



3rd July 2020

A month has now passed since some of the children have been back at school and they continue to be very settled and enjoying their new routine. The school year is slowly coming to an end and over the next few weeks, arrangements will be slightly different when we say goodbye to our Reception and Year 1 Bubbles ready for our Nursery and Year 2 Bubbles to join us in the final week of term.

In addition to this the Government has announced that schools will not be expected to open over the summer break including for key worker children. More information about this can be found on the Department for Education website.

Message from our friends

This week we have a message from Mr Keegan who runs the after school Karate Club.

Hello everyone, I hope you are all keeping safe and well. It has been a difficult time for everyone and we have all been missing our friends, family and even our teachers! Since lockdown I have been keeping busy with lots of reading, gardening and walking.



I am really missing the Monday after-school karate lessons and can't wait to get back when it's safe to do so. I haven't forgotten that some of you would have been due to get your red or orange belts this term, we can sort this out when the karate class starts up again. Stay safe everyone.



Guess Who?

Last week's cheeky and very beautiful dog was Reggie, who belongs to Mrs Beechey.

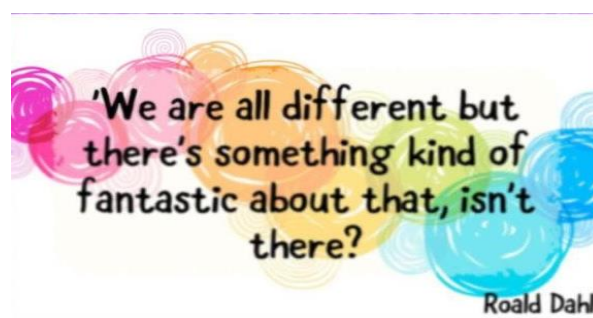
What Am I?

I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?

Answer:

Pencil lead

PAUSE FOR THOUGHT

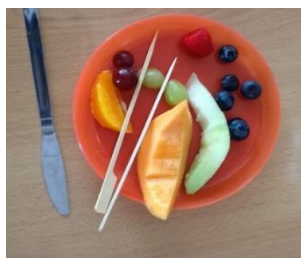




Home & School Learning

As children are working both at school and home at the moment, I thought it would be a nice idea to share pictures from both learning environments. Please continue to send photos for use in the newsletter, to the office email marked FOR NEWSLETTER.

This week Owls, Squirrels, Hedgehogs and Rabbits Bubbles A & B have had their last week with their current teachers celebrating the end of the year with a 'Bubble' party catered for by the lovely Shelley and Fay. Lots of fun and games were had by all and marked the end of quite a year for everyone! We are looking forward to the transition week ahead when the children in school will have a chance to meet their new teachers as they move in to Year 1 and Year 2 in September.



The Butterflies Bubble have been thinking about healthy eating. Making delicious and nutritious fruit kebabs. The children had the opportunity to explore different types of fruit and make their own fruity creation.

The children from the Butterflies Bubble and Year 1 are budding artists exploring the work of Monet and creating works of art. The children used water colour to create artistic images.



Definitely some mini Monets in the making!



The sunflower seed, Lucy in Hedgehogs planted at school, before lockdown is now in full bloom in her garden. Well done Lucy for caring for your plant so well.

Summer Clubs and Activities

With the Summer holidays fast approaching you may be looking out for some activities to keep your little ones on the move. We are sending flyers alongside the newsletter from Game On and Nurture Care Club that may have just what you are looking for.

Also Berkhamsted Raiders are running taster sessions next week for new girls to join Raiders. This is for girls in Year 1 and above. The flyer with all the information is on this ParentMail too.

Mental Wellbeing

This week's mental wellbeing activity is a fun and calming thing to try and can also be kept and used again.

The Mindful Jar

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



- First, get a clear jar and fill it almost all the way 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:

"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 in all of us (grownups too)."

[Now put the jar down in front of them.]

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 much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions" (Karen Young, 2017).

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.



Try having your child focus on one emotion at a time, such as anger, and discuss how the shaken verse settling glitter is like that emotion.

Nutritional Wellbeing

This week is a recipe for:

Easy risotto with bacon and peas



- 1 onion
- 2 tbsp olive oil
- knob of butter
- 6 rashers streaky bacon, chopped
- 300g risotto rice

Method

1. Finely chop 1 onion. Heat 2 tbsp olive oil and a knob of butter in a pan, add the onions and fry until lightly browned (about 7 minutes).
2. Add 6 chopped rashers streaky bacon and fry for a further 5 minutes, until it starts to crisp.
3. Add 300g risotto rice and 1litre hot vegetable stock, and bring to the boil. Stir well, then reduce the heat and cook, covered, for 15-20 minutes until the rice is almost tender.
4. Stir in 100g frozen peas, add a little salt and pepper and cook for a further 3 minutes, until the peas are cooked.
5. Serve sprinkled with freshly grated parmesan and freshly ground black pepper.



And finally...

It has been really lovely to see some of the children in school this week enjoying their last couple of days with their current teachers. Remember that their new teachers will be in their current classes next week, so please arrive at their usual classroom door.

The Government announcement yesterday stating schools are to open to all children in September. This is really good news for all those children from Year 2 to Year 13, that haven't been able to attend. I am already planning for September and I am awaiting further guidance from Hertfordshire County Council and others to add more detail to the guidance.

I hope that you have a lovely weekend and I look forward to seeing the Reception and Year 1 children next week enjoying time with their new teachers.

I hope you and your families continue to be well. Stay safe!

*Francesca Gallagher (Mrs)
Headteacher*