

KEEPING SAFE & HEALTHY

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.
- Spend time being creative: Learn a new skill. Talk 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 form 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! LAUGHTER IS THE BEST MEDICINE!
People have different types of laughs. You might have a loud belly laugh or a cheeky chuckle. Whatever type of laugh you have, laughing is good for you! Laughing makes you feel good, not just in that moment but in the long run too! When you laugh, your body sends out signals to different muscles and nerves to relax, calm down and ease pain.

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

CHRISTIAN VALUES

Wisdom

We don't receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us.

Marcel Proust



COMMUNITY NEWS

Join the Great British Spring Clean 2025

Be part of the pick



Goodrich Spring Clean
Sunday 23rd March 2025

10.00am

Meet at Goodrich Primary School

Litter picking equipment provided (bring gloves)

Goodrich Church of England

Attendance		10 th Edition 2024-25		14 th February 2025		House points	
Reception	95.7%	<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>		<p>Goodrich Church of England Primary School</p> <p>Collective Worship</p> <p>At this time of year we think about Epiphany</p> <p>We are team players. We show friendship and value wisdom. "A friend loves at all times" (Proverbs 17:17)</p>	Dragon	70	
Year 1	100%				Pegasus	51	
Year 2	88.8%				Griffin	57	
Year 3	94.8%				Phoenix	54	
Year 4	97.9%						
Year 5	92.8%						
Year 6	88.5%						
TOTAL	94%						

Primary School Newsletter

X Snapshot @GoodrichCESch	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. 	<p>Upcoming dates for your diaries</p> <ul style="list-style-type: none"> Sponsored read starts today! Please return forms by 28/02/25. Friday 28th March- School Jumble sale . Saturday 5th April -Easter trail. Last Friday morning of every month- Tea/Coffee will be available to purchase at drop off. <p>Stay connected to our PTFA</p> <ul style="list-style-type: none"> Facebook group Class WhatsApp groups Email: PTFA@goodrich.hereford.sch.uk

News

Dear all,

Well, I can't believe it's half term next week, where has that time gone? We are half way through this term and actually half way through the academic year! I was always told when I was young that time goes faster as you get older, which unfortunately it does seem to, but even my own teenage children say how quickly it flies by!

My personal thanks must go to all our hard-working members of staff for their dedication to our school and all of your children, making school as enjoyable and educational as they can.

Thanks also to you, the parents and carers, for ensuring your children are at school each and every day - understanding the importance of children's right to education through attendance. It is so hard to catch up if they miss any days, as those lost lessons are part of a sequence of learning. This makes it even hard for staff to manage and for the children to catch up.

Finally, thanks go to the children themselves as without them there wouldn't be a school for me to rave about.

I was very fortunate a few weeks ago, to show a local headteacher and governor around our school. What an absolute pleasure it was, from a very busy, noisy, bustling Wrens class, across the school, all doing various aspects of Science. Our guests seemed in complete awe of our fantastic school that is purely a combination of all our efforts!

Many thanks again and I wish you all a wonderful, relaxing half term and we look forward to seeing you back in school on Monday 24th February.

Best wishes

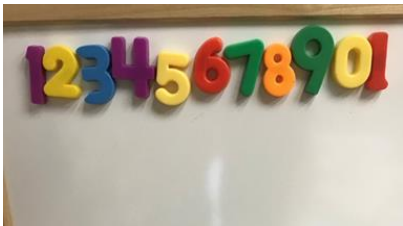
Richard Mutlow

Chair of Governors

Local Academy Board (LAB)


Class News

Goldcrests enjoyed exploring some of their favourite stories during National Story Telling Week. Taking on characters from the story of Goldilocks and the Three Bears in our role-play. We compared sizes and made-up story scenarios in our small world Gruffalo, adding the Three Little Pigs, where we counted or subitised one, two or three pigs. The children had great fun chasing each other as they re-enacted being the characters of The Gingerbread Man and cooking some lovely gingerbread men, having a go at using a food mixer, after reading the story. This week Riley and Rose took us on an adventure where we discovered mark making for a purpose, learning how to create shapes and turn them into flowers, insects, tents and boats travelling on the sea. We played games and shape activities where we selected, named and combined shapes to make new 2D and 3D shapes.

Goldcrests	Quote of the week	Body & Mind	Wow Play!	Words of the Week
	At lunchtime on her first day Mimi said, "I didn't want to come but now I love this Nursery." After lunch she said, "I don't want to ever leave this school, I want to stay here forever."	Ayla showed great kindness and care as she looked after one of the younger children. Helping them to move around the Forest School site safely.	 <p>Some fabulous work from Alfie sequencing numbers.</p>	shapes circle triangle rectangle square cube sphere

Wrens


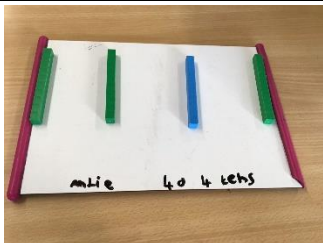
We had a fantastic time during our Mastermind House Event last week. Almost the whole class decided that they wanted to go to the front of the school to answer questions about the things we have been learning and we were all great supporters of our house teams! This week we have been thinking about facts and fiction whilst learning about different types of animals. On Safer Internet Day we listened to the story of 'Detective Digiduck' who had to think carefully about the information he found when searching online. We know the importance of an adult being with us when we use the internet and that they can help us to make decisions like Wise Owl. In Maths, we have been exploring number bonds to 10 and how we can make a total using different types of money. In PE, we have been thinking about people who help us. We had to think carefully about the shapes we made with our bodies when creating and evaluating a 'Flames and Firefighter' dance.

Quote of the week	Body & Mind	Wow Play!	Words of the Week
When asked to name a type of line for an art question during Mastermind, George commented, "A cross line, like Jesus died on."	In RE we have been thinking about how we can be a good friend towards others.	 <p>A great way to show number bonds India!</p>	flicker online care detail cheap


Jessica Luca



Robins

Last Thursday the children took part in our Mastermind house event. Despite their nerves many children took part, answering questions for their house team whilst the others cheered them on. Such a fun afternoon was had by all! In English we have been writing about a mysterious door in the woods, using adjectives to describe the setting and deciding what was inside the mysterious door. In Maths we have been creating and interpreting tally charts, tables, block diagrams and pictograms. On Tuesday, as part of safer internet day, we shared the story of 'Digiduck and the big decision' which explored being a good friend to others on the internet as well as revisiting what we need to do if something pops up that we are not expecting. We 'stop, shut and tell'. In DT this week the children used their moving picture designs to create their final piece, they also thought about evaluating their product to see what went well and what they could do even better next time. In Art we continued to explore how weather can be portrayed within paintings, we compared the works of Paul Signac 'The Red Buoy' and Turners 'Snow Storm - Steam-Boat off a Harbour's Mouth', the children have used different media to explore reflections and storm clouds.

Quote of the week	Body & Mind	Wow Work!	Words of the Week
When thinking about pop ups on the internet that could be a scam Freddy said, "If it sounds too good to be true, don't click on it!"	 <p>Using charcoal to create stormy weather.</p>	 <p>Counting in multiples of ten in maths.</p>	soon spread welcome together piece

Ralph Leilani

Woodpeckers	<p>Woodpeckers have had a very busy two weeks. Last week, we had our house event for this half term – Mastermind, where some children took part answering questions for their house team, testing their sticky knowledge and recalling our previous learning, whilst others cheered on their houses. In Maths, we have been calculating the perimeter of 2D shapes and in English, we have been learning about synonyms and antonyms, using these to help us write character descriptions. In Science, we have been investigating what materials are magnetic and in RE, we have been exploring the different books in the Bible. In PE, we have been using different ways of travelling, balancing and jumping to move around different apparatus and in Geography, we have been finding out about the different modes of transport used in different cities and what the advantages and disadvantages are of these types of transport. In Art, we have been using painting techniques to create Yvonne Jacquette’s aerial landscapes and as part of Safer Internet Day, we have been looking at what we need to do to keep safe on the internet and what we need to do if there is something that doesn’t look right or upsets us.</p>				Lucy Alfie Seren
	Quote of the week	Body & Mind	Wow Work!	Words of the Week	
	<p>As part of our discussion on different types of transport Alfie said; “In France, they have trams because they don’t want people driving lots”. Sebbie added; “In London lots of people use the underground but it can be very busy!”</p>	<p>As part of our Wake & Shake, we have been doing Joe Wicks energising work outs to get ready for a day of learning. 5 Minute Move Energising Kids Workout The Body Coach TV</p>	 <p>Lucy’s aerial landscape inspired by Yvonne Jacquette.</p>	<p>perimeter phishing transportation riddle magnetic</p>	

Owls	<p>Last Thursday afternoon, we had a wonderful time joining in the Mastermind competition with the rest of the school. It really tested our recall of our previous learning! On Tuesday, Year 5 spent the morning at John Kyrle High School, to gain experience of what life in a high school is like. While we were there, we tried out some lessons, had a tour and saw some of our previous pupils. It was a fabulous morning and after using the Bunsen burners in Science to investigate a crime scene, many of the children can’t wait to start. On Wednesday we enjoyed our Forest School session, where we were using saws to cut materials to make dens. Meanwhile, back in class we have been exploring and developing our understanding of multiples and factors in Maths and we have applied taught strategies to answer a variety of question types based on given texts in English and recited chosen poems to the class.</p>				Harriet Bryher
	Quote of the week	Body & Mind	Wow Work!	Words of the Week	
	<p>Here are some of the comments made by the children while visiting John Kyrle High School, “It’s amazing!” “It’s so big.” “I loved the science lesson; we got to use the Bunsen burners.” “It’s lovely to see some of our old friends from last year.” “I can’t wait to start!”</p>	 <p>In Science, we have been investigating air resistance. We had fun running around the playground, feeling the force!</p>	 <p>Fantastic crime investigators at work!</p> 	<p>congestion community streamline compassion courageous advocate</p>	

Peregrines

In English, we have been applying taught strategies to answer a variety of question types based on given texts. In Maths, we have been solving problems on a four-quadrant grid and reflecting shapes in a mirror line. In Geography, we researched a chosen country in North America. With our findings, we created a fact file using the drawing tools on Seesaw. In Music, we continue to develop our ability to successfully play a tune on a cornet. We have also been singing a song from Moana called 'How Far I'll Go' with some of us volunteering to sing a solo. Last Thursday, we enjoyed our latest whole school, house event – Mastermind. Once again, it was a great opportunity to showcase our learning, whilst working together as a team and encouraging each other with lots of silent, but energetic, cheering. As part of Safer Internet Day, we discussed why and how to keep safe when we are online.

Maddy Verron

Quote of the week

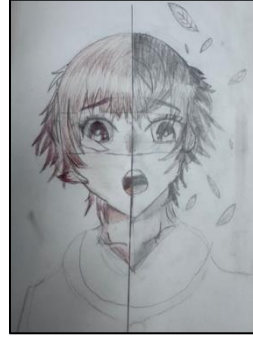
Body & Mind

Wow Work!

Words of the Week

These are some of the thoughts we had about the meaning of our Open the Book Collective Worship on Wednesday. Tristen said, "It teaches us to persevere." Maddy said, "It teaches us to be a good friend, even when it can be difficult."

In P.E, we have been using a climbing frame to help develop our balance, coordination and agility whilst promoting problem-solving and spatial awareness as we navigate the different levels and features of the structure.



A piece of Verron's amazing artwork.

spatial
beverage
civilisation
domain
cybercrime

Headteacher
Star Award

Mrs Miles is always on the look out for our next TIPTOP star!

Forest School		Celebration Worship		Other Dates	
24/02/25	Goldcrests			14-28/02/25	Sponsored read
24/02/25	Wrens	07/03/25	Woodpeckers	17-21/02/25	Half Term
26/02/25	Peregrines				
03/03/25	Robins			06/03/25	Yrs 5&6: National Roman Legion Museum
05/03/25	Goldcrests	21/03/25	Owls	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	Goldcrests			28/03/25	13:45 PTFA Jumble Sale
10/03/25	Wrens				
12/03/24	Owls	04/04/25	Peregrines		

Be Ready

Be Safe

Be Respectful

organised by Ross-on-Wye Town Council

FREE FEBRUARY HALF TERM ACTIVITIES

**MON
17TH**

CHILDREN'S BOOK READINGS IN THE LIBRARY
HEDGEHOG AND THE FENCE WITH HELENE GARDINER
TIME FOR BED, SLEEPYHEAD! & WORKSHOP
WITH CHARLOTTE TAYLOR



**MON
17TH**

ARTS & CRAFTS AT THE MARKET HOUSE
10-12PM



WILDPLAY WITH THE WILDLIFE TRUST
DEAN HILL PLAYPARK AM
MARKET HOUSE PM

**TUES
18TH**

**WEDS
19TH**



FILM SHOWINGS AT THE PHOENIX THEATRE
STARTS AT 2PM



**WEDS
19TH**



DANCE SESSION AT THE MARKET HOUSE
10-12PM

CIRCUS SKILLS AT THE MARKET HOUSE
12-3PM

**FRI
21ST**

**SUN
23RD**

ARTS & CRAFTS AT THE MARKET HOUSE
11-3PM



<https://www.facebook.com/rostowncouncil/>
admin@rosstc-herefordshire.gov.uk



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CM Coaching



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Mannings Ground, High
St, Drybrook GL17 9EU
@drybrook rugby club

Rugby Half term Camp

Fun filled rugby, for all primary school ages of any ability

February 17th-20th



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?

Charity number: 1141827



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

www.meganbakerhouse.org.uk

01531 633840

sue@meganbakerhouse.org.uk

MBH INTENSIVE SESSIONS 2025

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

Classes and Workshops
Spring 2025

MALVERN THEATRES

Mary Poppins Dance and Draw for 7-11 years

This Supercalifragilisticexpialidocious all-day workshop with **Monkeys in Motion** is a chance to combine your creativity with performance in a fun and exciting way. We are channelling this year's **The Big Draw Festival** theme: Drawing in Motion to give you the chance to *Step in Time* with some of the dances from the hit musical *Mary Poppins* and to create your own prop to perform with.

A Jolly Holiday activity to enliven creativity and dance the day away.

01684 892277
malvern-theatres.co.uk

Tuesday 18th February
10.30am-4.30pm
7-11 yrs £30

HOLDING OUT FOR A HERO

COULD YOU RESCUE A DOG?
ON CHANNEL 4'S HIT SHOW
the Dog House

APPLY NOW

WWW.CHANNEL4.COM/4VIEWERS/TAKEPART/THE-DOG-HOUSE

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 felling to macrame and much more!

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

Dream Catcher Workshop
Tue 18th Feb 1pm - 2pm
Create a beautiful dream catcher and hang it above your bed for a peaceful nights sleep!
£15 per child
£7.50 Second Child Discount

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

PIZZA PUSLIE
Wed 19th Feb 10am - 11am
Practice your hand sewing and make a cute pizza shaped plushie!
£15 per child
£7.50 Second Child Discount

Boys / Girls ages 4+

Duration 1 Hour

£15 per child

50% OFF 2nd Child Discount

Parents need not stay

Our Studio in Hereford city

STRAWBERRY PUSLIE
Learn to sew a sweet hand stitched strawberry!
Wed 19th Feb 11am - 12pm
£15 per child
£7.50 Second Child Discount

Avocado Plushie
Ava-cad-ga at making your own adorable avocado plushie!
Wed 19th Feb 1pm - 2pm
£15 per child
£7.50 Second Child Discount

Egg Plushie
An egg-celent chance to learn to hand sew a cute Egg plushie!
Wed 19th Feb 2pm - 3pm
£15 per child
£7.50 Second Child Discount

Name Bunting
Sew your own personalised name bunting!
Wed 19th Feb 3pm - 4pm
£15 per child
£7.50 Second Child Discount

Needle Felted Bee
Learn how to needle felt a cute buzzy bee!
Thu 20th Feb 10am - 11am
£15 per child
£7.50 Second Child Discount

Needle Felted Toadstool
Needle felt a sweet little toadstool!
Thu 20th Feb 11am - 12pm
£15 per child
£7.50 Second Child Discount

Magic Wand Workshop
Fri 21st Feb 1pm - 2pm
Create a magical wand, ready to cast your spells!
£15 per child
£7.50 Second Child Discount

Flower Fairy Workshop
Fri 21st Feb 2pm - 3pm
Make a magical flower fairy!
£15 per child
£7.50 Second Child Discount

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

Book Now!
Make-it Happen, Hereford
www.make-ithappencreativdreams.com
9 Gomond Street, Hereford, HR1 2DP
01432 632 280

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Ballet

CLASSES FOR BOYS & GIRLS 3YRS+
at Whitchurch & Ganarew Memorial Hall
Spaces from Jan '25
in Monday & Tuesday classes
Nina Salmon RAD RTS
07974117701
www.monnowballet.co.uk
fb Monnow Ballet

REGISTERED ROYAL ACADEMY OF DANCE TEACHER

Monnow Ballet

3DEGREEZ ALLSTARZ

Allstarz Club

School Holiday Programme

FRIDAY 21ST FEBRUARY

8:45AM-3:15PM

FOR CHILDREN AGE 4 - 12YRS
£75 PER PERSON
HINTON COMMUNITY CENTRE

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

www.3degreezallstarz.com 3degreezallstarz@gmail.com



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Liners**



SCAN HERE

**AGES 7-13
ANY ABILITY
WELCOME
KIT PROVIDED
£30 PER DAY**



17/18/19 FEBRUARY 2025 9AM-3PM
ST MARY'S RC HIGH SCHOOL, LUGWARDINE HR1 4DR




WESTON YOUTH U9

**CALLING ALL
CURRENT YEAR 4
PUPILS**



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

IF YOU ARE INTERESTED
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