

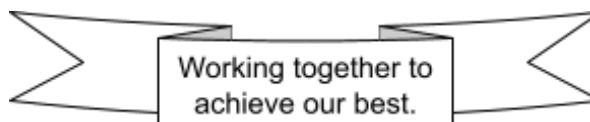


Newsletter

Issue No 4

Date:- 11th February, 2022

www.firslower.co.uk



Chair of Governors: John Ashley

Governors: Annette Anderson, Franco Cameli, Adam Campbell, Louise Haigh, Kerry Mercer, Tom Stean and Stuart Hobbs

Dear parents/carers,

Mental health week

This week is Mental Health Week and all out children have been taking part in activities to raise awareness about the importance of looking after our and each others' mental health:

- Year R have been learning about change and celebrating the fantastic things they have achieved since starting school. They enjoyed listening to the 'Very Hungry Caterpillar' story and then made their own butterflies, drawing pictures and writing about the things they are good at.
- Year 1 made posters about the things that made them happy, we then looked at feeling monsters and the children wrote short sentences about how the monsters might be feeling and why. We finished with some mindfulness colouring and the children said the colouring and the music made them feel calm and happy.
- Year 2 spent time creating 'worry monsters' after reading the book of the same name. We discussed how talking about our feelings is really important and essential to keep our minds healthy. We chatted about the fact that talking about our worries and sharing them with people we trust can make them go away or reduce them.
- Year 3 have enjoyed taking some time to think about being in the present and ways to self soothe by trying different mindfulness activities. They also read 'Lucy's blue day' and thought about times when they feel a little blue and explored what they can do when they are feeling this way. Year 3 finished the week by creating positive posters for each other. They each wrote one positive thing about every member of the class to remind themselves of how wonderful each of them are, which they can cherish forever.
- In Year 4 children have been engaging in mindfulness activities every day, discussing how to look at things positively and how to demonstrate kindness. We also looked at research that shows that being kind and receiving kindness can actually improve our bodies' health through the release of 'happy hormones'.



Some activities we took part in this week were: breathing exercises, mindfulness colouring, doodle art, listening to relaxing music and playing games focusing on our senses. We have also completed a wellbeing challenge booklet from the Mind website.



Safer internet day

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively. Safer Internet Day 2022 was on 8th February and had the theme 'All fun and games? Exploring respect and relationships online'.

- In Year R children have been learning about using the Internet safely. They listened to a story about "Buddy the dog" and his owner Ben. Buddy sings a song to Ben to help remind him how to keep safe when using the Internet at home. The children really enjoyed joining in with the song which helped to reinforce an important message about keeping safe online.
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- In Year 1 we discussed how being unkind has its consequences, how we shouldn't overshare photos and how we shouldn't click on buttons we don't know online. We also talked about which things we should keep private such as our personal information about where we live and what school we go to. We then made posters about how to keep safe online and reminders of how we need to talk to adults if we're not sure about something when we are on the internet.
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- In Year 2 the children have talked about how to stay safe online and as well as some other activities they have made internet safety posters.
 - In Year 3, the children have been focusing on keeping safe on the internet and particularly on sharing their personal information online and when gaming. The children used role play to act out different scenarios and/or discussed guidelines to keep others safe.
 - Year 4 read a story called #Goldilocks- A hashtag Cautionary Tale. This is a story where Goldilocks shares pictures of herself and her pets online. However, she wants to get more likes and thinks her pictures are a bit boring so she decides to spice her pictures up and shares photos of her breaking into the three bears' house. When the bears come back, she realises she has been unkind and as a consequence she has to restore their house to how it was before. The children dramatised the story and discussed the implications of sharing photos online. As a year group we have also explored the Think U Know website which also helps them to understand how to be safe online.
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Y3 Faith Tour

Y3 were very excited to go on their 3 faith tour. Each tour was led by a member of that faith community. The children spent time at All Saint's Parish Church, Jamia Masjid Gulshane Baghdad Mosque and Guru Nanak Gurdwara.

The children had some fantastic experiences and were so impressed by the architecture of the buildings they saw and fascinated by the opportunity to learn about from the three faith leaders they listened to.



We want to take this opportunity to thank the Y3 team for planning this event, the parents who very kindly accompanied us on the trip and of course, our children, who engaged with the visit so positively and enthusiastically.

Message from Director of Ashburnham Road

The end of Ashburnham Road nearest The Firs and Alameda is a private road, maintained by the residents. We have noticed that a number of parents are using the Road for parking and dropping off their children. There are no pavements on the Road and some cars are going very fast, putting children at risk. Please remind parents and carers that as it is a private road, **only residents are able to use it for parking or driving** and anyone with a legal right to drive down it should keep their speed to 10 mph. Thank you.

Cheryl Salmon

Director of Ashburnham Road (Amphill) Ltd

Covid and Flu Vaccines

Please find attached [a](#) poster containing details of a Drop-In Clinic available in Bedford in half term week on Wednesday 16th February 2022 for both COVID and FLU Vaccines.

Parents can just take their child along they **Do NOT need to make an appointment.**

World Book Day - Thursday 3rd March

On Thursday 3rd March the school will be celebrating World Book Day. We would love it if the children could dress up as their favourite book character and bring in a copy of the book that character is in.

Don't worry if you do not have time to organise a costume though, they could come in with the book and part of a costume or a 'prop' connected with the character.



We will be organising a programme of enjoyable activities for the day, that celebrate books and reading and we are sure that the children will have a fantastic time!

Thank you in advance for your support!

PTFA Discos

Advance warning that the PTFA Discos will be held on Friday 4th March so please put the date in your diaries! A flyer for this event is attached.

The PTFA will write to everyone after half term with further details.

Premier Education Club for after half term

This half term, Premier will be hosting an extra-curricular club at our school. These sessions give your child the chance to become more active, learn new skills, gain confidence and have lots of fun whilst in the comfort of their own school. Please be aware there are a maximum number of 20 places per club which are offered on a first come first serve basis.

Please find attached the club that is available. To make a booking just click on the link in the flyer which will take you directly to the booking page on Premier's website. If you have any queries when making your booking, please contact their local office directly on 01908 597940 or email

mkoffice@premier-education.com

Half Term Message

With next week being half term, I would like to take this opportunity to thank all the children for their hard work this term. Many of the children have had time away with Covid and children still in school have missed their friends. Through it all though, the children have looked after each other, stayed cheerful and have kept on trying their best... Well done everyone!

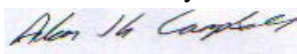
*Working together
to achieve our
best.*

I would also like to say a big thank you to the staff who have all pulled together as a team and helped us keep the school running, even when the staff absences due to Covid were very high. Sometimes it has not been easy to cover all the absences and everyone's commitment and support has made all the difference.

Finally, thank you to all our parents and carers who have been so supportive and understanding through those challenging moments this term.

I hope everyone has an enjoyable and restful half term and we look forward to welcoming the children back to school on **Monday 21st February**.

Yours sincerely,



Adam J G Campbell