

St White's Primary School

Challenge Commit Conquer and Celebrate



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17th February 2023

This half term has flown by! We hope everyone has a great holiday, and there is so much to look forward to next term!

Happy birthday to our pupils and staff who are celebrating birthdays in February: Chanse, Sam, Angelo, Tobias, Chester, Freddie G, Ashley & Riley, Eva, Cooper, Arthur, Georgia, Holly C, Rosie, Hattie, Marnie,

Noah S, Harry W, Layla, Mrs Brain, Miss Medhurst, Miss Hutchinson and Mrs Ruck.



Dress to Express for Mental Health Week - well done to everyone who dressed up last Monday – we raised over £70 for Teens In Crisis, and there was a focus on mental health all week. The winners of the best decorated classroom door were Robin & Wren.



Diary Dates

February

20th – 24th – Half Term Holiday

March

Weds 1st – World Book Day Celebration

Thurs 2nd – Possible NEU Strike Day

Fri 3rd – Weds 8th – Scholastic Book Fair

Weds 8th – EYFS trip to Raglan Farm Park

Fri 17th – Comic Relief

Weds 22nd & Fri 24th – Talent Show Heats

Thurs 23rd – KS1 trip to Gloucester Cathedral

Tues 28th – Class Photographs

Thurs 30th – Talent Show Final

April 3rd – 14th – Easter Holiday

Monday 17th April – school starts



EYFS visitors Robin and Wren Classes have had lots of visitors recently. They had a visit from Mr Cowan with his drum kit last week. They had great fun having a go!



Dance Festival – well done to our group of girls who sparkled at the Cheltenham Dance Festival on Monday! A big thank you to Miss Cartwright and Miss Creed for all the rehearsal time, and to the parents who helped with transport.



St White's Has Got Talent - the school is buzzing with excitement about the talent show! Entry forms need to be submitted by Friday 10th March, and entry fees paid through parentpay. We know lots of the children are really enthusiastic about showing off their talents!

World Book Day – we will be celebrating World Book Day a day early, in case we are closed for strike action again on Thursday 2nd March. The scholastic book fair will be here from Friday 3rd to Wednesday 8th March after school. We will send home the world book day vouchers (£1 per child) after half term. On Wednesday 1st March we are inviting children to come to school in their pyjamas and to bring their favourite book to



school. Parents are invited to read with their children in class until 9am. There will be a competition to design a bookmark with prizes for Reception; Years 1 and 2; Year 3 and 4; Years 5 and 6. Get designing over half term!

Maths! Parents often tell us that supporting children with maths is one of the most difficult things, because the way children learn has changed over time. If you would like to be able to support your child with maths, there are some videos on the school website, for Years 1 – 6, that will show you the methods and techniques they use to learn. You can find these videos on the school website under the Curriculum Tab. For each year group there are videos for lots of different topics such as fractions, money, shapes, time, multiplication & division

www.st-whites.gloucs.sch.uk/web/maths/592935

News from the Eco Committee Following the success of achieving the status of being an Eco School (hope you have seen the new flag proudly displayed outside), we are continuing with recycling and energy saving initiatives in school.



We have signed up to a scheme called SchoolCycled which is a recycling reward system where schools collect plastic bottle tops which can then be exchanged for recycled products. Please could you save your plastic bottle tops and send them in to school with your child. There is going to be a collection box in each classroom so



that we can see which class collects the most. There will also be a collection box in the school foyer if this is more convenient. Please spread the word and ask friends and family to collect their bottle tops for us too as

the more we collect, the sooner we will be able to trade them in for rewards. Thank you for your support,
Miss Underwood and the Eco Committee.

Attendance In spite of all the usual winter bugs, we are really pleased that lots of children have had really good attendance this half term – today we are giving out 126 certificates and badges for 100% attendance! The badges are purple this half term!



Woodpecker Class Project – how being active can help with mental health

Woodpecker class have been continuing our project work on mental health for children, staff and parents across the school community. This term, we have been looking at the important role that physical activity can play on our mental health and the class have worked together to produce a few key pieces of advice and guidance for us all to use to improve our mental well-being.

Why should I be physically active?

Being active is not only a great way to improve your fitness but evidence has shown that it is also vital for our mental health. It helps you to feel less worried, it increases your mood and can improve your sleep. In addition to this, if you are physically active it can make you feel good on the inside and the outside; it can help us achieve our goals and help us feel happier. Regardless of all the different ages, even less than ten minutes of exercise a day can make you feel more confident and improve your energy.



Being active gives you a chance to connect with others. For example, when you go for a walk you can meet new people or when doing a sport you can build or make new connections with others. As you see, it can also improve relationships with others, which is also good for your mental health and your mood. Even though we all exercise

differently, just a small amount of physical time can improve your well-being.

The importance of being outdoors

Being active outdoors is a good way to break up the day and burn off some steam. Getting fresh air is essential when you have been laying inside all day; it can rewind and relax your brain. Some ways you can be active outdoors are:



- *Going for a run or a walk*
- *Cycling around the block*
- *Dancing to some of your favourite music*
- *Playing sports with some of your friends*
- *Discovering new physical activities you enjoy*
- *Going outside to the park*
- *Playing a physical game*
- *Stretching your arms and legs.*



Find an activity you think fits your mobility and fitness

It should be noted, most people do not realise that too much exercise can result in an injury, which could also have a negative effect for your mental health. It is important to let your body have a rest and not get too overworked.

The best thing to do is to find a hobby that you like, that includes physical movements, and make it part of your life. It does not need to be long, intense activities: just taking a walk around the block will be as beneficial for your mental health.

Do not force yourself into exercise you do not enjoy. If you like a particular sport or activity you should focus on that. Here are a few ideas that can help you be active every day:

- Use a basket not a trolley
- Take the stairs not the lift
- Get off the bus early and walk
- Walk to work/school
- Have a play or cycle in a local park
- Instead of parking at the front of the shop, park further away
- Walk over to people rather than texting, emailing or shouting.



Coming up ...

We are planning a celebration for the Coronation of King Charles III on Friday 5th May – there will be more information nearer the time.

Monday 5th June will be our Aspirations Morning – we need lots parents/carers/grandparents to join us for the morning to talk to groups of children about their job. If anyone would like to volunteer or would like more information, please email Miss Underwood sparrow@st-whites.gloucs.sch.uk

Next Newsletter – Our next newsletter will be published on Friday 31st March. If there are any achievements or any other celebrations you want to share with everyone, we will be very pleased to feature your child in the next newsletter. Please email admin@st-whites.gloucs.sch.uk by Monday 27th March 2023.



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