



We finally made it after a final action packed week! Carols by Candlelight, Christmas lunch, the choir sang to the residents at Cholwell House, we had a visit from Muffin the pony, the Always Tea Party took place and the week was rounded up by the class Christmas parties. All that is left for us to say is have a very merry Christmas and to wish you a happy new year. We'll see you all again ready to learn on Tuesday January 7th.





Some of our Year 6's got into the festive spirit last night and helped serve Christmas dinners to the elderly. The Thursday Club had their Christmas party organised by Linda and Howard at the Village Hall. They all really enjoyed and appreciated the children being there to help. They even got some pudding after helping to tidy up.



## Certificates of the week

### Head Teacher Awards



Congratulations to the following children for receiving the Head Teacher's Award this week:

Elizabeth, Pippa, Lewis, Johannes, Alfie and Martha.



The children with the most stars in their class this week are:

**Doodle Maths** - Gracie, Joshua, Esme, Reuben, Ellis, Imogen and Autumn.

**Doodle Tables** - Freddie and Rory.



**TT Rockstars** - Roman, Charlie and Sophie.  
Aaron and Johannes collected their certificates from last week.



### Other Achievements



This term's winner of the House Cup is **Ruby**. The house treat will be at the beginning of next term.

Congratulations to the Year 6's, and Charlie in Year 4, who took part in The National Year 6 Primary Maths Challenge.

They received their certificates in assembly today. A huge well done to Elijah who achieved a gold award and will be going onto the next round.





### Notices

- **Coats** - Please ensure that your child has a waterproof coat in school. Unless it is torrential rain, children will still go outside at break, lunchtime and PE sessions.
- **Long hair** - For reasons of health and safety, long hair should always be tied back.
- **Medications in school** - We are unable to administer non-prescription medications in school. If your child needs medication, your Dr should prescribe it and the medication can be signed into school in the normal way. If you feel your child needs non-prescribed medication during the school day, you will need to come into school to administer it.
- **School day** - Begins at 8.45am and ends 3.15pm. The gates will close at 8.50am and after this time you will need to press the buzzer to enter the school. Children arriving after 8:50am are marked as late in the register.
- **School pick up** - Please remember to inform the school if collection arrangements are different from normal.

### Diary Dates

Monday 6th January  
Tuesday 7th January  
Wednesday 8th January  
Friday 10th January  
  
Friday 17th January

INSET Day  
Term 2 begins  
Cherry Class starts Forest School for this term  
Enrichment Group 1 Tag Rugby for this term  
Enrichment Group 3 Forest School for this term  
Enrichment Group 2 Swimming begins

Today



This Friday all children are invited to

**FUN &**

**FATHER CHRISTMAS**

**20**  
DECEMBER  
3.15pm

**AT THE  
VILLAGE HALL  
STRAIGHT  
AFTER  
SCHOOL**

Lots of festive games for the kids to play at 20p a go, so much fun!

A Cabin fundraiser





Basketball Club - starting from 13th January 2025 - 15.15-16.15pm

<https://phsports.childcare-online-booking.co.uk/index.php>

Monday	Tuesday	Wednesday	Thursday	Friday
Basketball (All years)	No Club	No Club	No Club	No Club
£28.25 5 weeks				
Miss Wellman				

All clubs run 3:15pm - 4:15pm  
Clubs start the week commencing 13/01/2025.

Our after-school clubs are a fantastic opportunity for your children to enhance their learning and physical development in a safe and enjoyable environment.

**Book Here**

 PH ActiveEd™



**HEY KIDS, DO YOU LOVE MOVIES?  
IF SO WE WANT TO HEAR  
FROM YOU!**

ITV's hit kids' show, Mini Movies, is returning for series 2 and we're looking for movie-loving kids to take part.

You could star in exciting video clips full of visual effects, pitch your own movie ideas, create amazing animations and show off your costume skills!

If you'd like to get involved, ask your parent or guardian to email...

[casting@thechancercollective.com](mailto:casting@thechancercollective.com)

After that you'll receive further information on how to apply. Be quick though, as spaces are filling up!

**CHECK OUT MINI MOVIES SERIES ONE ON ITVX  
TO SEE WHAT KIDS GOT UP TO LAST TIME!**



# Wellbeing Advent Calendar



**1** **3,4,5 Breathing**

Breathe in for 3 seconds  
Hold for 4 seconds  
Breathe out for 5 seconds

Repeat a few times, as long as it feels comfortable, to encourage your body to move into a more relaxed state.

**2** **Try Colouring**

Colouring can be relaxing, and something to focus on.

Find colouring on our website [bit.ly/BathMindColouring](http://bit.ly/BathMindColouring)

**3** **Notice Positives**

Write down 1 positive thing that's happened. However small that may be.

Try to do this every day.

**4** **Take a Wellbeing walk**

Try a gentle walk every day.

Join Bath Mind's wellbeing walk every Thursday - contact [info@bathscap.co.uk](mailto:info@bathscap.co.uk)

**5** **Check in with a friend...**

It's been a really tough couple of months... I wanted to check in. How are you?

**6** **Bring nature to your home**

This could be:  
Nature photographs  
Plants and Flowers  
Letting fresh air in

**7** **Try something new**

Join a group or learn a new skill like photography, sewing, craft or yoga.

**8** **Plan one activity each day.**

**9** **Plant a seed, watch it grow!**

Find gardening and eco-therapy tips suitable for all spaces, on our website.

[bit.ly/BMGardening](http://bit.ly/BMGardening)

**10** **Breathe**

Take time to sit quietly and notice your breath.

Close your eyes. Relax in the moment.

**11** **How are you sleeping?**

**Reduce screen time:**

Turn off screens an hour before bed, as the blue light can send signals to your brain that it is still day time.

**12** **Read a book**

Find your favourite place to relax and read a good book.

Visit a library or ask a friend they could share or recommend.

**13** **Engage your senses to feel grounded**

**Notice...**

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

**14** **Allow your eyes to adjust to the day by looking out at the sky when you wake. Take a gentle walk to start the day.**

**15** **Reduce Stress**

Take time out for activities you enjoy. Perhaps a walk, a run or an exercise class?

**16** **Think of three things you are grateful for.**

Try to do this every day.

**17** **Be Creative!**

Draw, sketch, paint, knit, sew, crochet, write, bake.

Focus fully on the activity.

**18** **Listen to music**

Dance or sing along if you feel like it!

**19** **Connect with others**

Call someone you can talk to - tell them how you are feeling.

Call Bath Mind if you need help or support.

**20** **Create a Bedtime routine**

A bedtime routine may be going to bed at a similar time each night; taking a shower or bath or reading a book before going to bed.

**21** **Spread kindness.**

Share a smile

**22** **Start a journal or diary.**

Note how you think and feel.

You may like to write every day.

**23** **Cook and eat your favourite meal**

Enjoy something homemade, healthy and nutritious.

**24** **For more free resources, go to:**

[bit.ly:BMWellbeingActivities](http://bit.ly:BMWellbeingActivities)  
[www.bathmind.org.uk](https://www.bathmind.org.uk)



For help and support, visit [www.bathmind.org.uk](http://www.bathmind.org.uk)

