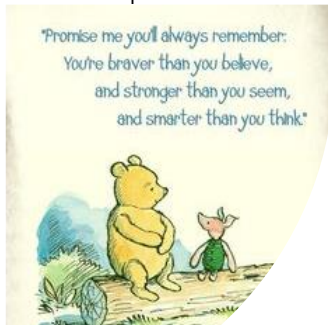


Friday 12 February 2021

Dear Parents

The staff welcomed a very interesting meeting led by Miss Buckler this week, on the subject of Mindfulness.

We opened with a quote from Winnie the Pooh:



Miss Buckler then led us all in a guided meditation exercise which certainly brought us to a natural state of calm and readiness for the school day ahead of us.

It was very interesting to learn about some of the benefits of meditation.

THE EMOTIONAL BENEFITS OF MEDITATION



Class 7 have already felt the benefits of a meditation session they had with Miss Buckler this week. You may like to try this Teddy Bear Meditation at home over half term.

Thank you to Miss Buckler for reminding us all to be more mindful.

Teddy Bear Meditation

Ask the children to lie down on their backs on the floor and put a teddy bear on their tummy. Encourage the children to rest their arms by their sides with their legs flat on the floor and close their eyes. Follow the script below:

Today we are going to rock the teddies to sleep using our breath.

Let's begin with a long, deep breath starting way down in your tummy and filling up your lungs.

Then, breathe out slowly, letting your whole body relax into the floor.

Let's do that again; long breath in... and long breath out. Relaxing all through the body.

Let your breathing go back to its normal rhythm.

Now bring your attention to your tummy.

Can you feel your teddy sitting on your tummy?

Rock your teddy to sleep by very slowly and gently breathing.

Breathing in, rocking your teddy up.

Breathing out, rocking your teddy down.

Slow and gentle.

Think about your breath as you rock your teddy.

Is it slow? Is it shallow?

Can you spot the pause between your breath coming in and your breath going out?

Are they getting longer, the more you rock your teddy to sleep?

Keep breathing until I clap my hands.

Now I have clapped my hands, wiggle your fingers and toes.

Slowly wake up teddy.

How do you feel?

Curriculum News from Miss Belzer

Personal, Social and Emotional Development

Personal, Social and Emotional Development (PSED) is a key aspect of our curriculum and involves helping children develop a positive sense of themselves and others in order to form positive relationships. Children develop social skills and learn how to manage their feelings. They also understand appropriate behaviour in groups and learn to have confidence in their own abilities. It teaches about having respect for oneself and others, and a good attitude to learning.

PSED is made up of three aspects:

- Self-Confidence and Self-Awareness - children grow confidence to try new activities and to speak in a familiar group. They say why they like some activities more than others, talk about their ideas and will choose the resources they need for their chosen activities.
- Managing Feelings and Behaviour - children experience how they and others express feelings and learn about their own and others behaviour. Children work as part of a group or class, and understand to follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride.
- Making Relationships - children play cooperatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.

To give children the best opportunities through 'Positive Relationships', adults form caring relationships with all children. In 'Enabling Environments' opportunities for play and learning are created to help children embrace differences between themselves and others. 'Learning and Development' experiences are planned to promote all round development.

Miss Belzer

We hope that everyone has a good half term break. We look forward to welcoming you back to school on Monday 22 February.

Best wishes

Mrs Sylvester and all the team at Broadhurst

Diary Dates:

Term Dates:

Half Term:

Monday 15 February-
Friday 19 February

End of Term:

Wednesday 30 March

Summer Term Starts:

Wednesday 20 April

World Book Day-

Thursday 4 March

Parents Evening-

Monday 8 – Thursday
11 March, further
details to follow



Class 9 News

Brrr! Brrrr! It's cold in here! What a frosty week we have had! Class 9 managed to collect some snow and had an ice experiment, where they freed two animals that were stuck in the snow. We discussed how the snow would melt when we poured water over the ice.

In phonics, we have been practising blending words and matching them to captions. This has been quite tricky but we have enjoyed the challenge and are becoming reading wizards! We used whiteboards to practise writing. Our letter of the week was 'e'. We used the phrase, 'lift off the top and scoop out the egg' to support our letter formation.

Numbers, numbers, numbers! Class 9 had lots of fun helping the troll cross over to planet Neptune by creating a number line. We focused on what comes before and after each number by playing exciting counting games.

Our fine motor skills are strengthening every day. This week, we used special tweezers to select different objects. We cut around heart shapes and sang songs about love.

We have been learning about how we can help each other and be kind. Leonie supported Aaron by saying, "I will help you find the puzzle piece." Class 9 continue to focus on helping hands and the ways in which we can be kind to our friends.

Next term, we are looking forward to celebrating Chinese New Year and welcoming the warmer weather.

We hope you have a safe and restful holiday. See you soon!

Miss Trollope

Class 9 Photo Gallery

