

Newsletter 8

Friday 4th November 2016

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Let's celebrate Diwali!

To begin the new half term, Reception celebrated the Hindu festival of Diwali. They took part in a yoga themed session which helped them to learn all about the wonderful festival of light. They practiced holding the 'candle pose'. The children also listened to and retold the story of Rama and Sita and made beautifully decorated clay diva lamps as they learnt about how Hindu people celebrate this special occasion. In our pictures you are able to see the children looking at divas and talking about why they are used to celebrate Diwali as well as children taking part in their yoga moves.



Head Teacher drop ins

As always, there are drop in sessions with the Head Teacher being offered to parents during the remainder of this term. This is an opportunity to speak with the Head on an individual basis about any matter of school life with no appointment necessary. Due to the 'drop in' nature of these sessions, you may have to wait if a parent is already being seen. Times and dates are as follows:

10th November 3pm—4pm
18th November 10am—11am
22nd November 3pm—4pm
30th November 3-4pm
7th December 8am—9am
15th December 4.30pm—5.30pm

Head Teacher roll of honour

In my assembly this week, we identified how we could 'grow' our brains by using something called a 'positive growth mind-set'. We talked about the fact that if we say we can't do something then it's likely that we won't be able to do it, but if we talk positively about how we might or could have a go at doing something then we are far more likely to succeed. This week around the school, I have seen several children putting this into practice which has, in turn, helped them to achieve even more!

Matthew in Indigo Class—Matthew didn't settle for the easy option when tackling his reading work on the computer—he challenged himself by giving the top level a go.....and succeeded!

Max in Yellow Class—Max has 'believed in himself' this week and went the extra mile by not only drawing a picture for his work, but writing lots of words together with it.

Macaulay in Phoenix Class—Macaulay applied the mantra of 'learning from our mistakes' this week, to help him make improvements in his learning.

Sentence starters

Ask your Reception child to tell you some of the jobs that Percy the park keeper does.

Ask your Year 1 child how they can use the conjunction 'but' in a sentence.

Ask your Year 2 child what they know about Florence Nightingale.

Ask your Year 3 child about the features of an instructional text.

Ask your Year 4 child how to stay safe online.

Ask your Year 5 child how Holst used musical instruments to represent the planets in the solar system.

Ask your Year 6 child why Morrisons should stock Fairtrade produce.

Forthcoming dates

11th November 9am—Phoenix Class assembly

18th November at 9am—Indigo Class assembly

13th December 10am—Year 3/4 carol concert

14th December 9.30am—Reception 'come and share' event

14th December 2pm—Year 3/4 carol concert

15th December 2pm—Year 1 nativity

15th December 6pm—Year 3/4 carol concert

16th December 10am—Year 1 nativity

19th December—Christmas lunch

20th December—Christmas parties

20th December—Last day of term

21st December—Christmas holidays begin

4th January INSET day (school closed to children)

5th January—All children return

Help us to become a healthy school

At Monkfield Park, we believe that good health can be contributed to by healthy eating opportunities and regular exercise. We also believe that a healthy lifestyle can help children to learn. As part of our commitment to healthy lifestyles we ensure that the school meals which we provide contain ingredients which meet the food standards and that packed lunches reflect a wholesome diet. We also hope that the daily fruit and milk options that we make available to the children in our school go some way to achieving a good, healthy and balanced diet. We pride ourselves on giving the children opportunities to be active such as providing a wide range of physical after school clubs, high quality PE lessons, access to school competitions, Bikeability in Year 6 and swimming in Year 4/5. Over the course of the newsletters this year, we will be providing parents with snapshots of advice about maintaining a healthy diet or lifestyle. We will also be posting information

about healthy eating on the school website. So here's our tip for this week...



Eat different foods every day, variety is the recipe for health

You need over 40 different nutrients (vitamins and minerals) each day for good health. Since there is no single food that contains them all, it is important to balance daily choices. In fact there are no good or bad foods, so you don't need to miss out on the foods you enjoy. The best way to get the right balance is to eat a wide range of foods each day.

How often do you add sugar to your meals?

- A. Rarely (less than once a week)
- B. Frequently throughout the day
- C. About once a day

Parent Drop-In Sessions and Workshops – a note from Mrs Howell

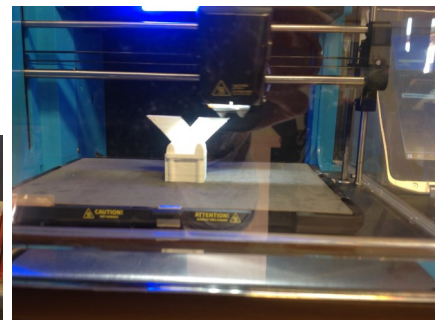
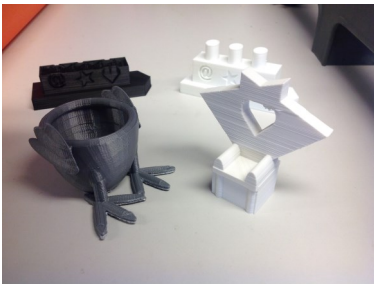
An increasing number of parents are coming to see us to discuss their concerns about behaviour they are experiencing from their children at home. In many instances this seems to be directly related to anxiety; a fact borne out by a recent NSPCC ChildLine report which has confirmed that they are counselling growing numbers of children (almost 12,000 in 2015/16) who are struggling to cope 'with the demands' of the social media dominated modern world.

Following discussions with our Locality Team we are delighted that we have been able to secure their support to help parents. The Locality Workers will be available in school for individual 'drop-in' sessions on Tuesday 8th and 29th November from 2pm. You do not have to book these sessions, just come along and have a chat.

In addition to the 'drop-in' sessions we are also offering two workshops on Tuesday 22nd November and 13th December at 2pm which are designed to help parents deal with some of the issues we all face when bringing up children. On a personal note, my children are now adults but it was not an easy job getting them there and it would have been so much easier with some additional support and advice. Please do make the most of this valuable opportunity.

Year 4 design chairs for their 3-D printer project

Year 4 had a fantastic opportunity to design a 3D 'mad hatter' chair this week and to see some of their designs come to life on a 3D printer. Using a computer design programme, they layered and resized shapes to get to know the system before working in pairs on their creation. They used so many of their skills in maths, English, computing, art, DT and most importantly, really enjoyed the experience. Harry explained that after his design was sent to the printer, tiny fragments of plastic were layered together very thinly to create the finished article. Our photos show some items made by the printer, the printer in action and two children designing their chair together, in preparation for printing.

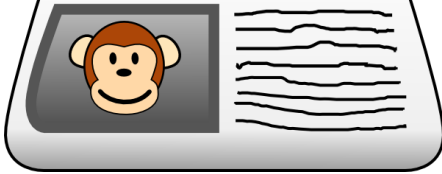


Year 6 smoothie making

To conclude their St Lucia topic, Year 6 rolled up their sleeves, donned their aprons and prepared fresh fruit for their Caribbean inspired smoothies. After tasting their creations, they evaluated the process to discover whether they had fulfilled their brief. Putting their mathematical and geographical skills to the test, the children calculated how far their fruit had travelled from growth to glass. In our photography you are able to see the children working together to make their smoothies.



NEWS



Your new committee for this school year:

Chair: Mel Moore

Secretary: Mel Stanford

Treasurer: Pat Kirk

Ordinary Members: Rinku Rana and Jane Thompson



CHRISTMAS SHOPPING EVENING

Friday 2nd December 7pm – 9pm

Lots of wonderful independent and individual stalls, refreshments and raffle. £1 entry.

We still need some help. Here is the link to volunteer

<http://service.ptasocial.com/register/FOMP>



***** Save the date*****

CHRISTMAS CRAFTERNOON

WEDNESDAY 7TH DECEMBER after school



CONTACT US

Via email friendsofmonkfieldpark@gmail.com ,

via our Facebook page
or via the school office