



NEWSLETTER

LAMBERHURST ST MARY'S CE PRIMARY SCHOOL WEEKLY NEWS

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HEADTEACHER AWARDS

Ruby Class (Yr R)-Anabel Stewart
Emerald Class (Yr 1)-Kitty Caddick
Topaz Class- (Yr 2)-Mielo Munoz-Moody
Amber Class- (Yr 3)-Taliah Griffiths
Sapphire Class- (Yr 4)-Bear Morris-Burns
Garnet Class-(Yr 5)-Tom McKnight
Diamond Class-(Yr 6)-Maddie Alexander

'Oscar'-Ashton Forshew
(Chosen by Year 6)
Best Manners Award-Jasper Walker & Gillian Charles-Webster

YEAR 5 ASSEMBLY

Thank you to everyone who joined us this week for the Year 5 Class Assembly, which continued the Upper Key Stage 2 topic of Ancient Greece. We all departed from the hall inspired by the fabulous Greek dancing (horos), a very old tradition which was even referred to by authors such as Plato and Aristotle! Next Wednesday 5th February, Year 4 will be leading Class Assembly at 9.05am. Everyone is very welcome.

- Y3 Amber Class: Wed 4th Mar
- Y2 Topaz Class: Wed 11th Mar
- Y1 Emerald Class: Wed 18th Mar
- YR Ruby Class: Wed 25th Mar

'FIND YOUR BRAVE'

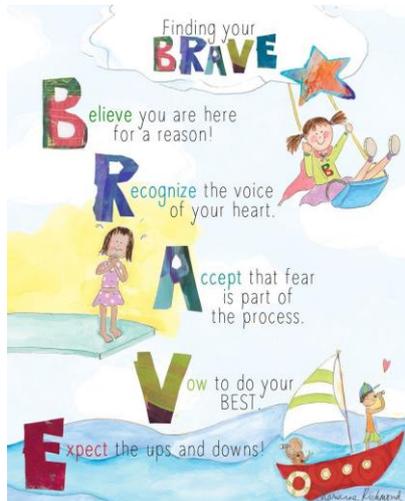
Next week is 'Children's Mental Health Week'.

We will be starting our week on Monday with a special whole school assembly and to invite everyone to continue the theme of wearing something yellow just as we did in the autumn term for World Mental Health Day.

Yellow can include face paints, hair bands, socks, shoes, clothing and any other fun ideas that you can think of.....please do remember that lessons will still be taking place too!

There will not be any fundraising activities for this, just awareness raising and in school, activities. On Tuesday 4th & Wednesday 5th February, every class in the school will be having a special 'Mindful Yoga' lesson, generously provided by Kim Capone who is one of our mums who is also a qualified yoga teacher.

Teachers will also be reading 'mindful stories' and using other relaxation and mindfulness style activities.



PTA QUIZ NIGHT

Don't forget that next Friday 7th Feb is the PTA Quiz night! 7.30pm for 8pm start £10 per person, first drink & snacks all included cash bar to keep the quizzing flow going! Table maximum of 6 people. Tickets online

<http://www.jumblebee.co.uk/quizzers>

It's set to be a great night!

OH YES THEY ARE!



Lamberhurst St Mary's pupils are again the stars of the Lamberhurst Village Panto. Centre stage this year were Annabelle, Seth, Eva, Sofia, Isabelle, Nell, Imogen & Megan.

ECO CLUB

Eco Club will be judging the 'Beeswax Wrap Logo Competition' on Thurs 13th Feb. Just to remind you we are looking for a logo to go on the sleeves of our Beeswax Wraps. If you have a design you would like to enter please put your name, and Year Group, on the back and hand it to Mrs Fairburn. Good luck!

Today you will also receive via ParentMail:

Every Family ~ Yoga 4 Classroom Poster
Ruby Class ~ NHS Vision and Hearing Screening Letter

MINDFULNESS AT HOME

There are lots of ways that families can work together to improve and support their own mental well-being just as we all try to eat healthily and exercise to keep physically fit, so too we can work to keep our minds fit.

Below are a couple of fun and easy examples to try at home.

The Mindful Jar

This activity can teach children and adults how strong emotions can take hold, and how to find peace when these begin to feel overwhelming.

First, get a clear jar and fill it almost to the top with water.

Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

Finally, use the following script or take inspiration from it to form your own:

"Imagine that the glitter is like your thoughts when you're stressed, mad or upset. See how they whirl around and make it really, hard to see clearly? That's why it's so easy to make silly decisions when you're upset - because you're not thinking clearly. Don't worry this is normal and it happens to everyone. Now put the jar down and watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things more clearly. Deep breaths during this calming process can help us settle when we feel many emotions. This exercise not only helps children learn about how their emotions can cloud their thoughts, but it also facilitates the practice of mindfulness while focusing on the swirling glitter in the jar.

Family Safari

The Safari exercise is a great way to begin to learn mindfulness.

This activity turns an average, everyday walk into an exciting new adventure.

Tell your children that you will be going on a safari: their goal is to notice as many birds, bugs, creepy-crawlies, and any other animals as they can. Anything that walks, crawls, swims, or flies is of interest, and they'll need to focus all of their senses to find them, especially the little ones!

A similar exercise for adults is the mindfulness walk. This exercise provokes the same response in children that a mindful walk elicits in adults: a state of awareness and grounding in the present.

WINTER FOREST SCHOOL - SUITABLE CLOTHING GUIDE

We are having great fun in our forest school sessions and it's wonderful to see the children's skills and love for the outside space developing at pace. Their enjoyment of the sessions keeps us on our toes to make the activities as fun, engaging and educational as possible! More often than not, we are playing in the muddy, wet natural landscapes and they just love exploring and working out the natural & seasonal changes in the environment.

We do try to ensure that our sessions go ahead despite inclement weather; the only time we will cancel is if the weather presents potentially dangerous conditions for us to be outside.

As we are out in all weathers, we would like to ask that you please check your child's forest school outdoor clothing, to ensure it is going to keep them warm and dry, particularly as

February and early March can still be bitterly cold. Extremities such as heads, hands and feet are where they feel it most.

It really is essential that those participating in forest school wear the appropriate clothing during our sessions. Failure to do so could result in non-participation, if we feel it is too cold to be out in insufficient clothing.

Long sleeves and covered legs as well as sturdy footwear are required throughout the year. (Even in summer as we are often working with fire and sharp tools).

Pupils **MUST** also have:

- Warm hat
- Gloves - ideally with water resistance (such as ski gloves)
- An extra layer such as a fleece or thick jumper
- A thick pair of socks
- Walking/snow boots OR wellies* with fleece liners/extra socks
- Waterproof jacket
- Waterproof trousers

*A note about wellies: They are great in spring and summer but really are very cold on the feet in wintertime. If they are the only option, a pair of fleece insoles (available for less than £1) along with extra thick socks (such as Heat Holders or ski socks) work well to make sure feet are warm and comfortable.

We really appreciate you observing this.

Experience working with hundreds of children has demonstrated that lack of warmth and comfort are the major barriers to interaction with the outdoor environment. It really is true that there is *'no such thing as bad weather - only bad clothing!'*

**Lorna Wyrill (Forest School
Teacher)**

SCHOOL DATES 2019/20

Monday	6th January	Start of Term 3
Monday	3 rd February	Children's Mental Health Week - Wear something Yellow today
Wednesday	5 th February- 12 th February	Year 6 Forest School
Wednesday	5 th February	Year 4 Class Assembly 9.05am
Wednesday	5 th February	Year 5 Forest School
Friday	7 th February	PTA Quiz Night
Monday	10 th February	Parent Consultations 3-5pm
Tuesday	11 th February	Parent Consultations 8-9.00am
Wednesday	12 th February	Parent Consultations 8-9.00am
Thursday	13 th February	PTA Film Evening 4.45-6.30pm
Friday	14th February	End of Term 3
Monday	24th February	Inset Day
Tuesday	25th February	Start of Term 4
Wednesday	26 th February - 11 th March	Year 1 Forest School
Monday	2 nd March	Year 3 & Year 4 British Museum Outing
Wednesday	4 th March	Year 3 Class Assembly 9.05 am
Wednesday	11 th March	Year 2 Class Assembly 9.05 am
Friday	13 th March	Happy School Bag Collection
Wednesday	18 th March	Year 1 Class Assembly 9.05 am
Wednesday	18 th March - 1 st April	Year 2 Forest School
Tuesday	24 th March	Year 5 & Year 6 Life in Ancient Greece Day
Wednesday	25 th March	Year R Class Assembly 9.05 am
Thursday	26 th March	PTA Easter Disco
Friday	27 th March	PTA 2 nd -Hand Uniform Sale - At drop-off and at pick-up
Tuesday	31 st March	Easter Service - St Mary's Church 9.30am
Wednesday	1st April	End of Term 4 -3.20pm or after club