



## Message from the Head

Dear Parents/ Carers,

There have been a number of lingering nasty bugs in school, but for the first time in some weeks, we have had all children (and staff) in school towards the end of this week. Please remember, that if your child has a high temperature then they should not be in school. However, if your child has a cough, cold or runny nose, they are able to be in school. We do our very best to ensure children wash their hands and are able to administer Calpol (with your permission) if required. We always do our very best to take care of your children.

Looking ahead, there is lots happening next week. As well as it being Children's Mental Health Awareness Week, we are also marking Safer Internet Day on Tuesday 6th, and have a visit from a WWI simulator on Thursday 8th. Some students from New Hall School will also be joining us for the WWI experience. There are workshops planned that include an opportunity to fly in the simulator, as well as a quiz and poetry writing. This will be a fantastic opportunity for children interested in careers in aviation and is delivered by the [WWI Aviation Heritage Trust](https://www.wwiaviationheritage.org/).

Thank you to those parents who were able to join Mr Pearce and Miss Snodgrass for SATs presentations last week. If you were unable to attend, please do speak to your child's teacher to catch up with the information.

Best wishes,  
Mrs Charlotte Brown (Headteacher)

## Athletics

Write up by Shane

On Thursday 25th January, we went to Charter Hall in Colchester for an athletics event.

A group of children in Year 5 and 6 were picked to go. We did a range of events that included relays, vertical jump, standing long jump, javelin, chest throw and many more.

I am feeling really proud of myself, Esme, Erin, Teddy, Zach, and Thomas L because they really tried their best and did not give up! Well done to everybody that took part in the event because everyone supported each other. Very good sportsmanship was shown by other schools and Messing.

There were 9 other schools involved and we placed 7th overall in the athletics event.

Mrs Southgate was very proud of all of the children for showing support to others and keeping a positive mindset.

Thank you to all of the parents who also transported children. We could not take part in these events without you!



## PTFA Events



It was so wonderful to see all of the children enjoying their hot chocolates in the playground after school last Friday. Thank you to the PTFA for funding this for all children.

Below are some dates of upcoming events. Please do get involved if you feel you are able to support in any way. You can speak to Isaac's mum (Wrens class) or Heath and Wilf's mum (Robins and Kingfishers class) if you would like to get any more information.

**Wednesday 14th February:** Valentine's Day bake sale (support will be needed for the bakers among you)

**Wednesday 28th February:** World Book Day Costume Exchange (this was a fantastic free event put on for the first time last year. A great opportunity to donate any old costumes/ dressing up items and collect something different. Reduce / Reuse / Recycle)

**Thursday 29th February:** Pupil's Sponsored Leap Year Activity (more information to follow on this one)

**Thursday 7th March:** World Book Day Fair - (donations for your old books and a wonderful chance for children to select new books. Tea/ coffee/ cake also provided)

Plans are coming together for Mother's Day and an Easter Bake Sale.

## Online Safety

### Free Speech vs Hate Speech

Freedom of expression is enshrined in international law. Some individuals, however, misunderstand the right to share their opinions as a license to target others with the most horrendous prejudice.

So how do we balance people's prerogative to have their voice heard against everyone's right to live in a respectful, inclusive society? This conflict frequently unfolds in the digital world. Online posters can be falsely accused of hate speech, while actual hate is often defended as merely being 'free speech'.

To help children and young people learn to identify the boundaries and recognise genuine hate speech when they see it, [this helpful guide](#) from The National College has some guidelines for supporting young people.

# Children's Mental Health Awareness Week

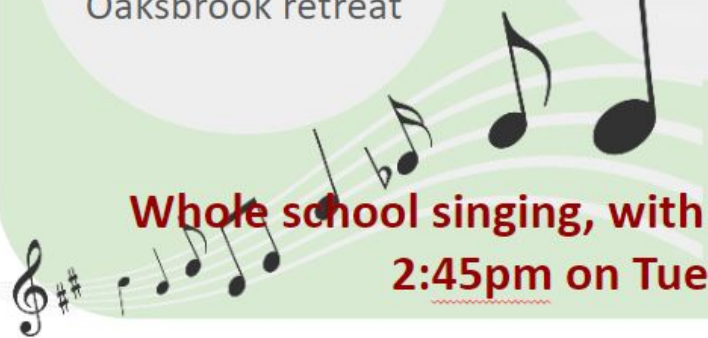


Sound healing sessions led by Jane from Oaksbrook retreat



Workshops including healthy food preparation, yoga, meditation and crafts

**Whole school singing, with an open invitation for parents  
2:45pm on Tuesday 6th February**



## Children's Mental Health Awareness Week

As a school, we are passionate about the support and provision we give to all children. The strategies we use range from one-to-one wellbeing sessions, to whole class learning on Zones of Regulation. Although the physical space we have in school is very limited, we always aim to give children the time and space that they need.

On the school website we have designated pages for mental health and wellbeing. The page for parents is [linked here](#). It contains information on supporting your own well being, as well as signposting for support and more information on the school's provision. The page for children is [linked here](#). This is a space for children to understand more about Zones of Regulation/ Colour Monster, as well as links to website specifically for children.

Next week we are looking forward to focussing on mental health awareness with the children. This will begin with an assembly led by Mrs Lewis on Monday morning. In the afternoon, Jane, who is based at Oaksbrook Retreat, will lead sound healing sessions. Later in the week there will be yoga and workshops focussing on the links between food and wellbeing. Children will be working together to create their own wellbeing baskets for their classes, containing sensory items to support themselves and others.

## Spring Term Diary Dates

- W/b Mon 5th Feb**- Children's Mental Health Awareness week
- Tues 6th Feb**- UK Safer Internet Day
- Thurs 8th Feb**- WWI flight simulator in school
- Mon 12th/ Tues 13th Feb**- KS2 Bikeability
- Weds 14th Feb**- Robin class assembly for parents (2.45pm)
- Fri 16th Feb**- Final day of term
- Mon 26th Feb**- Non-pupil day
- Weds 28th Feb**- PTFA World Book Day costume exchange (after school)
- Thurs 7th Mar**- World Book Day (more info to come)
- W/b Mon 11th Mar**- British Science week
- Fri 15th Mar**- Stay and play/ share and learn (parents invited into classes from 2.30pm)
- Tues 19th/ Thurs 21st Mar**- Parents evening

## Recommended Read



**One Day** by David Nicholls

## Words of the week

**hummock** noun | hum-uk  
A hummock is a small round hill or mound.

**sapient** adjective | say-pee-unt  
Sapient is a formal word that means posing or expressing great wisdom.

