

10.02.23 Spring Half-Term 2 - Newsletter

1. **A word from the Head**
2. **Wellbeing Watch**
3. **Whole school dates ahead**
4. **FODS**
5. **Health - MMR**

Hello, families...

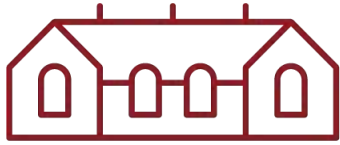
Heading towards the Easter break, we've been typically busy with egg and singing-based activities. There are pictures of the Egg competition in the FODs section below, and the choir have just taken off to an event this morning.

We're so lucky to have amazing support from families with our travels, events, ventures, and plans - having a team of willing (or unwilling, as long as you turn up!) volunteers is invaluable and very much appreciated by us all here. The community of families here is fundamental to the success of the school - something we know and appreciate.

Similarly without comparison are the staff here - they put so much into ensuring that the children have the enjoyable and excellent educational experience that appears in our school motto. Our Dringhouses Discovery Curriculum (DDC) has taken an awful lot of work from all members of the team, and as we head into the final term of the DDC's first year, staff are evaluating and analysing how children have experienced the new curriculum and what we need to do to move it forward from here. As ever, your views are welcomed - please let us know! Staff in classrooms have also been tireless in providing support beyond the academic, as you may or may not be aware. We want our children to be happy learners - so much of what teachers, and our support teams do is in supporting the children to be happy, and to feel well. This in itself is a huge task, and takes a lot of time every day. Our staff make sure that your children feel heard, feel seen, and are appreciated - sometimes this might involve a chat, a check in, a hug, a smile, time with other staff members more specialised in areas of wellbeing; the mechanisms in place to support children in school are far reaching and comprehensive. But every mechanism relies on the people operating it, and our team goes above and beyond every day to give children their time, energy, and care. Thank you to them all.

And this extends to the kitchen and lunch teams - not sure how many school dinners you've had recently, but ours are amazing. Carolina, Faye, Oly, and Emma are fab (and pizza day is my favourite day of the week/month/year). Tara and Hanah keep the playground safe during lunchtimes and make sure that the children are enjoying their time outside...wind and rain, sun and shine! And keeping the shelves secured to walls, testing the fire alarm to keep everyone





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safe, and running the crossing patrol like a champ...DEAN! A man of many talents - give him a thumbs up next time you see him!

The admin team...you know what I know, about them...👷. Without Claire, Kate, and Vik, the school would be like a post-apocalyptic wasteland, with phones ringing forever, and emails remaining in inboxes until the end of time. I know you appreciate them as much as I do - tell them sometimes, or buy them a Wispa.

Enjoy the break, and we'll look forward to seeing you all back safe and sound in a couple of weeks!

See you on the playground,

Ben Sutton | **Headteacher**

STAFFING UPDATE:



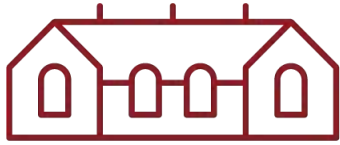
The brilliant Lizi Backhouse is heading off on maternity leave at the end of this week: we know you'll join us in wishing her all the best in her latest tiny-person-based escapades...probably going to be really easy...!

In her place for the summer term will be Patrick Ryan, who will step into Lizi's Class 7 shaped shoes. Patrick's worked around school before, so you may already have seen him. Give him a wave when he appears on Thursdays and Fridays.

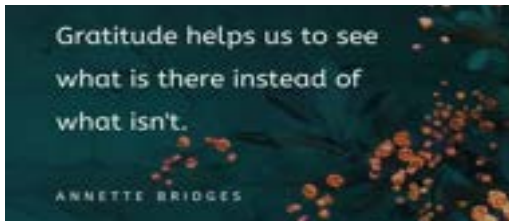


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Well being Watch



This half term's wellbeing watch has a focus on Worries - I hope it's useful for you and your child.

It's important for children to know that worries are completely natural and actually really beneficial for our survival. Worries are our bodies' way of warning us of a potential danger. Our response may be flight, flight or freeze.

However, worry can manifest in the body as physical symptoms including:

<ul style="list-style-type: none">- Tummy ache- Head ache or other aches and pains- feeling light-headed or dizzy.- pins and needles.- feeling restless or unable to sit still.	<ul style="list-style-type: none">- Trouble sleeping, bad dreams, over tired- Using the toilet often- irritable/ outbursts- Not eating properly- Increased heart rate/ sweating
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The challenge is for us to control these worries - we need to let our brain know that we are not in any actual danger.

Here are 3 tools we use in school to help tame these worries:

- 1) Use the Grounding technique 5,4,3,2,1 - for this we aim to be 'in the moment' - look at 5 things we can see, 4 things we can hear, 3 things we can touch, 2 things we can smell and then 1 thing we can taste - this could be a drink of water or simply breathing deeply to 'taste' the air. This technique can help us to move past the worry and think more calmly.
- 2) Employ our thinking brain... Thank our brain for sending us the initial 'Danger' message but then let our brain know we are safe - tell your brain 'I am safe' or 'I am calm.' Encourage your child to say these phrases out loud and repeat the affirmations as many times as needed - this is a really powerful tool!
- 3) Look for evidence: When a worry appears, write it down. Then once it has passed - which it will - take time to reflect and look at the evidence... look back and see what the worry was, then write down what actually happened. Writing things down can help get worries out of our heads and if we keep the paper, we can look for patterns in our children's worries, show that they are usually something we worried about that didn't actually even happen.



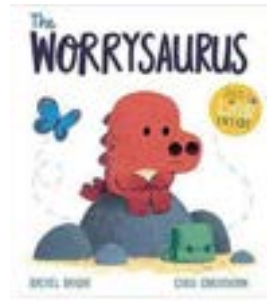
Here are some books we have in our school library to help support children with managing worries.





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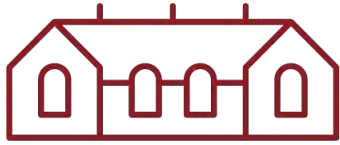
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Please contact your GP if anxiety is affecting your daily life or is causing you distress.



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Whole school dates:

Thursday 30th March Break Up for Easter

Friday 31st Inset day

Monday 17th April School Opens

Friday 21st April FODS Bags2School Collection

Monday 1st May Bank Holiday

Monday 8th May Bank Holiday for the Coronation of King Charles 3rd

Friday 19th FODS Auction of Promises 6.30-8.00pm

Friday 20th May Break up for half term

Monday 5th June Inset day

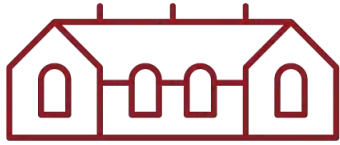
Tuesday 6th June School Opens

For phase specific dates, please see individual newsletters.



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4. FODS (PTA)

What an amazing term it has been!
In January, we had a games night organised by analogue-gaming enthusiast Allyson Lister.

Then we had the super-resourceful Carly Fewz help us organise a partnership with Stikins so that parents who order stick-on name labels on our school's website (or use the code **6152**) can allow us to get a 30% commission on the order. We've raised £17 in commission so far!

In February, we had the fabulous EY/KS1 party organised by the most-generous Laura Cunningham and Rachel Stevens, and we saw our lovely little ones laughing, dancing and having a ball with Magic Mike. Thank you to all (including the staff who stayed back to help!) who

volunteered and supported the event!

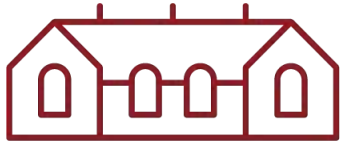
And in March, we had two KS2 discos (lower KS2 and upper KS2) organised by masters-of-logistics Will Hayler, Katie Hobson and Ellie Cawdell. We all enjoyed watching the older kids showing off their cool moves and winning medals off DJ Hayley. Thank you to all (including the staff who stayed back to help!) who volunteered and supported the event!

More recently, we also had an Easter Egg Decorating Competition organised by egg-pun-loving Mrs Backhouse...and also an Easter Bake Sale on the 30 March headed by our master baker Carissa Davies.

With all the money you're helping us raise, we've been putting it towards the school and the educational experiences of our children.



At the last FODS PTA meeting held on the 27th Feb, here are some of the things we voted to fund:



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- a new PA system for the school hall (roughly £2000-3000)
- subsidies for the Year 6 leavers' hoodies

This is in addition to the previously-voted-on-and-approved estimated £4750 for the OPAL playground scheme, subsidies for school trips including the Year 6 trips, supplies for lunchtime club, and the £100-per-class funding to help with the resources each classroom has available to them.



Coming up in the next term, we will have:

- a Bags to School event organised by Sally Evans. So if you're doing any spring cleaning during the Easter holidays, remember to put aside any clothes, curtains, bed linen or shoes to be dropped off at school on the 20th and 21st April.
- a big Charity Auction on the evening of the 19th May, organised by the ever-so-giving Will Hayler. So if you have any expertise of providing any kind of services that families might need, may it be tree-cutting, carpentry, coaching, giving tours, etc., we hope you'll contact us and allow us to put your services up for auction!
- our Summer Fair on the 8th July (Saturday). There'll be music, dancing, games, yummy BBQ foods...and our very own Junior Bake-Off is back! So remember to put the 8th July in your diaries!

Rachel Stevens has very kindly agreed to chair this year's Summer Fair and if you can volunteer to help out either in the Summer Fair planning sub-committee or at the stalls on the day itself, please do get in touch with us at friends@dringhouses.co.uk

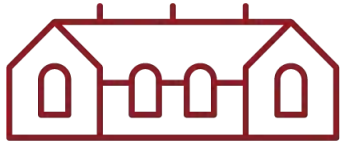
On a different note, our FODS teacher representative Ms Lizi Backhouse is going on maternity leave from this Easter onwards and so we wanted to thank her for all the time and hard work she's put into helping and supporting our PTA!

At the last meeting we voted in our new teacher representative Mrs Clare Clarke into the FODS PTA committee. Welcome, Mrs Clarke! We look forward to working with you!



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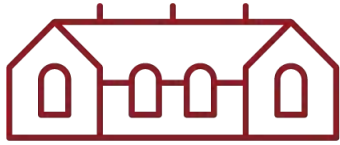
Thank you once again everyone for all your support not just in helping us raise funds for the school but also in helping to create lasting memories and experiences for our children and helping us build this wonderful Dringhouses community!

Have a great holiday and see you next term!



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5. HEALTH - MMR

Measles, Mumps and Rubella (MMR) are all highly infectious conditions which spread very easily between unvaccinated people and can have devastating and life changing consequences for those to become infected and are not vaccinated.

Currently Measles is circulating in Europe so any families looking to travel to holiday destinations need to be aware of this risk this poses to children or adults who are not vaccinated.

Rubella in early pregnancy is rare but it can have devastating implications from loss of the baby (miscarriage) to problems with the baby's sight, hearing, heart and brain.

The MMR vaccination is a 2 dose vaccination one is give at 1 year of age and the other at 3 years 4 months – all children and adults require two does to ensure full protection. However if anyone has not had two doses there is an open offer from the NHS to provide these regardless of age, you can do this by contacting your GP practice and ask for a vaccination appointment. **It is important to catch up on any missed vaccinations.** The vaccination is free and can be given at any age to those who have missed either or both of the two doses.

For more information about the vaccine and the illnesses it prevents go to: [MMR \(measles, mumps and rubella\) vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/mmr-vaccine/)



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