



Newsletter – No.31 14th May 2021

Message From Ms. Mole.

Mental Health Awareness Week 2021 is taking place at the moment (from the 10 until the 16 May), and the theme is “Nature and the Environment”. At Polesden Lacey Infant School we know that being outside and in Nature has a hugely positive effect on our well-being. I find our woods a particularly calming and yet invigorating place to be and we know that our Forest School sessions and learning outside helps our pupils to thrive. During Forest School this week, Badger class spent the first part of their session noticing what clues there were to indicate what animals may have been in the woods. They communicated with one another with a kindness, respect and curiosity that was inspiring to see. Looking after our mental health is vitally important and to be able to teach our children ways to understand and look after their mental health is as important as teaching them about a balanced diet or how to look after their teeth. This weekend I am planning on following some of the suggestions from The Mental Health Foundation to support my well-being and you and your family may want to do the same. They have lots of ideas and the one that I am looking forward to is:

Connect with nature using all of your senses.

Taking some quiet time to reflect in natural surroundings using all your senses can be a real boost to your mental health. Whether you're relaxing in the garden or on your way to work, try listening out for birdsong, look for bees and butterflies, or notice the movement of the clouds. All of these good things in nature can help you to find a sense of calm and joy.

The children in Rabbits and in Squirrels have recently learnt about the artist Andy Goldsworthy. He is a British sculptor, who creates temporary landscape art installations out of sticks and stones and anything and everything else that he finds outside. See below in the newsletter for pictures of some of the art that some of the children created in Andy Goldsworthy's style. Maybe you could be inspired by him and the children's creations to try another of The Mental Health Foundation's ideas:

Combine nature with creativity

Try combining creativity with your natural environment. This could involve taking part in creative activities outside, like dance, music, or art. All of these things can help reduce stress and improve your mood. You could also increase your sense of connection by taking photos, writing, drawing or painting pictures of the landscape, plants or animals. Noticing the beauty of nature and expressing this creatively can help you find meaning and an emotional connection to nature that will stay with you for a lifetime.

More ideas for this weekend can be found here:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/tips>

Ideas to use throughout the seasons can be found in this booklet produced by The Mental Health Foundation and the World Wildlife Trust can be found here:

<https://www.mentalhealth.org.uk/sites/default/files/Thriving-With-Nature-compressed.pdf>

Take care, continue to stay safe and look after your well-being,

Rebecca Mole Headteacher

Star of Week

Well done to all the winners this week.

Rabbits: **Ava** for independently drawing and explaining the life cycle of the butterfly.

Squirrels: **Isobel** for being a resilient learner. Isobel always works hard and never gives up, even if she finds the work challenging.

Badgers: **Charlie** for working so hard on his handwriting.

Forest School: **Flynn** for being courageous!

Austin for doing 'my best work all by myself!'



Values Leaves: Fair, Resilient, Respectful, Caring, Courageous and Curious.

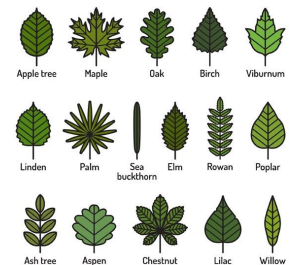
Below are some of this week's leaves:

Gabriel for being courageous and brave when he fell off his bicycle.

Rocco for being courageous and brave when he fell down the stairs and banged his head.

Henry E was very caring to another child when they were upset.

Finbar for being caring, understanding and helpful when his mummy cut her thumb and he told her to sit down and have a lovely cup of tea. He also helped her cook a delicious spaghetti Bolognese with garlic bread by reading the recipe, picking the herbs from the garden and helping to cook.



ECO tip

If you are still planting seeds indoors why not use cardboard egg boxes or toilet roll tubes to plant in. Not only are you recycling but these can be planted into the soil where they will biodegrade!



Any more Gardening Volunteers out there!

We now have a volunteer to help us look after the school grounds. I am sure that she would love some company !

If you have either a regular time that you could volunteer or the odd hours that you would like to do some gardening, weeding, pruning etc. please do speak to Ms. Mole or email office@polesdenlaceyinfant.surrey.sch.uk

The children and the plants would love to see you!



Fairtrade

This week in circle time the children have been writing letters, designing posters and some have even started to plan a video encouraging people to buy Fairtrade when possible. One of the children suggested that we email some of the posters to parents as they are the ones who normally buy things. Watch out for a few Fairtrade posters popping into your inbox in the coming weeks!



Supporting A Bereaved Child

Jigsaw South East are holding an Information Evening on 'How to Support Your Bereaved Child'. The session is being held on zoom on 8pm on Tuesday 18th May. For more information on this event please see the flyer sent out with this Newsletter.

Face Coverings

This is a gentle reminder that unless you are exempt for medical reasons we do still require all parents to wear a face covering whilst on the school grounds at both drop off and pick up. This includes the school drive as well as the playground.

We appreciate that infection numbers are falling and restrictions are easing but for the foreseeable future we will be continuing with the wearing of face coverings and thank you for your continued support with this.

Remember you can get Symptom Free Test Kits

The government has announced that if you're a member of a household, childcare bubble or support bubble of a school pupil, college student or of a staff member, you can get twice-weekly symptom free tests. You can use any testing offered by your employer, **book** an appointment online at a symptom-free testing site, **collect** a home-testing kit from a designated collection point, or if unable to travel to a site, **order** a kit online. Find out more at <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Andy Goldsworthy Inspired Art work by Rabbit class



COVID Local Support Grant

Surrey County Council will ensure help is available for families struggling as we transition out of lockdown, through the Government's COVID Local Support Grant. It is designed to directly help families and individuals who have been hardest hit by the pandemic, with the majority set aside to ensure children do not go hungry during school holidays.

The council, through schools, will ensure support to all 17,000 children in the county eligible for Free School Meals. There will also be a grant for care leavers, and direct support to families of younger children eligible for the pupil premium.

The remainder of the funding will be given to the Surrey Crisis Fund and made available to residents who are struggling. This money will provide support towards food costs and utility bills, but also emergencies such as replacing broken white goods, to guide people away from long lasting debt.

Surrey County Council will administer the funds, which must be spent by 20 June 2021. As the funding is only available for a limited time, Surrey have asked us to share this message with eligible families.

Enquiries should be directed to the Community Helpline: 0300 200 1008. More information can be accessed on the [government website](#) or the [Surrey Crisis Fund webpage](#)

Dates

Summer Term

Mon 17th May—Year 2 Trip to the British Wildlife Centre at Lingfield

Wednesday 26th May—Reception Class Trip to Nower Wood

31st May—4th June—School Closed—Half Term

Monday 7th June—school Closed—Inset Day

Wednesday 16th June—Class Photos

Thursday 17th June—Year 1 trip to Wisley

Thursday 24th June—Year 2 at Yehudi Menuhin School—Singing Festival (am)

Wednesday 7th July—Sports day 1.30pm start

Thursday 8th July—Athletes in School (am)

Wednesday 21st July—School Finishes 1.00pm for the Summer Holidays