



Dear Parents,

This week we have marked children's mental health week with lots of different activities taking place through the week. The theme of the week is "Know yourself, grow yourself", with a view to encouraging young people to embrace self-awareness and explore what it means to them. We have focused on this during our collective worship with our Kindness Ambassadors taking the lead and sharing two books with the rest of the school. The Kindness Ambassadors also led some chalk drawing on the playground where the children wrote kind messages to give others encouragement. It was lovely to see how they brightened up the playground even if the rain took some of it away.

We started off the week sharing the book "Grey" which explores feelings and linking these with colours. We focused in particular on the last lines "I love you however you are feeling, and my love won't change even when it is grey.". We then thought about how we could help ourselves and others when feeling grey and tried out , with a bit of laughing to boost our moods.

On Monday, our girls' football team won their game against Langford Village School 4-3 thanks to the guidance of Mrs Mountain and the support of parents. A great first match! We are now looking forward to hosting some matches at school after half term.

On Wednesday the children all took part in the skipping workshops, a great activity to help boost moods and reduce anxiety and stress. It was great to see their enthusiasm whether they were new to skipping or developing new skills. We have added more skipping ropes to our playtime equipment which the children and some adults have already started to enjoy.

On Thursday, we shared the text 'The Big Umbrella' which much like the tree that represents our school vision, is welcoming and caring of everyone. It was great to see that the children were able to make the link !

These were just some of the activities that took place during the week to encourage children to think about and talk about their mental health which we also prioritise throughout the year through Thrive and our daily practise. For parents, we have added an attachment with some top tips.

Wishing you all a positive weekend,

Nadia Gosling



**Kindness Awards**  
**Camilla, Annabel, Matilda**  
**& Grace**  
**Well Done!**



**Headteacher Award**  
**Cru, George, Blake**



## Our Stars of the Week

Alina

Alice +  
Thea

Freddie

Kyle +  
Daisy

William H

Lacey

## Class Attendance Winner

This week's best attended class is Year 3&4 with:

**100% attendance**

**Whole school attendance**

**93%**

Also, Well done to everyone for getting into school at 08:45. It makes such a difference!

## Breakfast Club & CAST

Drop & Play: Mon-Fri 8.15am-8.45am

8:30am—8:45am

Breakfast club: Mon-Fri 7.50am-8.45am

CAST times: Mon-Thurs 3.15pm-4.15pm or  
3.15pm-5.30pm.

If you would like your child to attend Breakfast Club, Drop & Play or CAST, please book a place using the Arbor app.

All clubs are open to Reception through to Year 6 children only. If you could please try to get your clubs booked by **Midday**

**Friday** for the week ahead, so that snacks can be arranged. As our numbers are increasing, we may not be able to accept last minute bookings due to the adult ratio's required. Bookings made after 12pm on Friday will incur a £2 late booking fee per session booked.

Please also be mindful of pick up times, if you are late picking up your child you will be charged for the later session.

## ECO COUNCIL

Mrs Gosling joined us for our meeting this week to discuss our action plan. We talked her through all the activities. As part of our school grounds project we are planning a hanging garden and need clear 2L plastic bottles. Please bring them into school if you use any over the coming months, and we will re-purpose them before recycling them. Thank you



## Diary dates

- 7th Feb—PTA school disco 5.30-7pm
- 11th Feb Y1-6 Parents evenings 3:30 –5:30
- 12th Feb Rec –Y6 parents evenings 4-6:30 (in KS2 classrooms)
- 14th Feb—School of kindness workshop
- 24th Feb—Yr6 Junior citizens trip
- 25th Feb—Reception + Yr6 height, weight + vision screening
- 6th March—Scooter Experience
- 28th March—PTA Bingo night 5.30pm

For future dates: <https://charlton-on-otmoor.sch.life/Page/Calendar>



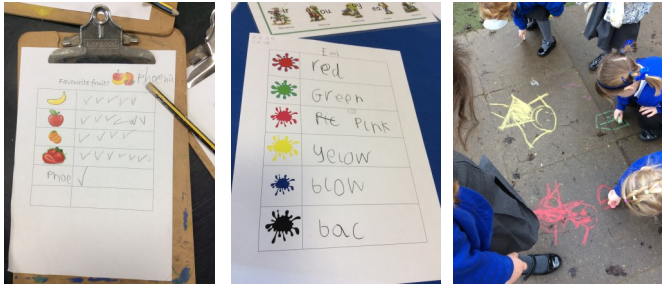
## PTA

We look forward to seeing you at the School Disco this evening **5.30-7pm**  
**£4 per child**—pay on the door  
Drinks and snack provided.  
(FSU parents must stay with their child)

Pre-loved uniform will be available to buy in the PC room during Parents Evening on Tuesday, and Wednesday morning at school drop off. Please make donations via the honesty box.

## FSU

What a busy week in FSU—Colour writing, maths surveys, cutting practise, kindness messages outside in our garden, and a skipping workshop—who knew how good our children would be at it!



## Year 1 & 2

It has been a very fun week!  
We had a class peaceful protest in English to work on our exclamation sentences.  
We also loved the skipping workshop and have been practicing on the playground.  
In science, we created our own flowers using different craft materials and have painted our pictures for our final Henri Rousseau inspired pieces. It has been a very creative week.



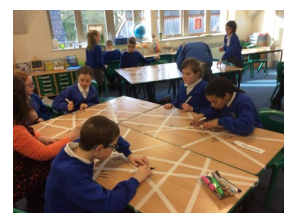
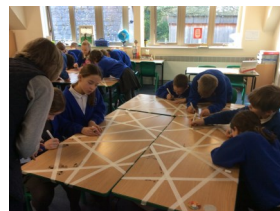
## Year 3 & 4

This week we had a great time challenging our fitness and coordination at the skipping workshop. Also the children's imagination has been running wild at Forest School, where they created a fully functioning cafe and a 'Blobby' factory, which makes individual characters out of mud and puts them each up for adoption.  
We also became composers this week—the children composed and performed songs on the glockenspiel in their groups.



## Year 5 & 6

In maths we have been measuring angles and finding angles on a straight line and around a point. We used the darts call of '180' to help us remember! We measured the angles of lots of masking tape lines using protractors.



## Safeguarding

Please contact Mrs Clarke, Miss Giles or Mrs Gosling should you have any safeguarding concerns.



# Forest School

