

### Mindfulness

Building upon the growth mindset approach already embedded in the school (which supports pupils with building self-esteem, perseverance with challenges and becoming reflective learners) we are pleased to be introducing mindfulness, initially to the older children. This will start with a 12 week programme of 30 mins per week in Class 3. One of our parents, Mrs Seaman, has been fully funded to be trained in the paws b programme specifically to support the school with this on a voluntary basis. In our busy lives where children constantly bombarded with stimulus, and with the growth in mental health issues for increasingly younger pupils, many schools are using mindfulness to support pupils with their well-being. More information about this can be found on their website <https://mindfulnessinschools.org/teach-paws-b/paws-b-curriculum/> We will be asking the children for their feedback following the course which begins after half term.

### Community Orchard

We are delighted that Community Orchard committee secured funding for a hide to be built for the children to use and that this is now in place. We are looking forward to using this regularly for a range of activities and being involved with the being involved in the tree planting for the orchard too.



### Class 1 visit to Colchester castle.

Class 1 had a very exciting day at Colchester castle to enhance their learning in school about Knights and castles. They were greeted at the castle doors by the tour guide and were taken on a tour to learn all about the castle and what daily life would have been like there. Dressed in colourful tabards, the trainee knights explored the hidden parts of the castle and even went on the roof. But first they had to learn how to successfully invade the castle!

This fantastic day gave children the opportunity to demonstrate all they had learned about their topic and to gain real life, hands on experiences they will never forget.

The tour guide was particularly impressed with the children's high level of interest and the questions they asked.



### Dates for your diary

22/10/19 Parent Consultation 3.30  
 23/10/19 Parent Consultation 4.00  
 25/10/19 Non-Pupil day  
**28/10 19 -1/11/19 Half Term break.**  
 4/11/19 Non –pupil day  
 15/11/19 Class 2 inter-school music workshop  
 15/11/19 Children in Need  
 18/11/19 Class 3 assembly 9.00  
 20/11/19 E safety talks at New Hall School  
 26/11/19 Class 2 assembly 9.00  
 2/12/19 KS1 dress rehearsal  
 3/12/19 KS1 performance 2.15  
 4/12/19 KS1 performance 6.00  
 5/12/19 Pantomime at school  
 10/12/19 Christingle service 10.30  
 11/12/19 Xmas dinner  
 12/12/19 Community carols  
 13/12/19 Christmas Fair  
 19/12/19 Xmas jumper day for Save the Children  
 Last day of term  
 6/1/20 Return to school  
 24/1/20 Young voices  
 28/1/20 Stay and play reception  
 17/2/19 Half term

### Gardening Group

We are delighted to have a keen group of volunteer parents who will be supporting with the gardening at the school on a regular basis. We have reluctantly relinquished the allotment this year as this proved to be too big a project for minimal impact on the children's learning and experiences. We will now be focusing on our gardening trugs and the beds in the reception garden. Alongside this, we have begun a project to develop 'Frederick's garden which is our memorial garden to a former pupil. Children have begun their designs and started to share ideas with school council about how this could be further developed as a calm, mindful space for all children to use.



### Congratulations

Congratulations to the following pupils who have been awarded Golden certificates.

**Daisy J Eliza Micheal Steven**  
**Henry F Mason Violet Tomas Sophie**  
**Class 1 for their excellent questions and listening on their castle visit.**

