

A Message from the Headmaster

We often hear comments from our new parents, expressing surprise at all that their children do in a single day. Look at our class timetables, particularly for the early years, and you will notice that lessons are short and varied, with a subject like Maths being followed by one that calls for a different type of thinking; perhaps History, Literature, or Geography. Interwoven with this classroom learning are also plenty of opportunities to get out and about, through playtime, a Nature Walk, Music, Art, Sports or Enrichment. (On the following pages, you can see what this looks like with our youngest pupils.)

Charlotte Mason noted that 'The brain, or some portion of the

brain, becomes exhausted when any given function has been exercised too long. The child has been doing sums for some time, and is getting unaccountably stupid: take away his slate and let him read history, and you find his wits fresh again. Imagination, which has had no part in the sums, is called into play by the history lesson, and the child brings a lively unexhausted power to his new work.' Miss Mason refers elsewhere to what she calls the principle of 'diversion'. The idea is that children need mental breaks through regular changes in activity. A change brings a refreshment, and a restoring of willpower, which enables a child to return to more effortful tasks that require greater determination.

As our pupils grow and mature in their habit of attention, time frames are increased. In the Junior School, it is appropriate for lessons to become longer, though timetables remain carefully balanced to provide a varied programme. Then, by the time pupils enter the Senior School, they are ready for the 45-minute lessons that are scheduled throughout their school day.

As with everything at Heritage, we establish our timetables for each class based on our understanding of children as people, and of course with the fundamental aim of sustaining our pupils' natural enjoyment of learning.

Mr Jason Fletcher, Headmaster

Year 2 Timetable				
Monday	Tuesday	Wednesday	Thursday	Friday
8.40 Start of day	8.40 Start of day	8.40 Start of day	8.40 Start of day	8.40 Start of day
8:40-9:30 Assembly 9:30-10:00 Maths 10:00-10:10 Poetry Recitation	8:40-9:00 Bible 9:00-9:30 French 9:30-9:50 English (Reading) 9:50-10:10 Quick maths	8:40-9:15 PSHE 9:15-9:50 Maths 9:50-10:10 Composer Study	8:40-9:00 Bible 9:00-9:20 Handwriting 9:20-9:50 English (Grammar) 9:50-10:10 Mental Maths	8:40-9:00 Bible 9:00-9:20 Handwriting 9:20-10:00 Spelling/Dictation 10:00-10:10 Times Tables test
10:10-10:35 Morning Break	10:10-10:35 Morning Break	10:10-10:35 Morning Break	10:10-10:35 Morning Break	10:10-10:35 Morning Break
10:35-11:00 Snack 11:00-11:35 History 11:35-12:05 English (Spelling)	10:35-11:00 Snack & Literature 11:00-11:35 Maths 11:35-12:05 History (written narration)	10:35-11:00 Snack & Literature 11:00-11:50 English (Writing)	10:35-11:00 Snack & Literature 11:00-11:30 Maths 11:30-12:05 Handicraft	10:35-11:00 Snack & Literature 11:00-11:30 Maths 11:30-12:05 Science
12:10-12:35 Lunch	12:10-12:35 Lunch	12:10-12:35 Lunch	12:10-12:35 Lunch	12:10-12:35 Lunch
12:35-12:55 Lunch Play	12:35-12:55 Lunch Play	12:35-12:55 Lunch Play	12:35-12:55 Lunch Play	12:35-12:55 Lunch Play
1:15-1:50 PE 2:10-2:40 Geography 2:40-3:05 Library Time 3:05-3:25 Play	1:00-2:00 Nature Walk 2:00-2:30 Nature painting 2:30-3:05 Science Bio 3:05-3:25 Read Aloud	1:00-1:20 Picture Study 1:15-1:50 Art 2:00-2:30 Cross Country 2:30-3:05 Play/1:1 Reading 3:05-3:25 Read Aloud	1:15-1:50 PE 2:20-2:40 Play/1:1 Reading 2:40-3:10 Music 3:10-3:25 Read Aloud	1:00-1:30 Corrections/quiet reading 1:30-3:00 Enrichment 3:00-3:25 Read Aloud
3:30 End of day	3:30 End of day	3:30 End of day	3:30 End of day	3:30 End of day

A Day in the Life of Lower Prep

Our Lower Prep pupils are now halfway through their first year at Heritage. Good classroom habits are solidifying, relationships are strengthening, and knowledge is building as the children are merrily guided through the rhythms of the day. If you were to step into the classroom yourself on a typical Tuesday, here's what you would see.



1 As they enter the classroom, the children are familiar with the daily routines and need little prompting. They hang up their things, wash their hands, and sit down to talk about the plan for the day.

2 Morning lessons begins with a Bible story. Today, it is the story of the Roman officer from the book of Matthew. The pupils then settle in for phonics teaching and review with Mrs Grove.



3 Teaching is followed by a time for children to practise and apply what they've learned, through games that recall their knowledge of sounds and number bonds. Mrs Grove and Miss Cage work with pupils individually and in small groups.



4 Afterward, the children get busy engaging in the wide variety of activities placed throughout the classroom while teachers employ the art of 'masterly inactivity'. As Charlotte Mason wrote, 'wise and purposeful letting alone is the best part of education.'



A Day in the Life of Lower Prep, continued

5

Next, it's out to the playground for some fresh air and exercise, followed by Literature and snack.



6

Mrs Grove begins a new book, *The Teddy Robinson Storybook*, which is an immediate hit with the children. They listen attentively while replenishing their energy with a healthy bite to eat.



7

On Tuesdays, Madame Smith visits the class to guide them through their French lessons. The pupils have lots of fun with the songs, games and stories that reinforce the new words they have been learning.



8

It's Chinese New Year, so the class become a dragon for their Movement session, gliding up and down the playground in their homemade costume.



9

Lunch and playtime are followed by a handwriting lesson. The pupils practise their writing individually, then do some drawing and cutting with scissors. When they are finished, the children are free to play, draw or read.



10

The day ends with a Nature Walk, where the class hang up bird feeders they had made and enjoy getting out once more in the brilliant sunshine.

11

It's home time! On Tuesdays and Thursdays, parents come to collect the children at 3.30. On Mondays, Wednesdays and Fridays the school day ends at 1pm, with the option to take part in relaxed Stay & Play sessions with Miss Cage until 3.30. We believe it is important to maintain balance for children of this age, with focussed, high quality learning taking place at school and plenty of time to rest and play in the afternoons. Today, the children are tired but content after such a full and active day. They are eager to rest and come back ready for more tomorrow!



Lower Prep PE

On Thursdays, Lower Prep pupils head over to The Leys sports facilities with Mr Hulett and Mrs Eastwood to work on core skills and body control. In this lesson, the children are exploring how to land safely when jumping, and think about the position of their body as they move it in different ways.

Sport and physical recreation are integral to the development of the children at Heritage, helping them develop self-confidence, self-fulfilment, team spirit, and the ability to accept their part in victory and defeat—all important lessons for life's challenges. But the utmost goal of our PE programme is to promote

healthy, active living. Charlotte Mason believed that 'The object of athletics and gymnastics should be kept steadily to the front; enjoyment is good by the way, but is not the end; the end is the preparation of a body, available from crown to toe, for whatever behest "the gods" may lay upon us.'



Year 3 Class Assembly: Keeping Ourselves Safe

This half-term, it was Year 3's turn to show their fellow Infants and Juniors what they have been learning, in the form of a Class Assembly with the theme of 'Keeping Ourselves Safe.'

The children presented helpful tips for staying safe in school, outside, and online. Some suggestions included washing hands and using hand sanitiser to stay safe at school during the pandemic; wearing proper safety equipment like helmets on a bicycle; and using high-visibility clothing to help them stay safe out on the street. Miss Moorhouse noted that the children have been learning about the luminescent and reflective properties of this type of clothing in their Science lessons.

The class then gave four helpful rules for maintaining safety online. First, always show a grownup you trust any new websites or games that you want to play. Second, never talk to strangers online. Third, never give out personal

information; and finally, be kind to your friends online. The assembly ended with a guiding principle to help pupils remember what they'd just heard: 'Be safe, Be Seen'. What a practical and helpful assembly by Year 3!



Year 4 Class Assembly: European Geography and Mythology



Year 4 put on their own assembly later in the month. During the first part of the assembly, the pupils demonstrated their knowledge of European geography, acting out a scenario at a travel agent's office with two holidaymakers looking into which European countries

might make the best travel destinations. Two countries won out; Iceland for its hot springs and volcanoes, and Italy for museums and delicious cuisine. The assembly then took a literary turn as the class recited and acted out a poetic version of *Beowulf*,



the ancient tale of the brave warrior who defended King Hrothgar against the wicked beast Grendel. The story ended with Beowulf's exciting (and somewhat gruesome) victory! Well done to Year 4 for a highly informative and entertaining production.

Celebrating International Day

International Day, an annual celebration of cultural diversity at Heritage, was celebrated throughout the school last week. Infants and Junior turned their attention to Eastern Europe, as pupils dressed in the colours of the various countries' flags, and special guests and activities gave classes a flavour of various countries in the region.

Lower Prep focussed on the Russian artist Kandinsky. They looked at how he made his paintings with different coloured shapes and had fun creating their own. After enjoying a Bulgarian story, 'The Three Fruits' at snack time, the children returned to Russia to take a look at castles before working collaboratively to build their own constructions in groups of four. The morning ended with some interpretive dancing to traditional music.

Upper Prep looked at Poland, Romania and Ukraine, with children in the class who had links to these countries sharing in presentations, explaining artefacts and donating delicious treats for everyone to enjoy. The children had a go at creating their own designs with pre-cut birds and flowers based on the Polish papercraft, Wycinanki, and enjoyed a Polish traditional tale, 'The Frog Prince'. They learned about the landscape and wildlife of Romania and created a fact file about Romanian brown bears. In the afternoon, they enjoyed listening to some Ukrainian music, singing and bell ringing, watched a classic Russian cartoon about a lion and turtle, before designing their own version of a Babushka Russian doll.

Year 2 had a super time learning about Poland with classmate Henry and his Mum as they explored what life was like on a Polish farm and found out about a special Christmas Eve meal. They coloured in a Polish flag and also tried their hand at Wycinanki, arranging paper flowers and leaves to create some stunning artwork. After playtime, the children focussed on Russia and the capital city of Moscow. They were amazed at the bright colours used on the exterior of St Basil's Cathedral and had a go at designing their own.

Year 3's exploration of Hungary began with a study of maps to find information about Hungary, the nations around it, its capital city Budapest, and some of the rivers that run through it. Next, it was storytime; Miss Moorhouse first shared the story of how her grandfather came from Hungary to England in 1946, having lived through the Nazi and Soviet occupations during the Second World War. Then, the pupils heard the Hungarian folk story of 'The Prince Who Would Seek Immortality'. The children chose their favourite story of the two, and recreated it in the form of a comic strip.

Year 4 had a very artistic International Day experience, starting with some Polish papercraft of their own. The pupils also made a flag of the country in whose colours they were dressed. In the afternoon, each of the children made a Bulgarian Martenitsa, a woven craft made with red and white string related to the welcoming of Spring.



Celebrating International Day, continued

In **Year 5**, Sasha's mum visited the class to tell them about life in her home country of Russia, including the very charming Russian version of Winnie the Pooh. (Look it up if you're not familiar!) Classmate Rafael also talked about his mother's home country of Latvia and provided some Baltic gemstones for the pupils to take home. Mark's father visited the class to talk about Orthodox Christian religious icons that are prevalent in many Eastern European countries, and helped the class make some of their own.

Year 6 focused on Russia and Latvia, beginning the day by doing the register in Russian. They then listened to the story of Baba Yaga—a Russian folk tale—and wrote 'Airbnb' descriptions for Baba Yaga's house. Pupil Markus gave a fascinating talk about his mother's country, Latvia, and the flautists in the class gave a mini concert of Russian folk

music. Finally, the class baked little Russian jam biscuits, and enjoyed eating them afterward.

In the **Senior School**, pupils celebrated International Day with a Senior Council-sponsored non-uniform day, raising just shy of £200 for Link House, a Christian organisation helping international students with accommodation, support and friendship as they settle into life in Cambridge. Seniors also had an opportunity to present about a chosen country during their Thursday Assembly. Each of the following pupils did an outstanding job.

Luke and Sandy (Y8) gave a talk about Kazakhstan, starting with an overview of its geography, economy, size, and history and then including some additional notable facts; for example, the variation in highest to lowest temperature throughout the year can be as significant as 80 degrees celsius!

Livia and Millie (Y10) presented a comparison of India and Germany, delving into each country's history, food, clothing and sport. Each of the pupils also shared their personal connection to each of the countries, with Millie talking about her family's origins in the Punjab state of India and Livia describing her love of German composers, Christmas markets and the mountains of Germany.

Ben and Timothy (Y11) gave a presentation on China, explaining what they admire about the country and giving an overview of the language, the celebration of Chinese New Year, and some interesting information about zodiac signs. (For example, Mr Burden has the zodiac of a snake, so according to legend he is calm and talented, but sceptical.)

A big thank you to all of the teachers, parents, and pupils who made this year's International Day a huge success!



Junior Chess Club

The new Junior Chess Club has been meeting on Wednesdays after school this term. In addition to pupils in the Junior School, the club is now also open to those in Year 2. Thirteen members currently meet in the Year 4 classroom, along with Senior School prefects Catherine, Isabelle and Kit (Y11) and with help from Sandy (Y7) and our Alumni Gap Year Teaching Assistant Mr Buchanan.

Club members hone their skills by playing matches with each other and with the club leaders. Max (Y5), who is new to the game, says 'It's fun *and* is helping me learn chess.'

In addition to being a fun way to spend an afternoon, did you know that there are many additional benefits to playing chess? Improved concentration, memory and calculation are just a few of the reasons to give chess a try!



Junior Maths Club



Mrs Parkinson has started a new Maths club for pupils in Years 5 and 6 this term. Fourteen members meet on Wednesday afternoons in the Year 6 classroom to explore Maths concepts in a fun and exciting way.

The pupils are guided through a wide range of activities to strengthen their maths knowledge, including games, creative exercises, mathemagics, mysteries and more. The club is open to all Year 5 and 6 pupils; both those who would like to develop more confidence in mathematics and those of who already enjoy maths and would like to try new ways to apply their skills.

Why Do We Sing at Heritage?

Music is an important part of the curriculum for every Heritage pupil. Infants and Juniors have regular whole-class music lessons with a specialist teacher, while Years 7-8 have two 45 minute music lessons per week—with choral music being a key feature of these lessons. In Years 9-11, a choral lesson is also built into the whole-class weekly routine.

The presence of singing amid the normal schedule of lessons brings a unique form of cognitive and physical activity that can provide refreshment, alertness and reduced stress levels.

And there are other benefits as well. Research at the University of Oxford suggests that singing helps create social bonds quickly, acting as an excellent way to break down relationship barriers.

There are positive effects on the brain, mood and body too. Learning a new song stimulates the cognition and can aid memory. It also has positive effects on one's sense of happiness and wellbeing. Research shows an increased positive effect on mood after actively singing, when compared to passively listening to music or talking with someone about positive life events.

There is also evidence to suggest that music helps with a healthy immune system, and improves breathing, posture and muscle tension.

And, of course, there is the benefit of broadening our pupils' musical knowledge and cultural awareness as they enjoy a wide range of choral pieces: contemporary and traditional, religious and secular.

With all of these compelling reasons to sing, perhaps a more fitting question is 'Why would we *not* sing at Heritage?'

Heritage is the only school I know of to have compulsory choir lessons as part of the core curriculum in Years 9-11. When I read this research from Oxford University, it reiterated what I know to be true; singing is so good for us, whether we're children or adults. Some of us would call ourselves singers, others would not. But whatever our age, ability, experience, or background, singing in groups is good for the soul. I'm so thrilled to teach in a school which values singing so much.

-Mrs Meg Lowe, Senior School Music Teacher



For more information on the research cited here, see the article 'Choir singing improves health, happiness – and is the perfect icebreaker' on the Oxford University research website and originally published on 'The Conversation.'

HCA News

The Heritage Community Association (HCA) is run by Heritage parents to welcome new families, encourage relationships, and support the work of the school.

After a few years of not spending any money due to uncertainties around the purchase of the school building and then the pandemic, we are absolutely delighted this spring to be in the position to buy a whole wonderful raft of items for children of all ages during their time at Heritage.

The 'wish list' that was compiled by Head of Infants Mrs Carter and Head of Juniors Mrs Watkins, with input from Deputy Head Mrs Fletcher and Head of Seniors Mr Burden, includes many new books for the library, several different ride-on vehicles for the playground, portable cooking hobs and pans, a coding robot, Chromebooks and

of course—to store all of this new (as well as the older) outdoor playground equipment—a new shed, to be installed in the weeks after half-term. It will be wonderful to see the children enjoying all of the new equipment.

Most of the money we have raised has come via second hand uniform, so if you do have any good quality uniform your children have grown out of, or are looking ahead to summer uniform, then do think about using the second hand shop. Thanks to both Jacky Hulett and Irene Daly for all their hard work there. If you can make sure donations really are in good quality, and washed before they are dropped off that would be tremendously helpful.

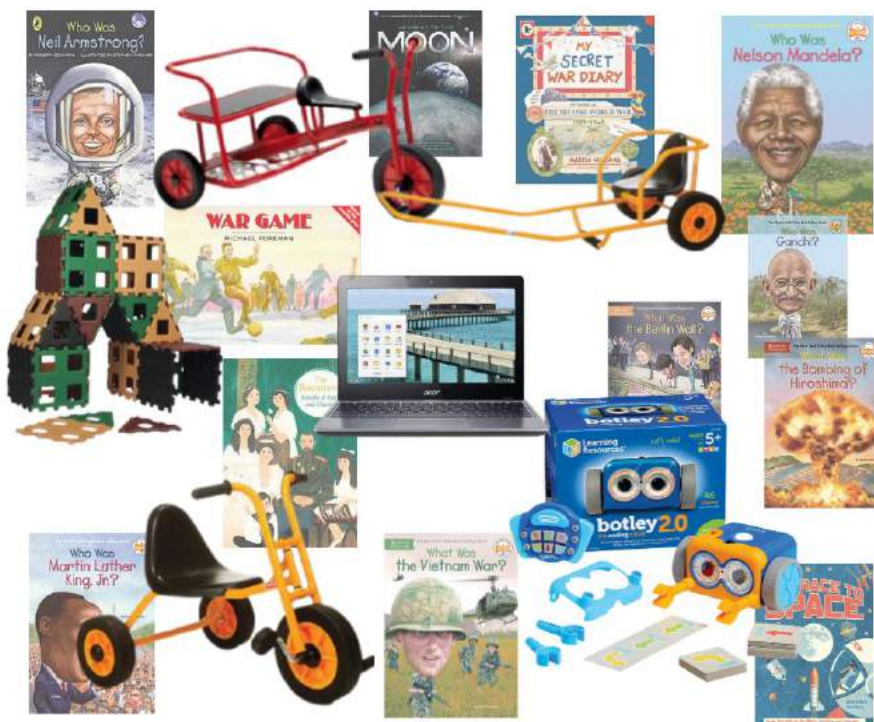
We are also delighted to welcome Donal Lafferty as our new HCA Treasurer, and want to thank him

and the rest of the HCA committee for giving of their time for our community. Class reps have hosted some super get togethers in pubs, in gardens, a notable firework display back in November and a wonderful full class family Saturday lunch, as well as coffee mornings and also just being there to share information or messages. Many thanks too to Mrs Buchanan for her help with the HCA finances, which is hugely appreciated.

We are looking forward to a school fete type of event in the summer term, with a stall for each class. The date is still to be finalised.

Do get in touch if you are interested in joining the committee, standing to be a class rep next year or helping out in any way.

Ellie Stoneley Gradwell and Rachel Bruins, HCA Co-Chairs



Thank you to the HCA from Mrs
Fletcher, on behalf of our teachers

We cannot thank you enough for the fabulous new Chromebooks which are already being used and enjoyed by pupils across the school from Year 6 up! Mr Atkinson was delighted to receive them as well as the robot which he uses for computing lessons. I have also heard that the new induction hobs for cookery club and enrichment have been used already and make a huge difference! Mrs Wren is equally delighted. Thank you for making these purchases possible and for your generous support of the school. They really do make a difference and are appreciated.