



Monday 16th September

We have had a lovely start the year and our Reception children are now in full time.

Our walking bus to bring children to school has started – we would love for you to join us.

You might also be aware that we have a new company this year providing school lunches and these are looking to be very popular with the children.

Dani Lang

Dates for your diary

Thurs 19th Sept	<ul style="list-style-type: none"> • 2.30pm Meet the team – school leaders and non class based staff • 3.30pm Football match against Prince of Wales
Friday 20th Sept	<ul style="list-style-type: none"> • 9.05am Coffee morning for parents with Ms Marina and school leaders
Mon 23rd Sept	<ul style="list-style-type: none"> • 9am Pathways assembly
Tues 24th Sept	<ul style="list-style-type: none"> • 9am Polar Bears class assembly
Thurs 26th Sept	<ul style="list-style-type: none"> • National Fitness Day
Tues 1st Oct	<ul style="list-style-type: none"> • 9am Y3/4 Prevent assembly • Y5 Prevent workshops

Wed 2nd Oct • **Y6 prevent workshops**

Mindfulness

Mindfulness is a technique you can learn which involves making a special effort to notice what's happening in the present moment (in your mind, body and surroundings) – without judging anything.

It aims to help you:

- become more self-aware
- feel calmer and less stressed
- feel more able to choose how to respond to your thoughts and feelings
- cope with difficult or unhelpful thoughts
- be kinder towards yourself.

Many people find practising mindfulness helps them manage their day-to-day wellbeing.

How does mindfulness work?

The way we think (and what we think about) can affect how we feel and act. For example, if you think or worry a lot about upsetting past or future events, you might often feel sad or anxious.

The theory behind mindfulness is that by using various techniques to bring your attention to the present (usually focusing on your body and your breathing), you can:

- Notice how thoughts come and go in your mind. You may learn that they don't have to define who you are, or your experience of the world, and you can let go of them.
- Notice what your body is telling you. For example, tension or anxiety can often be felt in your body (such as in a fast heartbeat, tense muscles or shallow breathing).
- Create space between you and your thoughts, so you can react more calmly.

Texts and Emails

School will send text messages and emails to contacts 1 & 2 on our school system to continue to keep parents informed and gradually move to a paperless system. Please speak with the office if you have any questions.

Letters for Parents

From September 2018, if you require a letter to be written by the school office and they are able to help:

- A **£5.00** contribution must be paid **prior** to a letter being written.
- All outstanding debts **must be cleared prior** to a letter being written.
- **Proof** of who has requested the letter must be shown to the school office, to be copied and scanned for their records.
- Only **factual** information will be written in a letter.
- The letter should be available after **3 working days**. **Please note we DO NOT sign passport application forms or any forms, which require staff member's personal**

Continued....

Wed 2 nd Oct	• Y6 prevent workshops
Thurs 3 rd Oct	• Y4 Less Valley trip
Fri 4 th Oct	• Parent consultation day for Nursery-Y6 – School closed
Tues 8 th Oct	• 9am Chipmunks class assembly
Thurs 10 th Oct	• WOW day • World Mental Health Day
Tues 15 th Oct	• 9am Buffaloes class assembly • Y6 EE trip • Individual photo day
Thurs 17 th Oct	• PC Doris in – Stranger Danger for Y2-Y4
21st-25 th Oct	• Half term

Late collection

Please remember to call the school if either someone different is collecting your child/ren or if you are going to be late for any reason.

From Monday 17th September any children continually collected late at the end of the school day or after clubs will incur a charge.

This will be £3 for every 15 minutes late. This is to cover the staffing cost.

Thank you.