

FLORA NEWS



Mr Finney's Blog

It's an absolute pleasure to write the blog for the newsletter this week. I'm going to talk to you a little bit about the importance of exercise, particularly since the global pandemic began, as it has had a major impact on the opportunities we have to stay active and keep fit.

There have been studies undertaken that inform us that one of the most detrimental effects of the lockdowns was that children were unable to access PE and physical activity.

It is so great now that PE is back up and running and clubs are thriving; it is so pleasing to see so many of our pupils attending before and after school clubs. We even have a waiting list for a few clubs, which speaks volumes about pupil interest.

As well as partaking in PE and sport, another very simple way of getting exercise is either walking, scooting or cycling to school every day.

That's why next week, Flora Gardens is taking part in the national "Bike to School Week". Here's how it will work:

1. For every day pupils walk, scoot or cycle to school, they will earn 1 House point.
2. Each lunchtime next week there will be an opportunity for pupils to take part in some cycling or scooting skills activities with me in the playground.

Walking, scooting or cycling to school or work has incredible physical and mental benefits for pupils, parents and staff alike. It forms part of the recommended 30 minutes of physical activity each day and it improves our concentration and awareness. Alongside this, switching to these forms of travelling means we are playing a part in the fight against climate change and global warming.

I will be attempting to cycle to and from school every day next week and I look forward to seeing you all doing the same!

Have a fantastic bank holiday weekend and I look forward to seeing you on Tuesday.

P.S. If you do decide to cycle or scoot to school, don't forget to wear your helmet!



Year 2 made mini models of things from the natural world. They went on a walk to find natural objects and used clay to sculpt models!



Value Award Winners

- Nursery – Rana
- Reception – Samia
- Year 1 – Sasha
- Year 2 – Syon
- Year 3 – Danya
- Year 4 – Flavjo
- Year 5 – Ania
- Year 6 – Rania
- PE – Jaziah Y5
- Spanish – Year 3
- Music – Year 4

Calling all parents, carers, friends and family of Flora!

The PTA (Parents Teacher Association) are a group of parents/carers/friends of the school who organise events and fundraise for educational resources for our pupils. Events such as the Easter Egg Hunt, Christmas Bazaar and Summer Fete raise vital funds for the school, and we need your help in organising them. You do not need any previous experience or particular skills to join the PTA, just a willingness to help! Please email Miss C Kelly at ckelly@fgschool.uk to let her know you are interested.

Join the PTA!



As soon as the Government allows, Miss Kelly will be organising a PTA meeting where tea and coffee will be served. It's a great way to socialise and meet other parents/carers.

This week Reception have been learning about how the Police help us.

They have also been trying really hard with their writing and Ethan completed a great piece of creative writing.



These are called 'Emotional Hoops' and their purpose is to see how pupils are feeling at the start of PE.



- Red = sad/angry
- Yellow = okay/anxious
- Green = excited/very happy

Mr Finney and Mr Beidas both take note of who places their bottle in the red and yellow zones and privately discuss solutions that will make the pupil feel happier. It is important for everyone at Flora Gardens to be able to express how they are feeling. Pupils can move their bottle throughout the lesson if their feelings change.

99.9% of the time, PE changes pupils feelings in a positive way.

Just a reminder that the parking restrictions on the roads around the school DO also apply to parents/carers at drop off and pick up times. There has been an ongoing issue with parents/carers blocking Ravenscourt Road and a neighbour of the school has now informed the Local Authority.

Ravenscourt Road may seem like a dead end road, but it is actually a fire gate and the 'keep clear' signs are there for a reason. It is very important that these road signs are adhered to.