

Dear Parents/Carers,

Welcome to our final newsletter of the half-term.

### Curriculum news

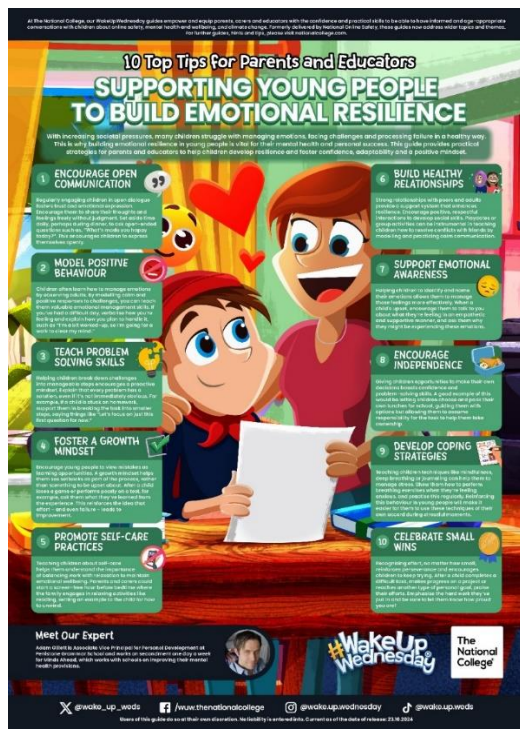
Look at the wonderful bug hotel that Year 2 children created in the conservation area as part of their science learning about 'Living things and their habitats' this week.



### Sports news – Basketball & Kurling

A very keen group of y5/6 girls attended a basketball festival on Tuesday afternoon at Collyers. They completed a carousel of 6 activities led by the sports leaders and then played mini matches against the other 4 schools. They all played with tremendous enthusiasm and courage for which I am really proud of them. *Mrs E Wright*

Last Friday a group of year 5 & 6 children attended a Kurling and Boccia festival at Millais. They had the opportunity to practice their Kurling skills through activities and playing against other teams but also had the chance to try Boccia. We learnt that this was an event at the recent Paralympic games where GB won gold in the men's BC4 event! The children showed great enthusiasm and sportsmanship throughout the afternoon. Mrs Brooks



### Building emotional resilience

Making a mistake isn't the end of the world, but that can be a difficult thing to learn for a lot of people. Most children are still learning it, in fact. These kinds of setbacks and the feelings they bring on can provoke severe and unhealthy reactions in young people, if they're not taught how to deal with their emotions in a healthy way.

However, it's sometimes tricky to know what you can do or say to help these youngsters develop the confidence and adaptability to process these feelings in the future. Wake Up Wednesday have put together this [guide](#) featuring expert advice, letting you know how to build emotional resilience in the children and young people in your care.

### Free workshop for parents

This free workshop will give parents tools to help their children feel comfortable with who they are and express themselves. As children feel more secure, they are more likely to:

- Pursue their interests
- Feel more at ease around peers and other people
- Be less affected if things don't go their way and try again

Raising a Secure Child workshop will take place online, on Tuesday, November 12, 11.30 am -12.30 pm. It's free, all parents are welcome to join. Follow this [link](#) to register. The replay will be available for one week to all registered participants.

Parenting workshop to celebrate Odd Socks Day

## Raising a Secure Child

How you can help your child feel comfortable with who they are and express their unique self

Have you noticed that there are times when your child avoids new situations, is quiet around other people or gets easily upset?

It often happens when their reptilian brain perceives new or challenging experiences as threats. You might know from experience that it's impossible to argue with this survival response. Convincing or explaining does not help move forward.

The only way to help your child in situations like that is to help them feel safe first. I created this workshop to share simple, practical steps you can take to help your child feel safe in difficult situations as well as nurture their overall sense of emotional security.

Where: online  
When: Tuesday, November 12, 11.30 am -12.30 pm  
[Follow this link to register for the workshop](#)

Una Archer MSc is a go-to parenting mentor for stressed out and overwhelmed parents. She uses tried and tested attachment-informed framework to help parents feel more confident and navigate the challenges of parenting in a more connected and peaceful way. To find out more, visit [www.helpyourchildthrive.co.uk](http://www.helpyourchildthrive.co.uk)

## Poppy Appeal



After half term, we will be offering pupils the opportunity to purchase a poppy for Remembrance Sunday. Poppies and other Royal British Legion merchandise will be on sale from Monday 4<sup>th</sup> November until Friday 8<sup>th</sup> November. Please note that it will be a silver/gold collection only, with a suggested minimum of 20p.

| CHARTWELLS ORDER CUT OFF DATES |                           |
|--------------------------------|---------------------------|
| CUT OFF DATE<br>Thursday 23:59 | FOR WEEK COMMENCING       |
| 31 <sup>st</sup> October       | 11 <sup>th</sup> November |
| 7 <sup>th</sup> November       | 18 <sup>th</sup> November |
| 14 <sup>th</sup> November      | 25 <sup>th</sup> November |
| 21 <sup>st</sup> November      | 2 <sup>nd</sup> December  |
| 28 <sup>th</sup> November      | 9 <sup>th</sup> December  |

| Diary Dates (new additions in bold)                |  |
|--|--|
| Friday 25 <sup>th</sup> October                    | INSET Day- school closed to pupils                     |
| Mon 28 <sup>th</sup> Oct – Fri 1 <sup>st</sup> Nov | Half term.   |
| <b>Monday 4<sup>th</sup> November</b>              | <b>Poppies available before/after school</b>           |
| Tuesday 5 <sup>th</sup> November                   | Individual School Photos                               |
| Friday 8 <sup>th</sup> November                    | Y1 Trip to Hever Castle                                |
| <b>Friday 8<sup>th</sup> November</b>              | <b>Y5 Remembrance Assembly</b>                         |
| <b>Tuesday 12<sup>th</sup> November</b>            | <b>Sayers Croft meeting for Y4 Parents</b>             |
| Friday 21 <sup>st</sup> November                   | Y4 Trip to Fishbourne Roman Palace                     |
| <b>Friday 21<sup>st</sup> November</b>             | <b>FOH Non-Uniform day- chocolate donations please</b> |
| <b>Friday 6<sup>th</sup> December</b>              | <b>FOH Non-Uniform day- bottle donations please</b>    |
| <b>Sat 7<sup>th</sup> December</b>                 | <b>FOH Christmas Fayre</b>                             |
| <b>Tuesday 10<sup>th</sup> December</b>            | <b>KS1 Nativity to Y1 parents 9.15</b>                 |
| <b>Wed 11<sup>th</sup> December</b>                | <b>KS1 Nativity to Y2 parents 9.15</b>                 |
| <b>Thursday 12<sup>th</sup> December</b>           | <b>EYFS Nativity to parents 2.15</b>                   |
| <b>Thursday 12<sup>th</sup> December</b>           | <b>KS2 Carols at St Mary's 7pm</b>                     |
| <b>Friday 13<sup>th</sup> December</b>             | <b>Christmas assemblies at St Marks</b>                |
| <b>Wed 18<sup>th</sup> December</b>                | <b>Christmas Jumper Day and Christmas Lunch</b>        |
| <b>Friday 20<sup>th</sup> December</b>             | <b>Last day of term</b>                                |

Have an enjoyable half-term.

Kind regards,

Ian Holmes  
Headteacher