



Photos: Our JRSOs modelling bright colours for the 'Be Bright, Be Seen' day they planned for today

Over the last few weeks, our school council have been planning refurbishment of outside play resources. They have already ordered some new playtime 'huff and puff' sports equipment but they had an idea that some toys might be nice to play with to. They have discussed what would work; what would be easy to clear away, wouldn't matter if they are wet and wouldn't hurt anyone. They are also keen that we re-use rather than just buy more so we are appealing for donations of things you don't need any more - half term is a time many people have a tidy up after Christmas so could be very timely! They are looking for:

- Toy cars - Can't be too small, hand sized, metal or plastic, no electronics, trucks/ cars/ tractors.
- Dolls - no fabric or anything which will get wet, plastic or wood.
- Solid Animals - any plastic animals, not small need to be hand sized, plastic, wood, resin, no sharp bits, farm animals, wild animals, dinosaurs.
- Construction sets - no small pieces, larger fit together type.

Please bring donations in after half term. Here is a letter from Eve, on behalf of our school council (pictures by Hugo, Celia & Florence), asking for donations:

Sports News

On Tuesday a team of Year 5 & 6 boys and girls took part in a Netball tournament against cluster teams on a very wet evening. They didn't let the awful weather stop them and performed really well, winning, drawing and losing a game. They finished third overall which is a great result. Thanks to Miss Leech, supported by Miss Heads (student teacher working in Badgers Class), who organised everything and to all the parents who helped with transport.

Dear Parents and Carers,

We are looking for some cars, dolls, construction sets and animals toys for us to play with at break times. These will also help us to make friends and be happier. We aren't asking you to go to the shops and buy something, we are asking for toys you no longer want and are appropriate for school. So, if you have anything we can re-use, that would be amazing!

from

Eve, Year 3, School Council



Drama Workshops

Years R, 1 and 2 each had a drama workshop on Monday this week. The visiting drama teacher created a story where they were transformed into toys in a toy shop and went on an adventure. Some nice opportunities to express themselves through large body shapes, movement and imagination.



Dates for your Diary:
Mon 16 – Fri 20 Half Term
Mon 23 Feb – INSET Closure Day
Wed 25 & Thurs 26 Feb – Year 5 Bikeability



INSET Days left for 25/26

- Mon 23 Feb
- Fri 22 May

Check you haven't missed these communications this week:

Fri – Scholastic Book club order forms

Emails:

adminoffice@upham.hants.sch.uk

Web:

www.upham.hants.sch.uk

Tel: 01489 860355



Amazing Discovery

A lovely moment of awe and wonder happened on Tuesday over two animals children don't normally take notice of. Two large yellow slugs were sliding down the trunk of the willow tree in the Coronation Garden area which younger children spotted. These large slugs are quite colourful – their name 'leopard slug' is quite accurate! When we talk to children about spirituality, we use symbols or the mirror (to reflect on themselves), the door (to think about others) the candle (to think about big, unknown questions) and also the window (to look at the world). This photo shows this spiritual development in action!



Scholastic Book Orders

Your child should have brought home a scholastic book order booklet today. If you are interested books can be ordered (deadline to order Monday 23 March) and as a bonus the school can also receive free books for the library.



Worry Monsters

Did the children show you the card I gave them after collective worship on Wednesday? It is children's mental health week this week so I delivered a session about worrying and anxiety. I started to talk to them about brain theory – how the emotional bit of the brain (Amygdala) can 'over-react' to a stimulus and disconnect the thinking part of the brain. We use the hand to model to explain this where the thumb is the emotional brain and the fingers the thinking outer cortex.

We then talked about how sometimes emotions overwhelm us and the thinking part disconnects, leaving the emotional part 'in charge'. Anxiety is when worries become too much – the 'Worry Monster' comes out. We looked at this as a scale though with small worries building up to bigger ones with anxiety at the 'can't cope end'. Finally, we discussed strategies to help calm the brain – these were listed on the back of the cards (juniors had words, infants had pictures).



If you are interested in this, you may like to rewatch the brain theory video I used with them:

[The Hand Model of the Brain](#)

There are also lots of lovely stories which use 'Worry Monsters' as a way in to talk about anxiety. A key message being removing the thing that causes anxiety is not the solution – strategies to help face the problem are. These stories (and many others) are available on YouTube:

The worry monster

<https://www.youtube.com/watch?v=hwrRzh3Ga-E>

How to tame my anxiety monster

<https://www.youtube.com/watch?v=JP6qNv9Gxq8>

The very hungry worry monsters

<https://www.youtube.com/watch?v=L-iOpZITsWM>

