



Friday Flyer

Dear Families,

Happy New Year

to all of our families, we have enjoyed hearing stories of your fun filled holidays and it has been lovely to welcome you back!

INTERESTING FACT OF THE WEEK

Emperor Penguins

Emperor penguins are the only species to breed in Antarctica's fierce winter. Temperatures drop to below -40*c, there are severe snowstorms and the sun does not rise for weeks.



SILLIEST HEADLINE OF THE WEEK

Cows Lose Jobs Over Drop in Milk Prices

Baltimore Sun



Brought to you by our roving reporters

Tommy & Ellis

Head Teacher Award

	New Year UMPHH	Behaviour badge	Teacher's Choice
GREEN	Amelia Richardson	Jacob Wallace	Emelia Davis
ORANGE	Ruby Thorpe	Albie Vickers-Cree	Imogen Lynch
BLUE		Isla Mitchell	Max Mitchell
YELLOW	Gracie Leighton	Joe Welford	Neve Swarbrick
BROWN		Hollie Ramsay	Isla Hogarth
GREY	Faith Jackson	Kaden Turner	Aaron Teeley
PURPLE	Milly Richardson	Connor Booth	Summer Benson
RED	Eden Tavener	Jacob Myers	Hayden Grey

FANTASTIC DOOR COVERS

Mrs Rowe and her creative team have been busy making some wonderful panels for some of our doors based on books that we enjoy. We have a HUNGRY CATERPILLAR panel, a NARNIA panel and can you guess the theme of this one?



LUNCHES ARE £1 a day NEXTWEEK

What's for Lunch Next Week?

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Chicken Casserole with Dumpling	Sausages	Roast Beef with Yorkshire Pudding	Spaghetti Bolognese with Crusty Bread	Salmon Fishcake / Fish Fingers with Chips
VEGETARIAN MAIN DISH	Tomato Pasta	Vegetarian Chili	Cheese Roll	Margarita Pizza	Vegetarian Sausage
ACCOMPANIMENTS	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar
DESSERTS	Chocolate and Banana Slice	Sticky Toffee Muffins	Shortbread and Mandarins	Fruit Crumble and Custard	Homemade Cookies
FRESH FRUIT & YOGHURT	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket Potato	Sandwich Selection	Jacket Potato	Sandwich Selection	Jacket Potato

Leeroy's Joke Corner



What is an astronaut's favourite part of his computer?

The space bar

Save the Date!

- March 4th** I Love My Mum competition
 - March 6th** World Book Day (please wear PJs or come dressed as your favourite book character)
 - March 15th** Comic Relief (please wear red or something that your love!)
- PLEASE CHECK OUT OUR WEBSITE CALENDAR**

Next Week At A Glance

Monday	Breakfast club 7.45am £1.20, no need to book Come for a cuppa 9am - ALL WELCOME 442 Multisports Rec-Y6 3 - 4.15 Basketball Club Y5-Y6 3 - 4.15
Tuesday	Breakfast club 7.45am £1.20, no need to book Parliament Upper school assembly Football Club Y3-Y6 3 - 4.15 Reading Club Y3-Y4 3 - 4.15 Martial Arts Rec-Y6
Wednesday	Breakfast club 7.45am £1.20, no need to book Top Trumps Club Y3-Y6 3 - 4.15 Running Club Y2-Y6 3 - 4.15 Film Club Y2-Y6 Finish: 4.30 Film: Storks U
Thursday	Breakfast club 7.45am £1.20, no need to book 442 Football Club Rec-Y6 3 - 4.15 KS1 Science Club Y1-Y2 3 - 4.15 KS2 Science Club Y3-Y4 3 - 4.15 Singing for Fun Rec-Y2 3 - 3.45
Friday	Breakfast club 7.45am £1.20, no need to book Choir 8am

This week's House Champions



Attendance

Our Target - 97%+



Well done to Grey 1 who achieved 100% this week.



Whole school attendance - 96.4%

SIX WAYS TO RAISE RESILIENT CHILDREN from THE GUARDIAN Jan 10th 2019



[Figures released in November last year by NHS Digital](#) show a worrying rise in young people's mental health problems. One in eight children aged between five and 19 in England has a diagnosable mental health condition; the prevalence of emotional disorders, including anxiety and depression, has risen by 48% since 2004. "The pressures young people face range from school stress, worries about job prospects, to concerns around body image," says Emma Saddleton, helpline manager at the charity [YoungMinds](#).

While we may not be able to remove all these challenges, we can pass on skills to help young people cope with stress and adversity. Our brains respond to the information around us, so resilience can be taught, modelled and nurtured at any age.

1. **Have one-on-one time with each child, without distraction.** Resilience comes from relationships; children need nurturing. It's not a magical "inner strength" that helps kids through tough times; instead, it's the reliable presence of one, supportive relationship, be it parent, teacher, relative, family friend or healthcare practitioner. Ten minutes of fully focused attention is better than an hour when your mind is on other things. If you're on your tablet at the dinner table, you're teaching them it's OK to always be distracted. And that they are not important enough for your sole attention. Make bathtime, car journeys, meals, queues count. Chat, listen, talk about your feelings, encourage them to express theirs. Once these one-to-ones become regular, your children will know they always have a safe space to open up.
2. **Give sleep a chance** We hear a lot about sleep problems; children struggling to sleep and waking tired, with dark circles under their eyes. A lack of good-quality sleep is a huge driver for stress: it has a negative effect on memory, concentration, cognitive function, and decision-making. One of the fastest ways to improve sleep – for all of us – is to limit screen time before bed. The type of blue light emitted by digital devices suppresses production of melatonin, the hormone that signals to the body it's time for sleep. In addition, looking at screens before bed keeps us emotionally wired and stimulated, making it harder for us to switch off. It's a steely parent who can ban tech completely, and I don't think you need to. But I would urge you to issue a household ban on devices at least an hour before bedtime. Turn off the wifi, if need be. It's also worth switching your children's night lights to red ones – red has the least impact on melatonin production.
3. **Get out and exercise** It's well documented that exercise is on a par with medication when it comes to treating mild to moderate depression and anxiety. This could be because it gets the body used to moving more fluidly in and out of the stress state. The same hormones released when we're stressed (cortisol and adrenaline) are raised temporarily when we exercise. Regular physical activity teaches our stress-response system to recover more efficiently. It can be a lot of fun to do this together!
4. **Teach delayed gratification** Resilience means understanding you can't always have what you want as soon as you want it. It's an important concept to pass on in the age of Amazon Prime, Spotify, Netflix and Uber. Psychology teaches us that people who can accept delayed gratification lead happier, healthier lives. Without the ability to defer pleasure and reward, our kids are losing an important skill for their wellbeing. One of the best ways to teach it? Playing board games. These require impulse control, turn-taking, and mental flexibility. They exercise the prefrontal cortex, the rational part of the brain involved in decision-making, emotional regulation and, yes, resilience. Board games are also a good way for you to model resilience by being a good loser. But there are no shortage of other ways to encourage delayed gratification: learning a musical instrument; listening to whole albums instead of skipping from track to track online; mastering a new sport; even watching a TV series together week by week, instead of bingeing in a couple of sittings.
5. **Eat the alphabet** Nutrition has a significant impact on mental health. Good-quality food changes the composition of our gut bugs, which helps send calm signals to the brain. Poor-quality, highly processed food sends stress signals instead. A diverse diet, rich in fibre, will lead to greater diversity in our gut bugs, which in turn will help make us more resilient, and anxiety and depression less likely. Persuading kids to eat more healthily can feel like an uphill battle, though, especially if they're fussy, so this is not about becoming a top chef – just trying a few tricks that can really benefit them emotionally. Why not challenge the whole family to "eat the alphabet" over 30 days? 26 different plant foods in a month: A for asparagus, B for banana, C for chickpeas, and so on. It turns healthy eating into a game, and encourages children to try new foods. Turn it into a competition and see who can tick off all the letters first.
6. **Model gratitude** Instead of pestering your children with questions such as, "How was school?" and, "What did you do today?", teach them to reframe their day. Everyone must answer three questions:

- 1) What did someone do today to make you happy?
- 2) What did you do to make someone else happy?
- 3) What have you learned today?



This exercise helps you find the positive in every day. It teaches gratitude, nurtures optimism, and recognises kindness. It might just become the highlight of your day.

If you have any concerns about areas raised in this article, please pop in and see Mrs Smith our Family Support Worker.