



# Newsletter

No.25 - 23<sup>rd</sup> March 2017

## Red Nose Day

The day has arrived for 'mad hair' and much more (please wear school uniform – it is red after all). Don't forget all parents are invited to join in morning exercises on the playground between 8.45 – 9am.

Please put your donation in an envelope and hand in to your class teacher.

Thank you.



## Last week to send in a healthy food photo

Please send an A5 size photo of your child making a healthy food choice.

## Last week for Jobs and Values

Perhaps your child would like to tell us about your job and which values are needed to do it well. Or they could tell us about their dream job. Please send a photo of the job.

### **Parking Code**

The children have met with the local Police and had the opportunity to discuss road safety. They have noticed that sometimes the parking around the school does not help us all to be safe. So they have decided the following parking code.

Grown-ups please can you:

- Keep our crossing clear
- Drive slowly (especially in Oakdene Close)
- Do park and stride if you can
- Leave space for emergency vehicles

Thank you for helping us all to keep safe.

### **Mindfulness**

There will be a workshop for parents on mindfulness on 27<sup>th</sup> June 2017 at 1.30pm in the school hall. Please see attached letter.

### **Polite reminder**

Please book doctor and dental appointments outside school hours unless they are an emergency.

### **Can you help?**

We are collecting cereal packets for an investigation. Please place in the yellow box in the porch – do not flatten them.

Thank you

### **News from the Friends' Committee**

Thank you for your generous support of the Sponsored Bounce. Please keep bringing in your sponsor money; it would be great to have it all collected by the Easter holidays please.

We are getting excited about our Quiz Night and fish and chip supper on the 5th May. Please collect a booking form from Mrs Scott to order your tickets asap. You can enter as a team of 6, or as an individual or couple and we will make up some teams on the night. Tickets are just £12 each for a great night out and to support our school!

## Forthcoming Dates Reminder

Monday 27 <sup>th</sup> March	Junk Music Day (please bring in your recycled materials on this day) Multi sports & Netball club (last session this term)
Tuesday 28 <sup>th</sup> March	Judo club (last session) Judith Royle's singing assembly. Parents and carers are invited to join us at 2:35 pm for a short presentation
Wednesday 29 <sup>th</sup> March	9.15am Singing Assembly (This is a ticketed performance, all tickets have been sent out)
Friday 31 <sup>st</sup> March	9am – 9.15am Language morning (if you speak another language and would like to take part please let Mrs Scott in the School Office know) <b>End of Term. All children must be collected by 1pm.</b>

### **Easter Holidays Monday 3<sup>rd</sup> April – Friday 14<sup>th</sup> April 2017**

Monday 17 <sup>th</sup> April	<b>Bank holiday (school closed)</b>
Tuesday 18 <sup>th</sup> April	INSET DAY (school closed)
Wednesday 19 <sup>th</sup> April	Children return to school

After school clubs recommence on week commencing Monday 24<sup>th</sup> April 2017



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**South East Educational Psychology  
Service**

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Dear Parent,

Surrey Educational Psychology Service are going to be working with your child's school over the next few months to develop mindfulness-based practices in school. We will be giving an introduction to mindfulness to staff and parents and we will introduce school staff to a Mindfulness-based programme called MindUP. The MindUP programme explores social, emotional and self-regulation strategies and skills which focus on wellbeing. Using these strategies, the children can learn to enjoy the present moment, be more aware of their own thoughts and feelings and to feel more in control of their own behaviour. The programme consists of 15 lessons taught by the class teacher after which the skills the children have learnt will be integrated across the curriculum.

We would like to invite you to an information session on Mindfulness-based approaches so that you are aware of what your child is learning at school and can help them to be 'mindful' at home too.

The main aims for the session are to gain an understanding of:

- What mindfulness-based approaches and why they are important
- The benefits and limitations of mindfulness
- What is MindUP
- How you may practice mindfulness-based activities with your child

This will take place on Tuesday 27th June 2017 at 1.30pm - 2.55pm. Please complete the tear off slip below and return to the School Office to confirm your attendance. Please note an email reply is sufficient.

Kind regards,

**Hannah Warwick**  
Assistant Educational Psychologist

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**MINDFULNESS SESSION FOR PARENTS ON TUESDAY 27<sup>TH</sup> JUNE**

Parents name and class .....

I would like attend the mindfulness session on Tuesday 27<sup>th</sup> June 2017 from 1.30 pm – 2.55pm