



9<sup>th</sup> May 2016

Dear Parent and Carers,

Last week was wonderful as the sun shone and the first signs of summer were all around. This is an ideal time to support the following national initiatives:

**WALK TO SCHOOL WEEK COMMENCES ON Monday 16<sup>th</sup> May**

This is a national campaign designed to encourage families to realise the benefits of walking, getting fit, spending quality time together and saving petrol money. Let's encourage our children to walk, scooter or cycle to school.



**GREAT BRITISH TENNIS WEEKEND** commences this Saturday 14<sup>th</sup> May and Sunday 15<sup>th</sup> May. Children can play tennis for free or have a coaching session at numerous venues for free. Find more information at <https://clubspark.lta.org.uk/OpenDays>

Families can get active by hitting the tennis courts at the same time and have fun while learning new skills in an enjoyable environment. Children can get stuck into learning the basics of tennis with fun equipment designed for kids.

**THOUGHT OF THE WEEK** After prayers at collect worship time, our school assemblies will focus on different core values of character formation – respect, integrity, humility, courage, empathy, gratitude and self-discipline. They will relate to our SEAL curriculum, Social, Emotional, aspects of learning too. The values will also be discussed during circle times throughout the week in class. It would be useful if you could talk about this at home too.

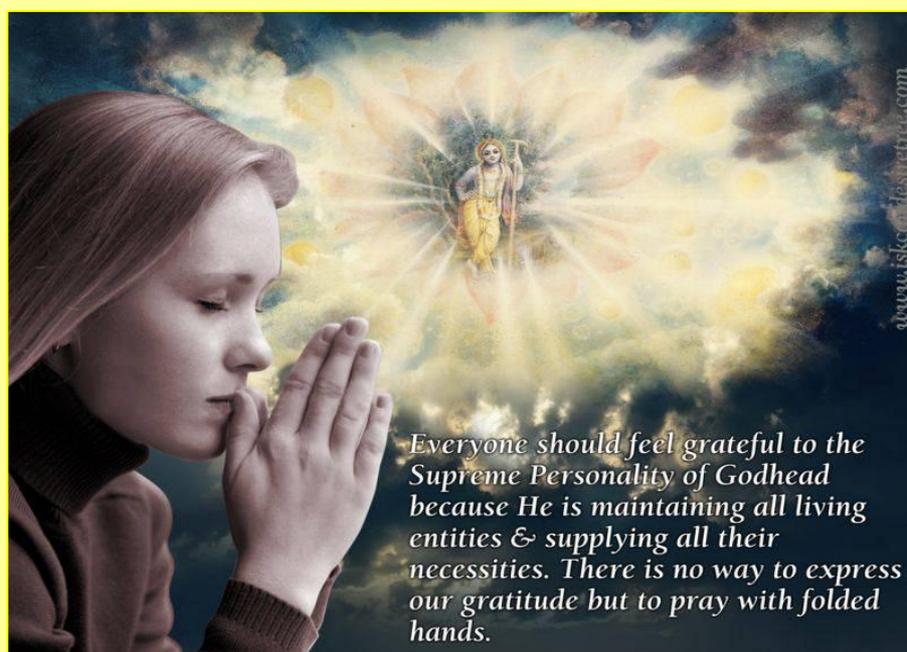
**VALUES OF Courage, Gratitude and Self - discipline**

- **Going for goals – dreaming and making them a reality ( continued)**



The school team and governors would just like to wish each of our Year 6 children the very best of luck in their SATs tests this week. We know that they will all try their very best, and we are immensely proud of them.

A positive attitude is important to keep our spirits up and to keep us moving in the right direction but we must also remember that our attitude towards others is equally important.



**YOGA and MINDFULNESS LESSONS** During last week, Mrs Hothi explored different types of emotions. The children used yoga and mindfulness as tools to become aware and overcome some emotions. The following verse from the Bhagavad Gita was used to guide the thinking, '**O son of Kuntī, the non permanent appearance of happiness and distress, and their disappearance in due course, are like the appearance and disappearance of winter and summer seasons. They arise from sense perception, O scion of Bharata, and one must learn to tolerate them without being disturbed (chapter 2 text 14).**'

This was achieved by playing pass the parcel to different types of music which evoke different types of feelings and emotions. When the music stopped, the pupil that had the parcel in their hand expressed to the class how they were feeling today or how the music made them feel. They then used different asanas and techniques of mindfulness. Between each music pause, the children focussed and noticed the 'emotion' their classmate had expressed by holding a pose and doing pranayam (yogic breathing).

**We have been busy collecting your Sainsbury's 'Active Kids' vouchers over the past few months.** The promotion has now ended, and we would really appreciate any additional vouchers that you may have at home being brought into school by Friday 14th May, for the final count up before we send them away in exchange for sports equipment. Thank you for your support.



**AND FINALLY...** Class 3 visit to Verulamium museum in St Albans as part of their Roman topic was intriguing and enjoyed by all. They were given the opportunity to handle both real and replica artefacts from the town of Verulamium and encouraged to work out what it may have been used for.

***" We got to touch artefacts from 2000 years ago! My group had lots of fun sorting out and labelling them. I had a great time and wanted to stay for much longer" by Dev.***

**"We looked at artefacts, dressed up as Romans during the fun workshop, where we learnt about Roman food, buildings and utensils. I never knew that the Romans used rulers! I learnt so many facts on the trip" by Riyan**

**Summer Diary Dates are set out below.**



9/05/16	Year 6 KS2 SATs Week
12/05/16	Our link school Sacred Heart Catholic School will be visiting Year 5
12/05/16	Parents from 1V invited to a Reading workshop at 8.00am
13/05/16	Year 1H Reading Workshop 8.00am
16/05/16	KS1 Y2 SATs Week
24/05/16	General School Tour Request – register your interest via the school’s website

25/05/16 **SCIENCE WEEK** led by Ms Naidoo –



The aim is to encourage all children to participate in lots of science based investigations and to grab their imagination and enthusiasm. Throughout the learning we hope to:

- encourage the children to see themselves as scientist
- show how important science is in our lives.
- promote learning with parents and carers
- show-case and celebrate individual learners, share success and enthusiasm

We would like to welcome you in to come and help out during the week if you have any spare time - no prior knowledge necessary.

Science and technology is all around us. You may be in a profession where you use science every day. Please come and talk to your child’s class about your job. The children would gain much knowledge from your career and feel inspired too.

**A separate letter will be sent home shortly.**

27/05/16	Break up for Half Term
06/06/16	Children return to school

Wishing you a good week ahead.

Mrs Bindu Rai  
Principal