



# Note from Mrs Cole

This week has been Feeling Good, Feeling Safe week. As a school, we continually share messages about safety with the children but having a whole school focus has been hugely beneficial for everyone. Children need to learn how to keep themselves safe in a variety of situations but just as important is their ability to manage risk. Managing risks is an inevitable part of our everyday life and children should be taught these skills from an early age. It is important that, as parents, we allow our children to engage in risky or challenging play – it's a great way to develop independence and problem solving skills. So before we give in to the urge to shout out, "Be Careful!" why not try these alternatives:

**Do you notice...** that some of the branches look stronger than others?

**Try moving...** your feet slowly, carefully, quickly, strongly.

**Try using your...** hands and your feet.

**Do you feel...** the heat from the fire?

I wish you all a very happy half term and I look forward to welcoming you back to school on Monday 25<sup>th</sup> February.

## Useful Information

### Book Look

Our first book look of the year will take place on Monday 4<sup>th</sup> March at gam (and again at 12pm for Dragonfly class). This is an opportunity for you to spend time with your child looking through their learning. Younger siblings are welcome to join in too but we would ask that buggies are left outside of the classrooms. If you are unable to attend, you may wish to send another family member along. The book look usually lasts about 30 minutes.



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### Important Dates

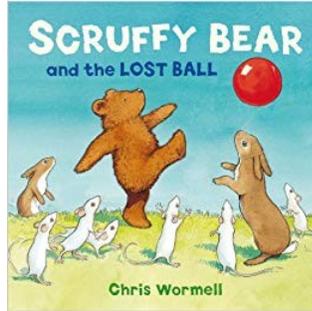
25/02	Return to school after the half term break
26/02	School Tour for Prospective Nursery Parents at 9.30am
04/02	Book look at gam (and 12pm for Dragonfly class)
06/03	FoMW Bedtime Stories Evening from 4.30pm to 6pm
07/02	World Book Day
12/03	Author Visit—Chris Wormell
15/03	Nursery Applications close
15/03	FoMW Quiz and Curry Night

### Consideration When Driving

Mrs Mackie was witness to the aftermath of a crash yesterday afternoon on Winton Drive. A car had to swerve at the last moment to avoid another speeding in and out of the spaces. Very unpleasant for all concerned. While there is no suggestion that our families were involved it is a timely reminder of the need to drive and park with care and consideration.

## World Book Day

We are looking forward to celebrating World Book Day on Thursday 7<sup>th</sup> March. Children will take part in a range of exciting activities to inspire a love



of reading, writing and illustrating. Staff will be dressing up as a character from the story 'Scruffy Bear and the Lost Ball' by Chris Wormell (who is also visiting the school on Tuesday 12<sup>th</sup> March). Children may also want to dress up as a character from this story, or alternatively come to school dressed as a character from their favourite book.

## Bedtime Stories Evening

The Friends of Malvern Way are holding a new event this term called "Bedtime Stories Evening" on Wednesday March 6<sup>th</sup> 4.30pm – 6pm. Families (including younger siblings and older children) are welcome to return to school and listen to a range of stories told by our school staff. Staff have chosen suitable locations all around the school including the spinney and den building shed! There will be a few surprises – please come and support the event, it's going to be a good one!

# What's Been Happening

## Feeling Good

On Monday we introduced our week with an assembly led by Miss Glasscoe and Mrs Stevens. Together we discussed that Mental Health is about our feelings, our thinking, our emotions and our moods. We learned that we have small feelings that come and go each day and that this is normal but when these feelings become big, this can affect our Mental Health.

Miss Glasscoe told us that talking about our feelings is really important and we considered who we might talk to and the words that we might use. Mrs Stevens reminded us of how important it is to listen to somebody who is telling us about their feelings and when we should help our friend find an adult. The children were taught that even when an adult looks busy, they will always find the time to listen to our concerns.

Here is a link to a 'Tips for Talking' guide:

<https://www.annafreud.org/media/7228/tmh-parent-leaflet-final-all-approved-laid-out-for-web.pdf>

## Scootability

In our Scootability sessions on Tuesday, our classes worked with Sam from Rubicon considering how to stay safe on our scooters. He shared 3 simple safety messages; hands on the handle bars, always face forward and use your stompie foot to stop. As well as being informative, the sessions were hugely enjoyable.

I was able to join Bumble bee class for part of their session and was really impressed at the levels of resilience shown by some of our children. A few children fell over but quickly got themselves up, dusted themselves off and carried on.



## Relax Kids

We welcomed back Charlotte from Relax Kids on Wednesday. Relax Kids introduces ways to help the children learn mindfulness and relaxation tools, increase brain power and begin to manage their emotions. Charlotte from Relax Kids used seven steps: Move, Play, Stretch, Feel, Breathe, Believe and Relax. The sessions started with some high energy activities including dancing and playing games and as you moved through each step they ended on a guided relaxation. The children also learnt a little bit about the brain. They learnt about the **pre-frontal cortex**, **amygdala** and **hippocampus** – all of which have different roles in keeping us safe, helping us to feel calm and enabling us to learn.



## E-Safety

On Thursday the whole school listened to Mr Reid as he led an assembly about online safety. The children had plenty of time to discuss this topic and their responses showed that they have a good understanding of this area. When asked how many children watch YouTube, about 75% of the school raised their hand. Mr Reid explained that in school, teachers are not allowed to browse YouTube during lessons and have to safely save any clips they want to use beforehand. We also watched Lee and Kim's Adventures to reinforce our e-safety messages.

## Scavenger Hunt

All of the children joined together in Reception and Key Stage 1 to take part in a safety scavenger hunt. Working in small groups (mixed years) the children made their way around the orienteering trail and answered questions, discussed the thoughts and role played activities linked to the themes from the week. Our Year 2 children ensured our younger children were safe and involved. There were nearly 270 children moving around the school requiring very little intervention from the adults.



Malvern Way Infant and Nursery School  
Malvern Way  
Croxley Green  
Rickmansworth  
Hertfordshire  
WD3 3QQ

Phone: 0923 773430  
E-mail:  
admin@malvernway.herts.sch.uk  
www.malvernway.herts.sch.uk

# Headteacher Awards



Bumble bee: Rayid  
Ladybird: Jack  
Heron: Bella, Ellar  
Owl: Edward

## Badge Assembly

Congratulations to the following children who have received a badge since our last newsletter:



**Being Independent Learners** ~ Veer, Zakariyya, Freya

**Good Listeners** ~ Kitty, Adhya, Sam, Rayid, Zoe, Alex, Max, Bobby

**Polite** ~ Lottie, Courtney, Arianna

**Care of the Environment** ~ Ethan, Keshavi, Evie

**Good Friend** ~ Annie, Rudi, Lottie, Jack, Ayeshan

