



Warriors of learning and challenge

## ANDERTON PARK NEWSLETTER

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[www.andertonparkschool.org.uk](http://www.andertonparkschool.org.uk), Twitter: @AndertonPark

### Anderton Park School app

The new and exciting APS app has been launched and is ready for you to download. To download, access your play store and search for 'School Jotter'. Download this and then search for Anderton Park Primary School in the school list. You will then receive notifications when there are important updates, including weekly newsletters.

### Leave in Term Time

Sadly, some of our parents are still taking children out of school during term time, on unauthorised absences. This week, we have been notified that 6 of our families have been fined a total of £2927 by the courts for taking unauthorised leave during term time.

Having looked at the details of the fines issued, we have noticed that if families are summonsed to court, the fine is lower if a guilty plea is sent in to the court. This week, some parents have each been fined £235 by the courts, having pleaded guilty. However, some of our parents did not register a plea, and did not attend court - they were each fined £609. All of this could have been avoided by not going abroad in term time.

### Quotes from staff

We asked staff for their favourite quotes so each week we will give you one of them. This week we have...Mr Sinclair whose favourite quote is *"Everything is impossible until someone crazy enough comes along and makes it possible!"*

### Celebration assemblies

Assemblies for Y1 - 6 take place on Wednesdays at 1.45pm.

Y5 & 6 - Large Hall, Y1 & 2 - Sports Hall, Y3 & 4 - Small Hall. Nursery and Reception's assembly will be at 1.30pm on Friday 25<sup>th</sup> January, in the Sports Hall.

### Family homework - THANK YOU!

I'm having more and more homework each week to mark which is great. Check out the art competition this week too.

### Thankful Thursday

Gratitude helps to keep our minds healthy and so we have started 'Thankful Thursday.' This involves taking just a little time each Thursday to stop and think about the things you are thankful for. The aim is to help us make thankfulness a habit and cultivate a culture of gratitude. What will you think about tomorrow?

You could also try the wonderful breathing exercise below called 'Back to Back Breathing'.

### BACK-TO-BACK BREATHING

1. Find a partner. Sit with your back resting against your partner's back.
2. Sit up straight. Be still and silent. Soften your breath and shut your eyes.
3. Take three slow, deep breaths in and out.
4. In your mind, count "1, 2, 3" during each breath in and "1, 2, 3" during each breath out. Pause slightly at the end of each exhale.
5. Continue for 3 to 5 minutes.



#### Guiding Questions

- Can you feel your partner's back moving as they breathe?
- Is their breath shallow or deep? Fast or slow?
- Did your breath fall into sync with your partner's? In what way?

### Knowing more words makes you smarter...

We've bought lots of new books for children to study in classes, from Nursery to Year 6. Some of the new books include Herma's Letter for Y1, Berlie Doherty books for Y2 and Rebound for Y6. We love reading at Anderton Park. Ask children what books they have read recently.

### "Hi guys"

We hear the word 'guys' used a lot when people are being addressed, but 50% of us are not *guys*. We are all working really hard at Anderton Park to break the habit of saying it and need the help of families to do this! Check out our Twitter page for posters we've made to highlight this and let us know if you have any ideas of what more we can do.