

St. Matthew's

Church of England Infant School

Weekly Newsletter

8th June 2018



Dear Parents,

This week we have explored more of the story of the sower of the seeds, retelling the parable from the seeds viewpoint – the seeds saying ‘oh no we can’t grow!’ when they were sown on the path, rocks and amongst the thorns. The seeds were excited to be able to grow in the good soil. We went on to think about the good things that we can grow in our own lives, as the seeds that grow in the good soil are like people who listen to what God teaches them. During our time at St Matthew’s, many seeds of learning are sown and we develop minds that listen and learn – we practise our school values all the time and celebrate with each other when we succeed.

We also have been talking about mindfulness and getting to know our brain more so that we can behave in a mindful way. Mindfulness helps us to regulate our emotions, increase kindness, focus our attention and build resilience to stress. We recalled how our amygdala gives us our automatic reflex response of ‘fight’, ‘flight’ or ‘freeze’ and that the aim of this area of our brain is to keep us safe. We can mindfully alter the reaction of the amygdala when a reflexive response is not needed, for example if we are afraid of a thunderstorm and we are safe in a house. We talked about some different scenarios where we might have a reflex response such as anger when someone snatches something from us and then practised counting to ten while breathing calmly – giving time for thought and a different response. We also practised a 30 second mindfulness breathing with our eyes closed, listening to the sounds around us.

This week we celebrate the following children for being awarded a wisdom certificate from home: well done to Franklin for ‘being calm, playing quietly and telling stories to your baby brother. Also for being helpful for mum and dad’; to Samuel J for ‘looking for more environmentally friendly alternatives in his life. Making waffles (rather than buying in the plastic wrapper) and cycling to the shops with daddy’; to Thomas J for ‘selecting a school library book for his brother (as he was out on a school trip) Thomas already has a lot of books and is reading Harry Potter so ‘I thought Sammy would like this’ he told the librarian’; to Charlie for ‘being kind and putting others before himself, especially his brothers’; and to Louise for ‘tidying up all her toys before she goes to bed every day.’

This week Rabbits class have been doubling and halving in maths – practising using manipulatives and full sentences for equations such as ‘Double five is equal to ten; Half ten is equal to five’. They have been selecting cards with a number on, representing that number with counters, and then pictorially with dots – going on to double the number. In literacy they have been practising writing sentences, using their ‘sentence spots’ to help them to remember to ‘dress’ the sentences with a capital letter and a full stop. They have been writing sentences to match pictures of their exciting day out at Ladyland Farm this week. Their day out was a great success and the children have enjoyed telling me all about the animals. They got to see 12 day old calves, 2 day old rabbits, chicks that had been born that morning and goats that had been born the day before, so they were very lucky. They spent time feeding all of the animals – pigs, goats, sheep and chickens, before they then had lots of fun playing on hay bales and tractors. They learned all about how cows give us milk, which can then be turned into dairy produce such as butter, cream and cheese.

Otters Class have been enjoying exploring the book ‘The Lighthouse Keeper’s Lunch’, looking specifically at speech bubbles. They found out that speech bubbles are next to a character’s head in either a book or a comic and they contain speech that the character may be thinking or saying. They looked at pictures from the book and thought of what the character might be saying in different scenes, acting out the scenes and writing ideas on 2

their whiteboards. They went on to create a fantastic class book of the story in comic format, each contributing to a page – this is going to be in the book corner as a class book and will be shared with their buddies in Rabbits class. In maths they have been continuing to learn about subtraction of 2-digit numbers and ones, using concrete manipulatives. They have also been solving word problems using the strategies they had learnt throughout this unit – using concrete manipulatives like bead strings and dienes to help them to work out the solution. In science they have started to learn about materials, sharing what they already know and what they would like to find out. They have spent time looking at different materials and finding objects around the classroom to sort onto a venn diagram, according to what the object is made out of.

Badgers class have been super busy after returning from half term. In Literacy, they have written incredible recounts about their half term holiday activities; including commas, exclamation marks and questions! They are getting ready for their Pirate day next week, looking at different jobs that pirates do on board the pirate ship – from captain and quarter master to the navigators and powder monkeys (not a job to be recommended unless you like scrubbing the decks!) They made posters using persuasive language to advertise the jobs available and today have been writing letters of application for the jobs. There is a lot of competition to be captain! In science they are furthering their knowledge about materials, observing the use of every day materials and how they are used for their properties – sharing their knowledge about the materials used for different objects around the school. In maths they have been looking at finding quarters, thirds and halves of numbers, using counters and their knowledge of number facts to work out the answers. They have also been learning to tell the time to the nearest 15 minutes on digital clocks.

We have started our Golden Boot month this week, collecting data from the children each morning about how they travelled to school. The Golden Boot encourages us to think about greener travel options and those that live close enough can scoot or walk to school to earn points for their class (some have come by horse in the past!), but many families live too far to walk so can earn points by parking in the Cricketers car park and walking or scooting from there – recorded as 'Park and Stride'. The competition is on – please let it be a reminder not to park over our neighbours' driveways or to drop off on the zig-zag yellow lines. Please also take care when walking your children along the pavements as last week a neighbour reported that a young toddler was walking way behind a parent and she could have been knocked down as the neighbour only just noticed her as she was reversing.

Next week is a very busy week – a bit like buses, everything seems to have come at once! It is the British Nutrition Foundation Healthy Eating Week and we will be taking part in some healthy eating and lifestyle activities as a school. The purpose of the week is to raise awareness of healthy eating and drinking, cooking, where food comes from and to promote some key health messages. The children will be trying some of the Healthy Week challenges during the week, these are: Have breakfast / have 5 A DAY / Drink plenty / Get active / Make a change e.g. set a goal such as eating fewer sweets or swapping to a healthier snack. You can support your child by choosing 2 of these challenges that would be most useful to your child as a healthy change and do these things throughout the week – your child will be completing their challenge sheet at school throughout the week. At lunch times we will be beginning our new venture of having a starter on one day a week as a healthy alternative to a pudding – the children will be having one of the three favourites that they voted for. We hope to build this to 2 days per week once the kitchens get used to the new routine! During the week we will also be talking a lot about the healthy vegetables that we are growing on the allotment and be caring for them by watering and weeding.

Your child will be bringing home a letter and form today about our great get together picnic on the afternoon of Friday 15th June – in memory of Jo Cox. Parents are asked to contribute food from their own cultural backgrounds – it would be great if it could be a healthy food to represent a country as this would tie in with healthy eating week. Please bring foods in on Friday morning. Children are invited to bring in clothes to 3

represent the country of their food and they can change into these ready for the picnic in the afternoon. We ask that children come in uniform for the morning as it is our Father's day assembly for parents at 9:15 on Friday.

The letter also offers to parents the chance to come in and to do a talk with their child to the school about their different cultural background – it would just need to be a simple talk with pictures about foods, clothes, customs etc. This term we focus on celebrating the different backgrounds represented within our school community.

We are looking forward to the School Summer Party / Ball on the evening of Friday 15th – it promises to be a really fun social evening with Barbeque, drinks, auction and dancing! Thank you to everyone who is working hard to make this a successful event – we will do our part by coming along and enjoying it!

Have a great weekend

Mrs Hutt.

ALLOTMENT UPDATE

A BIG thank you to all parents who contributed to the shrubs for the school allotment. We raised an incredible £305 so yesterday visited Wisley and selected a variety of plants which will act as a very pretty and natural screen / windbreak. We will be doing the planting on Wednesday next week, 13 June from 11am and would be so grateful for some help. Refreshments will be provided!

Thanks again for your generosity. Anna and Imogen

FUN RUN UPDATE

This year's school fun run on Sunday 17th June at 10am is almost upon us. Last year I wrote a similar note imploring parents to participate in greater numbers than the previous year, which had been a little disappointing, and you did! We had a beautiful sunny morning, lots of children and parents took part and we raised over £1,189 of much needed funds for the school. So this year I am hoping that a little gentle encouragement is all that will be required. For the benefit of Rabbits' Parents and those that didn't quite manage it last year though, this is why you should sign up:

1. You don't need to be fit. You can walk, walk the dog, push a pram, skip, wear fancy dress – do it any way you like, just have fun! Not being sporty isn't an excuse.
2. Even the youngest Rabbits can manage 5k, they will love doing it with you or with their friends.
3. Everyone feels great about it afterwards and the children are always very proud of their finishers' medals.
4. We all need to get more exercise and it is the perfect example to set for our children.
5. If you want to run hard and try to beat your PB, go for it, you'll get an official race time.
6. It takes a lot of work to put the race on from getting council permissions and insurance in place to setting up official race registration and timing infrastructure, plus all of the volunteers that set up, run the water stations, cook the burgers and butties (Isobel and Jojo take a bow) and all of the clear-up at the end; a good turnout makes it all worthwhile.

For registration PLEASE SIGN UP EARLY via the website www.resultsbase.net/event/4402 rather than trying to register on the day, which always causes problems. Lastly, I hear that once again Reverend Hugh has the sunshine organised to get Father's Day off to the perfect start!

See you there.

Tim Greenland, Governor

UNIFORM

It is always lovely to see children enjoying the warmer weather in summer uniform. Shops are now selling summer dress culottes which seem like a nice idea for girls if they want to be doing things like hand stands and cartwheels. However they are not as practical as they seem as they are not helpful when going to the toilet as it all takes longer and is more awkward – we would therefore ask that if parents would like, they can buy a pair of lightweight shorts to go under the dress. These could be blue – and I have been reliably informed today that it is possible to buy some shorts in the summer dress checked fabric. If you have already purchased culottes, I

understand that you will want to get wear out of them and your child can still wear them to school this term. If you haven't yet bought them and are tempted, please use the shorts option. Have a lovely weekend

AWARDS OF THE WEEK



SUPERSTARS

Rabbits:	Isaac for excellent behavior and remembering all the class rules.
Otters:	Finley for persevering at school with his sore elbow.
Badgers:	Katie for being amazingly well behaved and putting fantastic effort into every lesson this week.

Wisdom Award:	R – Sofia for making great choices and helping a lot with the tidying up. O – Olivia for always being a role model to others. B – Isabella for showing fantastic wisdom in writing a persuasive poster during literacy.
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Sticker Charts	Ava and Finley P – congratulations you are amazing!
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DIARY DATES

Tuesday 12 th June	Class photos being taken 9.30am New Rabbits inductions
Wednesday 13 th June	9.30am New Rabbits inductions
Thursday 14 th June	9.30am New Rabbits inductions
Friday 15 th June	9.15am Father's day assembly – all welcome Summer Ball @ Cobham Curve

GATE DUTY w/c 11th June Parents of:

(8.40 – 9.00am)

Monday 11 th June	C Wheatley
Tuesday 12 th June	L Arnal
Wednesday 13 th June	S Avakian
Thursday 14 th June	C Constandi
Friday 15 th June	A Drobnokhold



HeadLice

We have had a case of headlice in school this week –please can we ask you to check your child’s hair this weekend and treat if appropriate. Thank you.

Local mum and qualified Nutritional Therapy Practitioner, Juliet Howes, is launching Surrey’s first *Restart*[®] course on Tuesday 12th June. A fun opportunity to learn about nutrition in the relaxed setting of *Quaich* café in East Horsley, it is a 5-week group class running from 8-9.30pm that can be enjoyed in good company after the kids are in bed! *Restart*[®] is an internationally acclaimed health and wellness programme designed to help you cut your sugar and carb cravings, re-balance your blood sugar, re-align your hormones, and re-charge your energy levels. For more information, email Juliet on jhowes007@googlemail.com and read more about it at www.therestartprogram.com



**KICK START YOUR HEALTH
IN JUST 5 WEEKS!
RESTART**

LEARN HOW TO OPTIMISE YOUR HEALTH,
REGAIN YOUR ENERGY AND KICK
YOUR SUGAR HABIT!

What is RESTART?

Currently taking America by storm. RESTART is a group nutrition class with a difference!
Part nutritional education, part sugar detox and part support group. *RESTART will change the way you view food and your health forever!
* (RESTART is NOT a calorie restriction diet)

What is covered in the class?

Each 90 minute class is jam packed with nutritional facts, tips for success, participant discussion & relaxation techniques.
Week 1: How to prepare for your REAL FOOD sugar detox
Week 2: Your digestive check in
Week 3: What sugar really does in your body
Week 4: The truth about FATS
Week 5: How to move forward & celebrate your success

Next class date:
Tuesday June 12th - 8:00pm
Tuesday September 11th - 8:00pm
Quaich - 19 Station Approach, East Horsley, KT24 6QN

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