

Weekly Bulletin

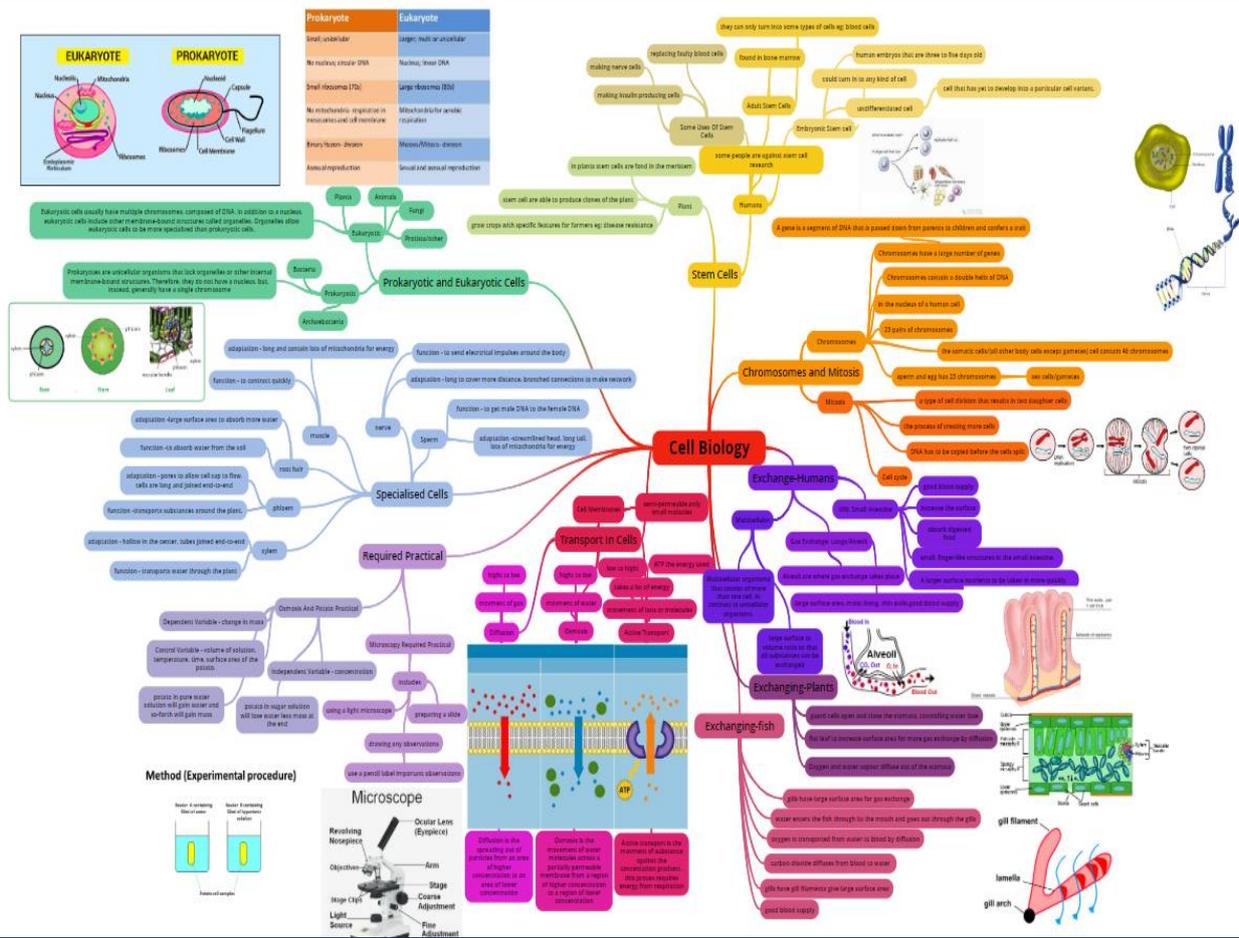
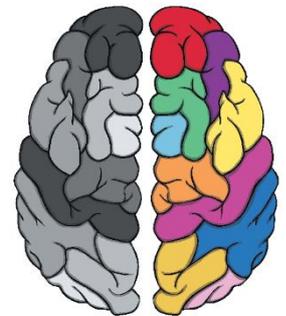
Moon Hall School, Reigate

18th January 2019

“If you can dream it, you can do it” - Walt Disney

Mock exams have started this week in school. Year 11s will sit all of their mock exams in the gym hall in order to replicate exactly what will happen in their final GCSE exams.

It is common for our pupils to struggle when revising. Often the most difficult things for pupils is to know *simply where to begin?* The default action for most pupils is to solely read through their notes. This is most definitely the wrong approach, not only for our dyslexic pupils but for all children! Pupils learn best through doing, through using kinaesthetic activities, not only when revising but in each lesson throughout the day. One technique that I use regularly in my lessons and which is also used widely across the school is to complete Mind Maps. Mind Maps were originally started by **Tony Buzan** and there are various books you can purchase showing you how to work through them if you are interested in looking into this further. They use lots of images, colour and short facts. The whole aim of a mind map is to remember the information on the page almost as a photograph. The colour, flowing lines and the fact that each mind map is relevant to the individual is essential. Some of my pupils choose to draw them by hand, others by using a computer programme. The one I recommend is www.goconqr.com - try it out! Here is a *superb* example created recently by our Deputy Head Boy James:



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Last week I wrote about resilience and trying to encourage our children as much as we can. Being resilient can be tricky especially if you haven't yet been taught the skills. Having a positive growth mind-set will most definitely help work towards being resilient.

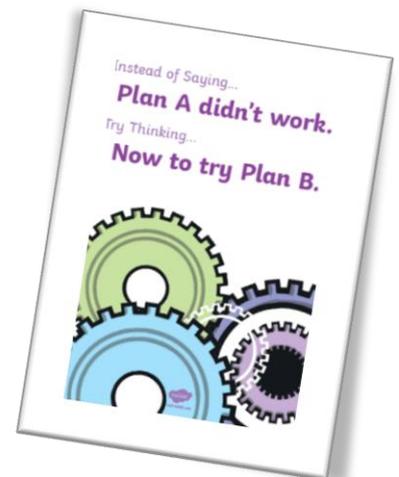
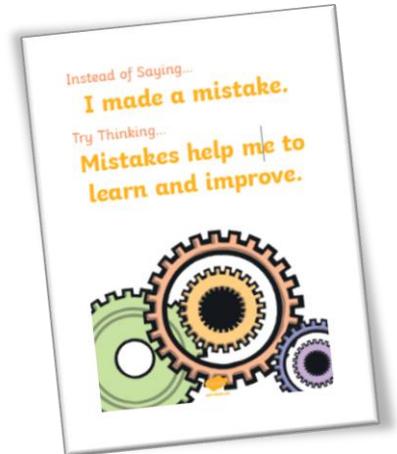
Across the school we will be working together on developing a positive growth mind-set – this goes for staff too! There has been a lot of research on the impact of having a positive growth mind-set and how this will lead to much better outcomes, not only academically but across all aspects of school life: friendships, on the sports field and in even in trying new things.

I firmly believe that adopting this positive approach towards tasks and almost coaching your mind into believing that everything is possible will help all of our pupils here at Moon Hall. A not-so-easy challenge when children are finding things tough, however we are ever determined to help our pupils to foster a better opinion of themselves and to help them towards achieving success.

Kind wishes for a wonderful weekend,

Michelle Catterson

Acting Head



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FOMHSR - MUGA

As a school we would love to have a MUGA (Multi Use Games Area) in the walled garden. We are making progress towards securing the funds needed, however we still have a way to go. In order to achieve building this fantastic facility for our pupils we need support and help from our parent body. The FOMHSR, particularly with the support of Anne Baker (Chair), have made a valiant effort so far and we thank them very much for this. They work tirelessly to raise funds for the school and in particular for the MUGA. If any parents are keen to be involved in fundraising, donations or sharing ideas about future revenues then we would love to hear from you. Please contact your class rep for information.



Let's get the momentum going this year for this project. Our pupils have excellent sporting results with our current facilities; just imagine how this would improve if we had these fantastic facilities on site!

Hockey Results

Monday: MHSR Juniors 4 – 3 Warlingham Park School
Player of the match – Joe F

Wednesday: MHSR Junior B Team 0 – 6 Box Hill School B Team
Player of the match – Loic W

Wednesday: MHSR A Team 4 – 3 Box Hill School A Team
Player of the match – Jasper M

Christmas Fundraising

The FOMHSR would like to say a big thank you to all of you who gave money at the end of last term to support the Renewed Hope Trust. We were able to raise a total of £267 for RHT which went towards helping homeless people in the Redhill and Reigate area. On Christmas Eve we were able to give Costa food and drink vouchers to the Drop In Centre and to the Winter Nights Shelter. We were also able to buy Christmas stockings for the homeless people who came to the Winter Nights Shelter on Christmas Eve. This was greatly appreciated so thank you all very much.



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18th January 2019
Diary Dates
21st – 27th January 2019

Monday 21st January

English Literature Mock Exam
Science Mock Exam
Dance Division GCSE Workshop 4pm

Tuesday 22nd January

English Language Mock Exam

Wednesday 23rd January

Maths Mock Exam
Senior Boys' Hockey vs. Duke of Kent (Home)

Thursday 24th January

Geography Mock Exam

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Autumn Term Menu - Week 3

Everyday

Daily selection of mixed leaves, tomatoes, cucumber, grated carrot, sweetcorn
tuna, eggs and grated cheese
Selection of breads and rolls
Accompaniments include; pickles, sauces, dressings, croutons, seeds & olives

Monday

50/50 pasta with fresh tomato & basil sauce or kale pesto
Sweet potato vegetable chilli & rice
Jacket potato with baked beans
Steamed broccoli, sesame carrots, garlic croutons
Carrot cake with crème fraiche, fresh cut fruit, jelly, yoghurt

Tuesday

Pastry topped cottage pie
Pastry topped vegan bean shepherd's pie
Jacket potato with baked beans
Cauliflower cheese, steamed potatoes, garden peas
Apple strudel with cream, fresh cut fruit, jelly, yoghurt

Wednesday

Chinese chicken & vegetables with noodles
Tofu & vegetable stir fry with noodles
Jacket potato with baked beans
Stir fry vegetables
Berry & vanilla honey sponge & custard, fresh cut fruit, jelly, yoghurt

Thursday

Pork & beef meatballs with spaghetti & tomato sauce
Carrot, lentil & courgette fritters with a sweet chilli dip
Jacket potato with baked beans
Cheesy garlic pittas, steamed broccoli
Banoffee pots, fresh cut fruit, jelly, yoghurt

Friday

Homemade sausage rolls
Fajita chickpea & pepper wraps
Jacket potato with baked beans
Croquette potatoes, grilled mushrooms, onions & tomatoes
Chocolate chip tray bake, fresh cut fruit, jelly, yoghurt