

# KAS Connected



Jackson



Eva

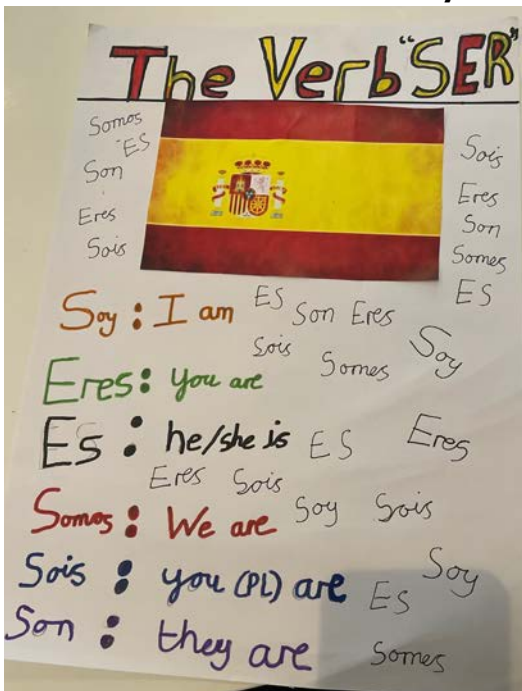
## TO BE OR NOT TO BE

Y7 got creative to help them learn some new verb endings.

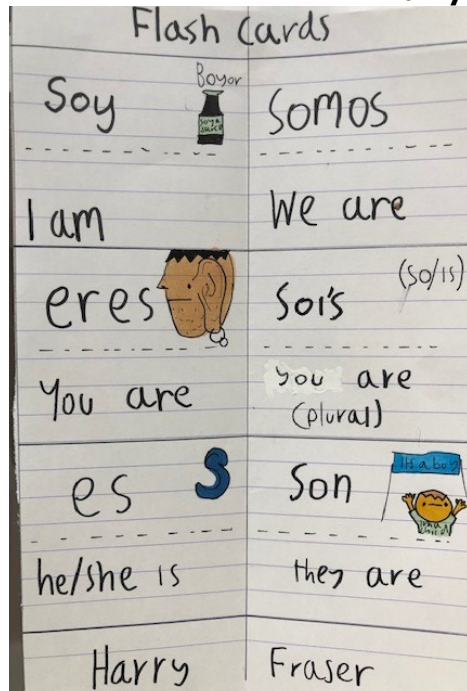
Spanish teacher Sandrine said: "My Y7 Spanish class were tasked with creating something that would help them memorise all the endings of the verb "ser" (to be) in Spanish. It could be a poster, flashcards or any other visual aid.

Many of them tried to link the endings to other sounds to memorise them and there was some fabulous looking efforts. Here are just a few."

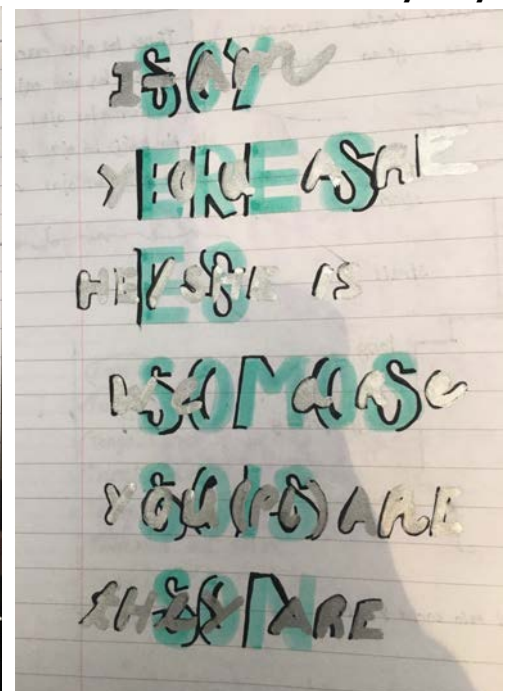
Jayden



Harry



Cydney



# Mental Health Week

1–5 February



## MONDAY—CALLOVER

Fiona Parsons & School Six introducing Mental Health Week  
Pat Leacock on wellbeing life hacks in lockdown

## TUESDAY—CALLOVER

Claire Murphy and school dog Alfie on the mental health benefits of pets  
Bring your pet to lessons day

## WEDNESDAY—FORM HOUR SPEAKERS

Y7 - 8 speaker Cynthia Rousso - The Four Pillars of Mental Health: What they are and why they really matter

Y9 - 13 speaker Jeremy Thomas - How to Stay Sane in an Insane World

## FAMILY YOGA

4.15pm Zoom yoga with  
Dr Kiki Morriss

## THURSDAY—CALLOVER

Fay Crowther on the impact of place and movement on mental health

## PARENT WEBINAR

7PM Cynthia Rousso—  
Emotional Intelligence:  
What it is and why it  
really matters

## FRIDAY—CALLOVER

Wear yellow to support Young Minds  
Robert Lobatto on mental health and wellbeing

## CHILDREN'S MENTAL HEALTH WEEK

Next week in the Upper School we're focussing on mental wellbeing with a week of activities and talks looking at different ways to support ourselves and each other.

Look out for an email with zoom links to the parent talk and family yoga sessions.

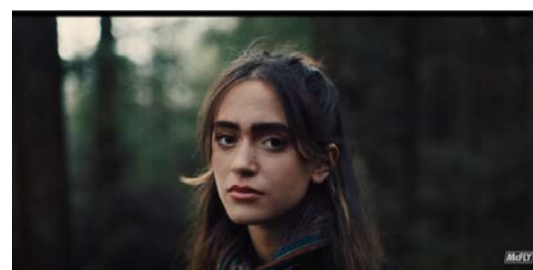
## SCREEN TIME FOR TALENTED SIXTH FORMER

Y13 Drama student Natalie can currently be seen starring in the new McFly video for their song 'You're Not Special'.

[You can see it here.](#)

Natalie said: "The video was really fun to shoot, we went out to the Lake District in early December when it was snowing and really cold. We were out there for four days in a big van shooting in the mountains, and the whole crew stayed in a big country house together. It was a really good experience and hopefully there's more to come."

**Natalie O-C, Y13**





# FAMILY CHALLENGES



*For Fun or Competition*

KAS JUNIOR PARK RUN



Choose a 3km distance in your area, and walk/run or race the distance! Use your phone, a stopwatch, or a watch to time how long it takes you, and submit your results by scanning the QR code and entering your results! *For the more competitive, you can opt for your results to go into the Park Run League.*



*KAS Community Challenge*

HOW FAR CAN WE TRAVEL?



Calling all Families! We need you. We are launching a Virtual Family challenge to see "how far" we can travel as a School. This includes Mums/Dads, Grandparents, and pets! Tell us how far you walk/run as a family on a weekly basis, and we will add it to our total.

To submit your distance, scan the QR code and complete the Form.

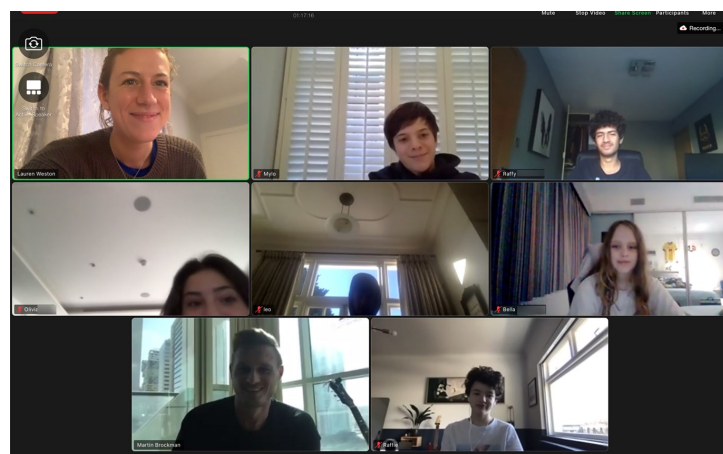
The PE Department want to help keep the whole KAS Community fit—have a go at one of their Family Challenges for some daily exercise motivation!

## KEEPING LESSONS LIVELY

Here are some Y10s interviewing **GB Heptathlete Martin Brockman**. He ran 100m in 11 seconds as one of his ten events!

Martin is now a high performance coach for the Qatari pre-Olympic team and the class put together some thought provoking questions including 'What motivates you to train?', and one for humour, 'Did you take drugs to make you faster?'

"I think the class enjoyed a break from their typical Anatomy and Physiology lessons, and were pleased to hear someone else's voice!"



**Lauren Weston, Director of Sport**

## POEMS AND PICTURES FROM YEARS 2 & 3

This week we've been wowed by the wonderful work from our Year 2 & 3 students. From acrostic poems to watery artworks inspired by Matisse, creating ideal communities and changing the view from their own windows—they are bursting with creativity.



Theo 3S

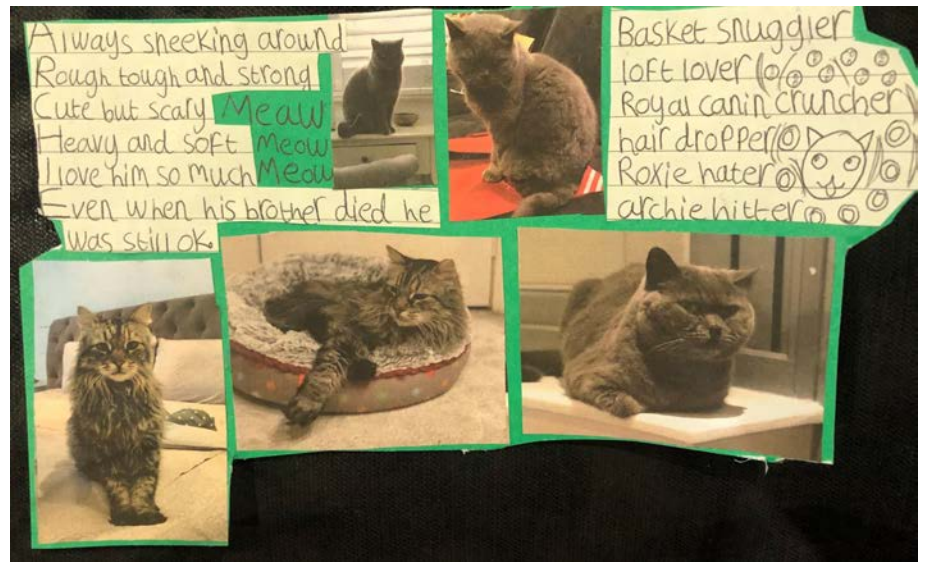
You can read all about their projects in the [News section of our website](#).



Grey 2K



Mars 2K



Ruby 3S

## ROBERT AND KAREN'S MESSAGE

Next week we will be putting the focus on wellbeing as we participate in Children's Mental Health week. We know from the results of our Upper School student survey that lockdown is not easy. While some students are thriving, others are finding it challenging to be away from their friends, their teachers and their school. We hope that the series of special callovers and talks from external experts, including our parent talk next Thursday evening, will give everyone sustenance, strategies and optimism. Our pastoral team continue to run their programme of wellbeing initiatives and student support, and our school counsellor Tracey is available for students to talk to, so no student should feel they have to deal with things alone. It is at times like this that we appreciate the power of our community, and the support we can offer to each other.

