



# The Old School Henstead

## Newsletter

Summer Term 2016 Issue 2 29 April 2016



### Calendar for next week

Monday 2 May  
Wednesday 4 May

Bank Holiday (school closed)  
9.00 Reception visits Bois' Farm  
2.00 U11 Cricket v Langley Prep School (A)  
2.00 U11 Rounders v Langley Prep School (H)  
9.00 Year 2 visits Redwings Horse Sanctuary

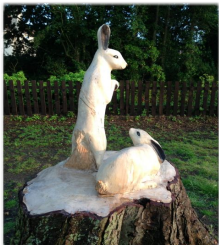
Friday 6 May

### Dates for your diary

Saturday 21 May  
Friday 27 May

Open Morning (half day school)  
The Henstead Hike in aid of *East Anglian Air Ambulance*

### Message from the Headmaster



I have been delighted to read of the exploits of our boys and girls during the course of this week. It is a credit to all those involved in the planning of such activities and I am most grateful to the staff who have given so freely of their time to allow Henstead pupils to flourish through outdoor learning. Such learning sums up the values that we believe are part and parcel of what makes our school special - none better than the achievements of our Year Six, of which you may read later in this newsletter. Well done to them all!

*Mr McKinney*



# In the footsteps of giants of old.

Year Six.

## Year Six Leavers' Trip to Snowdonia National Park

Sunday 8.45 and all were board the spangly new Year Six Mobile - all mod cons and fathers trying to adjust the seating without reference to the supplied instructions and manufacturer's manual. Mr Bird had the answer, honour was restored and it was off to the Land of my Fathers.

Progress was swift and we were almost past Beccles when the initial question of arrival time in Snowdonia was posed. The briefest of average speed limits at Cambridge was soon behind us and it was around the Birmingham toll road, depriving George and Theo of the opportunity to gloat at the sight of Villa Park. We were soon enjoying the scenic splendour of the Llangollen valley and the peaks of Snowdonia could occasionally be glimpsed in the distance, as a breezy fresh day scudded the cloud cover along.

A bit of local enquiry informed the final few miles and it was certainly worth the wait. Our cottage had superb views over Llanberis lake and up over the Clogwyn massif to the summit of Snowdon itself. A pleasant stroll before supper gave us a feel for the history of the place, as we strolled through the abandoned slate quarries that once were the mainstay industry of the region. The grime encrusted miner's hats have long since been replaced by lightweight climbing helmets, the latter-day hawsers for the brightly coloured ropes of modern-day ascensionists. Chilli con carne, quick introduction to the cut and

thrust card game Five Ten. And so to bed.

Monday

A rainy morning but of no matter as we donned wetproofs, buoyancy aids and helmets to go gorge scrambling. A challenging course amidst stunning scenery and one in which the boys and girls worked together brilliantly, grew in confidence and finished with the plunge pool at the top of the waterfall. We really enjoyed getting to know Sophie, our instructor.

Tuesday

Canoeing was the order of the day and Llanberis lake was inviting, but was going to be a challenge with a breeze running straight down the lake. Team Year Six was all in the same boat at this stage - a raft to start with as two Canadian canoes were lashed together by means of a crossbeam. A few practice paddles up the calmer waters of crocodile creek and it was out across the lake. All needed to work together to control the craft in a side wind, but they made it to shore where a fire was kindled using flint and tinder. Pancakes and hot chocolate were rustled up for the mid-morning snack and, thus refuelled, they set out on a long paddle down the lake. A harbour area provided the venue for skipping individual canoes in pairs and pirate drills greatly improved handling and confidence. After a quick change and supper we headed to the victorian splendour of Llandudno for the three-dimensional joys of *The Jungle Book* - great stuff!

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# In the footsteps of giants of old.

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## Wednesday

It snowed overnight. A mountain walk to the summit of the highest peak in Wales (3,560 ft.) is a serious undertaking for any group in balmy weather. Year Six tackled the challenge of wintry conditions positively, listened to their instructors and encouraged each other at every turn. The success of the expedition did them great credit and was one of the highlights of their final year, for it required all of our values.

## Thursday

Our final day activities began with some climbing and abseiling. The boys and girls mastered belaying (V, knee, one, two, three) and all succeeded in climbing a route and in spotting for and supporting a climbing partner. By mid-morning the weather was foul and we returned to our cottage for a

change of clothing, before heading off to the Blaenau-Ffestiniog slate quarries and perhaps the ultimate challenge of the week - the zip lines, via ferrata and climbing challenges of *Caverns*, an underground course of giant former slate workings, tunnels, bridges, ascents and descents. Over three hours later we emerged, exhilarated and triumphant. Supper in Llanberis to celebrate the end of a fantastic week.

## Friday

We awoke to a heavy snowfall which was building up quickly. However we had anticipated such weather and succeeded in getting on our way before the roads became impassable, leaving behind the stunning winter scenery, and heading safely back to school.

*Mr McKinney & Mrs Jensen*



# Year Five Flies High.

*Year Five.*



Year Five had an exceptionally successful camp to Kingswood in West Runton this week. We were away from Monday through Wednesday and despite the driving wind and cold, were fortunate to escape most of the heavy rain.

Kingswood is an excellent centre with great facilities and highly-trained staff. We tried gruelling activities like bouldering, indoor climbing, aeroball, leap of faith and zip-wire, as well as some more relaxed but equally challenging activities like archery, team challenge, and go-karting. On the note of go-karting, it must be said that Jasper "The Stig" took first place by an inch and Jessica "Clarkson" took the award for crash of the day. Needless to say, great fun was had by all here at our last activity before returning home.

During our time away, Lily surprised us all by being the only person able to reach the acrobat bar when jumping off the leap of faith 25 feet in the

air. But mention must also be made to Ruby and Tilly for a top-of-the-pole tangle which resulted in an unexpected leap of faith. Matthew defied his fear of the zip-wire and zipped down at great pace, while Savile made his way to the top of the rock climbing wall with great ease. Mention must also be made to Daniel for a dedicated and resilient effort on both the bouldering wall and rock climbing wall. Determination was clearly evident in both activities.

Upon departure from Kingswood we received a message from the Kingswood staff commenting on the excellent manners and behaviour of our pupils. It is true that the camp was such a success due to the ease with which the children approached each activity. Their patience and respect for all of the people they met while we were away was greatly appreciated.

*Mr Jensen & Miss Sindall*



# Shipwrecked!

*Year Three.*



It was with great excitement that we set sail on HMS Henstead, bound for Ringsfield Hall. Only moments after catching sight of our destination, disaster struck, and we were shipwrecked. Swimming for dear life, we found sanctuary on a deserted island. With grey clouds above and the wind whistling through the trees, our first priority was to find shelter. Thankfully an assortment of timber had washed ashore, and in no time four dens were in place, and our thoughts turned to whatever else we might need to survive in the brutal conditions. We were in luck, and several items from the boat were found by the expedition party. Bear Grylls was our reference point as to what we could or could not eat, though one slightly concerned form tutor did rule out the consumption of the dead mouse - RIP Noddy.

There were many decisions to be made throughout the day by the teams. Would it be each man for himself? A totalitarian regime with President Louis at the helm? Thankfully, democracy won out and votes were cast on a variety of subjects - the hottest debated item being who should get to have the Kevlar gloves! After lunch and a visit to see the animals, we set up a water filtration system, though few were keen to try the murky water! Deep fried leaves provided a yummy afternoon snack before a last sort out of the dens. The day was rounded off with a few games - Year Three pupils are masters of camouflage and make excellent penguins. Then it was back on the bus for the journey home - dirty and smelly, but very, very happy.

*Miss Goddard and Miss Syder*



# Woodland Explorers.

Year Two.



Teamwork is our school value for this half term and we certainly had a team adventure at Ringsfield on Friday.

The children were really pleased to see both Kat and Eloise on arrival and knew they had a fun day ahead. After hunting for tickets - leaves - to enter the forest, the world of fantasy and adventure began. They made houses for 'the Lilliputs' - tiny little fairy-like creatures that live in the woods - and hunted for bugs with microscopes. They were led blindfold on a forest walk and spent time hugging the trees (literally!)

I would say the children were at their most adventurous in their taste testing: daisies and magnolia leaves make for a tasty treat picked straight from the ground or the branch, and who knew battered, deep fried dock leaves, stinging nettles and sticky weed were quite so tasty? The de rigeur fire and den building came next, and we made an interesting observation that all the children naturally worked together to make one huge den, rather than splitting into separate groups. What a fantastic team Year 2 - a very dirty one by the end of day!

*Miss Kay, Miss Syder and Mrs Scoggins*



# Mission with Molly Mushroom.

*Year Reception & Year One.*



Reception and Year One set off in a hail storm, hoping to find Ringsfield Hall Eco-Centre. We were welcomed enthusiastically by Molly Mushroom and Carol Squirrel. The children were in their warm clothes, ready for an outdoor adventure in the woods.

Using magic, Carol turned all the children into little squirrels and set them straight to work; building a home, finding her food and then burying it for her to enjoy later. Following the map, everyone set off again to meet a very elderly owl. She needed help to hunt, so the children were taught how to swoop, glide and pounce!



Starting at The Imagination Tree, Reception prepared themselves to set off on a bear hunt. Their journey took them through different obstacles, which involved lots of mud. At the end of the hunt we were greeted by teddy bears, waiting for the children to make them a new den. After den building, tree climbing and potion making, the children finished off in the mud kitchen to prepare for a birthday tea party for Chase and the bears.

After all that hard work, the children were invited to have refreshments. They involved pond water, goat's wee, beetle juice and mud biscuits! After many strange and uncertain looks from the children, they were assured that it was all just pretend!



Molly Mushroom explained to Year I that she was off on holiday to visit some woodland friends and that she needed their help. The children eagerly assisted her with packing her suitcase and were given a map of the woods to help them on their journey. Using the map, they guided Molly Mushroom to meet her first friend Carol Squirrel.

Taking shelter from the rain, we all had lunch in the Straw House. The sun came out just in time for us all to visit the animals and have a go at climbing the tree house. We all had a fabulous time and look forward to returning again.

*Miss Coxon, Mrs Scoggins, Miss Syder and Ms Thomson*



# Nursery News.

## Growing.

Spring has sprung in the Nursery garden with our growing topic. Last week the children planted some vegetables and fruit in the garden. Together we planted tomatoes, peppers, cucumbers and strawberries. We discussed how to take care of plants. We know that all plants need sun, water and nutrients to grow. We created some beautiful paintings of the fruit and vegetables we had planted for our display.

This week we focussed a more on vegetables and decided to make vegetable pizzas. We each cut up mushrooms, peppers and tomatoes and added onions and sweetcorn to our pizzas. We talked about how each of the vegetables grow - on trees or underground - and the importance of healthy eating. As a treat we ate our pizzas for lunch. They were delicious and there were many empty plates!



## Nursery Star of the Week ★

Nursery Star of the Week Award goes to Autumn, who has grown in confidence and is trying new things. Well done Autumn! Have a wonderful time with Dotty and remember to brush her teeth before bed!

*Miss O'Mara and Miss Butcher*

# SPORTS ROUND UP

## Swimming



### SWIMMING

In between the various trips this week we managed to fit in a sporting fixture. On Tuesday afternoon the Under 9 team competed in the Langley Preparatory School Swimming Gala.

The girls team - Honor, Matilda, Rachael and Skye - swam a series of fantastic races and just missed first place a couple of times.

The boys - Alex, Archie, Freddy and Nathan - won first place in the relay event. It was an excellent demonstration of our school value of teamwork. Additionally, Freddy won the backstroke and Nathan the individual medley.

Throughout the afternoon the children were an absolute credit to the school - enthusiastic, determined and beautifully behaved. My thanks as always to the many parents who supported our valiant team.

*Miss Goddard*

## Mascot Awards



This week's mascot winners, for best demonstrating Teamwork during this week, will be awarded at Tuesday's assembly, following the Bank Holiday.

## Open Morning



Kindly save the date for our next Open Morning on Saturday 21 May. Parents, grandparents and friends are all welcome to spend the morning with us and it is an opportunity for parents and grandparents to join their children in school for the morning. Invitation postcards will be sent out soon - be sure to pass them on to friends as this will be the last Open Morning of this academic year. We do appreciate your support.

## Year Four Trip



The Year Four trip, which returns this afternoon, will be reported in next week's newsletter.

## UNIFORM SHOP

Opening Times  
Tuesdays 8.30-9.30  
Thursdays 3.15-4.15

## PTFA

News Extra

Next daytime meeting  
Thursday 5th May at 9am at The  
Shed, Henstead Arts and Crafts  
Centre



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