



You are what you eat

19 May 2023

For those of you who missed the Instagram post earlier this week - here are a few details from the School Food Showdown which took place on Tuesday.

Our catering suppliers, Catering Academy, kindly arranged this roadshow and Years 2-8 packed our new hall; with the tiered seating providing a fantastic atmosphere!

It was great fun, but with a serious purpose - that being teaching the children to have a positive relationship with what they eat, make the right food choices and understand how food affects our mental health.

Following an incredibly informative Q&A, Chef Ben selected contestants to cook two dishes under pressure from the clock. 15 minutes to cook a Mandarin Chicken Stir Fry or a vegan Lentil Balti is a big ask. Team Red Chillis and Team Green Peas took on the challenge, these teams comprising of Y7 & Y8 boys expertly guided by Mr Satterthwaite and Mr Orme.

You could barely hear yourself think, let alone cook! However, in true Masterchef fashion they managed to get 'something on the plate'. Following what can only be described as a 'dissection' by the audience - it was time to vote.

Team Green Peas took the title, by a whisker! Here's what the common room sous chefs had to say:

Let's cut to the cheese. It was a hard-fought competition but another one bites the crust. Thank you to Chef Ben for pudding up with our cooking skills. Both meals were excellent and done in under 15 minutes- a-maizing! Mr Orme and the Year 8s, you're just simply the zest! Mr Satt

Winner, winner, chicken dinner! It was so pleasing to see Mr Satterthwaite wolf down a big slice of the Green Peas' signature dish - Beautifully crafted, glazed and wonderfully rich, Humble Pie. We couldn't help but feel a pinch of sympathy, and a tablespoon of compassion for the Red Chillies, as the dish they produced was also superb. Thanks, Chef Ben, for a fab morning! Mr Orme





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Mental Health Awareness Week

As part of our continued commitment to mental health, this week we took part in Mental Health Awareness week. The theme was anxiety. The week began with very informative assemblies on worry and anxiety; recognising that a certain amount of worry and anxiety are a normal part of life and providing ways of recognising when you or someone you know might need some extra help.

Pupils were then encouraged to talk about the sort of things that make them anxious - exams, performing on stage and in concerts, and, for some, even school and the pressure of expectations. We then encouraged them to think about how they can safely regulate these emotions. Particularly popular grounding activities were the 5-4-3-2-1 coping strategies for anxiety and the Worry Monster that seems to have taken over the Junior School!

Our focus is always on positive mental health and how to regulate mood and emotions safely. We recognise that it can be difficult to tell the difference between 'normal' worries and anxieties and potentially more serious mental health issues. We always encourage our boys to talk to someone they trust - it doesn't matter who they talk to - the important thing is to share how you are feeling. Sometimes it can be easier to talk to an adult you don't know and ChildLine (08001111) and Young minds (www.youngminds.org.uk) are always there to help.





Mental Health Awareness Week





Everyone is a Winner in House Music

Thursday's House Music Final was the culmination of many auditions - through which Mrs Minter had the difficult task of selecting eight final acts to perform live

I mention this last important factor, since it is one thing practising in your bedroom - but, a different thing altogether playing in front of the whole Senior School. With this in mind, Mrs Minter quite rightly said that they were all winners!

However, the baying crowd wanted a competition - the very serious matter of (considerable) House Points being on offer.

The standard was incredible. Mr Wolf and I judged - our criteria included performance, expression and technical ability - what I can say is that every act entertained! Whether it was Bach or Muse the audience was captivated, and every performance's end was greeted with spontaneous applause!

The judges decreed that Daniel Earl and Henry Wang could not be separated on the score sheet and were awarded joint third; Thomas Diringer (reprising John Lennon!) was awarded second place - leaving the double act of James Earl and Adam Webb to take the top spot.

As mentioned above, congratulations to all who auditioned in the first place and especially to the finalists - you are all winners!





Hampton Maths Wizard Competition

We are thrilled to announce that four exceptional students from Year 5, Edward, Angus, Seoras, and Henry, represented our school at the highly competitive Hampton Maths Wizard Competition held at Hampton School on Wednesday. This challenging event featured five rounds of difficult problem-solving, testing the students' mathematical skills to the fullest.

With approximately 17 schools participating, our team faced stiff competition from talented young mathematicians across the region. Despite not clinching the top prize, Edward, Angus, Seoras, and Henry showcased incredible resilience, teamwork, and problem-solving abilities throughout the competition. They approached each round with enthusiasm and tackled the complex problems with unwavering determination.





Scooter Workshop

On Thursday, Year 2 had their Scooter Training and learnt some invaluable lessons about keeping safe on the pavements when scooting around- there are lots of things to look out for! The boys particularly enjoyed playing 'Grandma's footsteps' and learning how to do an emergency stop.

I liked scooting in a big circle around the playground - Zachary A

I enjoyed pushing and gliding - Sebastian

My favourite part was weaving around the cones - Charlie

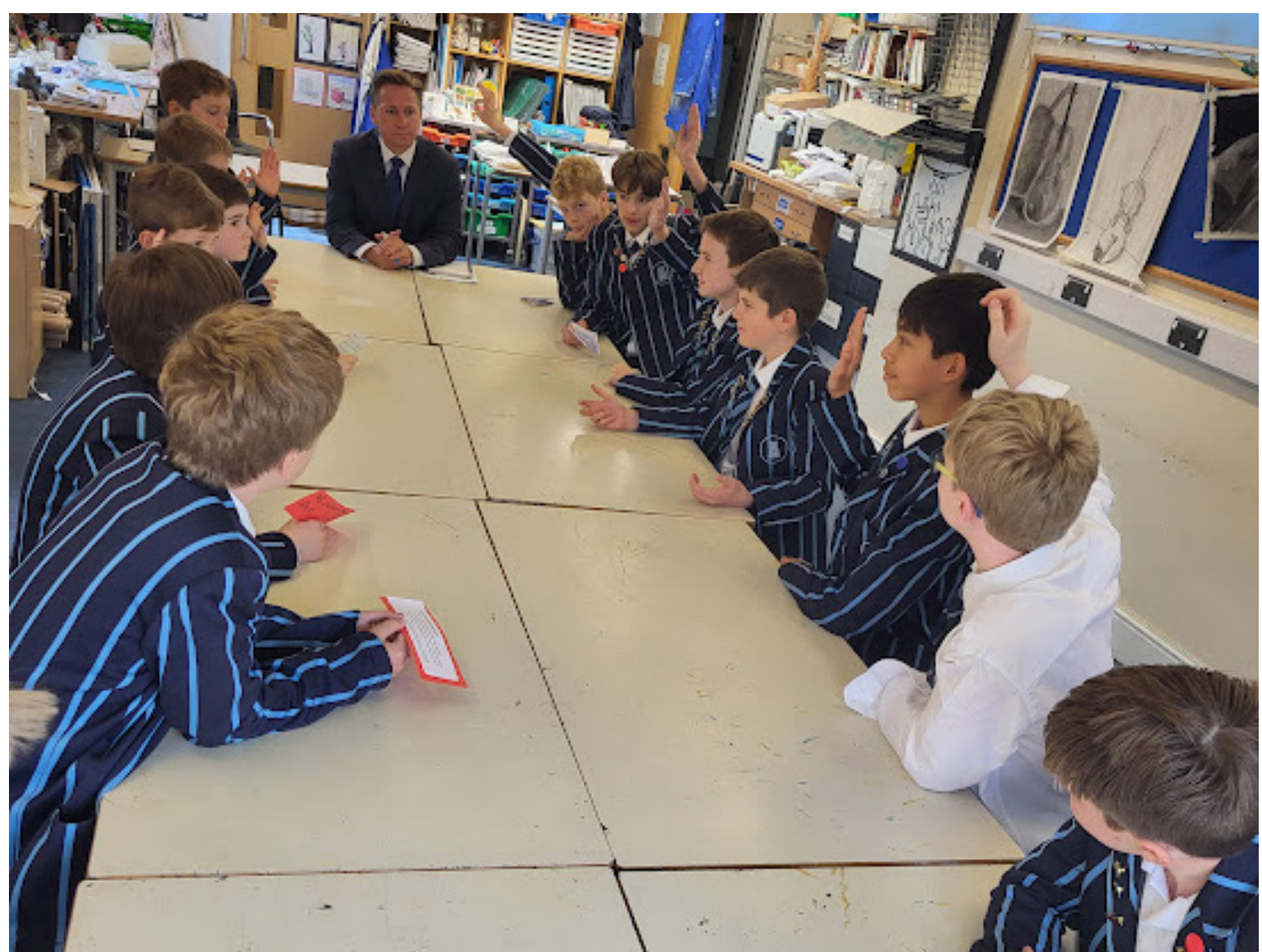




School council From Mr P

It was as ever a fantastic opportunity for our boys to represent their respective classes with some wonderful ideas that the pupils would like to see put in place to enhance their daily lives. As ever there was a great deal of debate, discussion, and fantastically articulated ideas from Year 3-Year 8 boys alike.

As ever food was prevalent on the minds of many and we look forward to seeing some different pasta sauce options and sandwich fillings in the coming weeks; a fabulous suggestion for a new fence to prevent balls rolling into the new mini bus area was put through, watch this space; as was an idea of regular litter picking duty on rotation of classes by the boys; some new cricket equipment will be provided by the sports department shortly; and reorganising of the boys lockers will be sorted. These are to name but a few of the great ideas that were discussed and voted through. Thank you to all the boys that contributed.





Cricket & Sports Day From Mr P

Another hectic week of cricket fixtures and some more fabulous results. Our 1st team continued their super start to the season with another win against Kingswood in a really close match. There was also a brilliant win against Kingswood for our 3rd team and the 2nds when down to their second single figure runs defeat but showed a huge amount of improvement.

Further down the school on Wednesday the U11 A team played out a thrilling tie (a very rare feat in cricket) against Twickenham Prep while the B team lost by the narrowest of margins. Sadly, the U10 game was lost to the weather last Friday but I am delighted to report that in their first ever cricket fixtures our U9 boys managed 2 great wins against St Philips; brilliant work Year 4.

Plenty more cricket matches to report on next week and wishing all the boy's good luck and strong performances this Sunday when many are taking part in Triathlon competitions either at the Restless Triathlon event or the IAPS Triathlon. We look forward to reporting on this in next week's newsletter.

Finally, please take note of the details below regarding timing for Friday's sports day and the info sent in the separate letter from me earlier today.

Meanwhile, many Senior School pupils enjoyed a film night in our new hall - organised by FOTH - many thanks to all concerned.





FOTH Summer BBQ!

Tickets are now on sale for our Summer BBQ on Thursday 29th June. Expect fun games, giant inflatables, a delicious BBQ, raffle and of course a well stocked bar to enjoy!

Tickets, pre-paid tokens and raffle tickets available via WWW.FOTH.ORG.UK

FOTH needs your help...

The hugely popular toy tombola stall is in need of new/nearly new toys, games, books, puzzles, gadgets and more to keep 4-13 year olds entertained. Any donations are greatly appreciated!!

New for this year is a kids fancy dress stall so we are looking for any unwanted boys and girls fancy dress.

Donations for both stalls can be dropped off in the boxes either outside the school office or by the junior school entrance.

Many thanks

The FOTH Team

FOTH BBQ

THURSDAY, JUNE 29, 6-8.30PM
AT BARNES HOME GUARD

**FOOD
DRINKS
GAMES**

**HOG ROAST, BURGERS, HOT
DOGS, SALADS, ICE CREAM,
RAFFLE, INFLATABLES & PRIZES.**

PURCHASE TICKETS ON FOTH.ORG.UK
CASH/CARD PAYMENTS AND TOKENS ACCEPTED



Message from Mrs Maxwell - Librarian

We have a number of overdue books, please can you look at home and send any in with your boys. Many thanks.

Summer holiday 2023 touch typing courses for 7 - 16s

Twickenham: 10 - 13 July; 17 - 20 July

Kingston: 24 - 27 July; 29 Aug - 1 Sept

All sessions are 10:00 - 12:15 pm daily

Beginners, improvers and advanced typists are warmly welcome.

We mix formal technique and games to make learning effective and fun.

Cost £160.00 Child care vouchers accepted. (10% sibling/ bring a friend discount) More info from sarah.holt@typingscool.co.uk

Apply at www.typingscool.co.uk

Survey Fatigue

Many thanks to everyone who shared their views about the school via the recent RSAcademics survey. The governors and I look forward to reviewing the results.

Meanwhile, TfL are planning to change arrangements on the arterial roads that feed THS and yours views are once again invited.

TfL are looking to press ahead with proposals to REDUCE SHEEN LANE NORTHBOUND TO ONE LANE and have opened their consultation, ending on Thursday 29 June.

Whilst the proposals are generally positive and include the recommendations from local residents to improve safety for pedestrians and cyclists, TfL have proposed relocating the existing loading/disabled bay from inside Milestone Green into the road which constricts Sheen Lane to one lane.

Please provide your views in the consultation <https://haveyoursay.tfl.gov.uk/east-sheen>

These proposals seem to inevitably lead to difficulties exiting from Sheen Lane particularly when the traffic is stationary on the URR in both directions or when school coaches are manoeuvring.

There is a free text box (BOX 8) in the consultation to express your views about this. Many thanks in advance.



UPCOMING EVENTS

Monday 22nd

- 10.40: SS +Year 3 assembly - Karate demonstration

Tuesday 23rd

- 8.30: Year 8 first dose HPV vaccinations
- 10.30 New reception class stay and play
- 2.30: U10 A/B v Eaton House (A)

Wednesday 24th

- 9am: Junior school house music competition finals
- 2.15: 1st/2nd/3rd v St Philips (A)
- 2.30: U11 A/B v Kingswood (A) Please Note new time and extra fixture, 8 a side

Thursday 25th

- 3.30: Year 5 York parent briefing - New Hall
- 4pm: Year 5 charity 'Show' - New Hall
- 3.30: Year 4 Flatford briefing - Lab

Friday 26th

- 8.30-10.30: Junior school sports day
(Junior boys to arrive from 8.15am at Sheen Common, Fife road East Sheen, in PE kit & school blue cap with a bottle of water please).
All can go home after sports day has finished.
Senior school boys come to school in PE kit/blue cap/water, tracksuit top
- 10.15: All Senior staff and boys line up to walk to Sheen Common
- 10.45-1.30: Senior sports day. All can go home afterwards
- 1.45: Staff v Parents cricket match

Have a lovely weekend!

Mr Gregory Evans, Headmaster