



# Sedlescombe Newsletter No. 03

## WORSHIP THEME - Thankfulness

This week in worship we have been reflecting on our value of thankfulness in preparation for Harvest. In worship this week we made a chain of thankfulness. When someone showed kindness we made sure we said thank you, which made a link and then encouraged others to kind acts and to say thank you. We found that being thankful can also spread kindness. We also discovered that when people forget to say thank you it breaks the chain and makes people less likely to show kindness to you. We decided that we were all going to work hard to remember to say thank you and keep spreading kindness.

### MINDFULNESS MOVEMENT

This year we have decided to use some of our Sports Funding Grant to support children's mental well-being and physical development. For children to be able to learn and to live happy and fulfilled lives they need to be both physically and mentally healthy. We need our children to be resilient so they can cope when they meet challenges in their lives which requires good mental health. However, it also requires them to be physically fit and know how to look after their bodies.

We have therefore asked Juliet from Pitta Patta dance to give our children a weekly lesson on Mindful Movement. This will teach the children how to be calm and reflective as well as developing their core strength and suppleness. The children seem to be really enjoying it and teachers are seeing some benefits already. So I thought it would be nice if you knew a bit more about what Juliet is doing with the children from Y2 to Y6. Juliet has prepared the following information for parents:

#### Why Mindful Movement for children?

It has been widely researched and acknowledged that children experience a huge amount of pressure at school and sometimes at home which can lead to anxiety, depression and other mental traumas.

Thankfully there is now a growing awareness in schools around mental and physical wellbeing and the link between the two is crucial. Our programme is designed to be time and cost effective, offering a chance to pause and re group at any point in the day with a few simple techniques enabling children and teachers to have this wholesome practice embedded in their school life and beyond.

#### What we do:

- Mindful movement is gentle stretching, breath awareness, relaxation and meditation.
- The lessons bring awareness to children's physical and mental wellbeing.



- It is practiced as a group with the class teacher to bring everyone together to bring a sense of unity and caring for others.
- Simple accessible routines/poses that can be practiced first thing in the morning/before bedtime or at any time of the day.

#### Benefits:

- Helps children to concentrate and self regulate.
- We develop fundamental movement skills, balance, strength, flexibility and coordination.
- The practise helps set children up with a basic foundation and positive attitude towards looking after themselves.
- Compassion and kindness towards others.
- Positive teaching tool for teachers.

### HARVEST FESTIVAL

A reminder that next Friday we are holding our Harvest Festival at the Church from 2:00 pm for all children in Y1 to Y6. Parents and family are invited to attend and if you are able to help walk the children to and from the church please let the office know.

We are asking for non-perishable food donations to be brought in next Friday so that we can donate this to the local food bank as our Harvest gift. Thank you.

### SAD NEWS

For those of you who may have had long associations with the school you or your children may have had the pleasure of knowing our former caretaker Mr Chris Harris who lived in Sedlescombe. Unfortunately Chris passed away last weekend following a short illness. Chris worked with his wife Sylvia, who was a cleaner at the school, and they were a dynamic team who cared passionately about the school and always ensured that it looked its best. If you have seen any of the carved wooden plaques on the classroom doors these were made by Chris so a part of him lives on in the school. We have sent a card to Sylvia but we are aware that some of you may like to send messages or share memories. With this in mind we have set up a small book of condolence which anyone may come in and sign at the school office. We will give this to Sylvia at the funeral.

### WINTER UNIFORM

A reminder that from Monday all our children must be wearing our winter uniform which means that shirts and ties must be worn and not polo shirts or summer dresses. The weather has definitely been more autumnal this week. Can I also ask that all children come to school with a waterproof coat so that we can ensure the children get some fresh air every day even if there is light rain. I think you may need your rain coats this weekend, but despite the weather I hope you all have a lovely weekend.

# Wonderful Weekly News

 <b>Star Learners</b> 
<b>Mozart:</b> <ul style="list-style-type: none"> <li>Grayson</li> <li>Alice</li> </ul>
<b>Van Gogh:</b> <ul style="list-style-type: none"> <li>Oliver</li> <li>Sophie H</li> </ul>
<b>Lowry:</b> <ul style="list-style-type: none"> <li>Rege</li> <li>Tilly</li> </ul>
<b>McCartney:</b> <ul style="list-style-type: none"> <li>Joseph</li> <li>Isabella</li> </ul>
<b>Da Vinci:</b> <ul style="list-style-type: none"> <li>Carter</li> <li>Archie Cor</li> </ul>
<b>Picasso:</b> <ul style="list-style-type: none"> <li>Ellis</li> <li>Charlie G</li> </ul>
<b>Vivaldi:</b> <ul style="list-style-type: none"> <li>Emily G</li> <li>Lily</li> </ul>

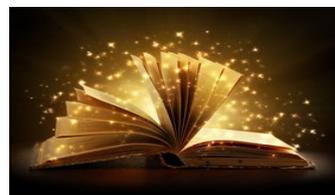
 <b>Star Writers</b> 
<b>Mozart:</b> <ul style="list-style-type: none"> <li>Callie</li> </ul>
<b>Van Gogh:</b> <ul style="list-style-type: none"> <li>Eden</li> </ul>
<b>Lowry:</b> <ul style="list-style-type: none"> <li>Thea</li> </ul>
<b>McCartney:</b> <ul style="list-style-type: none"> <li>Leni</li> </ul>
<b>Da Vinci:</b> <ul style="list-style-type: none"> <li>Luke</li> <li>Jaye</li> </ul>
<b>Picasso:</b> <ul style="list-style-type: none"> <li>Charley F</li> </ul>
<b>Vivaldi:</b> <ul style="list-style-type: none"> <li>Bea</li> </ul>

 <b>Maths Wizards</b> 
<b>Mozart:</b> <ul style="list-style-type: none"> <li>Bella</li> </ul>
<b>Van Gogh:</b> <ul style="list-style-type: none"> <li>Ava and Sophie C</li> </ul>
<b>Lowry:</b> <ul style="list-style-type: none"> <li>Sammy B</li> </ul>
<b>McCartney:</b> <ul style="list-style-type: none"> <li>Madison</li> </ul>
<b>Da Vinci:</b> <ul style="list-style-type: none"> <li>Dan</li> </ul>
<b>Picasso:</b> <ul style="list-style-type: none"> <li>Darla</li> </ul>
<b>Vivaldi:</b> <ul style="list-style-type: none"> <li>Alice</li> </ul>

 <b>Party Point Champions</b> 	
<b>Van Gogh</b> <ul style="list-style-type: none"> <li>Ava</li> </ul>	<b>Da Vinci</b> <ul style="list-style-type: none"> <li>Archie Cor</li> </ul>
<b>Lowry</b> <ul style="list-style-type: none"> <li>Noemi</li> </ul>	<b>Picasso</b> <ul style="list-style-type: none"> <li>Sid</li> </ul>
<b>McCartney</b> <ul style="list-style-type: none"> <li>Isla</li> </ul>	<b>Vivaldi</b> <ul style="list-style-type: none"> <li>Mikey</li> </ul>
<b>KS1 Playtime Champions</b> <ul style="list-style-type: none"> <li>Lowry</li> </ul>	<b>KS2 Playtime Champions</b> <ul style="list-style-type: none"> <li>Da Vinci</li> </ul>
<b>Congratulations</b>	

<b>Gold Book Awards for Outstanding Work</b>
 


**Attendance Award**  
**Vivaldi**

**Congratulations Everyone**

