



29<sup>th</sup> January 2021

Newsletter No. 128

# St Dunstan's, Cheam, C of E Primary School

## Message from the Headteacher

Welcome to the last Newsletter for January! We have enjoyed another busy 2 weeks in the School community and I would like to say a huge well done to everyone for coping so admirably with the online learning. Whether in school or at home, the children continue with high quality learning and I know that all of the staff are really enjoying being able to connect with all of the children in their class who remain at home through the twice weekly Google Meets. I hope that everyone is now managing to log on with more ease.

We heard this week that schools will not be returning before 8<sup>th</sup> March and so staff will continue to plan and teach in this manner during this period. I would like to remind everyone that we break up for half term on Friday 12<sup>th</sup> February and there will be no school, or remote learning set, during the half term break.

I hope you all enjoyed the brief interlude of snow last weekend—huge thanks to one of our parents for sharing the beautiful photographs below of our tranquil school on Sunday!

**Ms J Corby**



**Winter  
Wonderland  
at St  
Dunstan's  
Sunday 24<sup>th</sup>  
January**

### What's on my plate?

Year 2 have been

busy thinking about what foods humans need to survive and which foods we should have a little, some or a lot of. They then created a healthy meal which reflected a 'balanced diet' and drew them onto plates.

'We learnt that some food you shouldn't eat all the time, like crisps and chocolate, because they're not really healthy. They could have too much sugar and that can't really be good.' Talia E. 'You can eat lots of fruit and vegetables to help you stay healthy.' Noah.

*What would you include in a 'balanced', healthy meal?*



### How to have a strong mind!

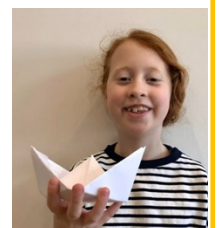


In Year 4 we have been developing our mental strength using the story My Strong Mind. We have been completing activities (while listening to relaxing music) such as developing

a circle of control to identify what things are in our control or not, as well as creating a Great Wall of Gratitude and having time to reflect on our negative thoughts.

As part of our English Unit we have been analysing an instruction text on how to make a relaxing rocking boat which we then constructed and used as a breathing tool by placing it on our stomachs whilst breathing in and

out. *by Ruby H and Olivia C*  
*'After the breathing exercise I felt happy and as if I could carry on the day in a very happy mood and attitude I didn't want anything in the world to stop me.'*



*Sylvie C*



**Half Term Heroes Fundraiser:** Following on from the success of the **Bob-a-Job** fundraiser last year, we are planning to run a challenge activity over the February half term and ask students to request fundraising donations from their family and friends in recognition of their achievements and hard work. A challenge document will be sent out via ParentMail at the week commencing February 8<sup>th</sup> and pupils can decide whatever they wish to complete, either personally or as a family during half term.

Suggestions will be provided but we are suggesting four challenges to be completed which might include things like learning a times table, going for a 5km or 10km walk, washing someone's car or making cards for neighbours to brighten their day. Further information and a link to the donation site will be forwarded soon and all funds raised will go towards the I.T developments within the classrooms. *Thank you for your continued support.* **PTFA**



During this week, Year 5 have been enjoying reading and completing tasks using "The Explorer" by Katherine Rundell. We used the description of

the Amazon Rainforest to create amazing pictures of the setting of this brilliant adventure story. As part of our science lessons this week, we designed our own scientific question for our investigation into the rate at which solids dissolve in liquids. It was great fun!



"I didn't realise how the Amazon helps to protect us from harmful solar rays and clean our air.....so why are they allowed to cut so many of the trees down?" Joseph H



### 'Stars' of the last two weeks.....

Nursery	Julia	Charlotte B
Venus	Alfie R	Rukiyye
Pluto	Bobby	Joshua H
Neptune	Rosie	Alfie M
Mercury	Emily L	Isabel T
Jupiter	Sophie W	Benjamin
Saturn	Keira	Evie
Delphinus	Sebastian	Maisie
Phoenix	Gilbert	Ena
Orion	Laragh	Cameron
Pegasus	Tom D	Evana
Urnicorn	Joseph	Bianca
Hercules	Peyton	Nicole
Aquila	Eve	Noah
Cygnus	Zara	Jamon

Next week, 1<sup>st</sup>—7<sup>th</sup> February is Children's Mental Health Week.



The theme of this year's Children's Mental Health Week is 'Express Yourself'.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

As parents and carers, you play an important role in your child's mental health. Check out the free resources below.

<https://www.childrensmentalhealthweek.org.uk/>

Mrs D Soma, SENDCO

### It's Not Fair!

Does your child say, "It's not fair" whenever things don't go their way or they don't get what they want?

How to best respond?

Realise that very often children use the word "unfair" because they don't have other words to describe how they feel. You can help your child find the word that describes how they're feeling: "You didn't get what you wanted and now you feel disappointed." or "You feel **angry** because you expected something different."



When we teach children about different kinds of emotions, we help them build emotional knowledge or emotional literacy.

It's very important because it helps them understand and manage their own feelings AND understand the emotions of other people and respond to them appropriately.

If your child says, "It's unfair!", you can help them understand the difference between "fair" and "equal".

Explain that your job as a parent is to make sure that everyone gets what they NEED. And everyone doesn't need the same things or at the same time.

**So things are not usually equal but they are usually fair.**

You can say:

"Your brother got new shoes because his feet grew. No one else got new shoes because our feet can still fit in our current shoes. Is it equal? No. Is it fair? Yes. When your feet grow and your current shoes become uncomfortable, you let me know so we can get you new shoes."

For more parenting advice and tips be sure to [sign up HERE](#) to get notified when the "7 Practical Ways to Teach Your Child a Growth Mindset" e-book is available.

### DATES FOR YOUR DIARY

(Dates may be subject to change)

**February**

Mon 15<sup>th</sup> — Fri 19<sup>th</sup>

Half Term