



The Weekly News

BROADHURST SCHOOL NEWSLETTER | 06 OCTOBER 2023

DEAR PARENTS,

I am aware that the news this week, of my departure at the end of term, has perhaps come as a surprise to you. I will be very sorry to leave all the children, parents and staff but I am leaving Broadhurst in a very stable position and in very safe hands with Miss Belzer, Mrs Roberts and the wonderful team of teachers and support staff we have on board. I would like to take this opportunity to thank you for all the support and well wishes I have received this week.

PARENTS EVENING

We are looking forward to welcoming you to meet with your child's teacher next week, at the first of our parents evenings this year. If you have not managed to make an appointment for next week, our teachers will be happy to arrange an alternative time with you.

OPEN DAYS

Haberdasher's Girls School is holding a School in Action Event on Tuesday 10 October. Please follow the link to book a place [here](#).

Channing Junior School is hosting two open mornings this month before the 4+ (2024) application deadline on 6 November 2023.

[Channing Junior School Open Mornings](#)

Attendance is by booking in advance using the following links:

[Thursday 12 October \(8.40am - 10am\).](#)

[Tuesday 31 October \(8.40am - 10am\).](#)

TOP TIPS FROM V&ME DIETICIAN JO LENZ

Earlier this week, our teachers had a most informative session delivered by V&Me dietician, Jo. As the children are settling into their new lunch routine, we learnt about how to support them to eat well and what healthy eating looks like for children of nursery age. Here are just one or two points from her presentation that I thought were particularly interesting and worth considering.

Children should be encouraged to eat to their own individual appetite.

Children should not be put under pressure to eat.

A set time for meals should be in place and a limit given to the time taken to eat.

Children under four should not have any added sugar in their diets.

It is normal for a child's appetite to fluctuate and for meals or certain foods to be refused.

Children will try new foods when they want to and not because someone tells them to, this takes time.

Main meals and deserts can be served together, children should be allowed to choose what to eat and in what order.

V&ME



HALF TERM

Half term will run from Monday 16 October through to Friday 28 October. School finishes at the normal time on Friday 13 October. We hope the children will enjoy a well deserved break and will return rested and ready for the very busy second half of term ahead of us.

PARENT REPS MEETING

We had a fantastic turn out for our first parent reps meeting of the year this morning. We enjoyed meeting each other and discussing arrangements for Children in Need and our annual Festive Celebration planned for early December. Your reps will be able to give you further information about both events which we are very much looking forward to.

Our team of reps for this year are:

- 1AM - Mrs Nina Vania - Zayne**
- 1PM - Mrs Nadine Eweck - Sophia**
- 2 - Dr Yuli Wen - Henry**
- 3 - Ms Tabasom Aryamanesh - Celine**
- 4 - Mrs Aditi Gamberoni - George**
- 5 - Mr & Mrs Feldman - Harrison**
- 6 - Mrs Alyshba Jivraj-Bata - Noah**
- 7 - Mrs Talisha Shah - Amelie and Celine**
- 8 - Mrs Jessica Egerton - Oliver**
- 9 - Mrs Silvia Hill - Leonidas**
- 10 - Ms Lira Popovska - Leon**

I wish you all a lovely weekend. The weather looks to be glorious.

Mrs Sylvester

LET'S TALK ABOUT THE CURRICULUM BY MRS ROBERTS

MINDFULNESS

Namaste! Over the past two weeks, I have been visiting each classroom and teaching mindfulness and yoga.

It has been lovely seeing the children so engaged in the sessions and they have shown such enthusiasm.

We have been learning to take slow and deep breaths to calm our minds. We have been focusing on what we can hear in our environment but continue to remain present and engaged. The children have been practising yoga poses and this week, we pretended to be different types of weather. We reached high into the sky for the sunshine and swayed from side to side in their tree pose as the wind blew.

These sessions are not only lots of fun but equip children with techniques to use when they're feeling those big emotions. Mindfulness in the early years helps children to reduce anxiety and improves overall well-being. It has been fantastic to see the children using their imaginations so readily during the sessions.

Next week, we will be focusing on the change of seasons from summer to autumn. I always look forward to my time in class with the wonderful children of Broadhurst.

CLASS 7 NEWS

BY MISS WIGMORE

This week Class7 have been learning the sounds 'i' for insect and 'n' for net. We enjoyed making insects with paper and pipe cleaners and even made some pasta necklaces. We have also been practising our blending skills by sounding out three letter words using body percussion. We sounded out the words sat, pat, pin, tin and pan.



WELLBEING

We have been talking about our feelings, looking at pictures of faces and thinking about what makes us happy and what makes us sad. We learnt that it is good to talk about our feelings and use our words to say how we are feeling



For our topic 'All About Me' we learnt about brushing our teeth and eating the right foods and we used tooth brushes to clean the plaque off pretend teeth. It was lots of fun. We read the story The Hungry Wolf and found out which foods are healthy for our teeth and which are not.

In literacy we learnt about rhyming and looked inside the rhyming bag to see which items could make a rhyming pair. We found a snake

and a cake, a whale and a snail, a dog and a frog and a bear and a chair. We even sung a rhyming song to enhance our learning.

PE

We have been keeping active in P.E by playing the jellybeans movement game and learning to walk on the balance beams. We had so much fun making shapes such as circles with our bodies and we managed to get into pairs to join our arms together and make a diamond.

Class 7 wish you a lovely weekend and we look forward to much more learning next week!