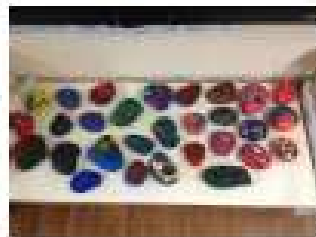


Mental health week in Reception

This week in Reception we have had lots of fun taking part in the different activities linked to mental health.

Pebble painting



Shared kind words

Took time to have mindfulness moments

Yoga



Shared stories

We have created hot air balloons

Bubble popping

We spoke about how taking part in these activities make us feel happy and calm.



This week the children in Year 1 haven taken part in lots of different activities linked to the 5 ways of wellbeing, Black History Month and National Poetry Day.

On Monday, we thought about what makes us special and our qualities as a person. We designed our own hot air balloon to show these. We spent the afternoon painting stones with the rest of the school, which will lead to a path!

On Tuesday, we celebrated Black History Month by reading the book 'Mixed'. We then took part in colour mixing activities and explored a variety of diverse books. We also had an African dance lesson and listened to some Greek music on the guitar.

On Wednesday and Thursday, we looked at the 5 ways of wellbeing. We learnt how to do a magic trick as part of the 'keep learning' way, helped to plant some bulbs, iced some biscuits and made a friendship bracelet for the 'giving' way. The afternoon was spent outside in the sunshine pond dipping, mini beast hunting, cloud watching and making bubbles as part of the 'take notice' way.

We 'connected' by reading with Year 3 and kept 'active' by playing hula hoop games.

On Thursday we also celebrated Poetry Day by writing our own acrostic poems with our names using adjectives to describe our characteristics.

On Friday, we completed our reading display by producing a collaborative piece of mindfulness colouring. We had a yoga lesson and finished the week putting our hot air balloons together. We have all had such a wonderful week completing these activities and learning about the different ways to our wellbeing.



This week in Year 2, we have really enjoyed focusing on the importance of our health and well-being. We have explored what well-being is and discussed the different things we can do to promote this in our day-to-day lives.

On Monday we looked at why we are special people. We looked at our similarities and celebrated our differences. We each made a hot air balloon made up of words that describe why we are unique. As a whole school, we then each decorated a pebble for our new footpath and we were lucky enough to get some help from the year 6's!

On Tuesday our focus for the day was Black History. We learnt about the lives of Rosa Parks and Martin Luther King. We wrote our own 'I have a dream' speeches and shared these with the class. We were also lucky enough to get to try some African dancing, and we got to enjoy listening and dancing to Greek music played on the Bouzouki!

On Wednesday we created a friendship paper chain. We picked a name at random and wrote about why they are a special friend! We also discussed the different emotions we felt during lockdown and created a 'worry monster'.

On Thursday it was national poetry day so we created a whole-class poem and a go at writing some of our own! We also spent some time practicing some mindfulness breathing techniques.

On Friday we focussed on the importance of being 'active' and the positive impact this has on our mental health. We played some fun sports games and discussed how this made us feel.





Year 3 have been very busy this week thinking about wellbeing. We have completed many activities linked to this. We have enjoyed lots of our activities – it is hard to pick the best. One was making worry dolls. At night we can tell them our worries then put them under our pillows, in the morning some worries will have gone away. We discussed needing to remember that if worries didn't go away we needed to find someone to talk to.

We have thought about all the things in our lives that we should stop and be thankful for. We turned these ideas into colourful posters. On Thursday we did shared reading with Year 1. It was good to connect with another class while sharing books. Year 3 were really good role models and shared and discussed books well. We have enjoyed making stress balls – but they were very messy.





This week the Year 4's have had the best week according to the children. We started the week flying in a balloon with our thoughts about ourselves and took our friends/family in the balloon with us. The balloons transported us to Roman times, where we learnt about Roman life and saw many different artefacts. From here, we travelled to Greece, Africa and Ireland to learn their dance moves. Wow, this brought a smile to our faces, as it was fun and interesting.

To celebrate diversity, Year 4 made a quilt inspired by the women of Gee's Band – a small remote black community in Alabama. Although, the quilt was to represent Black History month, we as a class decided to make it diverse. We made our own prints, which represented us as individuals, but joined together we are a community.

Year 4 also made penguin soft toys. This was relaxing and entertaining.

This week has taught us to not only think about ourselves but also how we need to take time to relax and have fun with friends and family.



Year 5 have thoroughly enjoyed the activities as part of Wellbeing week!

They've explored the importance of recognising and appreciating who they are through the lovely book "The World Needs Who You Were Meant to Be", by Joanna Gaines. From this, they've created a hot air balloon with traits and attributes to describe themselves, which is displayed in our classroom window, so don't forget to have a look when you pass by.

As part of being mindful, year 5 also participated in the school-wide rock painting activity and shared with us how calm, peaceful, and relaxed it made them feel.



Year 5 have also shown brilliant knowledge and have asked thoughtful questions when celebrating Black History Month. Through research and creativity, the children have chosen famous individuals and created a hexagon puzzle piece of art highlighting the importance of celebrating the amazing achievements and the brilliance of these individuals.



Year 6

Wow, what a week we have had! There were so many fantastic activities it is hard to choose which one was the best! Stone painting was an amazing way for us to all connect as a school and each design was unique. We loved helping the younger children. After sharing a book called, *The World Needs Who You Were Made To Be*, we covered lots of different things but the mood board was definitely a class favourite. It was interesting to see how our emotions played out on our designs.

We looked at diversity through musicians, their unique music styles and the positive messages through their music. Bob Marley was a very reassuring influence on the class and Ella Fitzgerald was inspirational through her actions, which led her to be a singer and a voice for her followers.

'This Is Me' poetry was really enjoyable as there were so many different styles and everyone found their own way that suited them. It was really good fun to listen to each other's poetry and find out what our friends thought of themselves and their personalities.

It was good to take a step back from usual school life and take time to lose ourselves in our emotions for a while. We could just let our happiness lead our work as there was a lot of freedom of expression. The Wellbeing Week had a really positive impact on us as a class and also as a school. We would love to do things like this again.

Amaziah Owusu-Banahene and Naiema Woolley





OCTOBER

13 - Parents Evening 4:30 - 7:00pm

14 - Parents Evening 3:30 - 6:30pm

21 - PTA Halloween Disco

3:30 - 5:00 - EYFS & KS1

5:30 - 7:00 - KS2

HALF TERM

Monday 25th October - Friday 29th

October

NOVEMBER

1 - Children return to school

3 - Flu Vaccinations

3 - Reception phonic meeting & lesson

5 - Individual pupil photographs

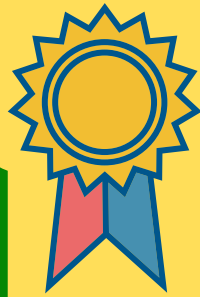


Parking outside School

Following on from my message last week it seems that some parents are still insistent on doing what they want; ignoring the rules of the road and the safety of our children. I have had three more phone calls from residents this week complaining that parents are parking and blocking their drive. The residents have taken photos, including number plates, and I have forwarded them onto parking enforcement and the police. I am tempted to publish them in the newsletter but at this stage I won't. It's such a shame that I am having to use my time to deal with parking rather than focusing on the school, the children and the staff.

If you see parents parking inconsiderately or dangerously outside of the school please speak to them. If necessary please take photos and send them through to me.

MERIT WINNERS



The merit winners for this week are:

Reception: Daisy and Autumn

Year One: Whole Class

Year Two: Whole Class

Year Three: Emily and Leo

Year Four: Whole Class

Year Five: Whole Class

Year Six: Naiema and Stefan T





FREE 'Anxiety and your Child' Workshop for Parents and Carers



Supporting Families and the local Community to reach their goals.

What makes a child anxious?

When is anxiety a problem for children?

What are the signs of anxiety for children?

**Is your child's anxiety starting to affect their
wellbeing?**

They may need some help.

How can you help your child?

WHERE: GOFFS OAK

DATE: MONDAY 18th OCTOBER 2021

TIME: 1.30-3pm

All places **MUST** be booked.

To book please either email: admin@chexs.co.uk

Or call the office on **07970 498966**



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