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Create, Aspire and Excel
to 'Live life in all its fullness' (John 10:10)

Message from the Principal

Welcome to this week's edition of our newsletter. I do hope that you have had a good week. I am sharing some important news this week as my main item in this newsletter.

I write to inform you that, after nearly 15 years as Headteacher, when the school was called Chesham Park Community College, and more recently as Principal at Chiltern Hills, I will be leaving at the end of the academic year. I intend to have a short break and then to develop my own work in educational consultancy.

It has been a privilege to lead such an amazing school and I will miss working with such a great group of staff and students. I have always enjoyed coming to work and there is not a day that goes past when I do not witness the talents, skills and enthusiasm of our students in some way or another. It is watching young people grow and develop, achieving their potential, realising their ambitions and becoming responsible young adults and citizens that drives every teacher and it has been a great pleasure to contribute to making this happen for so many students here in Chesham.

I shared this news with staff earlier in the week and I will hold a full assembly on Friday morning to share this with the whole school community. We have a great deal to do over the next two terms to ensure that our current group of students achieve as well as so many who have gone before. I can assure you that we are all completely focussed on making this happen and, whilst a change of Principal can be unsettling, I will be focussed on ensuring that we continue to provide the high standard of education that you, as parents, would expect from us.

You can rest assured that my leaving has been shared with our Governors before this announcement to you and there is already work underway to plan and prepare to recruit the best possible person as the new Principal for Chiltern Hills Academy.

I look forward to seeing you at the various school events that will take place between now and the end of the academic year and I would like to thank you for your continued support of the school.

Message from the Chair of Governors

Following on from Mr Patrick's announcement that he will be leaving at the end of this academic year, it is now the responsibility of the Governing Board to recruit a replacement. The Oxford Diocese have a well-documented process to follow and we have already started this process. We do get advice from education experts during the recruitment process and are pleased that the Diocese have made available Tony Wilson, the Director of Education, to support us; including in the shortlisting and interview days. During the rest of this term we will be creating the various documents that are needed before an advertisement can be placed in January. The aim is to recruit a new Principal during the spring term which allows the summer term to effect a handover. Where possible we will be asking parents for their views during the process.

Andrew Brown
Chair of Governors

Dates for the Diary

Date	Event	Email address
24 November	Y9 to Y13 trip to Aylesbury Theatre to see <i>The Play that Goes Wrong</i> , 6.00 to 11.00pm	pleathers@chacademy.co.uk
25 November	Sixth Form Options Evening, 6.30 to 8.00pm	lharman@chacademy.co.uk
29 November to 10 December	Y11 and Y13 Mock Examinations	tdell@chacademy.co.uk
30 November	CHAPTA meeting, 7.00 to 8.00pm	chapta@chacademy.co.uk
2 December	Service for parents, staff and students 3.45 to 4.10pm, refreshments available in atrium from 3.30pm	wsanders@chacademy.co.uk
3 December	Y13 UCAS deadline	lharman@chacademy.co.uk
9 December	Y12/Y13 Parents' Evening via SchoolCloud, 4.00 to 7.00pm	lharman@chacademy.co.uk
10 December	Christmas Jumper day (Save the Children)	lharman@chacademy.co.uk
13/14 December	Y10 Pantomime performance for Primary schools (hall), 9.00 to 11.00am	smitchell@chacademy.co.uk
16 December	Christmas Concert at St. Mary's Church, 6.30 to 7.30pm	gupton@chacademy.co.uk
17 December	Last day of Autumn term (2), school closes at 1.00pm	
4 January	Inset Day	
5 January	First day of Spring term (1), 8.40am start	
10 January	Y13 Interview skills workshop (TBC)	lharman@chacademy.co.uk

Safeguarding

The following link provides interesting information from the NSPCC about child mental health and wellbeing:

<https://learning.nspcc.org.uk/child-health-development/promoting-mental-health-wellbeing>

Christmas Dinner for students

We are pleased to inform you that Caterlink will be offering a traditional Christmas dinner for our students. Choices will be available to view on ParentPay and include a vegetarian option. The cost of the Christmas dinner is £2.50 per student, payable via ParentPay. Please note that this is a separate payment item. Christmas dinner cannot be purchased through the normal Dinner Money item on ParentPay, so please ensure you select the correct option. When paying, please comment in the 'Notes' box whether your child would like a 'Turkey' or 'Vegetarian' main meal, food will be ordered specifically for them. Please also use the Notes box to state any allergies. Please state None if this is the case. Students in receipt of free school meals who would like the Christmas dinner will receive an email from the school with a link to the menu selection.

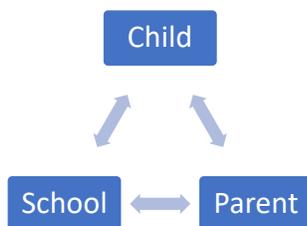
If your child has dinner from the 'Grab & Go' counter on these days and not the Christmas dinner, then food can be purchased in the normal way with funds coming from the Dinner Money payment item on ParentPay. Please ensure that your child's account is topped up in the normal way. For those in receipt of free school meals who do not reserve a Christmas dinner, a meal deal lunch will be available at the Grab & Go counter. Party hats and squash will be available on each table for students having Christmas dinner. The closing date on ParentPay is **Sunday 28 November**. No orders will be taken after this time.

Christmas dinners will be served during the week commencing 6 December 2021. As soon as we know the demand for Christmas dinner, we will confirm the days each year group will be participating.

Learning and Teaching

Supporting Your Child's Learning in Year 7 and 8

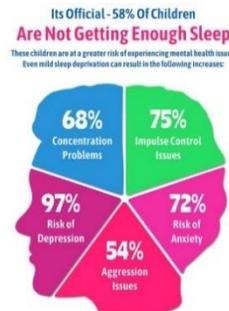
This week's focus is on Supporting Your Child with Homework, and the curriculum focus is Science.



It is essential for your child's well-being that they get enough sleep.

Sleep Experts acknowledge that sleep plays a significant role in brain development; it is, therefore, important for children to get enough sleep as their bodies grow and mature. In addition, sleep is crucial for children - it is while they are sleeping at night, they release a hormone that is essential for the growth spurt during puberty.

How many hours of sleep should your child be getting, and why is it so important? See the chart below for recommended hours of sleep according to age.



Child's Age	Recommended Hours of Sleep	Ideal Bedtime
3-4 Year Olds	11½-13 Hours	6:30pm - 6:45pm
5-6 Year Olds	10¾-11½ Hours	7pm - 7:15pm
7-8 Year Olds	10¼-11 Hours	7:30pm - 7:45pm
9-10 Year Olds	9¾-10½ Hours	8pm - 8:15pm
11-12 Year Olds	9¾-10 Hours	8:30pm - 8:45pm
13-14 Year Olds	9-9½ Hours	9pm - 9:15pm
15-16 Year Olds	9 Hours	9:30pm - 9:45pm

It can be challenging to encourage older children to have a regular bedtime but it is essential to try. Sleep plays a significant role in brain development and in our brain's day-to-day ability to function. Lack of sleep makes it harder for us to concentrate; we can become forgetful, irritable, tearful and become increasingly prone to being clumsy and making mistakes. Furthermore, experts have attributed lack of sleep to problems with behaviour, weight gain and children not making the academic progress that they should. The right amount of sleep is just as crucial to your child's development as eating healthily and exercising regularly.

Your son or daughter may start to stay up later in the evening, maybe chatting to friends online, playing games on a console, watching TV or using their mobile phone. They will find it difficult to get up in the morning and will be tired or irritable during the day if they do not get enough sleep. Limit your child's use of the internet, games consoles and television in the hour before they go to bed – and ideally, don't allow your son or daughter to have a computer, console, mobile phone or a TV set in their bedroom. This can be difficult to follow through on, as often our children see these actions as taking away some of their freedom but they do not realise that they are cutting back on their sleep. Talk to your child - if they find it difficult to get up in the morning, suggest (and enforce!) earlier nights. A routine can be hard to implement, but you can make your older child's bedtime an opportunity for some quality time with you, just as they may have done at primary school. Why not make it a regular habit to have a short end of day chat with them before they put the light out?

Just thirty minutes of extra sleep can lead to significant improvements in your child's moods, health and academic progress. For example, research has shown that children who are successful in their exams get approximately 27 minutes more sleep a night than their peers who do not do as well.

If you require further information or support, please check out the following websites:

<https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/>
<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers>

Mrs S Keith
 Second in Dept/KS3 Lead – Maths
 Learning and Teaching Lead Practitioner

Curriculum Focus – Literacy

How to choose a book?

Choosing the 'right' book can be a daunting task. Students often learn about good books from other readers, their peers or their teachers. Many sites can help.

Here are two trusted sources that enable you to search by age and genre:

<https://www.booktrust.org.uk/books-and-reading/bookfinder/>
<https://www.scholastic.com/teachers/bookwizard/?search=1&filters=&prefilter=books&text=adventure>

To find a book at the 'right' level for your son or daughter, consider using this tool from the Lexile Framework. A Lexile measure indicates how easy or difficult a book is based on examining its vocabulary, grammar and sentence structure. Using this tool, you can ensure your child is reading books at a suitable level. Keep in mind that to read a text independently, students should recognise roughly 97% of the words.

<https://hub.lexile.com/find-a-book/search>

These sites also include titles for older readers which may cover contemporary issues. You may wish to check that the content is age-appropriate.

Feel free to contact ssiggins@chacademy.co.uk if you have any questions or wish to have further information regarding supporting your child with Literacy.

Mathematics

Homework

All maths homework aims to review and consolidate previous maths learning and encourage independent study, which are essential for successful academic study. Students should expect to be given approximately one hour a week of homework, consisting of at least two separate tasks – one written, which will be marked in class by your child and one online (MyMaths or MathsWatch), which is marked as your child completes the set task/s.



Further information regarding MyMaths and MathsWatch and ways that you can support your child can be found in the CHA Newsletter dated Thursday 16 September.

The Maths Department always give students a minimum of 48 hours to complete homework. Uncompleted homework results in a B2 (two behaviour points) as outlined on our School Behaviour Ladder and students are still expected to complete the outstanding task. If your child regularly does not complete their homework, this will be reflected in their Homework Grade in their Progress Check Report that is emailed home every term. If there is a genuine reason why your child cannot complete their homework, please inform your child's maths teacher, who will do as much as possible to support them with their homework.

Questions or Queries

If you have any questions or queries regarding the teaching and learning of mathematics at CHA, please do not hesitate to contact the following members of staff:

KS3 (Years 7 and 8): Mrs Keith at skeith@chacademy.co.uk

KS4 (Years 9 to 11) and KS5 (Years 12 and 13): Mr Raju at rvaddiraju@chacademy.co.uk

Year 12 Media Trip

On Wednesday 17 November the Year 12s went on a Media trip to look around the world renowned National Film and Television School in Beaconsfield and take part in a variety of workshops that the school was running. Many of the tutors at the film school commented on how assertive, motivated and engaged our students were. The trip has led to several students having a clear vision as to what they would like to do in terms of their future career pathways. Indeed, several of them took the opportunity to get the email addresses of the specialists we met to make imminent headway.

As part of Media, we often invite media specialist to talk to us on Teams in our lessons about their jobs and how this connects with what we are learning. A further opportunity, in relation to this can be seen below, please do ensure your child signs up as soon as possible as the places can go quickly.



IN CONVERSATION

9 December 5.00 to 6.00pm via Zoom:

In Conversation with Animation Director and Writer, Ed Foster

Animation Director and Writer, previously an NFTS Graduate and animation Tutor, Edward Foster works primarily in the field of series-based animation. Involved in all aspects of 2D animation production from initial ideas, script development, storyboards, animatics, voice records & sound mixes.

He has directed three series, a total of 102 episodes, including two half hour specials, of the BAFTA nominated pre-school show *Little Princess*, featuring a voice cast that includes Jane Horrocks, Julian Clary and Brian Blessed.

To find out more about Ed and his career go to his website www.ed-foster.com

To book your child's FREE place please go to our [Booking Form](#). There is no charge for any of these events and they will take place via Zoom. Links will be sent to those booked no later than 24 hours before each event. These sessions are open to all. Under 16s will need the supervision of an adult and log in using their account.

Go to the [events page](#) for details of all upcoming events. For more information on Access NFTS go to their [webpage](#).

Duke of Edinburgh

We are excited that we have over 60 students taking part in the Duke of Edinburgh's Award this year!

As mentioned in previous correspondence, there is a mandatory training session for all Duke of Edinburgh award participants, next Wednesday 1 December 2021.

The training session will take place in school, periods 3-5, and will continue after school until 4.30pm. This will be followed by an optional parents' information session between 5.30 and 6.30pm, where the award programme will be explained to parents and provide an opportunity for parents to ask questions and meet the team who will be heading up the Duke of Edinburgh's award programme in the school. There will be an email sent out in the next few days providing further details of the day and a link to a form for you to register attendance at the parents' evening.

Next Wednesday's training session will include the students forming their groups, learning about the expedition kit, campcraft including pitching tents and cooking on camping stoves, as well as planning the route for the expeditions being undertaken in May and July. The Silver Award students (Year 10) and Bronze Award students (Year 9) will be separate throughout the day to ensure the training is specific to the award level.

Please keep an eye out for the email with further details. If you have any questions, please email dofe@chacademy.co.uk.

Mr S Driscoll
Duke of Edinburgh's Award coordinator

Beyond Difference Social Event

Inter-faith week runs 14-21 November 2021 and so it is timely to introduce you to the work of a local inter-faith organisation, Beyond Difference. We are a group, run entirely by volunteers, which exists to promote knowledge, understanding and friendship between those of different faiths and world views.

On Tuesday 7 December at 7.00 pm in Chesham Town Hall we will be hosting a social event in which you will be encouraged to talk in small groups with others from different faith backgrounds about your experiences of the pandemic. It is hoped that this experience of listening and sharing, will be enriching and will enable you to reflect upon that which you have in common with others from different faiths.

It will be interesting to learn how the different faith groups all responded to the pandemic; some ways will have been specific to the demands of a particular faith, but other ways may resonate across all faiths. By sharing your story about some of the challenges and joys that you experienced during this time you will be enabling others to learn more about what your faith means to you. The aim is for everyone to feel comfortable and to enjoy sharing as much or as little as they like about themselves and their faith. We are all here to learn and to be supportive of each other. We recognise that we have each had different experiences and we want to celebrate our differences and yet also celebrate that which we all share in common. If you are in sympathy with these aims, then you are most welcome. Attendance is free but donations would be greatly appreciated.

If you require any further queries, then please do not hesitate to email: info@beyonddifference.org

Beyond Difference

PANDEMIC RETROSPECTIVE?

Come and discuss with others of different faiths what we have learned so far

SOCIAL EVENING

7.00-9.30pm
Tuesday 7th December
Chesham Town Hall
info@beyonddifference.org

Beyond Difference attempts to connect faiths, beliefs and philosophies throughout Chiltern and South Bucks. We aim to find common ground and promote harmony in the community by sharing knowledge and developing friendship, trust and understanding.
If you share these views, please join us.

Attendance is free but donations are greatly appreciated.

Seasonal Concert

CHA student, Clara Dale in 8BMF, will be singing "Walking In The Air" at the Elgiva on 13 December, from 7.00 to 9.00pm. She will be joining Chesham's very own orchestra in residence, The English Sinfonia. So come and enjoy some Christmas cheer in the form of a seasonal concert for all the family.

Principal: Mr K Patrick MEd
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**ENGLISH SINFONIA
CONCERTS AT
THE ELGIVA
2021**

DECEMBER 13TH

A WINTER WONDERLAND

Corelli: Christmas Concerto

Ireland: The Holy Boy

Tchaikovsky: Excerpts from Swan Lake

A selection of carols

Interval

Blake: 'Walking in the Air'

Elgar: Sospiri

Clarke: Combined carols

Holst: St. Paul's Suite

A selection of carols

English Sinfonia is one of the earliest established chamber orchestras in the UK and well-known for their expert and engaging interpretations of British music.