

KEEPING SAFE & HEALTHY

CHRISTIAN VALUES

Wisdom

COMMUNITY NEWS

CHILDREN'S MENTAL HEALTH WEEK
3rd - 9th February

This year, Children's Mental Health Week is focusing on **KNOW YOURSELF, GROW YOURSELF**

When we take notice of ourselves and how we feel, we are able to make better choices and be more connected with our feelings and behaviours. Noticing these things can help us recognise when we need support.

10 things to do to boost your mental wellbeing

- Try to get enough sleep
- Do something kind
- Relax and reduce stress levels
- Learn a new skill
- Spend time being creative
- Learn about your feelings
- Do something for yourself
- Spend time outside in the fresh air
- Be physically active
- Connect with other people

TOP TIP: BE KIND TO YOURSELF!
KINDNESS is a simple way to help EVERYONE. When we are KIND to each other, it helps us to feel connected, which means we forge new friendships or deepen existing ones. Choosing to approach your day with a mindset of KINDNESS is an incredibly powerful thing that can change lives and create a KINDER world.

DID YOU KNOW?
Research has also shown that when we're KIND, when someone is KIND to us or even if we just witness KINDNESS, our bodies release feel-good hormones which lift our mood, giving us what's known as a 'Helper's High'. It's also been shown that people who are KIND have much lower stress levels, age more slowly and have healthier hearts. KINDNESS isn't just a nice thing to do, but can help us improve our own well-being, while helping others at the same time. And Children's Mental Health Week is a perfect time to start!

FUN FACT!
Bananas are a happy fruit! They help to improve your mood!

Wonder is the beginning of wisdom.

SOCRATES

(VERY) LOOSELY BASED ON LORD ARTHUR SAVILE'S CRIME

Rain or Shine Theatre Company

MURDER MOST WILDE

Goodrich, Ross on Wye, HR9 6HX • What 3 Words - //nerves magnitude abode

Goodrich Village Hall

Saturday 25th January at 7:00pm

Tickets: £14.00 adults, £8.00 children (under 15)

Online bookings: goodrichvillagehall.co.uk or by telephone: 03306 600541 • Bar open

www.rainorshine.co.uk - theatre@rainorshine.co.uk

Goodrich Church of England

Attendance		9th Edition 2024-25	3rd February 2025	House points	
Reception	96.6%	<p>School Prayer</p> <p>Dear God, Bless our school. Bless our teachers. Bless our pupils. Bless our families. Please help us to be kind and help us to always try our best. Let us remember, as many hands make a house, So many hearts make a school. Amen</p>		Dragon	23
Year 1	98.6%			Pegasus	25
Year 2	88.9%			Griffin	31
Year 3	94.8%			Phoenix	23
Year 4	97.2%				
Year 5	93.6%				
Year 6	97.2%				
TOTAL	95%				

Primary School Newsletter

X	Reminders	PTFA/ Eco
	<ul style="list-style-type: none"> Please make sure your children have waterproofs or a complete change of clothes on Forest School days. Please make sure that all items coming into school are clearly named. Please don't send in chocolate or crisps to school as a snack. 	<p>Our school is proud to be part of the Golden Valley House & Recycling Group</p> <p>We are a recycling point for clothes, shoes, bags, books, CDs, DVDs, batteries, branded print cartridges, ink, bread bags, cheese wrappers, rigid tins and bottles, electrical cables and Pringle tubes. The bins are always outside the school for use any time. Many of these collections also raise money for our school.</p> <p>WILDFIELD YOUR FEEL IS</p> <p>Our second drop off is from the 24th - 27th March</p> <p>Followed by a walk on the afternoon of 28th March</p> <p>PLEASE SPREAD THE WORD WITH FRIENDS & NEIGHBOURS</p> <p>You can also support us by buying from the Facebook Marketplace Selling page. Use the QR code to find it.</p>

News

Dear All,

On Friday, Peregrines delivered a thought-provoking Celebration Worship about the importance of knowing ourselves well. Recognising our skills, likes and dislikes and respecting that everyone is unique and from that, how our personal contributions can make such a difference within the communities we live.

It is easy to focus on the challenging behaviours in our school and society but this was an opportunity for me to reflect on the kindness I witness at lunchtime between our children; those children that notice the small stuff and offer help, those who do it quite naturally, without thinking and not seeking approval or reward, also, those 'courageous advocates' who support what is right regardless of how difficult it is. This is something I have been talking to the children about in collective worship. Not just being kind, it is defined as 'the act of speaking out against an issue of injustice, often on behalf of those whose voice is not heard' or 'agents of change.'

This is a tricky concept- not just being kind to our friends, which of course is fabulous but so much more. We have started by identifying examples within our school but hope to move on to find a problem bigger than us, to try to positively impact. I encourage you to talk to your children about these words and to help them to understand and perhaps to discuss examples in local, national or international news. Let's try to focus on the positive.

Also, our parent survey link will be shared next week. We would be very grateful if you could spare the time to complete it.

Best wishes,

Karen Miles
Headteacher

Class News

Goldcrests

Goldcrests week began with a wonderful visit from Whitchurch Fire Crew, who took time out to let us explore the fire engine and teach us about fire safety. This linked into our theme of the week, different modes of transport. Our story was about 'car, truck and jeep', offering an assortment of transport for everyone: designing train tracks, constructing with diggers in the sand and taking on a role in the ticket office before everybody boarded the train/bus before our journey. During our Forest School sessions we prepared for the RSPB great bird watch by going on a listening walk, trying hard to be quiet while we listened to the bird song. We identified birds such as robins, black birds and magpies. Sadly, the only Goldcrests were on our tops. This week our Forest School session carried on with how important it is to look after the birds in the winter, by making bird feeders to hang in our trees at home. We celebrated Chinese New Year, learning about the traditions and customs, trying costumes, Dragon dancing and having a Chinese feast during our snack time - even trying to eat with chop sticks. We also created two coloured pattern dragons, sequenced number circle dragons and sculpted dragons out of play dough. Our story explained how the years were named after different animals and which year we were born under. This year is the year of the snake, so we moved like snakes and painted snakes with a two-coloured pattern.

Quote of the week

Body & Mind

Wow Play!

Words of the Week

Talking about Chinese New Year Theo explained "the children get money in red envelopes; red is a lucky colour."





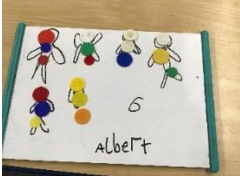
A hands-on experience learning about fire safety.





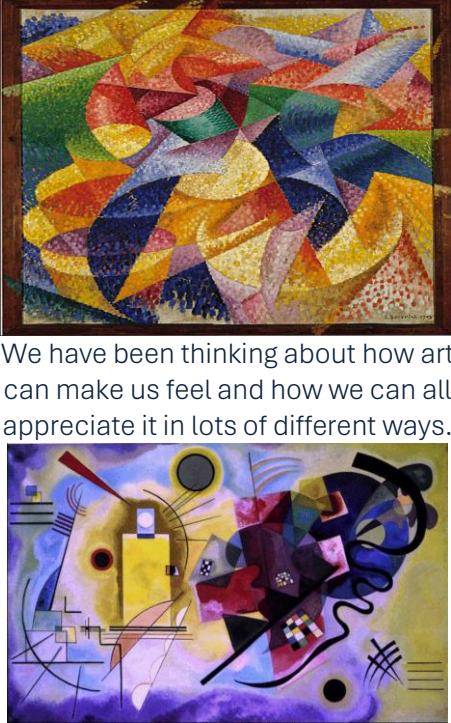
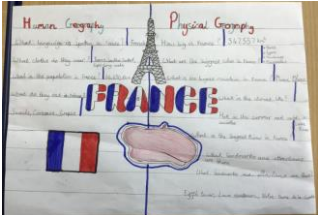
The children did amazingly trying to eat with chop sticks.


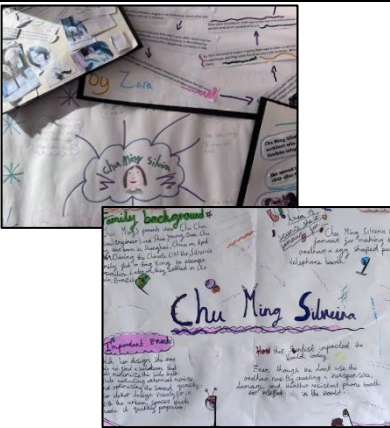
China festival
dragon
chop sticks
firecrackers

Wrens	Wrens have been enjoying play challenges to show our understanding across the various areas of learning. We have been drawing pictures of a sunny day without including a sunshine in the corner of the page using bright colours, shadows and clothing clues; thinking about how we could make a dancing Chinese dragon; and how we could make a rainbow on a white piece of paper using light. We have also been re-telling the story of Goldilocks and the three Bears and had fun using different voices to add interest for our audience. We enjoyed exploring what happened when we mixed different amounts of water with oats and were great at thinking of words to describe the texture. In Maths, we have been exploring ways of showing ten and numbers up to 100. In RE, we have been thinking about stories that are special to different people and have enjoyed acting out the story of 'Jesus Calms the Storm'.			
	Quote of the week	Body & Mind	Wow Play!	Words of the Week
	Jessica said, "I was looking outside the window to spot birds and a woodpecker came to eat from our new bird feeder. It had red on its head."	We had great fun creating 'Stir-Fry' dances in P.E.		sizzle parade shuffle steaming cloudy

Robins	In English Robins class have been researching an animal of their choice using Google. They have been writing answers to the questions that they wanted to find out in preparation for their non-chronological reports. We have also been writing monster acrostic poems ready to enter a writing competition. In Maths we have continued with dividing into equal groups, adding equal groups and introducing the multiplication and the division sign. In RE we have been thinking about why Jesus chose Matthew the tax collector to be a disciple and what it means to show forgiveness. The children have been designing their own moving picture in DT; they have designed the background and the slider for their picture. We have been working hard in PE this week focussing upon body tension as we hold a balance using points and patches (small and large parts of the body). In science the children have been thinking about 'needs and wants'. We narrowed down our 'needs' as things which we need for survival: air, food and water. We have then been thinking about healthy eating and why we need different food groups in our diet in order to give our body what it needs.			
	Quote of the week	Body & Mind	Wow Work!	Words of the Week
	When in forest school this week, Albert said "It was exciting to have a fire and cook my brioche, it made my hands warm."	 Cooking in Forest School.	 Investigating how many Gingerbread men were needed for 18 raisins.	chilly waste twinkle squeeze relax

Woodpeckers	In Maths, we have been looking at 2D shapes and identifying quadrilaterals and polygons. We have been looking closely at the properties of these shapes and what is the same and what is different. We have also been looking at different types of lines including horizontal, vertical, diagonal, parallel and perpendicular and identifying right angles in shapes and around the school environment. In English, we have been using our reading comprehension text on Tutankhamun's tomb, to write a diary recount for Howard Carter and have also been using our research on Egyptian gods to write a non-chronological report. In Science, we have been investigating push and pull forces and have been testing how different surfaces create different amounts of friction. In PE, we have been using different apparatus and heights to develop our jumping techniques and in PSHE, we have been discussing what makes us unique – looking at our achievements, strengths and interests and what we can do when faced with a challenge/setback. In Art, we have been using Yvonne Jacquette's aerial landscapes to sketch our own versions and in RE, we have been listening to the story of Jonah and the Whale and how Jews use this story during Yom Kippur to ask for forgiveness. We made origami boats and wrote what we were sorry for on them, before sending them off down the water tray and in Computing, we have been using IMotion to create an animation.			
	Quote of the week	Body & Mind	Wow Work!	Words of the Week
	In PSHE, we have been discussing what we can do when we are faced with a challenge. Gabriel said; <i>"Persevere, don't give up."</i> Seren said; <i>"We can learn from mistakes that we have made and try again."</i> Henry added, <i>"You can ask for help or use things you know to help you solve the problem."</i>	 In PE, we have been using the apparatus to develop our jumping techniques.	 This term, our famous scientist is Beatrix Potter. Here are some of our finished projects which are on display in the classroom.	parallel perpendicular angle aerial friction

Owls	<p>In Maths this week, we have been finding the area of rectangles and applying this knowledge to finding the area of compound shapes. In RE, we have been discussing the bible story of Jesus healing the leper and considering what this tells us about what kind of world Jesus wanted. In Art, we have been looking at a range of abstract art and thinking about how it makes us feel and why. In our Science, we have been investigating which types of shoes create the most friction and finding examples of high and low friction in the environment. In English, we have been editing our stories by improving our choice of vocabulary, punctuation, grammar and spelling. We have read our stories to our audience (the class) to see if we have engaged them and by the feedback they gave, we have.</p>			
	Quote of the week	Body & Mind	Wow Work!	Words of the Week
<p>Leyla said, "I think Jesus healed the leper to show that he cared and that you should care for others no matter what."</p>	 <p>We have been thinking about how art can make us feel and how we can all appreciate it in lots of different ways.</p>	<p>Maude's wonderful research on the human and physical geographical features of France.</p> 	<p>gravitational newtons human/physical geography congestion pollution</p>	

Peregrines	<p>In the last two weeks, we have been investigating the law of reflection in science. We learned that the angle of incidence is equal to the angle of reflection. In Geography, we have been identifying the 23 countries which make up North America and learning about their climates. In our PSHE lessons, we have been recognising our personal and individual qualities and how we should respect and express them. Furthermore, we have been finding things we have in common and how our hobbies can boost our physical and emotional wellbeing. In English, we have rewriting a class story in our words, and we have been editing it to improve on punctuation, vocabulary and grammar choices. In Maths, we have been learning how to find the area of a triangle and the volume of a cuboid. In Forest School, we have been making knots, meditating, and spending time with our friends.</p>			
	Quote of the week	Body & Mind	Wow Work!	Words of the Week
<p>Jasper P and Jasper HC said about Forest School, "It is great because we get to explore, build and even mediate. We both mediated by the side of tree."</p>	 <p>Our display about growing and changing.</p>	 <p>These are some of the research projects about our famous scientist Chu Ming Siveira.</p>	<p>plethora sarcosuchus prehistoric incidence reflection</p>	

What's going on?

Forest School		Celebration Worship		Other Dates	
03/02/25	Wrens	07/02/25	Robins	05/02/25	PTFA meeting 13:30
05/02/25	Woodpeckers			06/02/25	House Event Mastermind
10/02/25	Robins			06/02/25	Young Voices: Bob Marley
12/02/25	Owls			11/02/25	Yr5 JKHS Transition Morning
				13/02/25	PTFA Book Fayre
24/02/25	Wrens			17-21/02/25	Half Term
26/02/25	Peregrines	07/03/25	Woodpeckers	06/03/25	Yrs 5&6: National Roman Legion Museum
03/03/25	Robins			11/03/26	School nurse Height and Weight: Rec & Yr 6
05/03/25	Woodpeckers			24-27/03/25	Recycling drop off Mon-Thurs
10/03/25	Wrens	21/03/25	Owls	28/03/25	13:45 Table Sale

Be Ready

Be Safe

Be Respectful

MBH
Megan Baker House

Charity number: 1141827

Does your child have or do you know a child who has:

- Cerebral palsy?
- Developmental coordination disorder (DCD - formerly dyspraxia)?
- Milestone delay?
- A genetic disorder?

OR any movement difficulties?

We can help through group or individual sessions

We have venues in Herefordshire, Shropshire, Worcestershire & Gloucestershire. We also offer sessions in schools or virtually!

We are currently offering 40 free sessions for under 3s!

FREE ASSESSMENT FREE REPORT FIRST THREE SESSIONS FREE

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NEW FOR 2025!

February half term (17th - 21st)

at MBH Ledbury

Come for 3, 4 or 5 days!!

The full 5 days would be maximum benefit

- ✓ Build strength
- ✓ Improve posture
- ✓ Improve walking technique
- ✓ Improve confidence
- ✓ Work on weight bearing and transference and so much more!

To sign up, please email Sue at sue@meganbakerhouse.org.uk

Charity Number: 1141827

malvern theatres

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Spring 2025

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malvern-theatres.co.uk

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Make-it Happen

Making all your Creative Dreams come true...

Children's Feb Half Term Workshops

Welcome to the wonderfully creative universe of Make-it Happen where we run a range of fun arty, crafty workshops for children in our Studio space in Gomond Street, Hereford! Let your child's imagination run wild and build their confidence in multiple crafts from sewing to felting to macrame and much more!

Book through our website, over the phone or in person.

<p>Dream Catcher Workshop Tue 18th Feb 1pm - 2pm Create a beautiful dream catcher and hang it above your bed for a peaceful night's sleep! £15 per child £7.50 Second Child Discount</p>	<p>Ribbon Rainbow Wreath Tue 18th Feb 2pm - 3pm Create a colourful rainbow ribbon wreath, the perfect bedroom decoration! £15 per child £7.50 Second Child Discount</p>	<p>PIZZA PUSLHIE Wed 19th Feb 10am - 11am Practice your hand sewing and make a cute pizza shaped plushie! £15 per child £7.50 Second Child Discount</p>
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Book Now!
Make-it Happen, Hereford
www.make-ithappencreativedreams.com
9 Gomond Street, Hereford, HR1 2DP
01432 632 280

<p>STRAWBERRY PUSLHIE Wed 19th Feb 11am - 12pm Learn to sew a sweet hand stitched strawberry! £15 per child £7.50 Second Child Discount</p>	<p>Avocado Plushie Wed 19th Feb 1pm - 2pm Avocado-go at making your own adorable avocado plushie! £15 per child £7.50 Second Child Discount</p>	<p>Egg Plushie Wed 19th Feb 2pm - 3pm An eggcellent chance to learn to hand sew a cute Egg plushie! £15 per child £7.50 Second Child Discount</p>
<p>Name Bunting Wed 19th Feb 3pm - 4pm Sew your own personalised name bunting! £15 per child £7.50 Second Child Discount</p>	<p>Needle Felted Bee Thu 20th Feb 10am - 11am Learn how to needle felt a cute buzzy bee! £15 per child £7.50 Second Child Discount</p>	<p>Needle Felted Toadstool Thu 20th Feb 11am - 12pm Needle felt a sweet little toadstool! £15 per child £7.50 Second Child Discount</p>

Book Now!
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Check out our Monthly Sewing Machine Club!

Learn how to use a sewing machine and make a different project each month! Build your sewing confidence and learn to make clothes, accessories and more.

3 Hour Session - Second Saturday of the Month
2 Hour Session - Third Saturday of the Month
£28 per child

Children's Monthly Sewing Machine Club

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8:45AM-3:15PM

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£15 PER PERSON
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Join us for a day of Fun, Cheer, Tumbles, Crafts, Team games and Sports activities!

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17/18/19 FEBRUARY 2025 9AM-3PM
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Hampshire Cricket

WESTON YOUTH U9

CALLING ALL CURRENT YEAR 4 PUPILS

THE CURRENT U9 TEAM ARE TAKING ON NEW PLAYERS TO FORM A SECOND TEAM

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Open Day

Saturday 8th February
 9:00am to 1pm
 Discover the Haberdashers' Advantage

Discover more, including our 7am to 9pm wraparound care, flexible boarding options, extensive enrichment programme and ever-evolving campus!

Scan to Register. We look forward to seeing you soon.

HABERDASHERS' **Monmouth** SCHOOL

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