDEPENDENT
SCHOOLS
ASSOCIATION**
Accredited Member

