

Well Being Week

Last week saw the whole school thinking and learning about well-being. Children had lessons in mindfulness and had opportunities to practise Yoga and Meditation.

Teachers also led lessons in how to recognise when your body is calm, upset and angry and strategies to use to help you cope and solve problems.

Children now use calm-down and focus strategies at the end of playtimes and lunchtimes, so that they enter school calmly and ready to focus on their learning.

Teachers also had some well-being training, learning how to teach pupils how to use meditation as a calm-down strategy.

FS1 children were introduced to our new Yoga lessons for the first time last week.

Y2 SJ tried out a new Fit-trition lesson, by Premier Sport which encourages children to think about healthy lifestyles, healthy food and making healthy choices.

Wednesday was National Anti-Stress Day and as part of this children Y4, Y5 and Y6 participated in Character Building Workshops to develop greater resilience and self-esteem.

KS2 participated in St Johns Ambulance's Big First Aid Lesson, learning all about how to provide some basic first aid techniques.

Miss Hill will be leading a new Yoga club after schools to carry on our well-being work.

Our reading cafes in Foundation Stage, Y1 and Y2 were also a great success and parents were able to find out top tips to support children's reading.



Wake up - Shake Up

A reminder that from 8.20am, children are able to join in our Wake Up, Shake Up sessions. These are free to attend and are run either in the hall or outside (weather dependent). Physical exercise is a great way to start the day and helps children's bodies and minds to stay healthy.

Bring your child along to have a go...adults can join in too!

Y2 Football Team

Well done to our Year 2 football team, who played against Woodstock Primary School on Monday. They showed great co-operation and team spirit and gained their first win of the season, winning 10—2! Well done to everyone involved.

Change of 2018 October half term dates

Please be aware that next year, the City October Break is **22-26 October 2018** which is different from the County which is 15th – 19th October. Please ensure you are aware of these dates to ensure children are attending.

Up to date contact information



Please ensure that you have returned an up to date medical form and up to date contact form. If you change your phone number please let us know. This is really important to ensure records are up to date and that in an emergency parents can be contacted and the school has the correct information.

Please also ensure that ICT and Computing user agreements are returned to school, so that your child can access the internet at school.