



ROXETH MEAD NEWSLETTER

In Discendo Gaudium – Joy of Learning

Academic Year 2021-22

March 2022

In This Issue:

- From The Headteachers
- News From The Classes
- Computing Day
- Parent's Information
- Dates for Your Diary

From The Co-Headteachers

This half term has been full of activity looking at a variety of topics including how to keep healthy, mini-beasts, life-cycles and Spring. Following the horrendous storms at the beginning of February, thankfully, the weather has gradually improved and this week Spring has well and truly sprung. As we write, we are looking forward to our Easter Bonnet parade.



It was lovely to celebrate World Book Day on 3rd March. The pupils and staff looked amazing in their costumes, as we see here.



Assemblies this half term have celebrated pancake day, including the importance of milk in our diet led by Mrs Afsari and British Sign Language as we see here, led by Mrs Bayman. Year 1 also showed the rest of the school their work on life cycles and read us the story of The Hungry Caterpillar last week; they were very impressive.



Thank you for your generosity for our multi-day for the Ukrainian humanitarian crisis, we raised just over £100 that has now been sent to the DEC Ukraine Appeal.

Finally, our staff team grew this half term. We welcomed Miss Hayes as a classroom assistant and welcomed back Mrs Sheik following maternity leave to our Baby Room. In April we welcome Miss Gohil who will be working at holiday club, after school club and in our Baby Room, as we take on our maximum number of six babies.

Wishing you all a lovely Easter break. We look forward to seeing some of you at holiday club and everyone on Wednesday 20th April for the new term.

Mrs Goodwin & Mrs Mackintosh

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Baby & Toddler Class

We have really enjoyed ourselves this half term exploring our topic of healthy eating, healthy bodies, Spring and minibeasts.

We tried different vegetables and did fruit printing with lots of different coloured paints. We have also loved making butterflies as part of our minibeats topic. It was so sweet seeing the babies dressed up for World Book Day and in their Easter Bonnets.

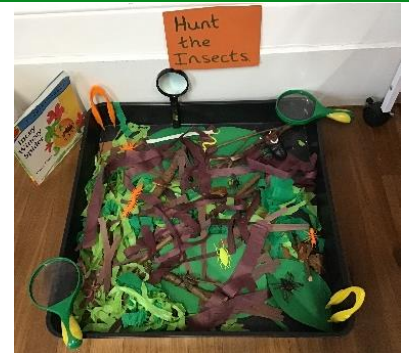


News from Pre-School Classes

We are celebrating the start of better weather! It is wonderful to work with such amazing grounds and facilities and certainly this week has seen the children be able to return to using the grass and making the most of the equipment. Climbing frames, various bikes, scooters and cars have been well used, as well as running, balancing and swinging on the equipment and their laughter can be heard at every playtime!

This half term we have been looking at how we can keep our bodies healthy by eating lots of fruit and vegetables and not eating too much of things such as sweets and crisps. The children have picked up the information well and are aware of the need to drink water and milk in order to promote healthy bones and teeth. We made healthy lunchboxes, fruit kebabs and played 'hunt the fruit' in a tuff tray, using tweezers to extract the fruit. We have looked at the various professionals who help us care for our bodies, such as doctors, dentists and opticians and have been learning about the need to run, jump and generally exercise in order to maintain our general health. We enjoyed planting and watering cress seeds and they did actually grow!

World Book Day was a great success and without fail everyone made a great effort.



We are now looking at Spring and the changes it brings to our natural world and, again, it is so beneficial to the children to go on a nature walk in the garden and observe the daffodils, blossom, emerging leaves and forsythia growing.

We have set up a mini beast cafe in our role play area with such offerings as tadpole tart, frog fries and spider sandwich on the menu! The tuff tray now is a 'hunt the bug' activity and we will be going on a minibeast and insect hunt armed with magnifying glasses and trowels. The Easter egg hunt and bonnet parade is fast approaching and I am sure will be a great success. We wish you all a happy Easter break and thank you as ever for your continued support.

Mrs L O'Neill, Mrs P Patel, Mrs K Azar, Mrs T Bayman and Miss G Turei



News from Nursery Class

This half term the children have been busy bees learning about The Three Little Pigs, Chinese New Year, Keeping Healthy, Mini Beasts and Spring.

In literacy, the children have moved onto forming the letter sounds independently and writing CVC words. In Mathematics, the children are learning to form the numbers 1-10 independently and recognise the written numbers 11-20.

In Knowledge and Understanding of the World, the children have been learning all about keeping healthy, mini beasts and Spring. The children were introduced to the different food groups and understand what a balanced diet is. We learnt about healthy foods and unhealthy foods. The children are able to differentiate between the two.

For our topic on Mini Beasts, we have been mini beast detectives in the garden looking for all types of mini beasts using magnifying glasses. The children have been enjoying learning facts about spiders, caterpillars and bumble bees. The children also have opportunities to explain their understanding of our topic by talking about it at Circle Time.

In PE we have been focusing on keeping healthy and learning lots of different exercises to keep fit.

Wishing you all a very Happy Easter and a wonderful break.

Kind regards, Mrs Afsari and Mrs Gatora



News from Reception Class

The second half of this Spring term has been a busy one and it seems to have gone by very quickly. The children have kept up with their hard work and taken part in all activities with enthusiasm.

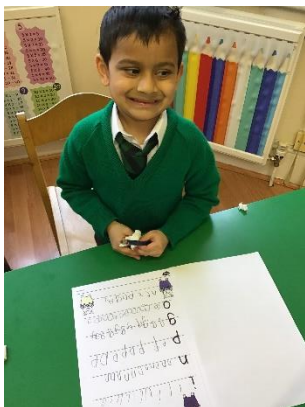
Our topics this half of the Spring term were 'Being Healthy', Spring and Mini-beasts. While learning about their health they learnt about the importance of eating a well - balanced diet, exercise, dental hygiene, keeping clean and having a good sleep routine. They helped to set up a shop in class, sorted fruits and vegetables and took on the roles of customers and shopkeeper. They learnt to weave baskets and added healthy fruits to it. They made vegetable wraps and fruit kebabs in their cookery lessons. They were fascinated to find out that the flour they used to make bread was ground up wheat. They looked at the labels on the food packaging to discover that the green grapes they used came from South Africa and the red ones from Peru. We looked at the map of the world to find these countries. They used fruit to create repeating patterns while making fruit kebabs.

While learning about Spring the children painted blossom, flowers and learnt about the life cycles of a butterfly, frog and a plant. They sowed sunflower seeds, learnt about looking after them and have been watching them closely to see them grow. They have been looking out for Mini-beasts in the garden every day and hopefully we shall be able to tick most of them off our list. They painted butterflies while learning about symmetry and their work has been awesome. They made ladybirds and added spots on their wings, making sure they had the same number on both sides. Their interest, enthusiasm and hard work has been a joy to watch. They have kept up with their phonics work, reading and writing. They have been consolidating their understanding of the topics covered in Maths through practical and written work. They enjoyed dressing up for World Book Day and are looking forward to the Easter bonnet parade and the Easter egg hunt.

I would like to thank all the parents for your support in your child's learning journey.

Wishing you all a very good Easter holiday.

Mrs Kalsi & Mrs Ghatora.





News from Year 1 & 2

Another busy and eventful term in Year 1 & 2. The children have been working hard, learning new topics and also extending learning on topics they have learnt the first half term.

In Maths we have revisited certain topics such as fractions, time and 3D shapes to have a better understanding. We have been practising 2, 5 & 10 times tables, as they have been learning long division. The children have been learning different methods to add and subtract double digits.

In Literacy the children have worked very hard doing some lovely story writing using their own imaginations. The children did an amazing job retelling the story about The Hungry Caterpillar to the whole school during assembly, by linking it to what they have learnt in Science.

This term in Science, the children have learnt about Animals and Humans. We have learnt about life cycles, diets and the five senses. They do have a good understanding of the human body and its main organs.

In History, the children were extremely interested to learn and research about significant people such as Nelson Mandela, Neil Armstrong and the Apollo 11 mission and not forgetting Queen Elizabeth II. We have been exploring maps to find out facts about UK towns, cities and rivers. They have learnt about the countries in the UK and their oceans etc. We have also worked hard learning and comparing different religions - learning about Hinduism this half term. It was interesting as most of them remembered names of Gods etc. and worked together to compare the similarities and differences.

Well done Year 1 & 2 for working so hard and staying focused during lessons. Let us hope you all remember most of the key facts we have learnt!

Hope you all have a fun filled holiday, enjoying many chocolate eggs.

Mrs Ranabahu & Miss Turei

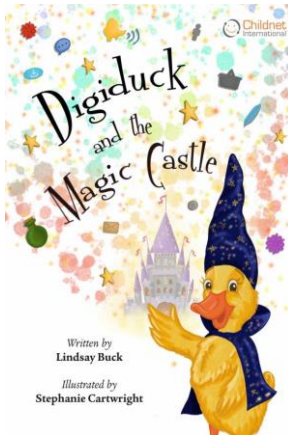


Online Safety - Computing

Every year during February there is a very special day called Safer Internet Day when children around the world celebrate all the great things we can use the internet for and also reinforce how we can keep safe when we are online. This year the children were also thinking about how they should behave when they are communicating online.



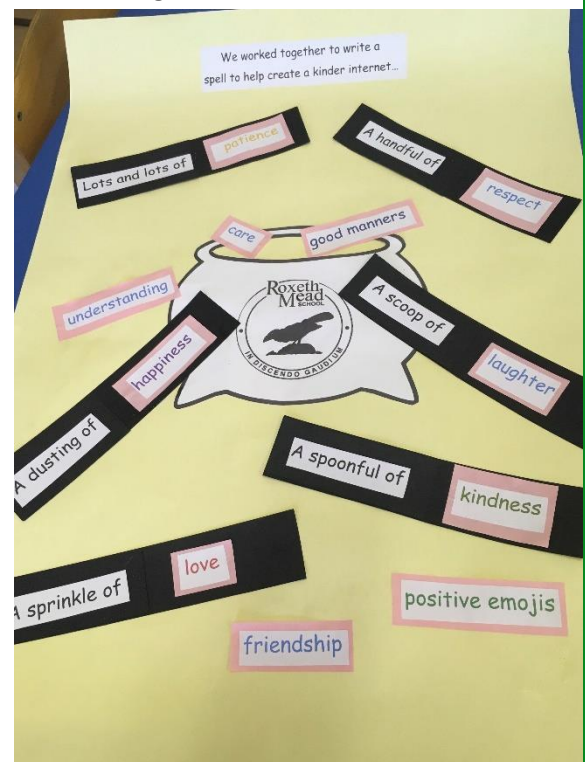
Our day began with the children discussing some of the things we can do online – listening to music, watching films, making Zoom calls to chat with friends and family, sharing photos, searching for information and playing games. They also talked about the devices we can use to play games online – mobile phones, iPads, laptops, computers and games consoles. They were very excited to talk about the things they like to do!



We then moved on to the story of Digiduck and The Magic Castle. The Digiduck® collection has been created to help parents and teachers educate children aged 3 – 7 about online safety. This is the fourth story in the series and focusses on playing games online. It also covers the themes of peer pressure, password sharing and in-app purchasing. Digiduck and his friends Shy Sheep and Cool Cow explore the magic castle and they whizz through the levels after a lucky find makes it easier...luckily Daddy Duck, Mummy Duck, Wise Owl and Eagle Owl are there to help when things go wrong! We used this story to encourage the children to think about who the trusted adults are that they can go to if they need help. The children in Reception and Years 1 and 2 took part in activities where they thought about how they should communicate online and were able to sort messages into those that would make the reader feel good and those that might make someone feel sad or uncomfortable.

We were then joined by Pre-School and Nursery to make a spell to create a 'Kinder Internet'...it was lovely to hear the children putting forward their suggestions for what makes a good friend and how we should behave with our friends whether we are face to face or online.

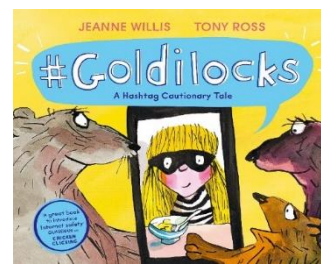
After break the children considered which personal information it is safe to share and that which we must keep private. They worked really well to sort the information and also to create two posters.



Reception and Years 1 and 2 worked on activities to decide whether we can believe everything we see on the internet... and how we can check if we are not sure. They were delighted (and surprised) to find that the article about a painting pig in South Africa was actually true! We used a Google search to find 'Pigcasso' in action...



After lunch, the children created avatars, user names and passwords...this was linked to the Digiduck story and keeping personal information private. They discovered that the best way to create strong passwords is to use a mixture of letters, numbers and symbols. We created one for Digiduck...



Some of the children recorded pieces of online safety advice before we all gathered in the Hall to finish the day with the story '#Goldilocks' by Jeanne Willis and Tony Ross. This is a tale about the dangers of ruining your online reputation. At first, everyone loves Goldilocks's hilarious online posts, but in her desperation to get more likes, more laughs and more hits, she crosses the line to snap some selfies, leaving her golden reputation in tatters...



Mrs Caroline Ellis

Parents' Information



Topics for Next Half Term EYFS:

Topic	Theme	Week Beginning	Assemblies – Tuesdays 9am	Other Activities to consider
In and Out of this World	Life cycles cont.. (3 days)	20 th April	INSET	INSET - 19 th Children back Wed 20 th
	Keeping our planet healthy Eco - Recycling, Reduce plastics etc...	25 th April	Plastic pollution & Eco (SM) Messy Magpie Ebook	
	Space	2 nd May	Ramadam & Eid al Fitr (RK & KS)	Bank Holiday 2 nd May
		9 th May	Celebration of Success (TB)	
	Dinosaurs	16 th May	Dinosaurs Twinkl ebook (SM)	
23 rd May		Celebration of Success (LON)		

Year 1 & 2:

Maths	Number, Fractions Measure, Money and Shape
English	R.W.Inc. & English Skills
Science	Everyday Materials
History	Battle of Hastings
Geography	Europe
Music	Recorders and Brass Instruments
Art	Beside the Sea
PE	Dance - Plants
PHSE	Wider Wold One World
RE	Humanism
French	Numbers & Colours

Parenting Courses

BRILLIANT PARENTS - APRIL 2022 Parent Support Programmes for the London Borough of Brent, Harrow & Hammersmith and Fulham

S/N	PROGRAMME TITLE	DELIVERY DATE	TIME	LOCATION
1 B7	Hassle Free Shopping with Children	Friday 1 st April	10-12 noon	zoom
2 C10	Developing Good Bedtime Routines	Monday 4 th April	10-12 noon	zoom
3 F6	Reducing Family Conflict	Tuesday 5 th April	6-8 pm	zoom
4 G2	Building Teenagers' Survival Skills	Thursday 7 th April	10-12 noon	zoom
5 A6	Managing Fighting & Aggression	Friday 8 th April	10-12 noon	Zoom
6 D9	Dealing with Disobedience	Monday 25 th April	10-12 noon	zoom
7 E3	Coping with Teenagers' Emotions	Wednesday 27 th April	6-8 pm	zoom
8 H7	Getting Teenagers to Cooperate	Friday 29 th April	10-12 noon	Zoom

To register for **any** or **all** the Discussion Groups, kindly complete and submit **both** the registration form and parenting experience survey at these links:

<https://www.brilliantparents.org/brilliant-parents-bl-registration-form/>
<https://www.brilliantparents.org/triple-p-parenting-experience-survey/>

Calm-Down Strategies for Kids (And Grown-Ups Too!)

Sometimes we all find ourselves getting a little too anxious, angry or stressed. As adults this can be difficult to manage, and for children even more so. Here are some ideas for simple calm-down strategies to try when things become a little too much. Try a few and see which ones work best for you.

Take some deep breaths



Go for a walk



Listen to music



Speak to a parent or other adult at home



Speak to a teacher



Watch a film



Say something positive to yourself



Imagine a calm place or happy time



Count to ten



Play sport



Go on a bike ride



Cook



Have a bath or shower



Draw a picture



Play with a pet



Speak to a friend



Do a jigsaw puzzle



Go to a quiet place



Read a book



Smile



Look at photos



Daydream



Have a nap



Plan a day out



Ideas for Activities for the Easter Break



Spring Outdoor Learning Activities

It's getting lighter and maybe even a little warmer. Signs of new life are everywhere. It's a great time to go outside and explore as the world wakes up. Here are some great ideas to try with your little ones this spring. Just remember to dress appropriately!



Start a flower garden. Packets of seeds can be picked up relatively cheaply at bargain shops, supermarkets or garden centres. You could choose a specific spot in your garden, or mark out a section solely for your child to create their own garden. Alternatively, plant your seeds in pots. Talk about what plants need to grow and the importance of looking after them.



Visit a local farm that caters for visitors and find out about what spring means to farmers. This may mean planting new crops or the birth of baby animals. Some farms even hold special 'lambing weekends' where visitors can see lambs being born. Check out the Farming and Countryside Education website for more information.



Go to the local park, woodland or out into your back garden. Give everyone a set amount of time to collect five unique natural objects such as pebbles, twigs or leaves. Bring them back to a central location and then talk about what they look like. For example, an unusually shaped pebble could look like a tortoise, a shoe or a mobile phone!



Make the most of rainy weather! Dress appropriately and have fun splashing in puddles. Draw a chalk circle around a puddle and then investigate what happens to it once the rain has stopped. Look at waterproof materials - which material is best to keep an old teddy dry on a rainy day?



April showers can often lead to rainbows. Children can make their own colourful rain art by drawing a design on a paper towel using water-soluble felt tips, then taking the paper towel out into the rain and observing what happens. Bring the towel in again and let it dry, before having another go with a different design.



Go on a spring hunt. Talk about the signs of spring and then look for new buds and shoots, baby animals and other signs of spring. Take photographs and make a book all about spring.



Make an Easter bonnet using only natural materials. You can use an old sunhat, or basic Easter bonnets can be purchased from craft stores. Go outside and gather materials to use. Remind your child to be respectful of the environment and not to take from people's gardens.



Grow some vegetables. You may have the highest success rates with green beans, courgettes, potatoes and lettuce. If space is limited, plant your seeds in pots. As the plants grow, encourage your child to take responsibility for looking after them.



Go and look for frogspawn in your local pond or lake. Talk about the life cycle of frogs and perhaps find some pictures in a book or on the Internet. Remind your child about safety around water.

Local Drama Classes



Free Trial Session and £40 discount at Perform

Popular children's drama and dance school Perform is offering a Free Trial Session and a **special introductory discount of £40 for members of Roxeth Mead School** if they sign up by Tuesday 10th May. Parents should quote RXMS100522 when they book their free session by going to perform.org.uk/try or calling 020 7255 9120.

You can find out more about the classes at perform.org.uk/try. The nearest classes to Roxeth Mead School are as follows (please click for a map and further details):

Perform Harrow (Drama for 4-7s)
(1.1 miles)
Tuesdays **at 4pm**

Victoria Halls
Sheepcote Road,
HA1 2JE

Perform Harrow (Drama for 7-12s)
(1.1 miles)
Tuesdays **at 5.05pm**

Victoria Halls
Sheepcote Road,
HA1 2JE

Perform HA1 (Drama for 4-7s)
(1.2 miles)
Fridays **at 4pm**

St Jerome C Of E Bilingual School
120-138 Station Road,
HA1 2DJ

Perform Harrow (Drama for 7-12s)
(1.2 miles)
Fridays **at 5.05pm**

St Jerome C Of E Bilingual School
120-138 Station Road,
HA1 2DJ

Perform HA1 (Drama for 4-7s)
(1.3 miles)
Saturdays **at 9.30am and 11.15am**

Marlborough Primary School
Marlborough Hill,
HA1 1UJ

Leavers and Joiners

Whilst we are always sorry to see our pupils move on, we are pleased to report that a number of our pupils have been offered places at several local Independent Schools for September, including Northwood College, Orley Farm, Buckingham Prep and Quinton Hall. This is a testament to the wonderful work that our staff have done over the past months and years to prepare the pupils for these much larger schools. For those pupils that need a smaller nurturing environment, we hope they will stay on with us.

This is a reminder that if you have not already emailed us to let us know that your child will be leaving in July, please do so as soon by as possible and certainly by April 19th, in order to honour the term's notice as outlined in our Terms & Conditions.

Families Magazine

You can read the latest Families Magazine by clicking here...

<https://issuu.com/familiesonline/docs>

Is your Child Worried about the War in Ukraine?

If so, there are plenty of resources online including this article...

<https://www.bbcchildreninneed.co.uk/changing-lives/useful-resources-for-talking-about-ukraine-and-russia/>

Parent's Guide - Bedtime

Getting a good night's sleep for your child, and ultimately yourself, is often something that parents dream of. However, by settling your child into a consistent bedtime routine, it can become a reality and you can even have some time to yourself to recharge.



IMPORTANCE OF SLEEP

Sleep is essential for our survival:

- ~ Inadequate sleep can impair brain function, but good sleep supports cognition, concentration, productivity and performance. It can help improve problem-solving skills and aid memory. Some physiological processes occur primarily while we're asleep, such as muscle growth, release of growth hormone and tissue repair.
- ~ Poor sleep can lead to poor behaviour and hyperactivity.

SLEEPING HOURS

The amount of sleep that your child needs will change as they get older. The NHS recommends that babies and children have the following approximate hours of sleep:

- ~ 3 months Daytime: four to five hours/Night time: 10 to 11 hours
- ~ 6 months Daytime: three hours/Night time: 11 hours
- ~ 9 months Daytime: two hours, 30 mins/Night time: 11 hours
- ~ 12 months Daytime: two hours, 30 mins/Night time: 11 hours
- ~ 3 years Daytime: none to 45 mins/Night time: 11 hours, 30 mins to 12 hours
- ~ 4 years Night time: 11 hours, 30 mins
- ~ 5 years Night time: 11 hours



SETTING A BEDTIME

Having a set bedtime helps your child to get a good night's sleep and enables them to function. Establishing a bedtime routine for your child has many benefits:

- ~ It will signal to your child that it's time to rest and help them to fall asleep, stay asleep and wake up rested.
- ~ The familiarity is comforting and can help your child relax and ease separation anxiety.
- ~ It helps your child to learn how to transition from the busy day, soothe themselves and settle for sleep.
- ~ It can help prevent children from developing sleep problems in the future.
- ~ According to a study by University College London, children with irregular bedtimes were found to experience behavioural problems, such as emotional difficulties and hyperactivity. This was attributed to natural body rhythms being disrupted, which can cause sleep deprivation.
- ~ It can actually take the stress out of putting your child to bed and help it to become a special time for you both.

ROUTINE TIPS

Every family is unique and has different needs, but doing the same relaxing things in the same order and at the same time each night can help to promote a good night's sleep:

- ~ When it's approaching bedtime, an hour before if possible, make the home environment as calm as possible. So turn off loud music, any TVs or other screens and avoid rough and tumble games.
- ~ Try to keep bedrooms screen-free zones. The backlighting on screens awakens the brain and can confuse the circadian rhythms, which are responsible for telling us when we need to go to sleep.
- ~ Avoid giving your child large amounts of food before bed which can disrupt their sleep.
- ~ If there is time, a warm bath – not hot – can help soothe a child and signal it's time to rest, followed by cleaning their teeth and putting on nightwear.
- ~ Ensure your child's bedroom is conducive to sleep by having it dark – which encourages your child's body to produce the sleep hormone melatonin – and at a comfortable temperature, around 18 to 24°C. Consider investing in blackout blinds or a nightlight, depending on your child's preference.
- ~ Introduce a lovely snuggly bedtime story to help your child to relax before bed. Sharing a book together promotes a bond between you and your child by giving you relaxed one-to-one time in a calm environment. It can also help your child to develop a love of books as they associate reading with a pleasant, positive experience.
- ~ Dim the lights and chat to your child about their day or what the plans are for tomorrow to help put any worries to rest and help them prepare for sleep before kissing them 'night night'.



~ If you've tried all these tips but are still having problems settling your child to sleep, consider seeking advice from your key person, health visitor or GP. They may refer you to a sleep expert for additional support.

STORY TIME

Some suggestions of books about bedtime:



When the World is Ready for Bed by Gillian Shields

As the whole world gets ready for bed, so does a family of bunnies – brushing teeth, closing curtains and sharing a story.



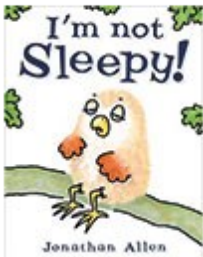
Kiss Good Night by Amy Hest and Anita Jeram

On a rainy, windy night, Mummy Bear tucks in Baby Bear, reads a story and brings hot milk. Only one thing is missing.



Goodnight Moon by Margaret Wise Brown and Clement Hurd

Bunny says goodnight to familiar things, one by one – a bedtime classic that has lulled generations of children to sleep.



Bedtime with Ted by Sophy Henn

Ted is too busy for bed – he's cleaning his teeth with a crocodile and bathing with some penguins.



I'm not Sleepy! by Jonathan Allen

Baby Owl insists he's not tired. He's not yawning; he's just bored.

DATES FOR YOUR DIARY



Friday 25 th	12 noon	Break up for Easter - Holiday Club available
APRIL		
Monday 18 th		Deadline for giving written notice if your child is leaving in July
Tuesday 19 th		Staff Training Day
Wednesday 20 th	8.30am	Children back for new term
MAY		
Mon 30 th – Wed 1 st June		Half Term - Holiday Club available (3 days)
JUNE		
Monday 6 th	8.30am	Children back following half term
Monday 6 th	All day	Celebration picnic to celebrate Queen's Jubilee. Wear red, white & blue.
Tuesday 7 th	All day	Whole School Trip to Willows Farm (we will need some parent helpers)
Tuesday 21 st	tbc	Sports Day
JULY		
Tuesday 5 th	tbc	End of Year Assembly to parents (Nursery, Reception, Yr 1 & 2)
Thursday 7 th	12 noon	Break up for Summer Holiday – Holiday Club available

Autumn Term 2022

Inset for Staff: Monday 5th & Tuesday 6th September

Term Begins:

Wednesday 7th September