

MERE GREEN PRIMARY SCHOOL

'Making a difference'

Half Term Update

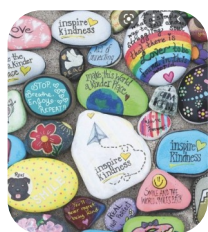
Forest School—Half Term Competition

We need your help! Are you looking for something creative to do over half term?

Can you create a stone (or stones) to help fill the stone garden?

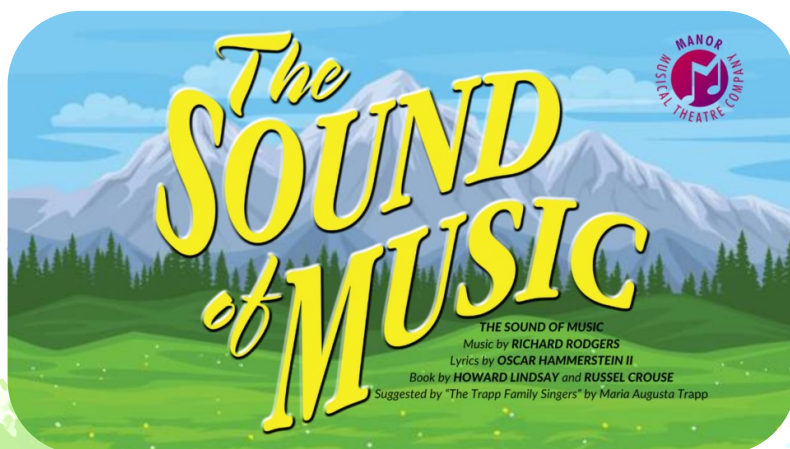
We want every child to have a stone within the garden, so there will be lots of opportunities throughout the year to contribute to this area.

1. Apply a white base coat to your stone.
2. Paint your stone using acrylic paint for a really hard wearing, bright, vibrant effect.
3. When it is dried, you can use a black sharpie to outline your design and add detail/wording.
4. Pop your name on it so we know it is yours.
5. When your stone is fully dry use spray sealer or varnish to weatherproof it.
6. When your stone is complete pop it into our school rockery outside the Key Stage 1 hall entrance.
7. There will be a prize for the most colourful, creative stone.



Our very own Jack LIVE on stage!

We are so proud of Jack BB in 5BA who has been practising hard for his debut performance, The Sound of Music! If you would like to see him action, details are below. Break a leg, Jack!



World Book Day

On Thursday 3rd March, we will be celebrating the 25th anniversary of World Book Day.

We would love for your child to come dressed as a character from their favourite bedtime story. Alternatively, they can come dressed in their PJs, ready for a day of exploring stories, perfect for bedtime! If you can, please bring in their favourite bedtime story to share with their class in the afternoon.



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'Making a difference'

Pastoral Update

Time seems to go so quickly, we are always rushing around to complete the next thing on our list, this half term why don't you try and slow the pace down, share and relax with the children using simple activities that promote our sense of wellbeing.

Below we have highlighted some simple activities that may want to try with the children.

Mindful Activities for Children

- Describing emotions. Sit in a circle with the children and ask them to describe different emotions.
- Listening circle – similar to above but get the children to listen to another person and ask them to relay what the other person has said.
- Looking at clouds – lie on the ground, look up to the sky, describe the clouds, colours, sizes, shapes.
- Texture bag – have a bag with objects use your hands to feel and describe.
- Guided relaxation/visualisation – play soothing music. Lie down and get the children to imagine they are in a magical forest - describe the colours, smell, noises.
- Mindful breathing - deep breaths (careful you don't drop off to sleep).

For more ideas – why not try :

- Cosmic yoga on You tube
- Self-Kindness Tips for Children – a great resource on why it's so important to be kind to our minds. Read 10 things we can do to help look after our mental health. Find this here: <https://schoolofkindness.org/10-ways-to-practise-self-kindness>
- <https://positivepsychology.com> 25 mindful activities for children.
- <https://parentswithconfidence.com>
- <https://www.bbcgoodfood.com> - wellness activities
- <https://headspace.com>

Enjoy your break and have a relaxing time with your children – see you soon.

Ranjan Hoath

Pastoral Lead


Dates for your Diary




Training Day (School Closed for all Pupils)	Friday 18th February
Return to School	Monday 28th February
World Book Day 2022	Thursday 3rd March
Phonics Workshop (Reception)	Tuesday 1st March

Thank you for your continued support. We hope you all have a wonderful half term break.

Mrs Kristal Brookes and Team Mere Green


 **Head Teacher**
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Mere Green
PRIMARY SCHOOL

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