



Cundall Manor School Newsletter // Week 17

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Lunchtime Concert

Thank you to all the performers in today's lunchtime concert. The parents who came to listen spent a lovely lunch time entertained by our talented pupils.



Cross Country

Congratulations to Kaitlin and Harry as they have been selected to represent North Yorkshire Cross Country team at the Northern Schools Inter-Counties Cross-Country Match this Saturday at Middlesbrough. We wish them luck!



Jorvik Centre

Form 6 enjoyed visiting the Jorvik Viking Centre in York. They found out all about how the Vikings lived, on the ride around the centre, and then took part in an Anglo-Saxon and Viking medicine workshop. Afterwards, they all enjoyed lunch at Pizza Hut in York!



Yorkshire Air Museum

On Thursday pupils in Form 4 went on a trip to the Yorkshire Air Museum. It was a fantastic opportunity for pupils to be able to visualize what they have been learning in their History lessons.







Tom's Cha Cha

Pupils have been playing or singing their pieces in class for the House Music Competition all this week. Form 2 couldn't resist having a dance to Tom's Cha-Cha!



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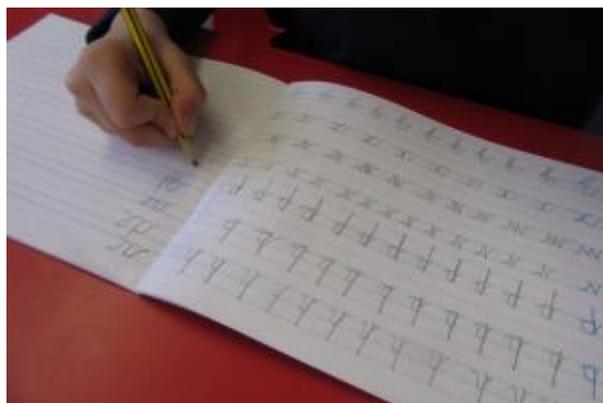
Hot Chocolate in aid of Children's Mental Health Week

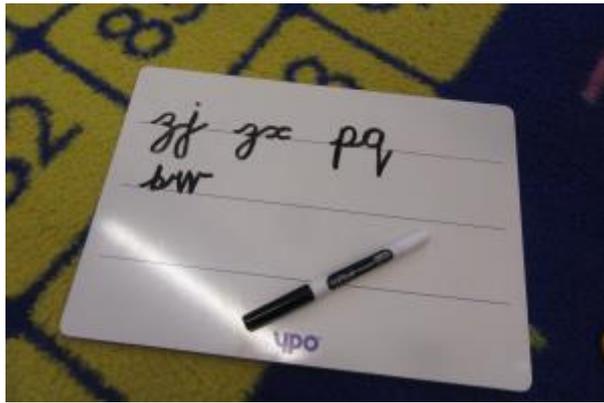
On Wednesday 9th February there will be **HOT CHOCOLATE** outside the SEN Department and in the Quad in aid of Children's Mental Health Charities.

Donations of 50p are welcome!

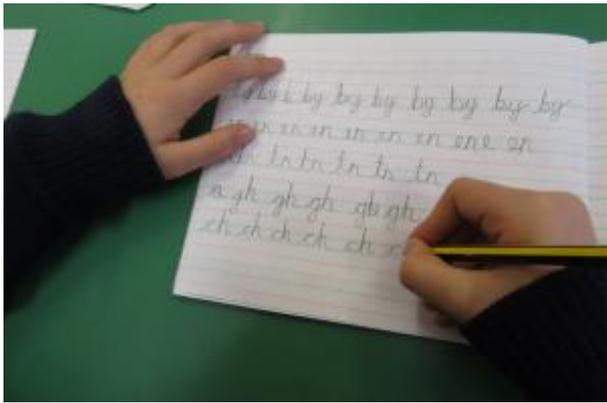
Handwriting Week

This week in Form 1 and 2 our English focus has been to improve our joined-up handwriting. The children have worked very hard every day learning how to form every letter and how to join letters correctly. The progress has been excellent, and we are very proud of how hard the children have tried. They are all superstars and deserved their prize!











NSEA Update

Congratulations to Indy who has qualified for the NSEA regional show jumping championships on her pony Freddie in 2 classes. Indy got a first in one class and a fifth in the other. A great start to the year.



Pupil's Feature in 'Twisted Tales'

We have received confirmation that a number of our talented pupils have been selected for publication for the “Twisted Tales” creative writing competition that Young Writers ran a couple of months ago. Parents should have received an email with instructions for how to give their consent to have their child’s work published – please ensure that consent is granted by the 11th February if you wish for your child’s work to be included in the book. All pupils who entered the competition will be

receiving a bookmark and those who have been selected for publication also get a certificate. Those pupils who weren't selected have an opportunity to reflect on feedback provided by the judges and can resubmit their work for consideration. See Miss Braithwaite for details!

Young Writers are running their next competition –'Empowered' –this time for poetry and we have already had some fantastic entries.

Aram pupils spent some time in English lessons generating some ideas about what empowers them, looking at some examples of poetry to get inspired and then drafting and editing their own poems resulting in some spectacular work. I have asked the permission of some pupils to share their work as these poems are very personal by nature and I think you will agree that we have some talented poets in our midst!

Entries are open for this competition until Friday 11th of February so see Miss Braithwaite for details if you would like any more resources or you have a poem you would like to enter.

What If

What if, when I wake up in the morning,
And look in the mirror I feel ashamed of what I look like and I want to change.
What if I don't want to go to school today
What if I want to stay home and change everything about me and my face
What if my generation is all perfect.
What if I feel isolated in my own little bubble
in my own little heart.
What if, when I put on my clothes and walk out the door.
I don't want to leave any more.
What if I get bullied at school, what if I get looked at oddly.
What if, what if, what if....
I feel like no one can hear my voice.
I feel anonymous
I feel like I'm not there.
I don't know what to do
As I walk into school I feel tears welling up in my lonely eyes.
Then I catch sight of a girl in the window.
I feel my heart buzzing, wondering who she is.
I smile and she smiles too
A reflection of who I am becoming.
What if I didn't need to change?

What if I'm perfect already?

By **Amy Pearson**

Shyness

Being shy can make life difficult,
Being shy can make life hard
Sometimes you want to disappear
You feel you can never drop your guard

Shyness can be conquered
It does not have to make you cry
Shyness must not rule you
So just have a go and try

Happiness can come your way,
Once you conquer the shyness
Doors start to open your way

So try your very hardest.

By **George Robson**

Surfing at Saltburn

Surfing At Saltburn

Each morning we go to Saltburn pier

I run down the hill to hire my gear

I squeeze on my tight suit

And place each foot into a boot

We grab our boards and head to the ocean

Stepping in with much trepidation

As we see the first great wave

It brings the excitement that I crave

Stepping onto the board

I feel the tug of my ankle cord

I know I won't make it every time

But failure is not a crime

By **James Craig**

i am me.

What if I wake up and I want to change everything.
What if I wake up and decide I don't want to do anything.
I want to stay home.
I want to sleep.
I want to cry.
What if I walk inside and everyone stares.
Not in a good way.
But because of me,
Because I don't look like them.
They are all perfect.
But what am i.
I want to stay home
I want to change.
I want to be her.
That girl who always looks pretty.
That girl who always looks happy.
That girl whos perfect,
Or maybe,
I need to realise
I am perfect.
I am me.
Even if they dont want me to be me.
I am me
I always will be.

By **Lucy Trehitt**

dreams

I see myself in the mirror,
Designer clothes,
Fancy jewellery,
Perfect hair,

I turn around,
My room is huge,
wonderful furniture,
Expensive makeup stacked on my dressing table,
So many shoes

Could life be any better?

Then I feel a draught,
It gets darker,
The perfect life started to fade away,

I open my eyes
It was all a dream

Tall buildings,
busy roads,
The smell of buses,

In my hand,
A cup,
Nothing but a penny inside

I see myself in a puddle,
Dirty clothes,
Worn down shoes,
Scruffy hair.

By **Molly Peacock**

Dreams Can Come True

The power is in your hands,
You have to choose to use it,
You have to keep going,
If you see your chance, take it,

The dream inside your head,
May seem unachievable,
You may ponder upon it, in bed,
Thinking how to make it happen,

You may think there is no way,
To make it happen,
However at the end of the day,
Nothing's impossible,

You feel that inner power,
You pick yourself up,
Your inner strength as tall as a tower,
Suddenly it becomes clear,

You can make it happen,
I have the strength,
I have the power,
To make my dream come true.

Now I know I can do it,
The days are bright and new,
I'm inspired to make it happen,
And make my dream come true.

By **Oliver Wilson**

Proud

I am a woman

And I'm proud of it.

I no longer let

Society tell me what's

"Right" and "Wrong".

And neither will I

Let other people tell

me how I'm supposed to

dress , react or think

I am a woman, and I am fully

mine! I am proud and

always will be.

There'll be no one who can

tell me different.

Because I now know my

Own worth.

By **Yolanda Secouet**

Order of the Planets

On Monday Form 2 had a go at ordering the planets by measuring the distance they are from the sun. It was great to see how far away Neptune is from the sun. What a fun, practical activity it was!





Science and Media Museum

Last week Form 3 visited the Science and Media Museum in Bradford, learning about climate change and watched a 3d film about Antarctica.







Children Health Service App

The North Yorkshire 0-19 Children Services Team would like to announce the launch of the **HDFT - Children Health Services** app.

The **HDFT - Children Health Services App** was developed by and for the North Yorkshire 0-19 Children Services Team aka Growing Healthy/Healthy Child Team. The app was designed to be a useful resource for staff of the NY 0-19 Children Services Team as well as service users such as parents and families.

The **HDFT - Children Health Services App** offers information to support the health and development of children, young people, and adults. The app is tailored to the local area and can provide information relevant to North Yorkshire. The app provides support and advice on a range of topics such as;

- Antenatal Care
- Child health/development milestones
- Infant feeding
- Perinatal, infant and child emotional health
- Advice on being a dad
- Making sure your child is ready for school
- Children with special educational needs
- Local support and activities

The **HDFT - Children Health Services App** is now live and can be downloaded from the Google Play Store and Apple App Store.

Simply search **HDFT - Children Health Services App**.



#SaferInternetDay

Parent Zone is hosting a free 30-minute virtual Safer Internet Day event on YouTube – exploring everything parents need to know about supporting their child's online gaming. Our expert trainer Sophie will cover which games may be suitable, effective boundaries, and what to do if they are worried about excessive gaming.

Invite your parent community to join Tuesday 8 February. There's no need to register: to join, they simply click this link: <https://youtu.be/s6dz2GoR6uM>

House Music Competition

Don't forget that over the next week, we would like all of our musicians to perform something in their Music lesson with Mr Conyngham or Mrs Reece, to achieve points for their house in the House Music Competition. Highest scorers from each age group will go through to the final on 3rd March. Please remember instruments and music next week!



United Education Camps Return

We are excited to announce that we have joined up with the fabulous team at United Education to provide a range of exciting holiday camps throughout the year.

The Adventure Camps cover ages 3-14 and over a variety of activities throughout the school holidays.

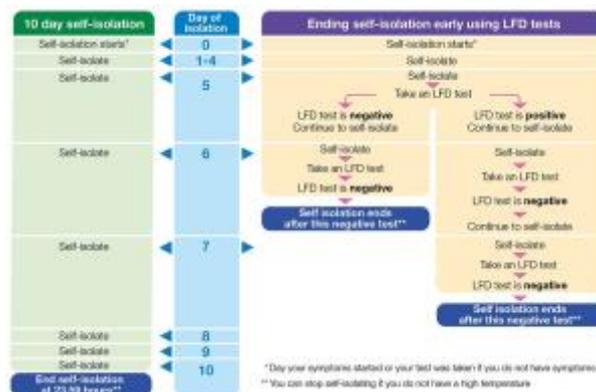
The unique holiday day camps give children an exciting multi-activity experience with the chance to enjoy lots of activities like team sports, craft, archery, games, drama and bushcraft to name a few.

To find out more detail or to book today, please visit the United Education website:

<https://booknow.united-education.co.uk/project/25913>



When to end self-isolation if you have had COVID-19 symptoms or have received a positive COVID-19 test result



Boarding on Friday 25th February

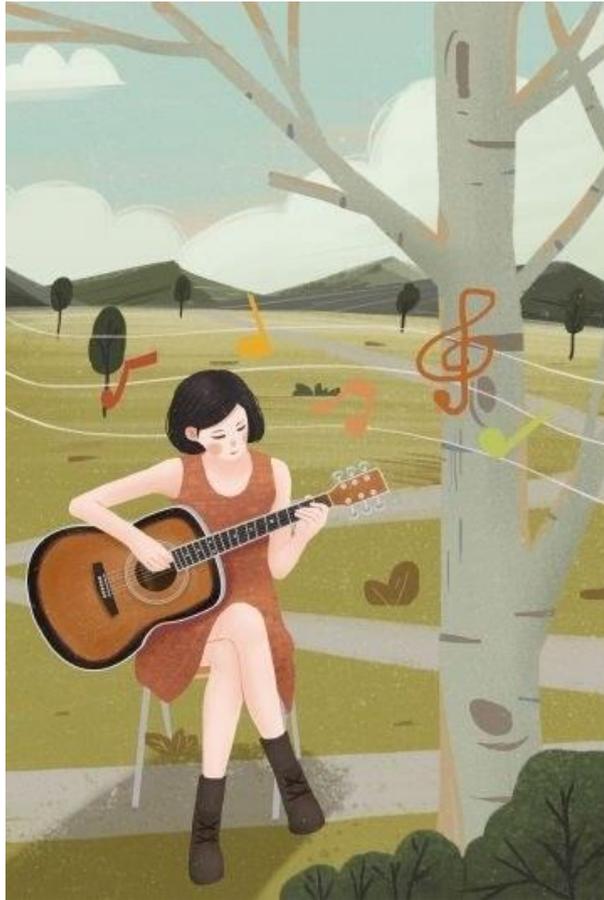
The Friday evening boarding trip for the week after half term, Friday 25th February, is to Hollywood Bowl in York. Places are limited so please book in early, by emailing boarding@cundallmanor.org.uk. If you have never boarded before, you can find out more information at <https://www.cundallmanorschool.com/school-life/boarding/>, and Mr & Mrs Reece are always happy to answer any questions.



Time to Learn a Musical Instrument

The New Year is an excellent time for pupils to consider taking up a musical instrument. Research has shown that this activity is a workout for all areas of the brain. According to neuroscientists, musicians “often have higher levels of executive function.... [and they] exhibit enhanced memory functions”, which benefits their capacity to learn. To find out more about recent discoveries in the neuroscience of music, we recommend a short but fascinating video, which can be found at <https://www.youtube.com/watch?v=R0JKCYZ8hng>

We currently have spaces available for individual tuition on guitar, drum kit, singing, strings, woodwind, brass and piano. If you would like to find out more, and perhaps arrange for a taster lesson or two for your child, please contact Mrs Reece – sarahreece@cundallmanor.org.uk



Star Workers

Nursery: Annabelle Reade, Ravi Beecroft-Shah, Arthur Dobson

Reception: Tess Howie, Savannah Rafferty

Form 1: George Consett, Charlie Potter

Form 2: Mae Lawrie, Wills Calvert

School Menu

This week pupils have been enjoying **Week 1** next week we move to **Week 2**

School Menu Lent Term 2022

Week 1

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Baki	Beefsteak & Mash Roast Potatoes	Beef and Korndorfer Pudding	Chicken Cakes Mashed Potatoes	Fish Fingers
	Roast Vegetable Risotto	Vegetable Bolognese	Roasted Potatoes	Vegetables & Cheese Pasta	Meat & Cheese
	Beef & Noodle Bolognese	Curry Potatoes	Beef Potatoes	Beef & Mashed Potatoes	Chopped Potatoes
	Mixed Grains	Mixed Grains	Mixed Grains	Beef & Mashed Potatoes	Mixed Grains
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Salad Potatoes & Assorted Fillings	Salad Potatoes & Assorted Fillings			
Desserts	Carrot Cake	Apple Crumble & Custard	Chocolate Pudding	Strawberry Sponge	Assorted Ice Creams
	Assorted Fruit Jelly & Doughnuts	Assorted Fruit Jelly & Doughnuts	Assorted Fruit Jelly & Doughnuts	Assorted Fruit Jelly & Doughnuts	Assorted Fruit Jelly & Doughnuts
	Assorted Milkshakes	Ice-cream Sundae	Fruit Salad	Fruit Salad	Assorted Milkshakes

Week 2

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
	Pasta Bolognese	Chicken Cordon Rouge	Beef Curry of Pudding	Beef Pie	Fish Fingers
	Vegetable Pasta	Vegetable Spaghetti	Vegetable Lasagne	Spaghetti & Meatballs	Spiced Baked Chickpeas
	Lasagne Bolognese	Beef Potatoes	Beef Potatoes	Beef Potatoes	Chopped Potatoes
	Pasta Bolognese	Mixed Grains	Mixed Grains	Mixed Grains	Mixed Grains
	Salad Bar				
	Salad Potatoes & Assorted Fillings				
Desserts	Vanilla Pudding & Custard	Chocolate Biscuits	Beef Pudding & Custard	Assorted Ice Creams	Milk for Ice-cream
	Assorted Fruit Jelly & Doughnuts	Assorted Fruit Jelly & Doughnuts			
	Assorted Milkshakes	Ice-cream Sundae	Fruit Salad	Fruit Salad	Assorted Milkshakes

Week 3

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
	Beef & Noodle Bolognese	Beef Steaks	Beef Steaks	Lasagne	Fish Fingers
	Tempeh Vegetables	Beefsteak & Mash Potatoes	Caribbean Spiced Beef & Rice	Vegetable Lasagne	Vegetable Bolognese
	Beef & Noodle Bolognese	Beef Potatoes	Beef Potatoes	Beef Potatoes	Chopped Potatoes
	Mixed Grains	Mixed Grains	Mixed Grains	Mixed Grains	Pasta
	Salad Bar				
	Salad Potatoes & Assorted Fillings				
Desserts	Chocolate Sponge & Custard	Strawberry Sponge	Chocolate Biscuits	Assorted Ice Creams	Assorted Ice- Creams
	Assorted Fruit Jelly & Doughnuts	Assorted Fruit Jelly & Doughnuts			
	Assorted Milkshakes	Ice-cream Sundae	Fruit Salad	Fruit Salad	Assorted Milkshakes

Due to the impact of Covid-19, we have been unable to provide the original product. We apologise for any inconvenience caused.



CUNDALL MANOR SCHOOL

Boarding at Cundall Manor

Don't forget that every pupil from Form 3 upwards is entitled to one free boarding night (Monday – Thursday, subject to availability). Boarders have great fun with our range of activities, get their prep done under the supervision of a member of staff who is there to help them, have a sleepover with their friends and then a very short commute to school the next morning! Please send an email to boarding@cundallmanor.org.uk if you would like to book your child in or ask for a tour of the boarding house.



Get in touch



Contact us today: Call 01423 360 200 or email frasermcphearson@cundallmanor.org.uk

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Cundall Manor School, Cundall, North Yorkshire. YO61 2RW. United Kingdom

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