



ROXETH MEAD NEWSLETTER

In Discendo Gaudium – Joy of Learning

Academic Year 2023-24

October 2023

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From The Headteacher

Welcome to the new academic year and to our many new families that have joined us this term.

Over the summer break, the builders installed a new boiler, new electrical sockets, refurbished three classroom and remodelled the front entrance. We are thrilled with the results, and we thank parents for your patience whilst the works were completed in the first few weeks of September.

Over the past few weeks, you will have received commentary and photos of your child engaging in their activities via the EY Log, but our half termly newsletter captures the news from across the school in our wonderful Roxeth Mead community, and what a wonderful first half term it has been, with all of the children settling beautifully into their new classes. It has been a delight to see so many examples of excellent learning, whether that is learning to crawl in the Baby Room, learning a new song in Pre-School, or learning correct letter formation in our Nursery Class, every day is a hive of activity and fun. We have also seen superb social skills developing such as sharing, taking turns, listening and good sitting. We hope you like the photos included in this newsletter showing our children enjoying the topics.

At Roxeth we teach the Early Years Framework, as outlined by the Department for Education. Beyond this, the Roxeth curriculum is designed to encourage our children to be successful learners and confident individuals. Our aim is that ROXETH runs through every lesson, experience and activity, as follows:

Respect – activities rooted in respect of others and our surroundings

Oppportunity – activities that are ambitious and create memorable moments

EXcellence – in all that we do

Engaging activities that create enthusiasm and a joy of learning that will last life long

Transferable Skills – that can be applied in a range of contexts

Humour – activities that enable fun and laughter (after all, we all learn best when we are having fun!)

If you wish to find out more about our curriculum, please refer to our website at <https://roxethmead.com/curriculum/>

I wish you a restful half term and look forward to seeing you either at Holiday Club, or for the new half term on Monday October 30th.

Best wishes from,
Mrs Mackintosh



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News from Baby (Ladybird) Class



What a wonderful half term we have had. Firstly I would like to welcome Cleo and Lara to our lovely class, it has been so delightful to see them settled. We have had the lovely weather for the children to enjoy playing outside in our garden. The children enjoyed exploring with our outdoor play equipment where they are able to use fine and gross motor skills to keep them engaged. This term we have been learning about our families and we have been looking at our family photos to recognise our family members. We also enjoyed loads of different sensory activities such as exploring with water, sand and looking at sensory books. We are currently reading the story, 'Goldilocks and the Three Bears'. The babies have created Goldilocks and a bear using a variety of art materials. We have also provided porridge for the children to play with using bowls and spoons. It has been amazing to see the children engage in other activities such as musical instruments and popping bubbles. It is rewarding to see each child happily attend nursery ready for an exciting day alongside their peers.

We wish you all a lovely half term break, Mrs Sheikh & Miss Gabby



News from Toddler (Butterfly) Class



What an amazing start to the new term so far we have had in butterfly class. Firstly, we welcome our new pupils, Eleanor and Rohan, both have settled well into the routine of the class. We have had some exciting topics so far such as, All About Me, My Family, My Body and Goldilocks. The children have been extremely busy with different creative activities covering all these amazing activities. The children are enjoying taking part in circle time every morning where they are learning about the days of the week, the months of the year and the different types of weather we are having. The children have been making the most of the lovely weather by being outside and developing their gross motor skills, such as climbing, riding the scooters and bikes and showing how fast they can run. We have some great musicians and good dancers as demonstrated when we have singing and music and movement time.

We hope you have a wonderful half term break, Miss Gordon and Miss Hayes.





News From Pre-School (Parrot Class)

The summer seems like only yesterday with our continuing lovely weather. It has made the transition for some of the children who are new or had the holidays at home to nursery much easier. The garden has always been a great asset and it is virtually impossible for the children not to be tempted into using our fantastic grounds and equipment. This term we have welcomed Alfred, Aarin, Olivia, Lennix and Bella into our happy class as well as Miss Saimoon who is a joy to work alongside. I feel, along with Miss Pallavi, we have a calm, nurturing team and we work together for the benefit of the children.



It was wonderful to see the work that has gone into the school building and what can I say about the beautiful entrance hall that had been hiding for so many years?

This term began with us looking at our families and our bodies including some of our emotions. We made some funny faces, looked at happy and sad faces, used playdough to place features on a face and collaged houses. We have played with water, bathed dolls, brushed teeth, dug in sand, sung loudly and read lots of stories. One of our favourites is 'Owl Babies' where we use various pitches in our voices to describe Bill saying 'I want my mummy' where we whisper, shout and cry! Great fun!

We have now transformed our role play area into the three bear's cottage in the story 'Goldilocks and the Three Bears'. This is a wonderful opportunity to use lots of mathematical language related to size, position and quantity. Without exception all the children have understood the plot of the story well and can answer questions about the text. Again we have used various voices depending on which character is speaking.

Cookery is always a great favourite and we have made bread rolls, wraps and pizza. Wishing you all a happy half term. Mrs L. O'Neill, Miss Pallavi and Miss Saimoon





News From The Lower Nursery (Squirrels)

A new term means new beginnings and we are so delighted to share that all our children have now settled in very well with the new routines. These last few weeks have just swooped by but time flies when we are having fun. This half term we have worked on creating a happy atmosphere for children and it has been a pleasure seeing some new friendships and personalities blossom. By focussing on building independence we have instilled a sense of responsibility in the children and it is a pleasure to see how confident they are during meal times managing their lunch boxes, bottles and placemats.



The children have been enjoying RWI phonic lessons every morning. We have practised writing our sounds in sand, flour, with playdough, foam, paints and chalks which have given them a wonderful multi-sensory experience. In Maths, we have been singing number songs to increase fluency of counting. With our hands on activities, we have been working on deepening our understanding of the representation and comparison of numbers 1 to 10.



Thank you for sending in your family photographs. They gave us an opportunity to understand similarities and appreciate differences in our families. Children also explored different emotions and feelings this half term. They developed a good understanding of our five senses as they inspected a range of different stimuli.

In our art classes, children have been superbly creative and have made some epic pieces. In our weekly PE classes, children have been working on their gross motor skills like throwing, catching and kicking a ball. Our weekly cookery classes have turned our children into enthusiastic little chefs and we have relished some scrumptious cookies and cupcakes. We look forward to continue creating enriching learning experiences for our children. We hope you have a lovely half term. Mrs Raza and Miss Gohill





News From The Upper Nursery (Tigers)



It has been a pleasure to see the children in Nursery class settle very well. They are now familiar with the new routine and learning to be independent. They have developed friendships and are building positive relationships during playtime.

The children have been learning sounds of letters in our Phonics lessons, using the Read Write Inc. scheme. They have been enthusiastic and have practised writing letters in sand. In our Maths lessons the children have been learning through practical work to order numbers to 10, count out, about 2D and 3D shapes, make comparisons between objects relating to size, length and creating and continuing a repeating pattern. We measured the height of all the children in class to see who was the tallest and found out that some children were the same height.

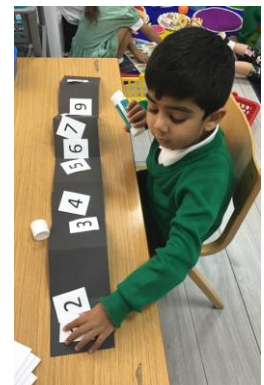
Our first topic was 'Me, My Family, Senses and Emotions'. The children enjoyed creating self-portraits, drawing a picture of their family and making a book about themselves. They used their sense of sight, hearing, smell and touch while on a walk in the garden. They felt the roughness of the bark of a tree, heard the police siren and smelt lavender. They learnt about their body by looking through non-fiction books, songs and picture cards.

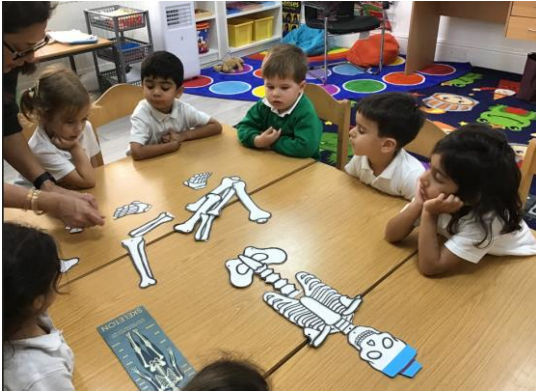
The children helped to put together a skeleton and the 'skeleton dance' proved to be very popular.

The children painted faces expressing two emotions of their choice and listened to the song about Emotions. Our next topic was the story 'The Three Little Pigs' and the children listened to the story with concentration, were keen to tell each other what happened next and enjoyed all the topic related art and craft activities.

This has been a great start to this academic year in Nursery Class and the children are happy, well settled and enthusiastic to learn.

Wishing you all a good half term. Best wishes, Mrs Kalsi and Mrs Ghatora





Parents' Information

F.Y.I.

Topics for Next Half Term:

AUTUMN TERM 2			
W/b	Babies & Toddlers	Pre-School	Nursery
16 & 23 Half Term 2 weeks			
30 6 November	Autumn & Festivals incl. Fireworks & Diwali	Autumn & Festivals incl. Fireworks & Diwali	Autumn & Festivals incl. Fireworks & Diwali The Gruffalo
13	Nursery Rhymes: Round & Round the Garden / Twinkl Twinkl Wind The Bobbin Up The Wheels on the Bus	Dinosaurs Dinosaur Roar If I had a Dinosaur	Dinosaurs Dinosaur Song Dinosaurs Galore, If Dinosaurs Came to Town. Ultimate Book of Dinosaurs (n/f)
20		Nursery Rhymes (ch'n choices)	
27	Christmas. Pantomime (7 th) & Nativity prep Xmas Cards	Christmas. Pantomime (7 th) & Nativity prep Xmas Cards	Christmas. Pantomime (7 th) & Nativity prep Xmas Cards

Photographs - 7th November

SHEENA SABHARWAL

— Photography —

We have booked Sheena Sabharwal Photography again this year so you can purchase photos in time for Christmas, if you wish. She will be visiting us on Tuesday 7th November. All children will have a chance to have a photo. If you want a photo with your child, please let Mrs Mackintosh know so we can arrange the time. If you do not normally attend on a Tuesday, but would like a photo, please let Mrs Mackintosh know, so we can schedule you in. www.sheenasabharwal.com

Parent / Teacher Meetings

We will be producing a report at the end of November. This will be issued by via the EYLog for all classes except Nursery, this will be emailed. Once you have your report, you are invited to make an appointment with the class teacher to discuss it if you wish.

Minor Short-Term Staff Change

As part of her teacher training course, Miss Raza will be undertaking a placement in a state school next half term. To accommodate this, for five weeks, we will combine both Nursery classes together and Mrs Kalsi will teach the two groups. Miss Gohil and Mrs Ghatora will also be there to assist, so that the high quality of education that you have come to expect, continues during this period.

48hr Sickness Rule

A reminder that we have a 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.

Uniform

We have a new uniform supplier. Please note that everything is made to order, so you need to allow 7-10 working days for the order to be ready.



CLOTHING COMPANY
The One-Stop Uniform Shop

<https://www.aceclothing.co.uk/products-school/roxeth-mead/uniform-3/boys-girls>

Christmas Arrangements

Post Box

Our Christmas Post Box will be in the entrance for children to post cards to each other, if they wish. This will be there from **Monday 4th December**. Please ensure the name and class is clearly written on the envelope.



Pantomime – Thursday 7th December

We will be bringing a traditional Christmas Pantomime to Roxeth Mead on **Thursday 7th December**. 'Panto in a Day' will be visiting to perform Jack & The Beanstalk. If your child does normally attend on a Thursday, they may come in at 9.30 and be picked up again at 10.30.

Christmas Party – Tuesday 12th December

We have arranged a Christmas Party for the children on the morning of **Tuesday 12th December**. This will include party games and we hope Santa might pop in. Uniform is NOT required on this day, the children may wear a Christmas jumper or party clothes to mark this special day. If your child does normally attend on a Tuesday, they may come in at 9.30 and be picked up again at 12.00.

Nativity – Wednesday 13th December ALL PUPILS TO ATTEND

The children will be performing "Wriggly Nativity" on the last day of term, **Wednesday 13th December**. Parents and other family members are invited to join us at Christs Church, Roxeth Hill HA2 0JN (opposite Roxeth Primary School). Children should be taken directly to the Church for **9.00am** and come dressed in their costume. Babies and toddlers can be brought at 10am as they do not need to rehearse. Children will not need bags or lunch on this day, only a light snack and water bottle. Please drop your children off at 9.00am (except babies and toddlers) and then return at 10.00am ready for the **performance to begin at 10.15am**. There will be refreshments available afterwards in the Church lounge and an opportunity to chat to other parents and staff. Children should be taken home at midday from the church. If you are able to help organise the refreshments on that day, please let us know.



XMAS HOLIDAY CLUB – Will be available on Thursday 14th, Friday 15th, Monday 18th and Tuesday 19th December. January 3rd, 4th, 5th and 8th. New Term starts on Tuesday 9th January 2024.

Starting School September 2024?

If your child is in Nursery Class, you need to start thinking about your choice of school from next September. We can offer the Reception Year here at Roxeth Mead (September '24 to July '25), but not beyond this, so you may decide to move on this July to start Reception elsewhere. If you are considering staying here for the Reception year you must let me know as soon as possible.

The admission process for next September starts now in all schools. Below are some links to Independent Schools that many of our pupils have moved on to in the past. Most move to Orley Farm.

<https://www.orleyfarm.harrow.sch.uk/admissions/4-entry/>

<https://www.habsgirls.org.uk/admissions/open-events/>

<https://www.habsboys.org.uk/admissions/open-events>

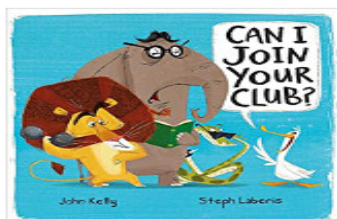
<https://www.st-johns.org.uk/open-morning1>

If you do **not** want an Independent School, but a Harrow State School, please follow this link...

<https://www.harrow.gov.uk/schools-learning/apply-primary-school-place>

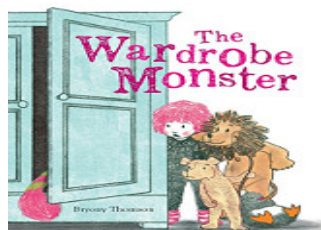
Words for Life (National Literacy Foundation)

To mark World Mental Health Day on 10th October The National Literacy Foundation have a list of books to help children feel happier and more confident. We recommend these from the list:



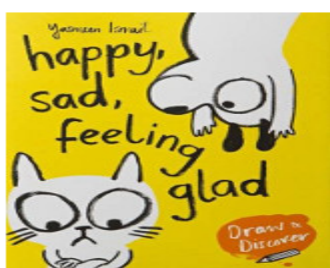
Can I Join Your Club?
By John Kelly and Steph Laberis

A heart-warming story which celebrates the importance of diversity and friendship. Perfect for little ones who are learning to make friends at a new school or nursery.



The Wardrobe Monster
By Bryony Thomson

A wonderful reassuring story for children who might imagine monsters in their bedroom at night time. What's that knocking sound coming from the wardrobe? Every night, it makes Dora and her toy friends afraid to go to bed and every morning they are grumpy through lack of sleep. Eventually, they summon up the courage to face their fear together and open the wardrobe door to find it's not as bad as they thought.



Happy, Sad, Feeling Glad
By Yasmin Ismail

An endearing and engaging look at emotions and how different situations cause different feelings. What has made Dog happy? Do you know what Cat is scared of? And why is Donkey so excited? A range of fun art activities encourages young readers to explore their feelings and express themselves with drawings, doodles and decorations.

A 5-week Support Group for fathers/male carers



To empower fathers and highlight the importance of the father's role in a child's life.

When: **Every Wednesday**

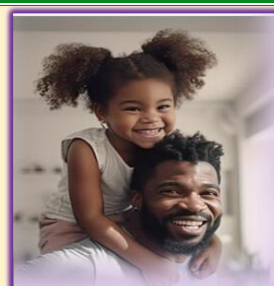
Start: **01st November 2023**

End: **29th November 2023**

6 to 8 pm (Face to face)

Venue: **Hillview Children's Centre**
2 Grange Road, South Harrow, HA2 0LW

If you are interested to attend, please email earlysupporthub@harrow.gov.uk and send an inbox Facebook message with your full name, contact number and email address and one of our team members will contact you.



- To develop your understanding of child development and what all children need
- To develop effective communication with your child
- Learn protective behaviours to keep your child safe
- To understand the impact of parental conflict on children
- Network with other male carers/fathers
- Learn about services and support available to you and your child/family

Refreshments Provided



Early Support
Small Steps - Lasting Change

Parent's Guide - Bedtime

Some steps for parents to follow to help children get the right amount of sleep and avoid problems around bedtime.

Getting a good night's sleep for your child, and ultimately yourself, is often something that parents dream of. But 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.

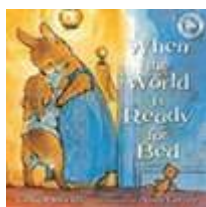
According to a study by University College London, children with irregular bedtimes were found to experience behavioural problems, such as emotional difficulties and hyperactivity. This was attributed to natural body rhythms being disrupted, which can cause sleep deprivation. It can actually take the 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.





GOOD BOOKS FOR STORY TIME

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.



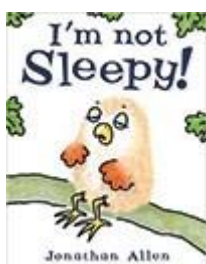
Kiss Good Night by Amy Hest and Anita Jeram

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.

A few people have asked what company did our new front entrance. Here are the details, I can highly recommend them.



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DATES FOR YOUR DIARY



OCTOBER		
16 th – 27 th		Half Term Holiday Club available – NOW FULLY BOOKED
Monday 30 th		Return to school following half term
NOVEMBER		
Tuesday 7 th	a.m.	School Photos. Pupils can wear uniform OR Christmas dress for the photos. Parents – you may join your child for a photo if you wish, just let me know.
Monday 20 th		Reports issued to parents. Please arrange a time with the class teacher for a face to face meeting if you wish to discuss the report.
DECEMBER		
Monday 4 th		Christmas post box in entrance hall. Please ensure the name and class is clearly written on the envelope.
Thursday 7 th	am	Pantomime – Jack & the Beanstalk at school. Children who do not normally attend on a Thursdays may come in for 9.30am and be collected at 10.30
Tuesday 12 th	10am	Christmas Party. Pupils may wear party clothes or a Christmas jumper. Children who do not normally attend on a Tuesday may come in for 10am and be picked up at 11.45am

Wednesday 13 th	10.45am	Nativity at Christ Church. All pupils to attend. Meet at the Church at 9.00am in costume. Coffee and cake afterwards at the church.
Wednesday 13 th	Noon	Break up for Christmas
14 th , 15, 18, 19 th	8 – 4pm.	Holiday Club available
JANUARY 2023		
3,4,5,8 th		Holiday Club
Wednesday 8 th		Staff In for INSET
Tuesday 9 th		Children back for new term
FEBRUARY		
Mon 12 th - Friday 16 th		Half Term - Holiday Club available
MARCH		
Thursday 28 th	12 noon	Break up for Easter at midday
APRIL		
Tuesday 2 nd to Tuesday 23 rd		Holiday club available & INSET 22 nd & 23 rd
Wednesday 24 th		Deadline for giving written notice if your child is leaving in July
Wednesday 24 th		Children back for new term
MAY		
Monday 6 th		Bank Holiday
Mon 27 th to Friday 31 st		Half Term - Holiday Club available 28 th to 31 st
JUNE		
Monday 3 rd		Children back following half term
JULY		
Wednesday 12 th	12 noon	Break up for Summer Holiday – Holiday Club available

Autumn Term 2023

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

Term Begins:

Wednesday 6th September

Half Term:

Monday 16th October – Friday 27th October

Term Ends:

Wednesday 13th December at midday after Christmas Nativity

Holiday Club - 14th and 15th December

School Closed 2 weeks over Christmas

Spring Term 2024

Inset for Staff: Monday 8th January

Term Begins:

Tuesday 9th January

Half Term:

Monday 12th – Friday 16th February

Term Ends:

Thursday 28th March at midday

Summer Term 2024

Inset for Staff: Monday 22nd & Tuesday 23rd April

Term Begins:

Wednesday 24th April

Bank Holiday: Monday 6th May

Half Term:

Monday 27th May – Friday 31st May

Term Ends:

Friday 12th July at midday