



Through.....
Loving learning, loving each other and loving life
itself
AGAPE: The Good Samaritan (Luke 10: 25-37)

I do hope you and your families had an enjoyable half term. Please see term dates at the bottom of the newsletter with any changes highlighted in yellow.

'It's not whether you get knocked down, it's whether you get up'
Vince Lombardi

Is it worse to fail at something or never attempt it in the first place?

Plan for intentional rest and 'detachment' each day in term time. Remember, research is there to show that taking breaks in the day makes a big difference to your wellbeing and your work.

Dear God,
Thank you that you teach us, and expect us, to rest for our own well-being;
Sorry that sometimes I forget to be wise and to look after my own well-being;
Please help me to be intentional about rest and recovery, in being well – for myself, for others, for You.
Amen.

This week with the clocks changing and the evenings drawing in, here are a few practical steps to help those affected by sleep concerns; Children need consistent, quality rest. It helps them learn better and helps them stay healthy. Children benefit greatly when they get enough rest, but they also suffer when they do not get an adequate amount.

Things to try:

- Talk to your child during the day (not before bedtime) to find out whether anything is worrying them.
- If your child worries about dreams or nightmares. Teach your child about dreams. Take the opportunity to introduce some simple psychology principles to help your child. Explain that dreams are just the body's way of sorting through the previous day, and reassure that thoughts are not permanent and cannot physically hurt.
- **Make sure your child has a fixed relaxing bedtime routine.** Having a bath with a favourite bubble bath will create sensory clues that it is time for bed and the practised routine will create a sense of security.
- Limit screen time before sleep.
- Audio Stories, if your child is really struggling, try putting an audio story on in their bedroom, the volume needs to be turned very low. This causes the brain to 'reach' for the sound which can sooth an anxious mind and 'keep it busy' while they sleep.
- If they wake up from a nightmare, soothe your child and validate how they feel. **Do not ask questions** or discuss the dream unless they invite the conversation.
- To re-settle, sooth and suggest 'happy thoughts,' give gentle suggestions or think of somewhere that makes them feel relaxed and carefree. If nightmares are frequent then you can practise relaxing using guided imagery then you can use a practised imagery to return to sleep.
- Create a cosy space - provide a soft toy and use a low light or Nightlight - a relaxing environment can make it easier for your child to self-sooth.
- Night Terrors – These can be frightening for everyone involved. The best advice is not to wake your child if they are having a night terror. If you wake them they may not recognise you and may become more agitated if you try to comfort them. Keep them safe and quietly re-settle. Do not inform them in the morning as they will have little to no memory of it unless they wish to discuss it.

If you wish to have any further help please feel free to get in touch viharris@nc.huish.education

Parent Survey

In order to help with our ongoing self-evaluation and review in order to further enhance our lovely school, please could you take the time to complete our annual parents survey (see two links below) which will go live this evening at 5pm and remain open until Monday 7th November at 9am. Please complete both parts of the survey. Thanks in advance.

Part 1

<https://www.surveymonkey.co.uk/r/ZTT9ZNZ>

Part 2

<https://www.surveymonkey.co.uk/r/ZTXGRCD>

This Fortnight's Learning

	English	Maths	Topic	Other
Little Herons Pre-school	The Gruffalo Story. Gruffalo Rhymes. Silly Soup.	Numicon Houses. Duplo Houses. Colour Mixing.	I wonder where people live.	My family. Fireworks and Bonfire Night. Cooking – Gruffalo Crumble.
Minnow Class	The Gruffalo; identifying key parts of the story & offer suggestions of what happened next. Retell the story in order using first, then, next, after that, finally.	Composition & representations of 1,2,3. Subitising. Making collections of 1,2 and 3 objects. Match number names to numerals and quantities. Children begin to understand that as we count, each number is one more. Similarly, as we count back, each number is one less than the previous number. Spatial awareness.	Where People Live. 5 th November. Firework safety.	Simple representations of things, basic skills; scissors, glue etc.
Starfish Class	Plan and write instructions on how to make a rocket.	Addition and subtraction - Money. Y1: recognise coins and notes. Y2: counting/ selecting money.	Autumn season / Bonfire night.	Nativity songs to begin practising. Science: which material is the odd one out? Computing E – safety. PSHE: how we are similar. RE: why is Jesus important?
Dolphin Class	Instruction writing – using time conjunctions, imperative verbs and adverbs.	Representing 3-digit numbers in different ways. Solving problems bridging 100. Finding 10 more and 10 less than a given number.	Introduction to the Bronze Age – Bronze Age Artefacts and Clay Beaker modelling.	RE: Hinduism – special places and festivals, Diwali lantern craft. Science: Introduction to Forces and Magnets. PSHE: Celebrating difference.

Octopus Class	Plan, write, evaluate and edit our own story opening (character and setting): Use noun phrases expanded by the addition of modifying adjectives, nouns and prepositional phrases. Choose nouns and pronouns appropriately for clarity and cohesion (avoid repetition). Use a wider range of conjunctions. Finalising and editing biographies.	Numbers to 10000 (and beyond – Y5 only): To use knowledge of calculation and common measure conversions to solve problems. To compose and decompose numbers in different ways. To use strategies to make solving calculations more efficient. Choosing the most effective calculation strategy for addition.	The struggle for power between Lady Jane Grey, Mary and Elizabeth (organising historical information, identifying reasons and results). Queen Mary and her reign (historical sources).	RE: What do Christians believe about God and incarnation? Being fair and forgiving. Music: Recorders. Science: Materials and their properties. Computing: ESafety French: Les Nombres.
Shark Class	Explanation text and language features. Persuasion text and language features – persuasive letter of application.	Place value – rounding whole numbers. Ordering decimals. Calculation – Times tables and addition.	Evolution – how fossils form Shackleton's Journey introduction. Inheritance - inherited traits and features.	E-safety. PSHE – Me in my World. RE – Hinduism. French – Clothes. P.E. – Multi skills. Music – Rock Steady.

School Lunch Reminder

For **w/c 7th November** orders must be placed by **midnight on Wednesday 2nd November**. Unfortunately orders placed after this date/time will not be able to be processed and you will need to provide your child with a packed lunch for that week.

If your child has any special dietary requirements you must email the school office before the order cut off.

If you have not requested access to order a lunch and now wish to do so, please email the school office asap. Otherwise please ensure you provide a packed lunch for your child.

Kind regards,

HMorley

Helen Morley.

Key Dates: Autumn Term 2 2022

Date	Subject
Monday 31 st October	Welcome back children! New term starts
Wednesday 2 nd November	Individual School Photos
Friday 4 th November	Shark Show and Share: 8.50
Thursday 10 th November	Protect our Planet Day
Friday 11 th November	Octopus Show and Share: 8.50 November Parents' Forum: 2.30
Monday 14 th November	Odd Socks Day
Friday 18 th November	Dolphin Show and Share: 8.50 Children in Need Non Uniform Day
Friday 25 th November	Starfish Show and Share: 8.50
Thursday 1 st December	Minnow Show and Share: 8.50
Friday 2 nd December	AKA Theatre Company: A Real Fiction performance
Friday 9 th December	Little Herons Show and Share: 8.50 December Parents' Forum: 2.30
Monday 12 th December	School PPMs/SEND surgeries
Tuesday 13 th December	McMillan Sleeping Beauty Theatre Panto: 10.00 Christmas Parties pm Local Governing Board Meeting: 5.00
Wednesday 14 th December	Little Herons PPMs/SEND surgeries Infant Nativity Play: 2.00pm and 6.00pm
Thursday 15 th December	Cups Assembly: 9.00 Christmas Carol Service in the Church: 2.00
Friday 16 th December	Christmas Jumper Day Christmas Lunch 2.00: Carols around the tree End of term
Monday 19 th December – Monday 2 nd January	Christmas Holidays
Tuesday 3 rd January	INSET Day
Wednesday 4 th January	Back to School