

# Aldermaston CE Primary School Newsletter

Spring Term 1 2021 No. 3



Dear Parents and Carers



## Christingles

We have had a fantastic week reflecting on and celebrating Jesus' role as the light of our world, creating Christingles and revisiting the symbolic significance of these. It has been lovely to work on a whole school project together.

Reverend Jane led a special collective worship for our school and children clearly enjoyed the opportunity to make their own Christingles at home (and in school). We've received a flurry of lovely photos of the results – thank you for sharing these.

## Remote Education survey

Thank you for your thoughtful and considered responses to our survey. We're delighted with the number that have been returned so far and are finding them very useful in helping us evaluate what's in place and think about any changes we could make. You have until 3.00pm tomorrow to return these so please do take a moment (it's quite a short survey) to complete one for your

family if you haven't done so already.

## Children's mental health week

With all that's going on, it's a very appropriate time for us to reflect on the mental health of our children. The theme this year is 'Express yourself' and encouraging children to share their thoughts and feelings with others.

We've included with this newsletter an outline of West Berkshire's five ways to wellbeing which promote small changes to help children feel happier and healthier and also an 'acts of kindness' calendar suggested to promote happiness over half term. Don't forget the materials and links on our 'Worries and anxiety' website page and there is also a 'SEND support' page under home learning too.

We all want to move forward together with our children's learning during this lockdown period and we have a daily focus on English and Maths for every class. However, we also have to let children share and develop their diverse talents and interests which are often on display in other subjects. As you can see from the hall of fame, we have incredibly talented children! Some days, you might choose to prioritise the subjects which let our children express themselves, or even find alternative activities if that is what you need to do to support their mental wellbeing. In normal times, teachers in school are constantly responding to the needs of the children on any particular day. We might come off timetable or change a lesson completely if that is what the class needed. You have the same freedom to do this at home. Please be kind to yourselves with your expectations.

## Safer internet day

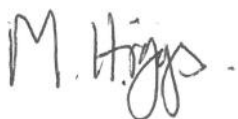
The internet is such a wonderful resource, particularly for education and maintaining contact with others. The annual safer internet day takes place next week (Tuesday 9<sup>th</sup> February). The theme this year is 'An internet we trust: exploring reliability in the online world'. Children will be taking part in some online safety work through their remote learning. The link below also takes you to top tips for children in different age groups.

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/safer-internet-day-2021-top-tips>

Our top tip would be to keep talking with your children about their online activities so you have a good awareness of what they're up to and who they're talking with. Young children really benefit from revisiting how to stay safe online, particularly in relation to the games and apps they use regularly.

It's amazing to think that we only have one week left of the current term. Hats off to you all for keeping everything going and supporting your children so well. Please do make time for a break over the half term holiday. I'm very grateful to all of our fantastic staff team for their hard work this term – they are all going above and beyond in running provision in school and providing remote education. We're feeling hopeful and looking forward to preparing for the children's return to school in the not too distant future.

Wishing you all a wonderful weekend



**Mrs M Higgs**  
**Headteacher**



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## Notices

### **Dolce Catering**

We have been advised by our catering providers that they will be increasing their pupil paid meal price from £2.25 to £2.30 per day from the Summer Term. This increase will affect all pupils in Years 3 to 6.

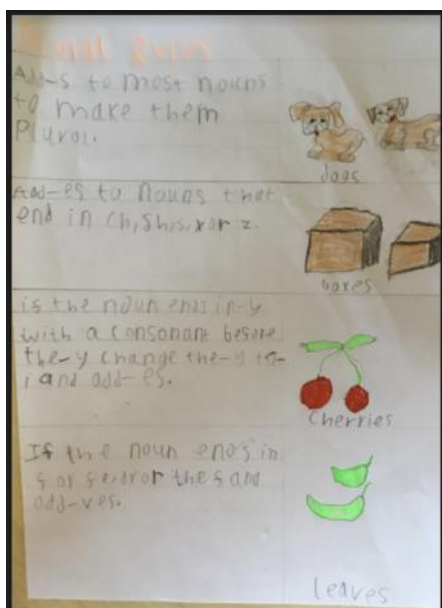
## Rector's Corner

This week marks the end of Christmas as we celebrate Candlemas. Candlemas is also called The Presentation of Christ in the Temple and it is the story of when Mary and Joseph took the newborn baby Jesus to the Temple to be blessed. In the temple they met Simeon, a good man and he seemed to be waiting for Jesus. He took Jesus very gently into his arms and said that Jesus was going to be a very special person. He was going to be like a bright light shining in the world. Then he blessed the baby and gave him back to his mother and father. Mary and Joseph were amazed by what Simeon had said and wondered what the wise old man's words could mean.

At Candlemas we light all our candles in our churches, or we usually do when our churches are open. This represents bringing light where there is darkness, light as a symbol of hope and goodness. In these difficult days of Covid when we hear that over 100,000 people have died from the virus in this country it can be difficult to see the light. But it is there and it is there in each one of us as we show the love of God to each other.



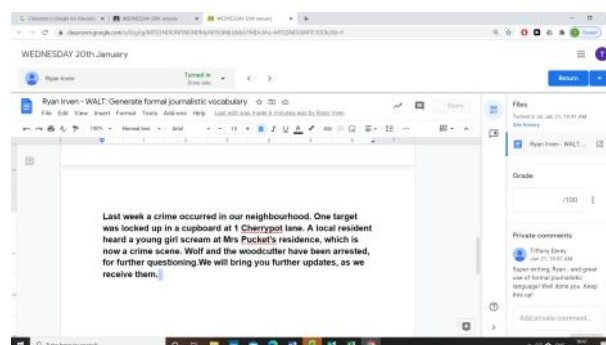
## Hall of Fame



Kailesh—Plural Poster



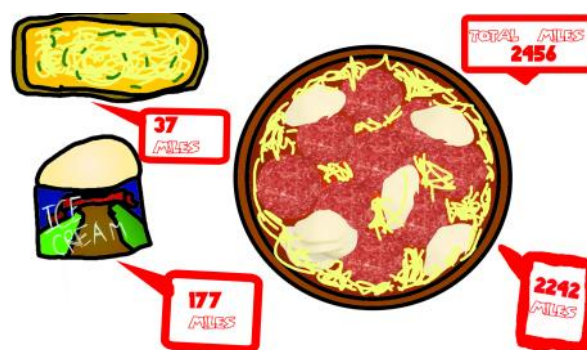
## Caison—Phonics



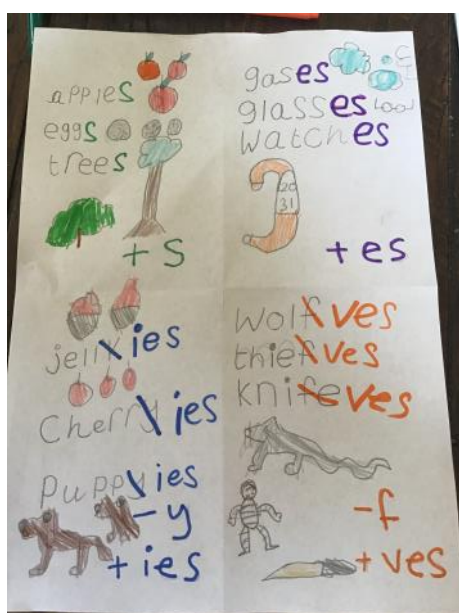
## Ryan—Journalistic Writing



Arabella—Marmite



Taylor—Food Miles Art



Sam—plurals



Tolga—spelling



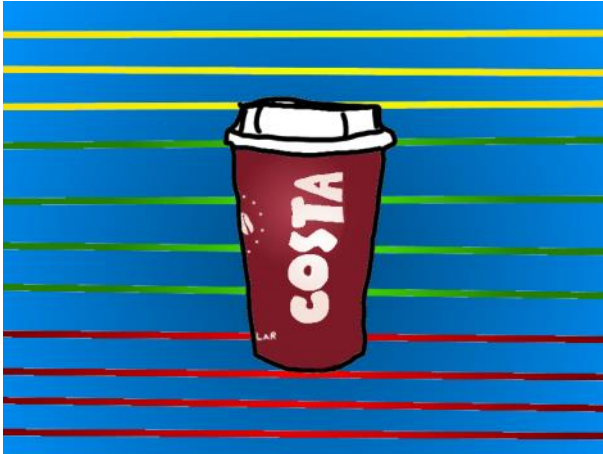
# Hall of Fame

WEDNESDAY 20th January Food miles

Ingredient	Where's it from?	How many miles away?
Chicken	UK	20
Potatoes	Aldermaston	2.7
Parasip	Aldermaston	2.7
Carrots	Aldermaston	2.7
Peas	UK	150
Milk	UK	15
Flour	UK	15
Eggs	Newbury	10

TOTAL "food miles" 218.1

Xanthe—Food Miles



Taylor—Costa



George—Kit Kat



Emily—Art

William—Doritos



Harry—Grape Soda



Everley—Marmite



Jacob—Honey



# Can you try and do these 5 things to feel happy and healthy?

## Connect

Have fun with your friends and family whenever you are together. Also say hello and make a new friend.



## Be active

Do you know the more you move around the better you will feel. You can dance, skip, run, hula-hoop, skateboard or kick a ball. Be active for 60 minutes a day.

## Keep learning

Learning doesn't just happen at school. Find out more about the things you love to do or find out how to fix your bike, scooter or skateboard or how to solve that tricky puzzle. Visit your local library, museum or art gallery.



## Give to others

Be kind to those around you, smile, say thank you and share your time to help others in school and where you live. Raise money for a cause you care about.

## Take notice

Take time to look around you to hear the birds sing, the noise the leaves make in the wind and how you are feeling inside.



For help and support please visit  
<https://www.childline.org.uk/>

The five ways to wellbeing are evidenced-based actions to promote mental health and wellbeing, developed by the New Economics Foundation (NEF) as part of the Government's Foresight Project on mental capacity and wellbeing.



West Berkshire  
C O U N C I L



# Make someone smile for 'Kindness Week'

See how many of these acts of kindness you can complete over half term.

Say something nice to someone in your family.	Decorate a kindness rock.	Share.	Tidy up without being asked.
Say sorry if you do something wrong.	Smile at someone.	Help a grown up at home.	Say thank you.
Write a letter to someone you know.	Give your family a hug.	Draw a picture for someone you know.	Leave a thank you note for someone in your family.