



ROXETH MEAD NEWSLETTER

In Discendo Gaudium – Joy of Learning

Academic Year 2022-23

March 2023

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



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From The Co-Headteachers

Another fun-filled term at Roxeth, but the highlight has to be World Book Day. On Thursday 2nd March, reading fever took over Roxeth! Along with many other schools across the world, we celebrated World Book Day with a series of fantastic book centred activities. The staff and children arrived in their fabulous costumes, which gave them lots of opportunity to chat about their favourite books and characters. Many even brought copies in to share with their class mates. Throughout the day, the children engaged in lots of fun activities; reading for pleasure, sharing stories, dressing up, acting, re-telling stories and more! Here we see some photos of the day.



After Easter we are making some minor changes to staffing in each room, although the Key Workers are staying the same. We like to move staff around from time to time, so they get experience working with different aged children and develop their expertise. This grid shows the changes.

Class		Staff (Key Workers in Bold)
Ladybirds (Babies)		Mrs Sheikh Mrs Turei
Butterflies (Toddlers)		Mrs Ranabahu Miss Hayes
Parrots (Lower Pre School)		Mrs O'Neill Mrs Ghatora(ams) Mrs Azar
Squirrels (Upper Pre School)		Mrs Afsari Miss Pallavi
Tigers Nursery & Reception		Mrs Kalsi Miss Gohill Mrs Ghatora(pms)

Wishing you a lovely Easter break, although we will see many of you at Holiday Club.

Best Wishes, Mrs Goodwin & Mrs Mackintosh

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News from Baby (Ladybird) Class



We have had a very busy term. The children have had lots of fun exploring in different areas. We have been very busy learning about 'Healthy Eating' this term. The children created fruit and vegetable prints and we made a healthy lunchbox using fruit and vegetable pieces. We also looked at flash cards of different fruit and vegetables and encouraged the children to point to them. Our next topic was 'Our Bodies'. The children have been using their bodies in different ways such as crawling in the tunnels and going down the slide. We also encouraged the children to recognise their body parts.

The last topic we had learnt this term was 'Farm Animals'. The children were able to recognise different animals using flash cards and books. We sang lots of animal songs during circle time. The children were able to create some animal pictures using paint and different art resources. It has been a lovely term and has been amazing to see each child blossom throughout their time at nursery.

I hope you have a lovely Easter. Mrs Sheikh & Mrs Azar



News from Toddler (Butterfly) Class

Another busy half term in the Toddler Room as the children have been learning about Healthy Eating, Nursery Rhymes and Easter Celebrations. In addition to these topic activities, the children have been learning 2D shapes, colours, and letters of the alphabet while focusing on each child's first letter and sound from their name. We have also been counting up to 5 using fingers to count and singing songs such as Five Little Ducks and Once I Caught a Fish Alive to familiarise the numbers.



During our topic Healthy Eating, the children were given a variety of different types of fruit and vegetables to touch, feel and smell. It was certainly very exciting for them to explore them and the children were able to sound out words such as soft and hard while some children found the smell of celery quite interesting. It was a challenge at times to get the children to only touch and feel but not taste! The children were very good at naming some of the fruit and vegetables familiar to them while all of them were able to repeat the names after they were told. They all did a great job.



The children enjoyed listening to the story The Hungry Caterpillar. They have been painting different types of fruit the caterpillar ate and they also painted a lovely caterpillar. The children created a lovely butterfly picture by adding different colours onto one side of the butterfly and then folding the wings together and patting it.

We have been mainly focusing on the nursery rhyme Old MacDonald. The children used different materials to create the animals such as cotton wool for the sheep and pink paint for the pigs. They were extremely clever at sounding out the noise each animal made. Music and movement seems to be a favourite activity with all the children. They very much enjoyed exploring and playing with all the farm animals displayed on the tough tray.

Finally, the children have been learning about Easter and have been practicing a few songs which you will all be able to come along and watch at our Easter Egg Hunt - depending on their mood.

Wishing you a lovely Easter break. Mrs Ranabahu & Miss Gohil





News From The Lower Pre-School (Parrot Class)

This half term has been busy, fun and productive. The children have continued to flourish and develop their skills. We have focused on our topic 'Healthy Me' looking at foods we should eat a lot of and those we should not.



We used our cutting skills to make a salad, chose which foods we should put in a 'healthy' lunchbox, painted a pineapple and water melon, made chefs' hats and, for those children who could, sorted fruit from vegetables. We made use of our role play area, changing into a smoothie bar and it has been wonderful to see the children learn the names of some unfamiliar fruit and vegetables, as well as some parents telling me their child has begun to eat some different fruit from their usual choice.

We carried on our theme with learning how to care for our teeth. We were able to practise brushing teeth using a toothbrush, toy teeth and toothpaste. The children understood the need to brush teeth, that a dentist looks after our teeth and the importance of a good diet and plenty of water and milk in order to promote dental health. We finished the topic discussing exercise and jumping, hopping, running and walking and the importance of this in our lives. Naturally the children do this when outside and we (I think) successfully disguised our puffing and panting after running around! Our garden promotes lots of fun and the children have enjoyed balancing, swinging on the tyres, sliding down the slide, using the cars and bicycles as well as the ever popular parachute.

Spring is here and our lawn at the back is covered in snowdrops - wonderful to see. This lovely group of children are great friends and I must share one experience with you all. We were playing the musical instruments and I was saying stop and start. After a while I put the instruments on a shelf as I had finished the activity. Before long the children were sitting in a circle, each holding an instrument and one child leading by saying 'stop' and 'start'. This is what makes this job so pleasurable and rewarding and I gain so much pleasure from seeing them enjoy each other's company.

We are looking forward to our Easter Egg hunt and wish you all a happy Easter.

Mrs O'Neill, Mrs Pallavi and Miss Hayes





News From The Upper Pre-School Room (Squirrels)

Another busy half term has flown by and the Upper Preschool class have been busy bees. Last week we welcomed Ayman to our class, and after Easter we will welcome Elias, Shrey and Cameron. We wish them a happy term with us.



Our focus this term in literacy has been to learn our phonic sounds. The children have responded so quickly in recognising the sounds and linking them to familiar objects. We are so proud of the children. In Mathematics, the children have been reinforcing their number recognition of 1-10 and number correspondence. They have been working on their counting skills and count by rote in everyday situations such as counting the children at Circle Time and counting objects in the classroom.

The children have been fully engrossed in our topics this half term. They have understood the importance of being healthy and are aware of healthy foods and unhealthy foods. During our topic on recycling, the children were introduced to the concept of keeping our environment where we live clean and safe. They were made aware of the recycling symbol on household products and they now should be able to point them out to you at home. Our topic on Easter included lots of Easter activities. The children had opportunities to become creative with Easter crafts. The children made Easter eggs and Easter bunnies to celebrate Easter. We also made chocolate nests and engaged in some egg-citing egg and spoon races in the garden.

We wish you a very Happy Easter. Mrs Afsari and Ms Turei





News From The Nursery and Reception Room (Tigers)

As we head towards the end of the Spring term the children in Tiger Class are excited about the Easter celebrations and the Egg Hunt. They have consolidated their understanding of the topics covered through role play, practical activities, listening to stories and art work.

Our first topic of 'How to be Healthy' got them naming and sorting fruits and vegetables. They talked about their personal likes and dislikes and every day at snack and lunchtime they pointed out the healthy food and treats in their lunchbox. They enjoyed playing the 'Shopping Game', setting out a picnic for the bears, learning to weave in order to make a fruit basket. They listened to the story of the 'Hungry Caterpillar', and commented that he wasn't always eating healthy food, and made a Caterpillar.

We talked about the importance of personal and dental hygiene and the children recalled their personal experiences of visiting the Dentist. They put picture instructions for washing hands in the right order, just in case an alien visited our school and didn't know what to do! On learning about the importance of exercise they have all participated with greater enthusiasm.

'Recycling' was our next topic and the children helped to sort out the recycling things in various categories. They learnt to look for the symbol for recycling and to my amazement remembered



the three R's – Reduce, Reuse and Recycle. They used the recycling materials to make wonderful 'Junk Models'. They listened to a song about the importance of looking after planet Earth and all the beautiful creatures that live on it. We talked about the importance of picking up our litter and putting it in the right bins. The children made Mother's Day cards, decorated them, drew a picture of their mum and wrote their name. They have continued to enjoy their cooking lessons and are looking forward to making chocolate nests. In our Phonics lessons we have continued to practise the sounds of letters using the RWI scheme, reading CVC words, stories, practising forming letters and the children are making great progress. The children have continued to consolidate their understanding of all the Maths topics through practical work. They have all worked hard this term, made great progress and are looking forward to their holidays. Wishing you all a very happy Easter break. Mrs Kalsi & Mrs Ghatora.



Parents' Information



Topics for Next Half Term:

Natural World	19 th April	Spring, Life cycles
	24 th April	& Minibeasts.
	1 st May	Kings Coronation (Party on 4 th)
	8 th May	Minibeasts cont...
	15 th May	Music week
	22 nd May	Babies - Sensory Week 2+ - Dinosaurs

Summer Uniform

When we return for the summer term, the children may continue to wear the winter uniform or the summer uniform as follows:

White or grey shorts
Green gingham summer dress (girls)
White polo shirt
Green logoed sweatshirt* or Green v neck jumper*
Legionnaires style sun hat*
Raincoat (any)
Black shoes or trainers with Velcro fitting or
White trainers with Velcro fitting

* All logoed items are now available from the school. Please email info@roxethmead.com your requirements.

Parent / Teacher Meetings

We were pleased to invite parents into school recently to meet with the teachers. We do not produce a written report in the Spring Term, you will get a full written report at the end of June.

Safer Sleep Campaign

Public Health are supporting the Safer Sleep Week campaign lead by the Lullaby Trust.

What is Safer Sleep Week?

- Safer Sleep Week is The Lullaby Trust's national awareness campaign targeting anyone looking after a young baby. It aims to raise awareness of sudden infant death syndrome (SIDS) and the simple advice that reduces the risk of it occurring.
- We know that greater awareness of safer sleep leads to a decrease in the numbers of babies dying.
- Sadly around 3 babies a week still die from SIDS and if all parents were aware of safer sleep advice many lives could be saved. Around 700,000 babies are born every year in the UK and we need to continue to reach out to all new parents with our life-saving message.

Safer Sleep Week Theme

- The theme for this year is co-sleeping.
- The safest place for a baby to sleep is in a clear, flat, separate sleep space. However, a recent survey of over 3,400 parents showed us that many parents co-sleep with their baby at least some of the time and that many parents have accidentally fallen asleep in bed with their baby. A recent report from the National Child Mortality Database also highlighted that many babies die in hazardous co-sleeping situations, the majority of which are unplanned.
- So, it's vital that every new and expectant parent knows the advice on how to co-sleep more safely, regardless of how they plan to sleep. This will allow parents to prepare a safer space for planned co-sleeping, or if they fall asleep without intending to.

Safer sleep for babies

Things you can do



✓ Always place your baby on their back to sleep



✓ Keep your baby smoke free during pregnancy and after birth



✓ Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months



✓ Breastfeed your baby



✓ Use a firm, flat, waterproof mattress in good condition



Things to avoid



✗ Never sleep on a sofa or in an armchair with your baby



✗ Don't sleep in the same bed as your baby if you smoke, drink or take drugs or if your baby was born prematurely or was of low birth weight



✗ Avoid letting your baby get too hot
✗ Don't cover your baby's face or head while sleeping or use loose bedding

You should follow the advice for all naps, not just for night time sleep

Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of a baby for no obvious reason and although we don't yet know how to completely prevent SIDS, it is possible to significantly lower the chances of it happening by following the advice.

You can also talk to your midwife or health visitor if you have any questions or concerns or get in touch with us
Email: info@lullabytrust.org.uk
Telephone: 0800 802 6869
Website: www.lullabytrust.org.uk

This leaflet was produced by The Lullaby Trust. The information was last updated in August 2016. Wording approved by UNICEF UK. Registered charity no. 262351. Company registration no. 01000624. Formerly The Foundation for the Study of Infant Deaths.

48hr Sickness Rule

We recently received a query about our 48 hour rule regarding sickness. Just to clarify, this is not a quirky Roxeth rule, but one advised by the NHS. Please follow this link:

<https://www.nhs.uk/Livewell/Yourchildatschool/Pages/Illness.aspx> where you will see this...

- **Vomiting and diarrhoea.** Children with diarrhoea and/or vomiting should definitely be kept off school until at least 48 hours after their symptoms have gone. Most cases of diarrhoea and vomiting in children get better without treatment, but if symptoms persist, consult your GP.

We adhere to this to ensure complete recovery and reduce the possibility of infection for other children and staff. Thank you for your cooperation.

Mental Health

Mental health is like physical health in that it is not static, sometimes we feel physically poorly and sometimes our mental health does not function so well – both physical and mental health ebb and flow. It is important to look after everyone's mental health so we can support the children in our care and not pass on our worries to the children. If you feel your mental health is struggling - it is OK not to be OK. If you are feeling more anxious than usual, consider seeking help. Anxiety is one of the most common mental health issues affecting 1 in 6 people. The website below gives some guidance and support if you feel you may be suffering with anxiety.

www.nhs.uk/every-mind-matters/mental-health-issues/anxiety/

Tips on managing anxiety

Try building these self-care tips into your daily routine, as doing them regularly can make a big difference.



Shift your focus

Some people find mindfulness and meditation (including breathing exercises and relaxation) help to calm anxiety and reduce tension by focussing awareness on the present moment. Try these [NHS-recommended relaxation exercises](#)



Try self-help techniques

Our short videos and practical guides to cognitive behavioural therapy (CBT) can help you deal with worries, anxiety and unhelpful thoughts by working through problems in new ways and helping you build resilience. Try our [self-help CBT techniques](#)



Understanding anxiety

Keeping a diary of what you are doing and how you feel at different times may help you understand why you're anxious and identify ways to manage or get rid of anxiety.



Make time for worries

If anxiety or worry is taking over your day, try setting a daily "worry time" to go through your concerns. Doing this at a set time every day can help you to focus on other things. Check out our [video on tackling your worries](#)



Facing your fears gradually

Avoiding situations or relying on habits we think will keep us safe might actually make our anxiety worse. Slowly facing up to a situation might help, and eventually it will feel OK.



Look at the bigger picture

If we're feeling anxious about something, we might get stuck on the details and stop seeing things clearly. Thinking about your problem or situation from someone else's view can make it easier to come up with a plan for tackling it. What advice would you give to a friend?

Ideas for Easter Holiday Activities



Easter Holidays

Home Learning Challenges



We hope you have a lovely Easter holiday! Try some of these activities with your family and friends during the holiday. We look forward to hearing about what you get up to!

Make some Easter treats to share with your family. You could make cakes or biscuits and decorate them too!



Have an Easter egg hunt! Ask a grown-up to hide some Easter eggs for you to find. How many eggs can you find?

Trying some planting activities. You could plant some seeds in a flowerpot filled with soil. Make sure to give them some water and put them somewhere sunny.

Decorate some hard-boiled eggs, to make them bright and colourful. You could use pens or paint and add some extra decorations, such as stickers, feathers, pom-poms or googly eyes.



Make an Easter basket to keep your Easter eggs safe. You could use empty cardboard boxes and add some decorations too.

Share a favourite storybook with a grown-up. You could go to the library and find a new story to read too.

With a grown-up, go on a visit to a farm or park. What animals did you see? Can you see any flowers growing? You could take some photos or draw a picture of something you saw.



Most importantly, have lots of fun and enjoy the Easter holiday with your family and friends.

Easter Chick

You will need:

Orange, light yellow and white card

Chick template

Yellow and orange paint

A sponge

Feathers

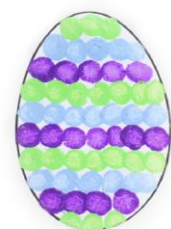
PVA glue



Egg Printing

Supplies

- Egg template
- Pegs
- Paint in several colours
- Pom-poms in different sizes
- Scissors





DATES FOR YOUR DIARY



APRIL		
Tuesday 18 th		Deadline for giving written notice if your child is leaving in July
Tuesday 18 th		Staff Training Day & Holiday Club
Wednesday 19 th		Children back for Summer Term
MAY		
Tuesday 2 nd		Deaf Awareness week
Thursday 4 th		Party to Celebrate the King's Coronation. Dress up in red, white and blue.
Monday 8 th		Extra Bank Holiday for Kings Coronation
Mon 29 th – Friday 2 nd June		Half Term - Holiday Club available 8am to 4pm
JUNE		
Monday 5 th		Children back following half term
Thursday 15 th tbc		Summer outing to a farm (not babies & toddlers)
Monday 26 th		Summer Reports issued this week
JULY		
Tuesday 4 th		Sports day and picnic lunch
Wednesday 12 th	12 noon	Break up for Summer Holiday – Holiday Club available 8am to 4pm

Summer Term 2023

***Inset for Staff:** Tuesday 18th April*

Term Begins:

Wednesday 19th April

Bank Holiday: Monday 1st May

Half Term:

Monday 29th May – Friday 2nd June

Term Ends:

Wednesday 12th July at midday

Autumn Term 2023

***Inset for Staff:** Monday 4th September & Tuesday 5th September*

Term Begins:

Wednesday 6th September

Half Term:

Monday 16th October – Friday 27th October

Term Ends:

Wednesday 13th December at midday (after Nativity)

N.B. Holiday Club is available at additional cost for childcare during the school holidays, ensuring childcare for 48 weeks a year. We are fully closed for 2 weeks at Christmas and 2 weeks at the end of the Summer break for deep cleaning.