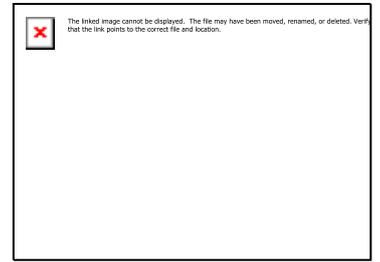




# Newsletter

## 1st December 2016



Dear Parents,

This week Hedgehog Class had a day of Gymnastics starting with a morning at Colyton Grammar School. Their behaviour was exemplary and they also challenged themselves to try new balances and even one-handed cartwheels! Ms Young and I were very impressed with their attitude to keep improving through perseverance.

Next week is the last Mindfulness Club for the Term. The children attending said;

"It has helped me to feel calmer when I'm upset."

"I don't get so worried now."

"I'd never thought about seeing things like that before."

If your child is interested please fill out the form attached so that Jenny is aware of numbers. If your child is in KS1 please fill out the form so that we can gauge interest. Thank you.

### Message from Jenny

Next week is the last session of our Mindfulness Club and it is being offered as an open session for any children who are interested in trying mindfulness to come along and give it a go. The cost is £4.50 and the session will include a mindful breathing practice, (which helps us learn to focus and ignore distractions), talking about what we are grateful for in our lives, what makes us happy, and how we can share and grow happiness in ourselves and others, and then we will be making rain sticks and learning how we can use them to be mindful. We would love to welcome you to our fun and friendly group.

On Today, Badger and Hedgehog Class have been on a trip to Exeter to watch and participate in performances by the amazing Bournemouth Symphony Orchestra. The children and staff were inspired by the experience. It is rare to have the opportunity to perform with such professional musicians. Thank you to Mrs Burleigh for organising the trip.

We look forward to seeing you all at the **Christmas Fair at 2pm on Friday 2<sup>nd</sup> December.** Have a great weekend,

Kind regards,  
Clare Rinaldi

**Spring Term Menu Choices**

Please return to Mrs Haysom As soon as possible.

### **Gardening Club Friday 2<sup>nd</sup> December**

Due to the Christmas fair there will be no gardening club on Friday.

### **Christmas Lunch – Tuesday 13th December**

This year's Christmas lunch will take place on Tuesday 13th December. All children are invited to join in the celebrations and have a cooked lunch on that day. We ask that the slip below is completed and returned by Friday 2nd December at the latest indicating your choices. (copies in the entrance if you unable to print)

For those in Year 3 and above the cost of the meal is the usual £2.40 for a child's lunch and this can either be paid now through to the office as cash or cheque. (Made payable to DCC). Please put this in an envelope clearly marked that it is for the Christmas Lunch with your child's name and class. For those people who regularly have a school lunch we still require the slip to be returned to indicate your menu choices but you may pay in your normal way if you prefer.

**PLEASE RETURN THE SLIP BELOW TO INDICATE IF YOU DO OR DO NOT WISH TO ORDER A CHRISTMAS LUNCH. WE REQUIRE A SEPARATE SLIP FOR EVERY CHILD. CHILDREN ON FREE SCHOOL MEALS ARE NOT REQUIRED TO PAY BUT MUST STILL RETURN A CHOICES SLIP.**

### **Clubs finish date**

**Clubs finish Today apart from Andy Widger's Football clubs as there will be a catch club for both KS1 & 2 next week.**

### **Illness and Absence**

If your child is absent from school, you are requested to contact the school office before 9.15am. As required by our Safeguarding Policy if the administration team have not heard from you by early morning they will contact you to establish why your child is not in school. If we are unable to establish contact we may have to report this to the School Education Welfare Officer. **If your child needs to attend a medical appointment in school time, please complete the S2 form which can be found on the school website below or a hard copy is available from the entrance.**

<http://www.shuteprimary.co.uk/parents/general-information-for-parents/illness-and-absence/> or ask Mrs Haysom for one prior to the absence.

**If a child is late, he or she must be signed in by a parent or carer, they must follow the instructions in the entrance and use the intercom to alert a member of staff they have arrived.** Persistent lateness has a negative impact on learning and we support families to ensure all children arrive in good time. A letter or email must be sent to school with the child on their return to school and for any planned medical appointments.

### **Nut Allergy**

We have a child in school with a **severe nut allergy** so please **do not** bring any foods into school containing nuts under any circumstances.

### **School Diary:**

<b>December</b>	
<b>1.12.16</b>	<b>KS2 Orchestra Experience Northcott Theatre</b>
<b>2.12.16</b>	<b>CHRISTMAS FAIR 2pm-4pm</b>
<b>7.12.16</b>	<b>Make, Move, Motivate AVCC</b>
<b>12.12.16</b>	<b>NSPC Assemblies and workshops – Letter to follow</b>
<b>13.12.16</b>	<b>Christmas Lunch</b>
<b>14.12.16</b>	<b>Christmas Production 2pm</b>
<b>15.12.16</b>	<b>Christmas Production 6pm</b>
<b>16.12.16</b>	<b>Christmas Jumper Day</b>
<b>16.12.16</b>	<b>Break up for Christmas Holiday – 1pm collection</b>
<b>January</b>	
<b>4.1.17</b>	<b>PUPILS RETURN</b>

**Mindfulness Club 1-1.30pm Tuesday afternoons KS2 & 1.30-2.00 KS1**

We would like to offer a Mindfulness Clubs for KS2 and KS1 to start after Christmas. Jenny has come highly recommended from other schools. Please see the details below:

My name is Jenny Lidster and I have trained with the Mindfulness in Schools Project to teach mindfulness to children.

In its simplest form Mindfulness is learning to pay attention in the present moment, and research studies have shown it can help with self-esteem, coping with stress, emotional self-regulation, compassion, concentration and a sense of well being.

In the sessions the children will learn;

- what mindfulness is and how it can help us, how to focus on the present moment,
- what is happening when we feel difficult emotions,
- ways to handle those emotions and calm ourselves,
- self compassion and positivity.

The sessions are designed to be fun and relaxed and will include a mixture of breathing and mindfulness techniques (there will be lots of these because the benefits come with the repetition), mindful activities, games and crafts, positive self-talk and affirmations, and guided visualisations.

The cost of 5 x 30mins sessions per child is £22.50. The sessions are once a week for 5 weeks starting 10<sup>th</sup> January.

If you have any questions or would like further information please contact me on the email below and I will be happy to help, [jenny.lidster@talktalk.net](mailto:jenny.lidster@talktalk.net)

Please fill in the request form below to secure your place.

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I would like my child.....in .....Class to take part in the Mindfulness Club starting after Half Term and include a cheque for £22.50 made payable to J. Lidster.

Signed.....

Dated.....

*The school may be able to subsidise the cost of these sessions so that you would only have to pay £11.25 for the 5 weeks. Please come to chat with Mrs Rinaldi if you would like to take up this offer.*