



Frieth CEC Primary School

NEWSLETTER

March 2021: 1

How lovely it is to have all our children back in school! The building is buzzing with life once again and I am enjoying seeing so many smiling faces. Hopefully it will not be long now before we are up and running in our entirety again and we are already starting to plan events, some of which you will find details of below. I hope you all enjoyed your Mother's Day! The children were very excited to be preparing their surprises for you last week. As we near the end of term, please note the Bubble times for breaking up in the calendar below.

RED NOSE DAY

Red Nose Day 2021 is on **Friday 19th March**.

Following a difficult year for everyone in 2020, this year it's all about raising money through humour

with the theme 'superheroes'. We are inviting our children, therefore, to come to school as superheroes and to make us laugh! Please do remember that they will still have to learn and go out to play in their outfits, so nothing too 'out there' please! In return for wearing mufti, we are asking all the children to bring a **coin from their own money box**. It is all too easy to ask parents for money (I know this from my own children!) but it is important that children learn the meaning of charity and of giving. So let's help our children to 'let their light shine' by donating their **own** money this year! Any coin is fine, although this should be relative to what they have of course, so it means something to them. If your children don't get pocket money, perhaps they can earn some by doing a little job around the house? You are, of course, welcome to supplement their contribution.



WORKPARTY

The next Frieth work party is being held on Saturday 20th March from 9am until 12 noon. The organisers are grateful for any help during that time and are happy for people to pop in and out whenever they can. Jobs include painting, gardening, fixing, building sheds and making tea! On this occasion, they are asking that children do not attend with you, although this may well be possible again on future occasions. Whether you can make it this time around or not, if you would like to be added to the parent work party Whatsapp group, please do let us know and we will pass on your details to be added. Thank you!



We have been talking to the children in assemblies about our school value of **resilience** and I thought I'd share with you what we have told them so that you can help them to develop this at home too.

Self-motivated

Resilient children don't need nagging to do things, they will do things because they know they should – we talked about schoolwork, homework, chores and tidying bedrooms!

Learns from failure and remains hopeful.

We looked at Churchill and others who have remained hopeful even when facing what seemed an impossible task. They keep going and are positive.

Finds alternative solutions

We considered Thomas Edison, who tried thousands of prototypes before he invented a working lightbulb. What if he'd given up?

Seeks help from others

Resilient individuals are not afraid to ask for help when they need it.

Manages difficult situations calmly

We thought about tantrums and tempers and how a resilient individual would remain calm, even when they felt stressed inside.

Is open to new experiences

We discussed how resilient people are not afraid to try something new and will keep practising to get better at something!

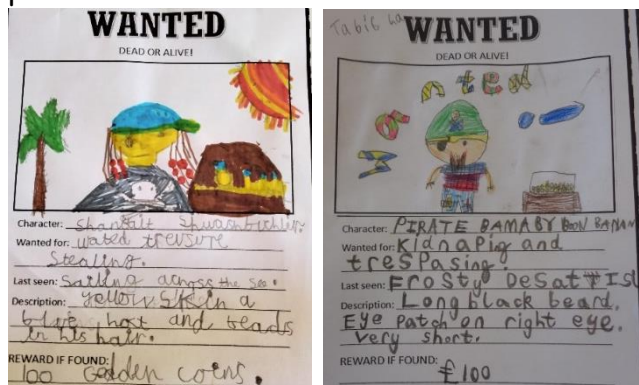
See also our NHS article at the end of the newsletter!

Honour Book

I have seen some fantastic work over the last couple of weeks, including during my time teaching the Buzzards class, who had some pirate adventures!



Missy Coombs, Alora Gibbins, Matthew Lee, Zac Richards, Clara Knight, Willow-May Jenkins-Smith, Isla Howlett, Harry Bryant, Tabby Boyden and Phoebe Bowett for superb pirate work!



Lily-Mae Hill-Cooper for her wonderful letter to her pirate.

Oliver Pash for the improvement in his work and also for baking this yummy cake on wellbeing Wednesday!



Zara Killington for her creative reading of the 3 Billy Goats Gruff.

James Forder for his amazing construction of a bridge.

Michael Geary for his boat and bridge, both built with his grandpa, aged 82.



Oliver Stone for his presentation summarising lockdown, one slide of which is shown below.

DURING LOCK DOWN WE HAD TO DO TEAMS CALLS TO DO LEARNING. THE THING THAT MOSTLY IMPACTED ME WAS NOT SEEING MY FAMILY OR FRIENDS. I FELT REALLY BAD FOR MY MUM. SHE GOT STRESSED OUT BECAUSE SHE DOES SERVICE DESIGN AND IT'S A REALLY IMPORTANT JOB. SHE HAD TO LISTEN AND HELP ME AT THE SAME TIME SO IT REALLY IMPACTED MY MUM. NOW I CAN SEE TEACHERS WORK REALLY HARD FOR US.



William Taylor, nominated by Miss Armstrong for his progress during lockdown in climbing the ropes! Kitty Bernard for her design of a Parent Pleaser robot. I have my order in!



Finally, to all the children who dressed up during our World Book Day on Thursday 4th March. You looked fantastic! Well done to you all!



Frieth School's 100 club is a great way to support our school whilst giving yourself the chance to win a cash lump sum every month!

For only £20 per year, you can get your name into the draw. This can be paid annually, quarterly or monthly into the PTA 100 club account. Each month (excepting December and August), the P.T.A. draw a winner who will receive a prize (half the monthly amount collected, with the other half going towards the school) via their bank account. To be in with a chance of winning, just fill in the form we sent out and return via the school office c/o Teddy Bayliss - Kestrels, or email to roberta.allott@yahoo.co.uk. The next draw is April, so sign up now for your chance to win!



Preparations are underway for our **Easter Fun Day** on Tuesday 30th March! Our wonderful P.T.A. are organising a

raffle, in addition to our plans for activities for our children, so we are holding a **MUFTI DAY** next Friday 26th March. In return for wearing their own clothes that day, we are asking children to bring either a stash of **chocolate** for the chocolate tombola, or a **raffle prize** for the adult hamper (I can collect alcohol at the gate, thank you!) Our sincere thanks to TESCO for their generous donation of chocolate eggs for our Easter egg hunt. All classes will have craft and cooking projects too that day.



We will also be holding a **competition** for the best 'Hard boiled egg' Design, with prizes for the winners in each year group.

The Endangered Alphabet



One of our parents has a friend, Julia Lacey, who has created a new **project** to raise awareness of our Global Environmental and Biodiversity Loss.

The recent David Attenborough film, 'A Life on our Planet' described the loss

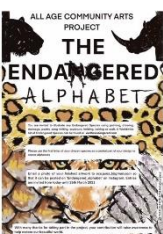
of species which is now running at between 1,000 to 10,000 times the normal rate. There are now over 35,000 endangered species.

To take part simply **email a photograph of your illustration of an endangered specie** with its central letter, such as those shown here

to eco.jules.l@gmail.com by **26th March**. She will post all of these Alphabet species on her Instagram account so that you can see every entry @endangered_alphabet



The project is aimed at all ages and abilities through many drawn and written media. This is an opportunity for the whole community to enjoy some creativity during lockdown celebrating our wonderful world and reminding ourselves of our need to protect it for the next generation.



Attached to this newsletter is her poster, which is also available in the Henley Standard this week.



PET SHOW

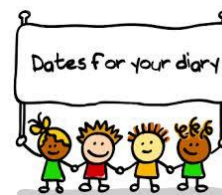
FIRST EVER FRIETH SCHOOL PET SHOW
Closing date now **31st March 2021**

Are you a pet owner or would you like to have a pet? Please enter our FRIETH SCHOOL VIRTUAL PET SHOW! Entry £3, but buy as many entry tickets as you like!

There are two categories - children and adults. The winners will receive a prize at the end of the show.

1. Take a picture or record a video of your pet. If you don't have a pet, you can get **creative** and enter with anything artistic (dress up as a pet, draw a pet, make a pet model).
2. Buy your ticket(s) by donating £3/entry to our JUST GIVING page:
https://www.justgiving.com/crowdfunding/anya-lautenbach?utm_term=jNYKXxGnk
3. Join and submit your entries direct through the PRIVATE Facebook group:
<https://www.facebook.com/groups/737645803535183> or email friethschool.pet.competition@gmail.com

Friends and family can also enter, so please share! 100% of the funds raised will go towards Frieth School.



New dates are given in bold

- Fri 19th March:** MUFTI Red Nose Day - Superheroes
- Sat 20th March:** Workparty at School 9am -12noon
- Fri 26th March:** MUFTI for Easter Fun Day Donation (chocolate or a raffle prize)
- Sun 28th March: PTA Easter Egg Hunt
- Tues 30th March: Easter Fun Day!
- Thurs 1st April: Easter Service
- Thurs 1st April: Children break up for Easter Holiday
1.15 KS1
1.30 KS2
- Mon 19th April: Children back to school
- Thurs 22nd April:** P.T.A. Meeting 7.30pm
- Sat 1st May:** Workparty at School 9am – 12noon
- Mon 3rd May: Bank Holiday
- w/b 10th May:** Science Week
- w/b 24th May: Bikeability
- Tues 25th May:** P.T.A. Film Night
- Thurs 27th May:** P.T.A. Film Night
- Fri 28th May: Break up for half term
- Mon 7th June: INSET DAY
- Tues 15th June:** Y5 & Y6 Opera First Workshops
- Fri 18th June:** Sports Day – details to follow.
- Tues 6th July:** Transition/Moving Up Day
- Friday 9th July:** Summer Queen Celebration
- w/b 12th July:** Year 6 Residential Week
- Fri 16th July:** School Discos
5-6pm KS1; 6.15 – 7.15pm KS2; Y6 til 8
- Wed 21st July: Leavers' Service
- Wed 21st July:** Break for Summer 1.15pm

Please note that due to covid restrictions, events are subject to change and will be finalised at the last minute.

MINDFUL MOMENTS

If you're stressed, whether by your job or something more personal, the first step to feeling better is to identify the cause.

"In life, there's always a solution to a problem," says Professor Cary Cooper, an occupational health expert at the University of Lancaster.

"Not taking control of the situation and doing nothing will only make your problems worse."

He says the keys to good stress management are building emotional strength, being in control of your situation, having a good social network, and adopting a positive outlook.

These are Professor Cooper's top 10 stress-busting suggestions:

Be active

Exercise won't make your stress disappear, but it will reduce some of the emotional intensity that you're feeling, clearing your thoughts and letting you deal with your problems more calmly.

Take control

There's a solution to any problem. "If you remain passive, thinking, 'I can't do anything about my problem', your stress will get worse," says Professor Cooper. The act of taking control is in itself empowering, and it's a crucial part of finding a solution that satisfies you and not someone else.

Connect with people

A good support network of colleagues, friends and family can ease your work troubles and help you see things in a different way. The activities we do with friends help us relax. We often have a good laugh with them, which is an excellent stress reliever.

Have some 'me time'

Here in the UK, we work the longest hours in Europe, meaning we often don't spend enough time doing things we really enjoy. "We all need to take some time for socialising, relaxation or exercise". He recommends setting aside a couple of nights a week for some quality "me time" away from work.

Challenge yourself

Setting yourself goals and challenges, whether at work or outside, such as learning a new language or a new sport, helps build confidence. This will help you deal

with stress. "By continuing to learn, you become more emotionally **resilient** as a person," says Professor Cooper.

Avoid unhealthy habits

Don't rely on alcohol, smoking and caffeine as your ways of coping. "Men more than women are likely to do this. We call this avoidance behaviour," says Professor Cooper. "Women are better at seeking support from their social circle."

Help other people

Professor Cooper says evidence shows that people who help others, through activities such as volunteering or community work, become more resilient. "Helping people who are often in situations worse than yours will help you put your problems into perspective," says Professor Cooper. "The more you give, the more resilient and happy you feel."

Work smarter, not harder

Working smarter means prioritising your work, concentrating on the tasks that'll make a real difference. "Leave the least important tasks to last," says Cooper. "Accept that your in-tray will always be full. Don't expect it to be empty at the end of the day."

Try to be positive

Look for the positives in life, and things for which you're grateful. "People don't always appreciate what they have," says Professor Cooper. "Try to be glass half full instead of glass half empty," he says. Try writing down 3 things that went well, or for which you're grateful, at the end of every day.

Accept the things you can't change

Changing a difficult situation isn't always possible. Try to concentrate on the things you do have control over.

"If your company is going under and is making redundancies, for example, there's nothing you can do about it," says Professor Cooper.

"In a situation like that, you need to focus on the things that you can control, such as looking for a new job."

Check out more stress-busting tips and apps in the NHS Apps Library on their website.

www.nhs.uk