



Sedlescombe Newsletter No. 16

WORSHIP THEME - ASPIRATION

"As you come to Him, a living stone ... your yourselves like living stones are being built up as a spiritual house ... acceptable to God." 1 Peter: V4-5

This week in worship instead of focussing on what the children aspire to have or own, they have been encouraged to think about the kind of person they aspire to be. We have been inspired by Archbishop Romero who spoke in support of the poor in San Salvador who had no voice. He said:

"Aspire not to have more, but to be more."

The Golden Rule in the Bible tells us:

"Treat others as you would wish to be treated."

The children have started to think about what this means by writing down the way they would like to behave and treat other people and thinking about when they get this wrong and how they could try to get it right more often so that we are all aspiring to be the best that we can be.

FANTASTIC FRED EXPERIENCE

I am really pleased to be able to tell you that we have managed to book a free mental health workshop for all of the children in the school which is taking place on Monday 29th January it is called the Fantastic Fred Experience and is a free NHS developed workshop for primary aged children.



FOOD

Eating the right foods

REST

Getting enough sleep

EXERCISE

Being active

DEVICES

Managing time on digital devices

Each class will visit the mobile classroom which will be parked on the playground and have an interactive show learning all about Fred.

Fred is an acronym that represents four core areas that children need to think about to stay physically and mentally well.

If we want children to be able to learn at school they need to feel safe and be mentally well and it is important to learn what can keep us all mentally well from a young age which is why we felt it was important to give all the children this experience.

They have also produced some information for parents to help you continue the conversation about mental health and well-being at home and to understand what the

children will be learning about. The information for parents can be accessed [here](#). Please do take a look.

PARENT THINK TANK

I have sent a letter out with the Newsletter giving more details to anyone who is interested in joining our new Parent Think Tank.

In summary I am keen to build a small group of parents from across the school that I can talk to once a term about things that we are looking to improve and develop in our school. This will help us gain a parent perspective that we can use to inform our decision making.

There will be an agenda for each meeting linked to our school improvement plan and there will be minutes of the meeting that will be shared with the whole school community. The meetings will take place once a term on a Friday afternoon and the close of the meeting will coincide with the end of the school day. If you are interested in being on the Parent Think Tank to help us secure our journey to outstanding please take a look and register your interest.

FIRST AID TRAINING

Next week we have a number of staff updating their first aid training. Mrs Butler and Emma are out 3 days so please be aware that there will only be Mrs. Hardes in the office so it may take a little longer to reply to emails and answer the telephone.

Emma won't be able to do Twilight on these days so Mrs. Farmer will be helping out next week and is looking forward to being able to spend time supporting the children in their play—she particularly loves colouring!

Mrs. Sinden is also out on Wednesday and Thursday updating her first aid training for outdoor learning so there won't be any Forest school on Thursday next week.

WEEK AHEAD REMINDERS:

- Tuesday @ 9:00: Y6 SATS Briefing in Hall
- Thursday: No Forest School for any children
- Thursday: Y3 Sports Hall Athletics supported by Claverham (PE Kit needed)

For even more news and photos check out our Facebook Page:

<https://www.facebook.com/profile.php?id=100084619677676>

I hope you all have a lovely weekend and we look forward to seeing all the children on Monday.

