



Friday 12th October 2018

The Grove Valer

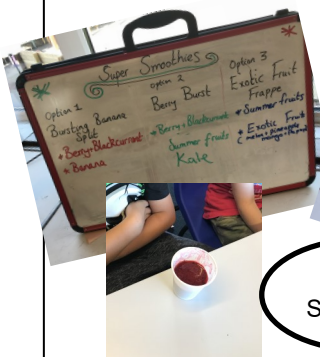
Well Being Day



Mental Health Awareness Day
10th October

On Wednesday it was Mental Health awareness day. To help raise awareness of mental health we held a well being day. The aims of the day were: to increase children's understanding of what well being is; what has a positive and negative impact on their well being; to

learn techniques to help calm and relax themselves and who to talk to if they feel stress, anxious, sad or unhappy. Children completed physical activities; learnt about healthy eating and made healthy foods; learnt about well-being and how to have a healthy mind and took part in relaxation and yoga exercises. As a school we are taking an holistic approach to well-being, focusing on the 5 ways to improve our well being: connect, take notice, be active, keep learning and give.



Fruit Smoothies



Fruit salad



Pizzas



Fruit Kebabs



Attendance and Punctuality

Class with the highest attendance: 6H

Most punctual classes:

RDW, RGB, 1H, 1D, 2P, 3S, & 4A

Mon	Tues	Wed	Thur	Fri
0	0	4	9	0

Well being champions

As a school we have selected well being champions who are aware of the importance of looking after each other and keeping our minds and bodies healthy.

Infant champions: Jacob, Ayoob, Mya, Kimpreet, Rosalie, Zia, Tanmay, Safa

Junior champions: Rory, Marissa, Amani, Krystal, Matthew N, Amanpreet, Alisha, Kiran

On Thursday the champions spent the day at All Saints School taking part in activities that promote health and well being. We hope that some of these activities we can bring to Grove Vale in the next year.

Jungle Book



The children had a wonderful morning watching the Jungle Book performance on Thursday.

Black history week

Next week we are recognising Black History Month, children will be taking part in various activities and learning about key events and people linked to black history.

Early years— African art and music.

Yr1— fact files about famous Black people

Yr 2—information posters on significant black people

Yr 3—significant black sports people

Yr 4—Portraits of inspirational black people

Yr 5—Neil de Grasse Tyson space video

Yr 6—Martin Luther King and civil rights

E-safety workshop

On **Wednesday 17th October at 9am**, Miss Cotterill will be holding an e-safety workshop for all parents. She will be discussing gaming, parental controls, online applications, and answer any questions parents may have. Those who attend will have the chance to enter a competition to win one of 2 mini drones.



Football



Girls football training—Every Monday 3-3.30-4.30pm

Boys football training—Every Tuesday 3.30-4.30pm

Competitions

Girls football competition @ WBA 7th November 2018 @ 9-1pm

Boys football competition @ WBA 17th October @ 9-1pm

HARVEST DONATIONS

Thank you for all your kind donations, Birmingham City mission will be in school on Tuesday 16th October to do a harvest assembly with the whole school.

OPEN DAY

Wednesday 7th November school will be having a open day for prospective parents.

Times are: **10-11.30am 1.30-3pm**

Parents Evening

Parents evening is Thursday 8th November from 3.45-6.45pm. Letters have been sent home this week regarding appointment times, please send slips back to school by Wednesday 17th October so times can be allocated. The meetings will be in the junior hall, pupils books will be available to look at in the classrooms.

Monday 15th October—19th October	Black History Week
Tuesday 16th October	Harvest Festival Assembly
Wednesday October 17th @ 9am	KS1 and KS2 E-safety workshop
Tuesday 16th October	Flu vaccinations Rec-Yr 5
Friday 19th October	Homework due in
Monday 22nd -Friday 26th October	Edgmond Hall residential trip
Thursday 25th October	Monster disco
Monday 29th October—Friday 2nd November	October half term
Monday 5th November-9th November	WW1 remembrance week
Wednesday 7th November @ 9.15am	Yr 2 Diwali Assembly
Wednesday 7th November @ 10am –11.30 & 1.30-3pm	OPEN DAY for prospective parents
Thursday 8th November 3.45-6.45pm	Parents evening
Thursday 8th November	Timezone Yr 3 Greeks
Friday 9th November	Homework out
Friday 9th November @ 2.30pm	Yr 6 parent workshop 'Blood Heart'
Monday 12th—Friday 16th November	Anti-bullying week
Monday 12th—Friday 16th November	Testing week
Friday 16th November	Children in need
Friday 23rd November 2.15-3.15pm	Nurse drop in session
Thursday 20th December @ 3.30pm	Break up for Christmas

Have a Great Weekend!

