



# ROXETH MEAD NEWSLETTER

*In Discendo Gaudium – Joy of Learning*

Academic Year 2025-26

Edition 4 of 6

February 2026

## In This Issue:

- From The Headteacher
- News from the Classes:
  - Ladybirds
  - Butterflies
  - Parrots
  - Tigers
- Parent's Information
- Dates for Your Diary

## From The Headteacher

January and February can be tough, with dark, dank days and the post-Christmas slump, however, everything at Roxeth has been remarkably upbeat, covering our topics of Winter, Space, Nursery Rhymes and Chinese New Year.

I am privileged in my job to be able to pop into every classroom regularly. I always come out feeling uplifted by the wonderful things your children are doing. I am able to see first-hand the progress that they are making and how well they are supported by our wonderful staff team. This week I saw our amazing Tiger Class pupils writing their names and reading a wide range of CVC words without breaking a sweat! This newsletter shows some delightful photos of the children enjoying their learning.

Story telling always features heavily in our work and especially this half term for **National Story Telling Week** 2<sup>nd</sup> to 8<sup>th</sup> February. A love of reading is so important for educational success, so we always encourage the children to read, read, read! One of my favourite children's books is "We're Going on a Bear Hunt". Why not take some time during half term to watch the author Michael Rosen perform this book via this link.

<https://wordsforlife.org.uk/activities/going-bear-hunt/>.

As I write, we are celebrating Chinese New Year, even though this year it falls in half term, we did not want to miss the joy of making colourful Chinese lanterns, eating Chinese food and doing some lion and dragon dances to bring in the year of the Horse. Kung Hei Fat Choi (gōng xǐ fā cái)!

There has been a lot of illness this half term. Please can I remind parents not to send children in if they have a temperature or for 48 hours after the last case of vomiting or loose stools (see page 10 for information on Norovirus, that has increased by 60% in the last 2 weeks across England).

Have a wonderful half term break everyone.

Best Wishes,

Mrs Mackintosh



Buckholt House  
25 Middle Road  
Harrow on the Hill  
HA2 0HW  
0208 422 2092  
info@roxethmead.com  
www.roxethmead.com

## News from Baby (Ladybird) Class

We have had a truly wonderful winter term in the Baby Room, filled with lots of exciting topics, sensory exploration, and happy moments. The children have been busy learning, playing, and exploring through a variety of hands-on activities.



We began the term with our **Winter** topic, where the children explored winter animals and sensory experiences such as ice and cold-water play. They enjoyed discovering beautiful tuff trays filled with winter animals including penguins and polar bears. The children took part in creative activities such as cotton wool sticking on snowmen and dabbing white paint onto paper bears. We also explored the story "That's Not My Bear", feeling and comparing the different textures. We were even lucky enough to experience some real snow, which was very exciting for the children!

Next, we moved on to our **Nursery Rhymes** topic, focusing on Five Little Ducks and Ten Little Monkeys. The children loved splashing and exploring water with ducks in the tuff tray, as well as sticking sugar paper on cut-out paper ducks. They had great fun pretending to be monkeys, jumping on the trampoline and singing along to the rhymes with lots of giggles and energy.



We then launched into the exciting topic of **Space**. The children explored a range of sensory materials including foam, shredded paper, and other textures. They got creative by dabbing silver paint to make moons, sticking colourful paper to create solar system wreaths, and doing foot printing, which we turned into rockets. The rhyme "Zoom, Zoom, Zoom" was a big favourite and enjoyed by everyone.



We ended the half term celebrating **Chinese New Year**, where the children took part in food tasting, made lanterns and enjoyed a variety of themed activities. We also celebrated Pancake Tuesday, during which the children mixed flour with water to make play dough and used rolling pins as part of the activity, enjoying the hands on experience.

Throughout the term, the children continued to enjoy our lovely performing arts sessions, where they danced, moved, and explored different musical instruments. We have had a lovely half term and would like to thank you for your continued support. We look forward to welcoming you back in a week's time. Have a wonderful half-term break! Miss Shaheen and Miss Pallavi



## News from Toddler (Butterfly) Class



What a lovely half term we have had in Butterfly Class!

After the long Christmas break, the children settled back into nursery beautifully. They reconnected happily with their friends and quickly returned to familiar routines, showing confidence and enthusiasm as they began the new term.

We started with our **Winter** topic, which was a great way to settle back into learning. The children enjoyed learning about animals that live in cold, snowy countries and talking about the clothes we wear to keep warm. We were even lucky enough to experience a rare snowfall, giving the children the chance to go outside and enjoy the magic of snow first-hand.



We then moved on to our **Nursery Rhymes** topic, which the children absolutely loved. Butterfly Class enjoyed listening to and joining in with their favourite rhymes each day. We planned lots of fun, hands-on activities linked to each rhyme, including singing, dancing, role play, and creative activities. The children confidently joined in with the words and actions and had a wonderful time bringing the rhymes to life.



More recently, we have been exploring our exciting **Space** topic. The children have loved looking at the solar system display in the classroom and the planets hanging from the ceiling. They took part in a variety of creative activities, such as decorating stars with stickers, marble painting to create planet Earth, making the sun using textured collage materials, and creating the moon using tin foil "moon rocks". Our classroom now looks like an art gallery, proudly displaying the children's work.



The children also enjoyed listening to the stories *Rocket to the Moon* and *Whatever Next*. They painted and decorated a rocket, climbed inside it, and sang "Zoom, Zoom, Zoom". After reading *Whatever Next*, the children enjoyed their snack on a blanket on the floor, pretending to be in space just like Baby Bear and the owl. These experiences helped the children make links between stories and their play.

We also sang *Five Little Men in a Flying Saucer*, using finger puppets to bring the rhyme to life. This supported early maths skills such as counting to five and understanding what happens when one is taken away.

In our final week before half term, Butterfly Class will be celebrating **Chinese New Year**. The children will take part in a Chinese food tasting activity, giving them the opportunity to explore new flavours and textures. They will also learn about Chinese culture and traditions through stories, creative activities, and hands-on experiences. Thank you for your continued support — it has been a fun and busy half term for Butterfly Class!



Wishing you all a lovely half term break,  
Miss Faye, Miss Chrisy & Miss Natalie.





## News From Pre-School (Parrot Class)

What a lovely half term we have had. It has been amazing to see the children blossom as they continue to grow, and wonderful to see how much their speech has developed. It is such a joy to watch them interact and play so well with one another.

Our first topic was **Winter**, which lasted for three weeks. The children had so much fun learning about the season. They enjoyed crafting snowmen, penguins, and polar bears using a variety of art resources. We also talked about the types of clothing we wear in winter, naming different items and discussing why we need to wear them to keep warm. We were lucky enough to experience some real snow one day, allowing the children to feel its texture. We also made fake snow for sensory play and used snow cubes to build an igloo. The children learned about Arctic animals, naming them and discussing why they live in such cold environments.

Our next topic was **Space**. We talked about how many planets there are and encouraged the children to recognise and name them. We also discussed Earth, where we live, and why it is important to take care of our planet. The children enjoyed creating space rockets, astronaut helmets, planets, and an alien in his spaceship using art resources. We also made moon rocks using foil and created moon prints. The children loved pretending to travel to the moon in our spaceship with their friends and teachers, and they really enjoyed learning some new space-themed songs.

Lastly, we learnt about **Chinese New Year**. The children have been taking part in food tasting, including noodles and spring rolls. We have been learning a few Chinese words and talking about how people celebrate Chinese New Year. The children have also been creating lanterns and Chinese fans.

We have started our **phonics** lessons this term. The children are learning to recognise letters and say their sounds. We have made phonics fun by encouraging the children to write letters in rice. They have also been completing worksheets for each phonics letter. We have set up a phonics table, which will be changed every other week with new letters and objects to help the children remember letter sounds.

Our cooking lessons are also going really well. The children are learning how to cut, spread, grate, and mix ingredients, helping to develop their fine motor skills as well as hand-eye coordination.

We hope you all have a lovely break and we look forward to seeing you in the new term.  
Mrs Sheikh & Miss Layla





## News From Nursery (Tiger Class)

It has been a wonderful start to the new term in Tiger Class. The children returned well-rested and ready for the new year. They were eager to share their holiday news, especially the presents they received for Christmas and the exciting activities they enjoyed during the break.



Our first topic was **Winter**, and the children were delighted when it began to snow. They had great fun in the playground catching snowflakes and collecting snow. Indoors, they made their own “snow” using cornflour, which they shaped into snowballs and eventually into a snowman. They cut out snowflakes, created a snowman dressed in a hat and scarf and helped compile an impressive list of Winter weather words. We also carried out an experiment using ice cubes, placing them in warm water, cold water, and at room temperature to see which would melt first. The children made predictions and were thrilled to discover they were correct when the ice cubes in warm water melted the fastest. They created Winter pictures using chalk and practised blending colours. They designed Winter clothing and learned how wool from sheep is transformed into cardigans and jumpers. One of the storybooks we explored was *A Loud Winter’s Nap*, which the children listened to with great interest.



We then moved on to learning about the Arctic regions and the animals that live in such harsh conditions. The storybook that particularly fascinated the children was *Poles Apart*, in which a family of penguins on a picnic accidentally travels to the North Pole and meets a polar bear for the first time. Their adventurous journey back to the South Pole captured the children’s imaginations. They coloured pictures of their favourite Arctic animals, located different countries on a world map, made paper-plate penguins and walrus, and painted an Arctic background for a polar bear.

Our next topic was **Space**, which truly sparked the children’s imaginations. They packed their bags for a pretend space adventure and acted out the story *Whatever Next!*, flying to the Moon for a picnic. They learned the *Planet Song*, chose their favourite planets, and were disappointed to discover that Pluto is no longer considered a major part of our solar system. They made spaceships and rockets using construction toys, drew pictures of aliens, weighed “Moon rocks,” created split-pin astronauts, and discussed how an alien might feel when visiting Tiger Class. They were amazed watching the planets orbit the Sun on



our model and enjoyed the projection of the solar system, Earth, and the Moon on the ceiling of our sensory room.

We also celebrated Chinese New Year at nursery. The children made lanterns, performed a ribbon dance to music, listened to the story of how each year was named after an animal, and learned how the festival is celebrated around the world.

The children continue to enjoy their cookery lessons, art and craft activities, messy play, bucket time, and music and movement sessions. They have kept up with their phonics work and have been consolidating their understanding of maths through practical activities. They have worked hard across all areas of the curriculum, and their growing confidence and independence are a testament to their efforts.

Wishing you all a restful half-term. Mrs Kalsi, Mrs Ghatora & Miss Gohil.





# Parents' Information

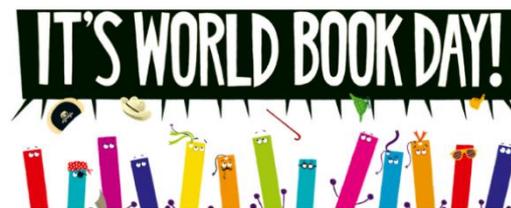


## Topics for Next Half Term:

16 <sup>th</sup> – 20 <sup>th</sup> Half Term				
	W/b	Babies & Toddlers	Pre-School	Nursery
<b>HEALTHY LIFE / NEW LIFE</b>	Feb 23 <sup>rd</sup>	Nursery Rhymes 3: Twinkle Twinkle; Row Row Row your Boat, Miss Polly	Healthy Me / Keeping ourselves healthy (eating, exercise, dental hygiene) <b>Orange Pear Apple Bear</b> <b>Daisy Eat Your Peas</b>	Healthy Me/ Healthy Planet: Keeping ourselves healthy (cleanliness, eating, exercise, dental hygiene) Planet – Recycling, looking after our oceans <b>Handa's Surprise (Fruit)</b>
	March 2 <sup>nd</sup>	World Book Day 5 <sup>th</sup>		
	9 <sup>th</sup>	Healthy Eating - Fruit & Vegetables <b>Orange Pear Apple Bear</b>	World Book Day 5 <sup>th</sup> March	World Book Day 5 <sup>th</sup> March
	16 <sup>th</sup>	19 <sup>th</sup> Eid Al Fitr	Spring, Life cycles and Minibeasts– Planting and growing, taking care of plants, minibeasts, life cycle of a caterpillar. <b>The Very Hungry Caterpillar. Brown Bear</b>	19 <sup>th</sup> Eid Al Fitr
	<b>ZOOLAB</b> 17 <sup>th</sup> <b>MARCH</b> 23 <sup>rd</sup>	Spring & Minibeasts (Basic introduction to plants and insects) <b>The Very Hungry Caterpillar</b> <b>Incy Wincy Spider</b>	Mother's Day Cards	Spring, Life cycles and Minibeasts.- Planting and growing, naming parts of a plant, naming common garden plants, growing conditions, life cycle of a chick/duck. <b>Very Busy Spider</b>
Break up 27 <sup>th</sup>	Mother's Day Cards		Mother's Day Cards	
<b>30<sup>th</sup> March to Tuesday 21<sup>st</sup> April      Easter Holiday      Holiday Club available</b>				

## World Book Day 5<sup>th</sup> March

On **Thursday 5<sup>th</sup> March** we will be celebrating World Book Day. The children are invited to come to school on this day dressed as a character from a book, if they wish. Costumes are readily available from supermarkets and online, but please do not feel obliged to go out and spend money on a fancy costume - it is perfectly fine to be creative and use items that you already have at home.



## Zoolab Visit

On **Tuesday 17<sup>th</sup> March**, we have booked a visit from Zoolab to link with our topic on minibeasts. We are very much looking forward to this. If your child does not normally attend on a Tuesday you may bring them in just for this event. Speak to the teacher for timings.



## The Book Trust

The Book Trust provides monthly reading tips, and more to keep the whole family reading together! Visit <https://www.booktrust.org.uk/families> to check them out.

## Easter Fun

Parents are invited to join us on **Tuesday 24<sup>th</sup> March at 10.45am** to watch our Easter Bonnet Parade and join our Egg Hunt. In the preceding week, please can you help your child to make an Easter bonnet that they can wear. Some ideas are shown below. If your child does not normally attend on a Tuesday you may bring them in just for this event. Speak to the teacher for timings



## Uniform



Our uniform supplier is...

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

Please note that everything is made to order, so you need to allow 7-10 working days for the order to be ready. A reminder that the uniform is...

### Winter:

- Plain black jogging bottoms
- White polo shirt
- Green logo'd sweatshirt
- Grey logo'd fleece (optional)
- Warm, waterproof coat (we will go outside to play even in cold weather)
- Grey woollen hat (optional)
- Black shoes or trainers with Velcro fitting

Please provide a pair of wellington boots to keep in school, so we can play outside in all weathers

## Funding Codes

If you are claiming Government Funding, your code needs updating every 3 months. If it is a while since you obtained your code, please log in to your account and check whether it needs updating.

Please go to this website... <https://www.gov.uk/free-childcare-if-working/confirm-details-up-to-date>

All codes have to be obtained or updated by

- 31<sup>st</sup> August for Autumn Term Funding
- 31<sup>st</sup> December for Spring Term Funding
- 31<sup>st</sup> March for Summer Term Funding.**

**It is the parent's responsibility to get all the relevant codes and information to the Nursery in time, so that money can be claimed. If you do not submit this information, the Nursery cannot offer you the funding and you will be liable for the full fees.**

## Norovirus

In the last 2 weeks, cases of Norovirus have increased by over 60% across England. Norovirus, also called the winter vomiting bug, is a stomach bug that causes vomiting and diarrhoea. It can be very unpleasant, but usually gets better in about 2 days.

The main symptoms of norovirus usually start suddenly and may include:

- feeling sick, being sick (vomiting), diarrhoea

You may also have:

- a high temperature, a headache, tummy pain, body aches and pains

Although it's sometimes called the winter vomiting bug, you can get norovirus at any time of year.

For further information, please see the [NHS website](#)

Protect children with effective hygiene measures.

To help reduce the spread, people are urged to make sure they practice good hygiene. **Alcohol gels do not kill norovirus**, so washing hands regularly with warm soapy water and using bleach-based products to clean surfaces are the best steps people can take to protect themselves and reduce the chance of further spread.

## MMRV Vaccine

From 1 January 2026, children started to be offered the MMRV vaccine (measles, mumps, rubella and varicella/chickenpox) instead of the MMR vaccine as part of the routine childhood immunisation schedule. This means children will receive protection against four diseases instead of three.

### **Why this matters**

While many people consider chickenpox to be a mild childhood illness, it can lead to serious complications including bacterial infections such as strep A, brain and lung inflammation, and stroke. In rare cases, it can be fatal. The introduction of this vaccine will help protect children from these serious complications and reduce hospital admissions. The MMRV vaccine has been safely used for over 10 years in countries including Canada, Australia and Germany, where chickenpox cases and hospital admissions have fallen dramatically. Introducing this vaccine will also reduce missed nursery and school days for children and families.

### Who is eligible

- Children born from 1 January 2025: Two doses of MMRV at 12 months and 18 months
- Children born between 1 July 2024 and 31 December 2024: MMRV doses at 18 months and 3 years 4 months
- Children born between 1 September 2022 and 30 June 2024: One MMRV dose at 3 years 4 months
- Selective catch-up programme: Children born between 1 January 2020 and 31 August 2022 will be offered a catch-up dose between November 2026 and March 2028 if they haven't already had chickenpox or two doses of chickenpox vaccine.

MMR vaccine will still be available for older children (and adults) who are ineligible for MMRV but are not yet fully protected against measles, mumps and rubella.

**Half Term Activity** - Can you find out the names of these common birds? Can you spot them in your garden or in the local park?



### Harrow Arts Centre Presents...

Rapunzel –

Saturday 14 – Monday 16 February



### Coping With Toddler Tantrums - NSPCC Guidance

Toddler tantrums are a completely normal part of growing up. As little ones move from babyhood to toddlerhood, they're still learning how to communicate their needs — which can lead to tears, shouting, kicking or hitting when things feel overwhelming.

#### What tantrums really mean

Tantrums are a form of communication. Your child may be telling you they:

- feel overwhelmed
- can't manage something
- don't understand what's happening

Although tantrums can be stressful (especially in public!), they are a normal part of development. Toddlers are still learning self-control and need lots of repetition before expectations sink in.

#### How to respond when a tantrum happens

The most important thing is to stay calm — children learn from how we react. If you're struggling, remember: Stop. Breathe. React calmly.

Try these three steps during a tantrum:

1. Acknowledge their feelings  
"It looks like you're feeling really cross/upset/tired."
2. Show you understand why  
"You were really looking forward to playing with that toy."
3. Find something that might help  
They may simply need food, rest, a hug or a distraction.

If you aren't sure what triggered the tantrum, you can try:

- offering a book or another distraction
- pointing out something new happening nearby
- repeating back their words so they feel heard

- staying close and keeping them safe

For older toddlers, a grounding activity like 5-4-3-2-1 can help calm things down.

### Supporting positive behaviour

- Set clear, consistent boundaries. Say what you want in simple language and praise them when they follow instructions.
- Use a calm voice. Shouting usually makes everyone feel worse.
- Avoid comparisons. Every child develops differently.
- Show affection. Hugs, smiles and shared activities help children feel secure and build confidence.

### Looking after yourself

Parenting can be exhausting. Try to find time each week to unwind or do something you enjoy. When you look after yourself, it's much easier to stay calm and support your child.

## The Importance of Sleep

Sleep is essential for a child's physical, emotional, and cognitive development. During sleep, the brain processes the day's events, consolidates memories, and solves problems. Physical growth is also dependent on sleep, as growth hormones are primarily secreted during deep sleep, and sleep plays a vital role in mood regulation.

### How Much Sleep? (According to the NHS)

The amount of sleep a child needs varies by age:

- **Newborn babies:** Daily sleep varies from eight hours up to 18 hours, with waking during the night being normal.
- **Three to six months old:** Need fewer night feeds, and some will sleep for eight hours or more at night. By four months, they may spend about twice as long sleeping at night as during the day.
- **Six to 12 months old:** Night feeds may no longer be needed, and some babies will sleep for up to 12 hours at night, though teething may wake them.
- **One-year-olds:** Around 12 to 15 hours, including daytime naps.
- **Two-year-olds:** Eleven to 12 hours of sleep at night, with one or two naps during the day.
- **Three- to four-year-olds:** Around 12 hours of sleep, which can range from eight to 14 hours; many will have dropped their daytime nap.

### Common Challenges and Solutions

The quality of sleep is as important as the quantity. Changes in sleep patterns can be caused by growth spurts, teething, illness, and other issues.

- **Bedtime resistance:** Establishing a predictable bedtime routine and being firm can help, as children find comfort in routines.
- **Night waking:** Frequent waking is exhausting. Help your child to self-soothe by giving them a few moments to settle before rushing in. If assistance is needed, offer comfort without picking them up or using bright lights, which can disrupt their sleep cycle.
- **Bad dreams:** Offer comfort and reassurance.
- **Night terrors:** These occur in the first few hours of sleep. The child may scream, thrash, or seem terrified but be unaware of your presence. It is best to avoid waking them and ensure they are safe. Most children grow out of night terrors.
- **Separation anxiety:** Gradually reduce the time you spend in the room after tucking them in. Start by sitting by the door instead of the bed, offer verbal reassurance, and slowly leave while they are still awake.

### Environment and Bedtime Routine

- **Environment:** Keep the bedroom dark, quiet, and at a comfortable temperature (around 18-24°C). Reduce distractions like light, noise, and toys. Blackout curtains, a white-noise machine, or a fan can be used if needed.
- **Consistent Bedtime Routine:**
  - As bedtime approaches, calm the home environment by stopping rough and tumble games, loud music, and screens.
  - Wind down with a calm activity, such as a game, drawing, wash or bath time, followed by cleaning teeth and putting on nightwear.
  - Snuggle up and share a picturebook.
  - Dim or turn off the lights before a last cuddle or kiss.



## DATES FOR YOUR DIARY



<b>FEBRUARY</b>		
Mon 16- 20		Half Term - Holiday Club
<b>MARCH</b>		
Thursday 5 <sup>th</sup>		World Book Day – Dress up as a book character
Tuesday 17 <sup>th</sup>	am	Zoolab visit
Tuesday 24 <sup>th</sup>	11am	Easter Bonnet Parade & Egg Hunt 10.45am
Friday 27 <sup>th</sup>	12 noon	Break up for Easter at midday
Monday 30 & 31 <sup>st</sup>		Holiday club available
<b>APRIL</b>		
1 <sup>st</sup> to 17 <sup>th</sup>		Holiday club available
Monday 20 <sup>th</sup>		Children back for new term. Deadline for giving written notice if your child is leaving in July. Please tell us which school your child is transferring to.
<b>MAY</b>		
Monday 4 <sup>th</sup>		Bank Holiday - Closed
Monday 25 <sup>th</sup>		Bank Holiday - Closed
26 <sup>th</sup> to 29 <sup>th</sup>		Half Term - Holiday Club available
<b>JUNE</b>		
Monday 1 <sup>st</sup>		Staff INSET - Holiday Club Available
Tuesday 2 <sup>nd</sup>		Children back following half term
		Farm Trip tbc
<b>JULY</b>		
Thursday 2 <sup>nd</sup>		Sports Day & Family Picnic
Tuesday 7 <sup>th</sup>	am	Tiger Class Leavers Assembly to parents
Friday 10 <sup>th</sup>	12 noon	Break up for Summer Holiday
Monday 13 <sup>th</sup>		Holiday Club available from 13 <sup>th</sup> July
<b>AUGUST</b>		
Monday 3 <sup>rd</sup>		Holiday Club 3 <sup>rd</sup> to 14 <sup>th</sup> August
Monday 17 <sup>th</sup>		School Closed 17 <sup>th</sup> August to Monday 31 <sup>st</sup> August
<b>SEPTEMBER</b>		
Tuesday 1 <sup>st</sup> to Friday 4 <sup>th</sup>		Holiday Club available
Monday 7 <sup>th</sup>		INSET & Holiday Club
Tuesday 8 <sup>th</sup>		Term Starts