

Roe Green Infant School Mindfulness Newsletter

March 2019

Spring Term

Dear Parents and Caregivers,

We have come to the end of yet another busy half term which has been jam packed with class trips, assemblies, Red Nose day and World Book day to name but a few. A huge thank you to all parents who have made costumes, helped their children to learn assembly lines and given donations to support worthy charities. Your on-going support is very much appreciated.

Our school value for March was learning how to be an achiever. Through PSHE assemblies, the children learnt how to focus on the task at hand and to always try their best. When things become difficult, the children were encouraged to ask for help and to carry out breathing and mindfulness strategies that would allow them to refocus in order to try again.

Have an enjoyable half term break and we look forward to your return in the Summer term.

Mindfulness and Wellbeing

Try these different breathing techniques to start your day in a well-balanced way.

4-7-8 breathing

Make sure that you are sitting or lying down comfortably, with one hand on your belly and one hand on your chest.

Breathe in slowly through your nose, counting silently to 4.

Hold your breath for a count of 7.

Slowly breathe out until the count of 8, breathing out slowly so that you keep exhaling until you reach 8.

Repeat 5 times.

Morning breathing

Start by standing up with knees slightly bent, then bending forward with your arms dangling freely in front of you.

Slowly breathe in and, at the same time, gradually roll up to standing position.

Hold your breath for a few seconds.

Then, breathe out slowly as you bend forward slowly- again, with your arms dangling freely.

Breath Counting

Sit in a comfortable position with a straight back and head tilted slightly forward.

Gently close your eyes and take a few deep breaths. Then, let the breath come naturally without trying to blow out. Ideally it will be quiet and slow. Count to one with the first breath out, then 2 on the second breath, continuing up to 5. You should only count when you breathe out, allowing yourself to breathe in naturally each time.

Games with your children



Benefits of playing board games as a family

- **Have fun and feeling good:** One of the side effects of playing board games is laughing. Laughing has been shown to increase endorphins. Those are chemicals that bring up the feeling of happiness. Sharing laughter and fun can promote empathy, compassion and trust with others.
- **Family time:** Sitting down with family with no interruptions may feel like an impossible thing in your home, as everyone has different schedules, which pushes them in opposite directions. But playing games with your children, or with your friends, is a perfect way to spend time together and build learning skills at the same time. Playing a board game after a family dinner is an excellent way to get closer to your family, while strengthening your family bond.
- **Memory formation and cognitive skills:** Allowing your kids to play a board game helps them practice essential cognitive skills, like problem solving. The hippocampus and prefrontal cortex especially benefit from playing board games. These areas of the brain are responsible for complex thought and memory formation. Board games help the brain retain and build cognitive associations well into old age too.
- **Reduce stress:** You can always benefit from a healthy distraction like playing a board games since it is an excellent way to sit back, relax and let your mind focus on something enjoyable without the stresses of everyday life and routines.
- **Grows your immune system:** Research has shown that negativity, depression and stress can reduce your ability to fight disease. Positive feelings and thoughts, like the laughter and enjoyment that always comes with board games, prevents these effects by

releasing some chemicals that fight stress and boost your immune system. A simple board game could give rise to the 'survival genes' and activate them in your brain, making the brain cells live longer and helping to fight disease.

- **Child development:** Board games play a very important role in child health and brain development. Board games help children develop logic and reasoning skills, improve critical thinking and boost spatial reasoning. Encouraging children to play different types of board games can also increase verbal and communication skills, while helping develop attention skills and the ability to concentrate and focus for longer periods of time.
- **Therapy treatment:** Many board games require the use of fine motor skills to pick up or move pieces, actions that take both coordination and dexterity. Regular practice and activity improve these basic skills, which is important for children.

Attendance and Punctuality

Our class attendance winners for this month are:

Week of the 4th March– **Green Parrots and Badgers 98.67%**

Week of the 11th March–**Rabbits 98.67%**

Week of the 18th March– **Squirrels – 98.67%**

Week of the 25th March– **Stags – 98.67%**

Please make sure you are dropping off and picking up your children at the correct school times.

AM – 8.50am PM – 3.15pm



Help your child's class to get Paddington Bear by coming to school on time every day.

Assemblies

Congratulations to **Stag Class** for an insightful assembly based on World book day and the importance of reading. All children came dressed in their favourite book character and spoke to the audience with enthusiasm and volume. They finished their assembly with a song all about reading.

Eagle Class Assembly was full to the brim with 'superheroes' that explained what it meant to be a super hero. The children worked very hard to learn their lines and sang their superhero based songs with great pride and passion.

Owl Class performed their Assembly all around the book-'Where the wild things are'. A fabulous performance with superb acting and narrating. It has been wonderful to see the children grow with confidence over the two terms and be able to perform in front of an audience.

World Book Day

On Friday the 8th of March we had a fantastic week celebrating our love of reading. It was fantastic to see so many children dressed up for World Book day.

Well done to our costume winners –

Ali Rezza - Nursery Full time

Aisha - Nursery AM

Ahmed - Nursery PM

Raul .V - Red Robins

Rachel - Blue Jays

Hussain - Green Parrots

Jessica - Yellow Canaries

Lavisha - Rabbits

Monica - Stags

Gabriel - Owls

Yusuf - Eagles

Sukayna - Foxes

Ridhay - Squirrels

Alexandra - Badgers

Teah - Hedgehogs



The Great Fire Of London Year Two Trip

Over the half term Year Two were studying the Great Fire of London through Drama, Art, History and English lessons.

All classes went to London for the day and took part in a walking tour based on the Great Fire.

Thank you very much, to all the parents that helped out on each of our trips. These events wouldn't take place without your support, and I know that the children got valuable learning experiences from taking part in them.

Computing Week

Congratulations to our Bee bot Jacket winners from Computing Week –

Ariana – Red Robins

Megh – Blue Jays

Leonard – Green Parrots

Aryan – Yellow Canaries

Sara .U – Rabbits

David – Stags

Mohammed – Owls

Nayen – Eagles

Charlie – Foxes

Salomeea – Squirrels

Palaash – Badgers

Samuel – Hedgehogs

Red Nose Day

On Friday the 15th Of March the school was a sea of red with red costumes and noses everywhere. Thank you to all those who joined in and contributed to comic relief.

Congratulations to our 'Design a Red Nose' winners –

Nursery Full Time

Madalin - Nursery AM

Ruvyana -Nursery PM

Joshua - Red Robins

Malakai - Blue Jays

Zia - Green Parrots

Yenul - Yellow Canaries

Allessio - Rabbits

Kavya - Stags

Marius - Owls

Rebeca - Eagles

Stefania - Foxes

Hasan - Squirrels

Teodor - Badgers

Ayaan – Hedgehogs



School Dates to Remember

Green Parrot Class Assembly – 10th May

Nursery school trips

AM – 8th **Fulltime** – 9th **PM** – 10th **May**

Reception trips – 16th and 21st May

Tags of Goodness

I have been spotted
being a good friend
in the playground by
Miss Simpson.



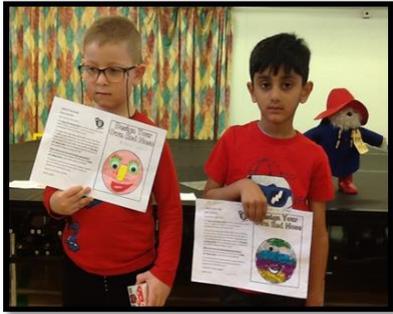
I have been spotted
working quietly in my
class by Miss
Simpson.



Keep an eye out for these 'tags of goodness'. If your child gets spotted following the school rules, sharing their ideas in class, eating all of their lunch and other positive achievements, they will have a 'goodness tag' put on their school jumper for them to keep, and to show you that they have been seen doing something worthy in school.

I have been spotted
having a go at
something tricky by
Miss Simpson.





Some excellent 'Red Nose' designs.

Easter Egg Competition

We had a huge response to our school Easter egg competition. The Nursery children decorated their eggs with bright colours and created some very creative egg characters.

Congratulations to our Easter Egg design winners –

Eliza - Nursery Full Time

Delia - Nursery AM

Mariam - Nursery PM

Raul U - Red Robins

Joshua - Blue Jays

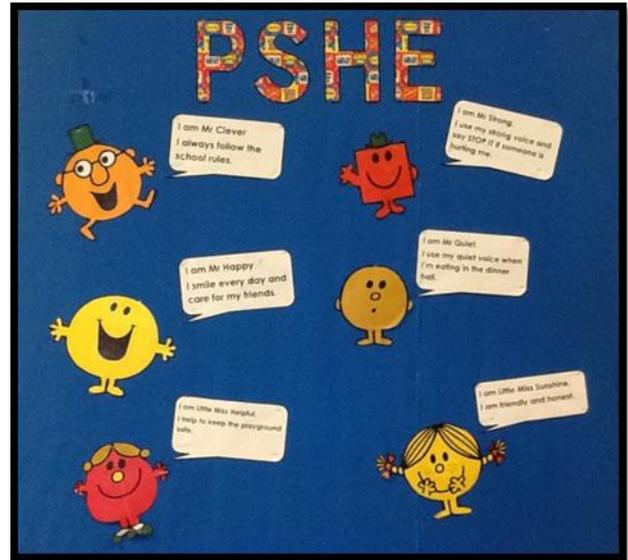
Alex S - Green Parrots

Aryan - Yellow Canaries

Shahzayn - Rabbits

Meeral - Stags

Leila - Owls



Using SchoolPing

Download SchoolPing

Your username and password will be provided to you by your child's school, or provided to you in the form of an email. The app is available for Android and iPhone and can be downloaded by searching for SchoolPing in the Play Store or App Store. Once this has downloaded, choose the relevant School name from the list. If you would rather log in through the web, you can ask the school for the web address.

Log in to SchoolPing

Type in your username and password and click on "Log in". You will then be taken through the set up steps. If you have been sent an email, you will be taken through these steps after clicking on "Start using SchoolPing". After setting your password you will be asked to enter your e-mail address. Keep in mind that your email address can only be used to verify one account.

Nicholas - Eagles

Tanishka - Foxes

Lia - Squirrels

Safia - Badgers

Denis – Hedgehogs



Verify your email address

The final step is to verify your email address. This can be done by clicking on the link which will be emailed to you. You will be asked to enter your password and then click "verify email".