

Celebrating 60 Years



1957 **Hall Grove** 2017

Newsletter 585 – 15th September 2017

The new lighter-weight bags issued by the school at the start of term seem to be proving a success. As previously stated, the regulation grey bags will continue to have their uses over the year. The school is concerned about the weight of bags carried by children and the damage that can be done to young backs. The views of a leading local chiropractor (see below) confirms our decision to monitor the weight and size more carefully.

The school apologises for the difficulties on the school drive on recent sports match afternoons; we were caught out by the number of visitors and we shall do our best to address the problem.

We thank parents for observing the ruling that they do not escort their children to classrooms in the morning. This is for the children's safety. This applies to the pathway down the gardens, it is not for public access.

Lightweight School Bags

Lara Cawthra, founder of Hands on Health, the Family Chiropractor in Camberley and Fellow and Chair of the Paediatrics Specialist Faculty of the Royal College of Chiropractors explains why having the right school bag is so important.

“Children can injure their backs very easily by carrying a heavy back pack for too long, or using one that is too large for their frame. While they are growing it is very important to make sure they take care of their spine and get into good habits early on. To help prevent injury, check the fitting of your child's new school backpack and adjust the straps and buckles to ensure they are supporting the total weight of the contents. School can be a challenging time for children, so ensuring they are as comfortable as possible is important to their physical and mental development.”

The following tips can help make sure your child's back pack is fitted correctly:

1. Make sure they wear both shoulder straps – if the weight of the bag is always on one shoulder, it can lead to scoliosis or curvature of the spine longer-term. The backpack should be in the middle of the back (if too high it may also cause increased stress on the neck) so the shoulders are not pulled back by the weight of the contents.
2. Check all straps to make sure they are at the correct length for your child. The pack

DIARY REMINDERS

Monday 18th September
Year 7 to Battisborough

Thursday 21st September
0835 6MW Assembly

Friday 22nd September
Year 7 return from
Battisborough

Saturday 23rd September
0900-1130 Senior Schools Fair
0900-1100 OSCAR
Foundation Football Coaching

Tuesday 26th September
0835 5GH Assembly

Wednesday 27th September
Pre-School Parent Interviews

Thursday 28th September
0835 7LS Assembly
Pre-School Parent Interviews

Friday 29th September
Gillman & Soame Individual
and Sibling Photographs
1900 Years 7 & 8 Parents Curry
Night in aid of the OSCAR
Foundation

Friday 6th October
0810 Macmillan Coffee
Morning

Friday 20th October
0930 - 1130 Hall Grove Open
Morning

should sit in the middle of the back and not come down lower than the hollow of the back. It should not be wider than your child's chest.

3. Make sure that when full the backpack is never heavier than 10% of your child's weight. When packing the bag, put heavy items at the bottom to distribute the weight evenly.
4. Encourage them to clear out their bags regularly to make sure it doesn't become a portable locker or an extension of their sports bag! Try to make sure they only carry the books they need for that day.

Finally, look at your child side-on when they are wearing a full backpack and make sure their shoulders are not hunched forward or pulled backwards. If either of these are happening, adjust the straps.

If your child complains of back pain your first line of defence is a wrapped icepack placed over the affected area for no longer than 10-15min at a time. If the problem persists, have them assessed by a chiropractor or qualified health care professional.

Lara Cawthra, BSc. MChiro. MCSc(Paed.) FRCC(Paed.)

Individual and Sibling Portraits - Friday 29th September

Gilman and Soame, the school photographers, are coming into school on Friday 29th September to take individual and sibling group photographs of the children. Please make sure that the children are looking smart on the day with the boys wearing their shirt, tie and blazer and the girls in their Winter uniform.

Reminder: Book Fair

- Please return the slip with a cheque made payable to "Hall Grove School Ltd" by Monday 18th September. **Please do not staple the cheque to the order slip.**
- Alternatively, you may wish to give your child the **exact** money (no change can be given) in a **named and sealed envelope** and they may purchase books between 1100 and 1120 on any day next week.

If you have any queries please speak to your child's form teacher or to me.
Louise Skinner (l.skinner@hallgrove.co.uk)

Congratulations Footsteps Tap classes!

Congratulations to the pupils in the Footsteps Tap classes who took their I.S.T.D Tap dance examinations in July. The results arrived during the holidays and we are delighted that they all passed achieving the following:

Pre Primary Tap

Distinction: Penelope Gunbie, Layla Kadyan, Israh Mogul

Primary Tap

Distinction: Marco Lindeque, Elizabeth Naylor, Emily Swanson, Ella Terry

Grade 1 Tap

Distinction: Lula Allams

Merit: Eleanor Gunbie, Amber Kelsall

Grade 2 Tap

Distinction: Emily Armitage

Merit: Tabitha Tonkin, Emily Wolfe

These are a super set of results. Well done everyone!
Miss Stein

Footsteps

If you would like your son or daughter to join Footsteps dance classes here at Hall Grove

ABSENCES

If your child is unwell, then please call 01276 473059 (option 1) or email office@hallgrove.co.uk

TERM DATES

Autumn Term 2017

4th September - 15th December

Half Term:

21st October - 5th November

Spring Term 2018

8th January - 23rd March

Half Term:

10th - 18th February

Summer Term 2018

23rd April - 6th July

Half Term:

26th May - 3rd June

NEWSLETTER ATTACHMENTS

Don't forget to follow us on Twitter! @hallgroveschool @hallgrovesport

we still have a few spaces available in the Tuesday Tap and Thursday Ballet lessons. Please email Miss Stein at Fiona@footsteps.biz for further information.

New Footsteps Club for Year 5 - 'Tap to the Musicals'

Come and meet those dancing feet on Thursdays from 1630 - 1715.

A fun class learning Tap routines from the musicals such as Bugsy Malone, Annie, 42nd Street and Stepping Out, to name but a few. This class is suitable for children with dance experience.

For further details please email Miss Stein at Fiona@footsteps.biz

Senior Schools Fair - Saturday 23rd September

All parents are welcome to our Senior Schools Fair on Saturday 23rd September, from 0930 - 1130 in New Hall.

Hall Grove Open Morning – Friday 20th October

There will be an Open Morning taking place on Friday 20th October from 0900 - 1130. It is intended for prospective parents so we should be grateful if you would inform friends and work colleagues who may be interested in sending a child to Hall Grove one day.

Music

This week has seen all our peripatetic teachers return for the start of the school year, and deliver the first full week of instrumental lessons.

Please make sure your child is regularly checking the music timetable board for information on which day their lesson is and what time.

Instrumental Lessons Open Week

In a fortnight's time (Week 4) we have our Instrumental Lessons Open Week. During this, parents are more than welcome to come into school and watch their child's lesson. If you would like to attend a lesson, please contact the instrumental teacher directly and when you come into school, sign in at Reception before making your way up to the Music Department.

Informal Concerts

Our first Informal Lunchtime Concert of the term will be an Informal Piano Concert on **Friday 29th September**. If your child has a piece they would like to play and learns at Hall Grove, they will be entered by their peripatetic teacher. If they learn outside of school and would like to play, please email Miss Post by the Tuesday of that week.

Sport

Weekly Review

Fixtures for the boys and girls got underway this week - every boy and girl available for matches in Years 5 to 8 has played a school match in either hockey, football or cricket. The Under 9 and 8 boys had their first football matches of the season. Not all the results went our way but it has been an encouraging start to the sporting year and the enthusiasm shown by the pupils was great to see. A couple of highlights involved the 1st XI, who last Saturday won the Hall Grove Football Tournament against five other schools on our fixture circuit. On Thursday, they won their match against King's House in the first round of the Surrey Cup. The senior boys had a very good afternoon against Hoe Bridge on Wednesday with wins for the 2nd, 3rd and 4th XI. The Under 9 boy's football teams followed suit on Thursday with five wins out of seven. The girls played very well in their opening games against very strong opposition. The most notable performances coming last week against Danes Hill, where they achieved two wins, one draw and a loss.

Boy's Games Notices and Reminders

Saturday 16th September

Football v Woodcote

1430 U13 A and B and U11 A (away) Meet: 1350 at Hall Grove

Sunday 17th September

Cricket v Sunningdale

1400 U13 A (home)

Meet time: 1330

Girls' Games Notices

Saturday 16th September

Hockey v Cheam Prep
1430 U13 B and C (home) Meet time: 1400
1430 U11 A and U11 B (away) Meet time: 1300

Additions and Amendments

Wednesday 20th September
Hockey v Edgeborough
1430 U11 A (home)

Saturday 23rd September
The U10 A St Georges Hockey tournament has been cancelled.

OSCAR Foundation Fundraising Events

<http://www.streetfootballworld.org/network-member/oscar-foundation>

As part of our ongoing fundraising activities for the OSCAR Foundation's visit to Hall Grove, the Year 8 pupils will be running coaching sessions for pupils on the Saturday mornings published below. There will be a charge of £5 for the session on the day, all of which will go to the charity. Refreshments will be available to spectators and pupils with small donations in aid of the charity suggested.

Please [click here](#) to register your child.

Saturday 16th September
0900 Years 1 and 2
1000 Years 3 and 4

Saturday 23rd September
0900 Years 5 and 6

Reminder: BEVAP Textiles

Following the success of the denim whales, thanks to your kind donations of old jeans, Mrs Allams and her new Y8 group have decided to follow a similar format for their 2017 project.

This year, we ask you to kindly rummage through your cupboards and send in any bedding/sheets/duvet covers/pillow cases that are surplus to requirement.

Ideally, (forgive the bare-faced cheek) we would prefer plain cotton, though we will not be fussy about thread count! We can accept small patterns but no pictures please. Keep your old Star Wars covers for guests...

Thank you in advance for any donations. The energy in the first lesson looks pretty promising so we are looking forward to impressing you with our boutique style up-cycled products. Thank you!

Mrs Allams

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Pledge for Charity CD

Mrs Graham was delighted that so many children and staff spotted her singing with the Games Maker Choir on television at the Opening Ceremony of the World Championship Athletics Finals and also at Twickenham. Her choir is one of 11 to make a charity CD and is being backed by Sir Paul McCartney.

She would be thrilled if anyone could pledge to buy the CD or online music - please see website for flyer.

BERKS COUNTY COBRAS

Berks County Cobras are looking to recruit new players to join their team. Currently playing in the U13 EBFA Saturday League, the focus is on fun, friendship and fitness. Our home ground is Royal Holloway College and we train during the week at Charters Leisure Centre. If you're interested in joining our team we're hosting an open trial:

Venue: Royal Holloway Sports Centre, Prune Hill, TW20 OEX

Date: Sunday 24th September

Time: 5-6pm if you can't make this date, but would like to know more, please email karinclark@mc.com or

www.berkscountyfc.com