



Weekly Bulletin

w/c 27th January 2020

[January Lunchtime Menu / Week A](#)

Notices:

- **Notification of major gas works A229/ Hartley Road, Cranbrook:** Please be aware that SGN will be upgrading the gas network on the A229/ Hartley Road, Cranbrook, carrying out essential repairs and replacements of old metal gas mains with new plastic piping. The work will begin on Monday, 27th January and will last nine weeks, starting from the junction with Orchard Way and progressing westwards towards Champion Crescent. Temporary traffic lights will be in effect and traffic will be disrupted as a result. Plans for a separate project to upgrade the gas network in Cranbrook High Street are currently being discussed with the local authority and we will share details with you as soon as we are updated. Traffic may be slower as a result, so please allow extra time for your school journeys.
- **Neuro Ninja seminars:** Thank you to all who have come along and supported the CSPA's Neuro Ninja seminars so far. The next seminar will be on **Tuesday 28th January 2020** from 7:00pm to 8:00pm at the Queen's Hall Theatre and is entitled *Being Anxiety Aware*. Please be aware that students are more than welcome to attend and are encouraged to do so, and they can come along free of charge. For tickets, please visit the [CSPA website](#). Tickets cost £5 / free to students. To access the slides from the previous seminar, *Wellbeing is a Skill*, please [click here](#) and to dive deeper in the brain science behind Neuro Ninja, please [click here](#) to go to www.actionyourpotential.com (the password is: Neocortex123).
- **Cranbrook Carers Group now taking place on Wednesdays:** Please note that the Cranbrook Carers Group meeting have moved to Wednesdays and will still be held in the Lower School Hub, Barham Drive (formally the old Sixth Form centre) from 7:00pm to 8:30pm. The dates are as follows: 27th January, 26th February, 25th March, 29th April, 27th May and 24th June. This group is for anyone who is concerned for or caring for a young person with depression, anxiety, an eating disorder, self-harming, or any other mental health condition. The group will be facilitated by Kelli Swain-Kowper. Kelli is a BACP registered psychotherapist, with over 25 years experience in child and young people's mental health. She has worked both in hospitals and many schools, she is co-author of a handbook for counselling children and youth people, a trainer for Place2Be to name but a few and has had her own private practice in London and now in Tunbridge Wells. It is hoped that Kelli will come each month to the group and facilitate the discussions and offer her expertise so that the group can be guided and feel supported in their thinking. The sessions are free and complimentary refreshments will be available. Please contact Michelle West for further details: cranbrookcarersgroup@gmail.com
- **Blood Brothers:** Thursday 6th and Friday 7th February from 7:30pm, tickets are on sale now via the Queen's Hall Theatre website www.queenshalltheatre.co.uk where you can choose your seats and pay online. Any problems, please call Camilla Hastings on 01580 711856.
- **Hotshotz Tennis Camp:** Hotshotz will be running another one of their brilliant tennis camps during the half term in February at Horsmonden Tennis Club, TN12 8DA. The dates are from Tuesday 18th to Thursday 20th February from 9:00am to 12:00pm for ages 4 to 10 years, and 12:30pm to 3:30pm for 11years +. The cost is £20 per day or £54 for all three days. For more information, please call 07932 573 888 , email admin@hotshotztennis.co.uk or visit their website, www.hotshotztennis.co.uk

New on the website:

- [Hayden brings home medals from Kent County Swimming Championships](#)
- [Sophie will be representing Kent at the Kent Schools Cross Country Championships](#)
- [Cranbrook competes at the Kent Schools AA Cross Country Championships](#)

Dates for your diary:

- Mon 27th Jan Cranbrook Carers Group meeting, 7:00pm, The Lower School Hub
- Tues 28th Jan Neuro Ninja Seminar 'Being anxiety aware', Queen's Hall Theatre, 7:00pm
- Weds 5th Feb Year 9 parents evening, Sixth Form Centre, from 4:30pm
- Thurs 6th Feb Cranbrook School production of Blood Brothers, Queen's Hall Theatre, 7:30pm ([tickets available](#))
- Fri 7th Feb Cranbrook School production of Blood Brothers, Queen's Hall Theatre, 7:30pm ([tickets available](#))
- Thurs 13th Feb Half Term (3:35pm)
- Sun 23rd Feb Boarders return to Houses
- Mon 24th Feb Return to school

Links to attachments (this will redirect you to the school's website):

- [Futures](#)
- [A Neuro Ninja message from Andrew Wright](#)

For the latest news, visit www.cranbrookschool.co.uk/news/latest-news/

For the latest sports fixtures, updates and results, visit http://www.schoolssports.com/school/Fixtures_Teams.asp?id=364