

School News - Friday 14th September 2018

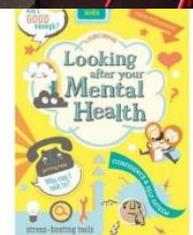
Wellbeing Week Special

What an amazing Wellbeing week we have had. Throughout the week the children have been exploring different activities that contribute to our wellbeing and learning about the importance of looking after ourselves. Some of the activities have been...



- Listening to relaxing music
- Jo Wicks School Workout
- Yoga – inspired by our favourite books
- Lavender playdough
- Investigating what happens to our teeth when we don't brush them!
- Mindful colouring
- Thinking about why we are special and unique
- Talking about our families and how they are special to us
- Talking about how being part of a family makes us feel
- Reading the story "Have you filled a bucket today?"
- Learning about healthy eating
- Gardening

- Singing to relax
- Looking at nature
- Art
- Learning about the main food groups
- Making healthy meals out of paper mache
- Playing games where we need to follow rules and work together
- Relaxing our minds by pampering ourselves
- Telling each other positive comments and discussing how giving others compliments can give them a positive mental boost
- Playing games about eating the right food and how to avoid bad food habits
- Making friendship bracelets as a calming craft activity that can make a friend feel good when you give it away
- Making sensory calming bottles
- Making thank you cards for loved ones
- Mindful meditation



We have been very lucky to take part in a local Community Book Pledge arranged by Rutland Book Nook and have received 4 copies of the book "Looking after your Mental Health", published by Usbourne. This is a new book, published this year, and is a great addition to our bookcases for the older children to read with lots of practical advice. Thank you to Stitch Upp, Core Graphic Design and Blue Gryphon who have sponsored our books, and also Rutland Book Nook for organising.



A big highlight of the week was a visit from Tommy from Rock Steady Music School. He performed a number of amazing songs and taught the children about all the instruments with different activities. There was a lot of audience participation and the children returned to class enthusiastic about music and energised for the morning! Keep an eye out for details about Rocksteady Music School in the future.

Nicola from the Uppingham Brownie group visited school and spoke about the different activities involved in becoming a rainbow, brownie or guide – earning badges, crafting, regular trips out, physical activities such as zorbing and exciting brownie get togethers including an evening at a pop concert. Many of the girls seemed very interested and were keen to get involved. If your child is interested and you would like further details please pop into the office and we can put you in touch!



Thank you to the NSPCC who have been in school three times this week supporting our Wellbeing Week. They led Collective Worship on Wednesday and talked to KS1 and KS2 children about the "Speak out, Stay safe" campaign. Yesterday they continued this theme with some workshops for Woodpeckers and Owls. They also led a very informative workshop for parents. Thank you to those parents who attended and for sharing all your positive comments about what you learnt in the session. There are a few spare leaflets available in the entrance if you couldn't attend. There is also lots of information available online at <https://www.nspcc.org.uk/>



Thank you to Shirley who has organised breakfast every day this week. Lots of bowls of cereal and beans have been consumed and it was lovely to see parents and children sitting down eating together. Everyone did a great job of working as a team to clear up afterwards. From next week we are back to Mondays and Fridays for breakfast.

Starting school in September 2019? Looking for a Pre-School place?




Open Morning

Come and see our school in action. There will be a chance to meet children, staff and governors during your visit.

Thursday 27th September 2018
9.30am – 11.30am

Tours of the school available throughout the morning.

We look forward to seeing you!