

Herbert Thompson Headteacher Update

7th October 2022



Five to Thrive Week

At school we use Thrive Approaches, which is an amazing approach to improving children's wellbeing. This week we've had a great week reinforcing our values, strengthening positive relationships and using strategies to improve children's' emotional health and wellbeing.

The children have been doing lots of relaxing things, including learning about new breathing techniques to help them to calm down in tricky situations and have enjoyed practising meditation. Lots of adults use breathing techniques too! Why not have a go at box breathing.

Box breathing





*Pre-loved
Uniform*



Come into Reception to view our preloved school uniform that is available for a tiny donation. We have a range of good quality items for you to 'pay as you can'.

You are welcome anytime.

Important Dates:

Families Learning Together Y1 & Y2 - **Wednesday (AM).**

Parent Nurture Programme - **Wednesday (PM).**

Monday 10th October - Mental Health Awareness Day.

Friday 14th October - Reception Parents' Meeting.

Wednesday 19th October - Flu Vaccines (Rec - Y6).

Week beginning 24th October - Parent Meetings.

Last day of term is on Friday 28th October.

Back to school on Monday 6th November.

Our Half Termly Value: RESPECT

We listen to each other and treat everyone the way we would like to be treated; keeping hands, feet and unkind words to ourselves.

Please talk to your child about what respect means. With our younger children we talk about having kind hands, kind feet and kind words.

*Wishing you all a great weekend.
Kind regards, Mrs Marsh*