



Warriors of learning and challenge

ANDERTON PARK NEWSLETTER

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0121 464 1581

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www.andertonparkschool.org.uk, Twitter: @AndertonPark

Best World Book Day Ever!

Gangsta Granny? Where's Wally? Sherlock Holmes? Hermione Granger? What a creative bunch you are Thank you to all of you for making World Book Day so colourful and successful. We had more children dressed up than ever before. It was a great day. Check Twitter for some of the great costumes and stars of the day.

Dodge Ball Team

Well done to our Dodge Ball Team who competed at Billesley yesterday. They did Anderton Park School proud. Superb skills, agility and fitness. Our team won four games and were 2nd in their group. Thanks Mr Catlow for all your coaching.

Red Nose Day and The APS Lol-a-thon

Laughter is good for us and makes us feel better. On Friday it is Red Nose Day, we will be marking this by holding a Lol-a-thon joke booth and will try to keep the school laughing. So learn a joke and come ready to tell it on Friday. Will you be able to make your friends' laugh? Also wear something red and bring 50p to help us celebrate Comic Relief. You can wear a red item of clothing, everything red, a red nose or a red hat. Please don't buy anything new or just come in your uniform and join in the fun. Red noses will be available to buy in the office for £1.25. Why we are raising money:

HOW WILL OUR MONEY MAKE A DIFFERENCE?

£3 could cover the cost of crayons, pencils, paint and paper for children living in a Serbian refugee camp.

£8 could cover the cost of school books and stationery for a child living in a Serbian refugee camp.

£36 could pay for a week of hot, nutritious meals for a family living in a Serbian refugee camp.

£310 could pay for a month of language lessons for children living in a Serbian refugee camp.

AND DID YOU KNOW THAT HALF THE MONEY YOU DONATE WILL BE USED IN THE UK?

£1 could cover the cost of a hot meal for a homeless person in the UK.

£220 could pay for a one-on-one support session to boost the self-esteem and aspirations of a vulnerable girl in the UK.

Thanks in advance for helping us to help others.

Our marvellous Lunchtime Supervisors

We've had a few wet playtimes recently and our Lunchtime Supervisors have been amazing. Lunchtimes run smoothly and happily with all of their expertise.

Asthma & emergency inhalers

If you have informed the school that your child has asthma, you will be receiving a letter from the nurse regarding emergency inhalers. Please complete the form as soon as possible and return to the office.

3JA Swimming

3JA are swimming this week and next. Thank you parents for remembering swimming kit every day for two weeks. It's the best way to learn to swim.

Family Homework

Superb enthusiasm from you all! There are more than ever, you are so committed to learning. New words and phrases and creating stunning posters. Check Twitter for some your work. Amazing.

Want to hire our Sports Hall?

We have a new lettings policy agreed by the governors which enables people to hire the Sports Hall from 3.30 - 6.00pm, on weekdays. It can only be used for sports or arts purposes. So if you know any aerobics, Zumba or karate teachers, who are looking for a space, please let them know about our Sports Hall. It may be possible to let the hall later in the evening. Please contact school if you are interested. The rates are as follows -

- £20 per hour
- £50 per session (am or pm)
- £100 all day

Quotes from staff

We asked staff for their favourite quotes so each week we will give you one of them. This week we have...Mrs Jefferies whose favourite quote is *"A man of genius makes no mistakes. His errors are volitional and are the portals of discovery"* - J Joyce

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 15th March**, in the Sports Hall.

Knife crime concerns

I'm sure we all share concerns about what we've heard in the news about the recent killings in Birmingham. If anyone would like to work with school to help our community with the prevention of knife crime, please let me know and we can set up a parents' working party. Thank you.

Games Café

Once again the Games Café was a great success. Thank you to everyone who attended, we hope you found it a great opportunity to meet each other and have some fun. We look forward to seeing you there again next week! The next Games Café will be on Tuesday 19th March 2019 3.30pm - 4.15pm. Collect your children from their classes and join us in the Small Hall. All

children must be accompanied by an adult who is responsible for them.

Book Fair

It's the last day for the book fair tomorrow! Be sure to have a look to see if there's any books you would like to get.

Growth Mindset Quote of the Week

"It does not matter how slowly you go so long as you do not stop". - Confucius

Thankful Thursday - healthy minds

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? Try the exercise below :-

HEARTBEAT

1. Sit straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out.
3. Place your fingers or hands over the part of your body where you can best feel your pulse (or heartbeat):
 - on the side of your neck, under your jaw
 - inside your wrist
 - over your heart.
4. Notice how quickly or slowly your heart is beating.
5. Think about your current feelings.

Do you think this feeling is connected to how quickly or slowly your heart is beating?

6. Without speaking, stand up and jump on the spot ten times.
7. Sit down and find your heartbeat again.

What changes do you notice? Is your heart beating faster or slower than you expected? Can you notice any change in your breath?

8. Close your eyes and focus on your heartbeat until it slows down again.

The diagram shows a purple heart on a grid background with a red pulse line next to it.