

HANDSWORTH NEWS

BRANCHING OUT, GROWING TALL
HAND IN HAND, ONE AND ALL



Dear Parents, Carers and Friends,

Welcome back to you all! It was wonderful to see the children happy to return to school this week. It has taken some children, and staff a few days to adjust back in to the routine of school and work, but we are all very excited to see what this term brings.

On Tuesday, Year 5 enjoyed a trip to the Royal Observatory and Planetarium. As always, they represented our school beautifully and were very enthusiastic to share the experience when they got back to school.

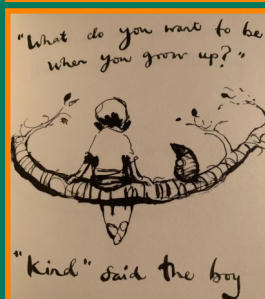
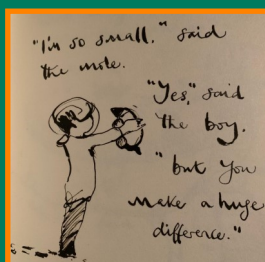
In assemblies this week, we discussed the new year and what we hope to achieve. Children shared their resolutions and the opportunities that are open to them. We reflected on last term and talked about how we can learn from the mistakes we made and use that to help us this year.

We also shared some of the wonderful illustrations from *The Boy, The Mole, The Fox and The Horse* by Charlie Mackesy.

Next week we will be starting our Wire Workshops with Barry Sykes, this is a wonderful opportunity for us! From now till the end of January, every child will have an opportunity to help create sculptures using wire. We look forward to showing you the outcomes.

Have a wonderful weekend.

Mrs Nairne



"We went to the Royal Observatory and Planetarium in Greenwich. We learnt all about space and we sat on big chairs and looked up to see all the planets, it was amazing. We felt like we were moving!

We learnt so many facts and worked our way around different workshops. We learnt so much about the planets. My favourite part was having my lunch with my friends and learning new things.

We saw the **Greenwich meridian line**. The **Greenwich meridian** also serves as the basis for the world's standard time zone system.

Thank you to the staff and parents who helped and took us on this trip. It was a great way to start 2020!

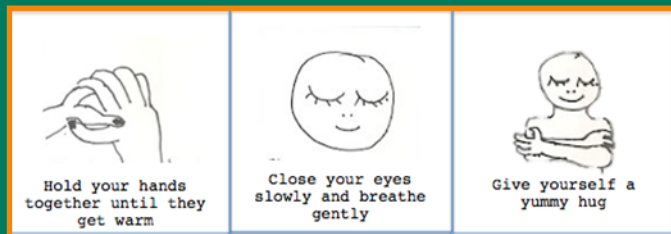
We have launched a whole school approach to Life Skills for Mental Health and Well Being.

This is an award winning research programme and we are very excited to have this in our school.

We are all aware of how important it is to be a supportive learning environment.

We are determined to dedicate time to truly support children and staff in fun, practical ways that not only enhance mental health but unlock our learning potential.

We use our "How are you feeling?" 1-5 Scale along with a series of connection tools to aid reconnection, self-regulation and to support an open-hearted, responsible learning approach for all children.

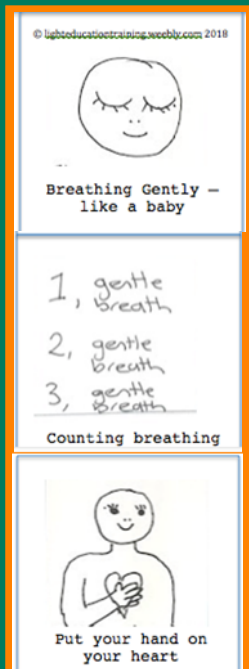


Gentle Breathing™

An essential part of wellbeing is to know how to breathe to support connection to your body and essence. This technique is very simple and once it is established children have been known to take ownership by leading this at the time allocated, the recommendation is for this to be done on arriving at school and after playtimes. This is used in conjunction with the 1-5 "How are you feeling?" scale.

Connection Cube

The ability to reconnect to our bodies is also an essential way to promote good mental health and wellbeing. Making a whole class cube that can be rolled at regular intervals in the class room to encourage regulation is playful, fun and practical. Children can also create their own individual cubes that they can take home or use on the desk.



How are you feeling? Scale 1 - 5



Life Skills for Mental Health and Well Being #LSMHWB #2020



This morning some year 6 boys found a cat in the playground. They noticed the cat seemed scared and believed he may be lost. The children were then very sensible and asked an adult to phone the number on the cat's collar. The lady who had lost the cat was very pleased to hear from the boys. The family had moved from central London yesterday and the cat had made its way from South Woodford, she was worried she may never see the cat again! The lady was very impressed with how mature, polite and helpful our boys were.

Well done boys, we are proud of you.



"We have meetings every second Monday and each of us pick good suggestions out of our class box. I like being on the School Council and telling my class about what happens in the meetings."

Christopher

"When I showed the class the presentation of the Foodbank trip, they tried to guess how many tins we had collected. The closest guess was 670, but we actually collected 628."

Zara

"We went to the Foodbank and we delivered lots of tins. We asked the people who worked there some questions about how it works and how many people come in."

Aleena

"In the first week a man came in and took our photo and Mr Oakley put it on the School Council board near the Main Hall so children know where to write their suggestions."

Zoe

"We collected as many tins as we could to help people who don't have much food. I also did a presentation and I told everyone. I hope it helps the people we collected it for."

Dexter

"We collected a lot of tins for the Foodbank and were really proud of the school. We collected tins of meat, beans and tomatoes. Some people brought in four cans and some people even brought in more so it was amazing."

Doga

"The School Council boxes we made are very popular and people put lots of suggestions in them. I think it's good that so many children are getting involved because it shows they care about the school."

Isobel

"Mr Oakley asked us to paint our class suggestion boxes and I painted ours with Grace. I painted one side in one colour and Grace painted the other side a different colour. When it was finished it was beautiful and we dipped our fingers in another paint to make it look like a disco."

Arlo

"When we have our meetings we take along the suggestions from the class boxes and we talk about which ones are sensible and which ones we can afford. One of my friends suggested a hula-hoop area and we have already achieved that and it's great fun. We also went on a visit to the Foodbank where we met Dave and Julia who answered our questions. We learnt how the food we collected at school will help people in the E4 postcode area who don't have enough food. On the Monday before we went, twenty-one people had gone there to get food."

Evie