

St. Michael's C of E Infant School Newsletter

Newsletter 2 Summer 2023



9th May 2023

St. MICHAEL'S
CE (CONTROLLED) INFANT SCHOOL

Coronation Celebrations

Despite the heavy showers we managed to celebrate the coronation of King Charles III with a special picnic lunch. The children very much enjoyed their sandwiches, fruit and cake and we all sat in the hall together. Our catering staff HC3S had put together a feast fit for a King and I would like to say thank you to all of the team for making the lunch so enjoyable. Every sandwich container was decorated beautifully by Connor (the son of one of our catering staff) - a huge thank you Connor! Thank you also to our lunchtime supervisors who came in early to decorate the hall and to Mr Bell and Mrs Robinson for decorating the school hall and outside with bunting. Thank you also to the school staff who gave up their lunch break to help in the hall. Finally, a huge thank you to FOSM for funding the book marks that the children took home with them to commemorate the coronation. I know that these will be treasured for years to come.

I hope you have a good week,

Dot Patton



Using the school play equipment before and after school

Please remember that children are not permitted to play on any of our play equipment on either of the playgrounds, before or after school.

Sports' Morning

Our school Sports' morning will be held on Thursday 22nd June on the Junior School field. Families are welcome to come and cheer on their children. The morning usually begins at approximately 9:30am but we will confirm details nearer the time.

As always parents are asked to make sure that younger children are supervised and that they do not use the play Junior School play equipment please.

Also we ask that parents do not come over to the children as it can be overwhelming for some of them and they can become more distressed once the parents leave. Thank you for your understanding.

Quiz Night

This Friday 12th May, FOSM are inviting teams to come and take part in a Quiz night in our school hall. Come and test your general knowledge and have a drink with fellow parents at the same time. Bring a bottle of what you like to drink along with some cash for games. Max 6 people per team or individuals/ couples can be teamed up on the night. The evening begins at 6:30pm until 9:00pm
Please email fosminfants@gmail.com to enter your team and make your payment.

Diary Dates Summer 2023

Friday 12th May – FOSM Quiz Night in the school hall

Wednesday 17th – Year R trip to Wellington Country Park

Friday 19th – Year 1 trip to Milestones Museum

Monday 29th May - Friday 3rd June – Half Term

Thursday 15th June – Parents' Forum via Teams at 7:30pm

Monday 19th June – Duckling eggs arrive

Thursday 22nd June - Sports Day (morning 9.30 – 11.30)

Friday 23rd June – Summer Fayre

Friday 30th – INSET DAY

Tuesday 4th July – Class photos

Wednesday 12th July – Year 2 Leavers' Disco

Friday 21st July – Last day of Summer Term

Parents' Forum - all about Safeguarding

As a school we take our safeguarding responsibilities very seriously. At the next parents' forum, we would like to give you the opportunity to listen to some of the processes that we follow and actions that we carry out to try and keep the children safe.

The Parents' Forum will be held via Teams on 15th June at 7:30pm.

Collective Worship

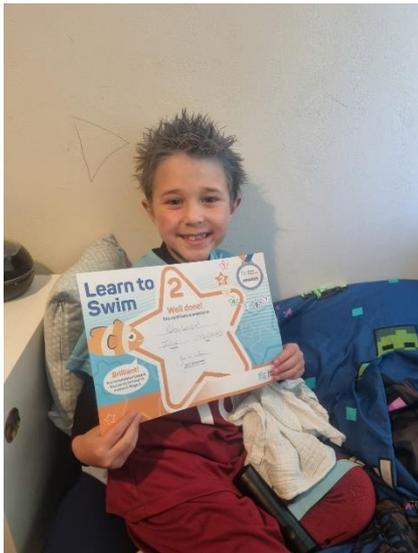
Last week in Collective Worship we found out about King David and how he was chosen by God to be a King. The children have been learning about the coronation of King Charles III and the things that he has done to serve others.

Physical Activity Newsletter 7

PE Days

Sports Awards

Congratulations to Kobe who has achieved his stage 2 swimming badges and achieved player of the week for his football team for some amazing saves in goal and clean tackles.



If your child would like to be included in the next PE newsletter please email a photo to PE@st-michaels-inf.hants.sch.uk with your child's name, class and a brief explanation of the award that they have achieved.

To ensure these are included in the newsletter each month please send them before the last Friday of the month. Should you miss this deadline, don't worry they will be added to the following month.

When taking photos please follow any rules for the venue/ club that you are at. Please only try to include children that are part of our school community in the photos unless you have permission to take their photo.

Ms. Young.



Monthly Mental Health and Well-Being Bulletin

May

Welcome to our latest Monthly Mental Health and Well-Being bulletin!

This month, as we move into the Summer Term, we are placing our focus on Mindfulness – the practice of being still and ‘present’ in the moment and being aware of what is going on around us. The Summer Term is a lovely time in school – the weather is often warmer, the children can spend more time learning outside and the days grow longer. It is also a time of change, however, and for some children and parents this can be worrying. As the Summer Term progresses, thoughts inevitably turn to ‘moving on’ and the unknowns of the next academic year. Whilst these feelings of uncertainty are understandable, it is important that we try to make the most of each day and help our children to understand that whilst change is coming, it is a long way off. Closer to the time, this bulletin will look at preparing the children for change, and, as ever, we will spend lots of time in school ensuring that whatever transitions the children are making, they feel supported and prepared. Let us all try to be present in each day and not become too overwhelmed with the things that are ahead - there are still lots of happy memories to be made before the academic year is over!

Mindfulness for Children

Mindfulness, at its simplest, is paying attention to what is happening in the present moment. It may be noticing what you are feeling, what you are hearing, or noticing the things you can see. There is no special place of calm to reach, and it is not about clearing your mind – it is just an honest and kind look at what you are experiencing in **this** moment. In our weekly PSHE sessions, the children are used to practising mindful stillness. We believe that this practice is vital in helping children develop the skills they need to be able to:

- Self-regulate their emotions and their responses to ‘big’ feelings
- Pay attention and remember information
- Manage their focus so that they can move it back and forwards between tasks

These skills are known as ‘executive functions’ and they are essential for tasks such as planning, reasoning, problem-solving, and maintaining positive relationships. Studies show that children who practise mindfulness have improved levels of focus, reduced levels of stress, improved academic performance and most importantly, improved levels of well-being and self-awareness.

With all this in mind, the remainder of this bulletin details ways that you can practise short, child-friendly mindfulness activities at home. Attached is a two-week ‘schedule’ of simple mindfulness activities that are designed with young children in mind. Each activity is five minutes long and can be done whenever it suits you and your family best.

For those of you with older children who are entering the time of SATS and exams, these activities may help them, (and you!) cope with the added anxieties that this period brings. The activities I have detailed come from the Anna Freud Healthy Schools initiative and are suitable for use with children and young adults of all ages. I hope that you enjoy these activities and that, over time, they help you and your child feel calm, in control and present in each moment.

MON	TUES	WED	THURS	FRI
COUNTING BREATHS 1-2-3	ATTITUDE OF GRATITUDE	USING THE SENSES	COLOR BREATHING	BIRTHDAY CAKE BREATHING
MON	TUES	WED	THURS	FRI
FEATHER BREATHING	FINGER COUNTING	SLIMY HANDS	RISE AND FALL	RELAXING MUSCLES

Counting breaths

1-2-3

- Encourage the children to focus on their breathing by counting the number of 'in' breaths and 'out' breaths.
- "I am breathing in 1, I am breathing out 1, I am breathing in 2, I am breathing out 2...". Encourage them to continue do this until they reach number 10.

Attitude of gratitude



- Ask the children to focus on their breathing. If they want to, they can close their eyes.
- Encourage them to think of one thing that they are grateful for and encourage them to keep this image in their mind.
- Ask them to notice any feelings or sensations that arise.
- Continue this for a few minutes.

Using the senses

- Remind the children of the five senses (seeing, hearing, smelling, touching and tasting).
- In this order, ask children to focus on one sense at a time, noticing:
 - Five things they see
 - Four things they hear
 - Three things they smell
 - Two things they can touch
 - One thing they can taste
- By focusing on one sense at a time, children will be able to reduce their anxiety.

5 X



3 X



1 X



4 X



2 X



Colour breathing

- Ask the children to sit or stand in a comfortable position. They can close their eyes if they wish.
 - Ask the children to imagine their favourite colour, or a colour which helps them to feel calm.
 - They are now going to take a breath in and imagine that they are breathing in this colour.
 - As they breathe out, they are going to imagine blowing a bubble made of this colour.
- You can repeat this process for a few minutes and encourage the children to see if they can take longer, slower, deeper breaths (both in and out) and blow larger imaginary bubbles.

Birthday cake breathing

- Ask the children to sit in a chair and place their hands on their bellies.
- Ask them to make their left hand into a fist and to imagine that this is a cake.
- Ask them to inhale, pretending to smell the cake.
- Ask them to exhale, pretending to blow out the candle.
- Continue this for a few minutes.



Feather breathing



- If you can provide real feathers or cotton wool for this activity, that would be great. Otherwise, children can use their imagination.
- Ask the children to sit comfortably on a chair and imagine that there is a feather or ball of cotton wool in front of them. If they have a feather or cotton wool they can place this in one of their hands and hold their hand out in front of them.
- Then ask them to breathe in through their nose and breathe out slowly through their mouth, in order to make the object float.
- Repeat this a few times.

Finger counting



- Ask the children to sit or stand in a comfortable position and to hold one of their hands out.
- Explain that as they breathe in for five counts, they will place each finger into the palm of their hand, until their hand makes a fist.
- As they breathe out for five counts, they will uncurl each of their fingers.
- Keep counting aloud for the children and repeat this activity for a few minutes.

Slimy hands



- Ask the children to imagine that they have a ball of slime in the palm of each hand.
- They are going to squeeze the slime as hard as they can as they breathe in.
- They then breathe out and open their hands, imagining that the slime has spread across their hands.
- Repeat this a few times.



Rise and fall

- Ask the children to sit in a comfortable position, preferably with their backs straight.
- Ask them to imagine that they are rising and falling with their breath.
- As they breathe in for four counts, they are slowly going to come to a standing position and stretch their arms into the sky.
- As they breathe out for four counts, they are slowly going to come to a seated position with their arms relaxed by their side.
- Remind them to coordinate their breathing with their rise and fall and continue this for a few minutes

Relaxing muscles

- Ask the children to lie down if they feel comfortable to do so. If not, they can sit in a comfortable position. If they want to, they can close their eyes.
- Lead them through the following muscle relaxation activity, starting with one through to 10.

- 1 Tense face muscles including forehead, cheeks, mouth, upper neck. Release.
- 2 Gently roll head from side to side, with awareness of the tightening muscles. Release.
- 3 Tighten shoulders. Release.
- 4 Tense right arm, from shoulders to fingers without making a fist or lifting arm off of floor. Tense left arm. Release.
- 5 Gently tense chest muscles and abdomen, without holding the breath. Release.
- 6 Tense right hip and buttock. Release.
- 7 Tense right leg down through feet and toes. Release.
- 8 Tense left hip and buttock. Release.
- 9 Tense left leg down through feet and toes. Release.
- 10 While no longer tensing any muscles, allow attention to drift back up through legs, abdomen, chest, arms and back to the face.