

## Well-Being Wednesday's

This year has seen the start of a new exciting initiative at Chalford Hill School. In a bid to raise awareness among the children regarding mental health, we have launched Well-Being Wednesdays. We have started by introducing the concept of mental health being something we all have and that all people experience 'ups' and 'downs' in their lives. We have talked about how looking after ourselves and maintaining good well-being can help us to increase our 'ups' and cope successfully with our 'downs'. As a school we have looked at the 5 ways to well-being (more information can be found at <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>) and we are currently focusing on each of these 5 ways in a weekly assembly. More is planned for the year, we will keep you posted....

## Mr Baird

Mr Baird was in school this week to meet with Mr Thomas in preparation for starting in January. It was lovely for the children to meet him again. He will be popping into school over the next couple of weeks to ensure that everything is ready for the new year.

## Eco-council

Over the next two weeks we will be taking part in 'Switch Off Fortnight.' Everyone will be looking at different ways to lower energy consumption and costs. For example, switching lights off when leaving a room, turning the tap off or putting another layer of clothing on instead of turning up the heating. We will let you know how we get on.

## Winter Clothing

On the topic of well-being, we have all seen a drop in temperature this week, alongside the first flurries of snow. Please ensure that your child has suitable clothing - a coat, hat and gloves, so that they are able to enjoy their playtimes. We will always endeavour to get the children outside even in the sleet and drizzle!

## Planting Ceremony

Earlier this week we took delivery of 200 new saplings, courtesy of The Woodland Trust. You may or may not be aware that part of the planning permission for the building works included planting a hedge around the new playground. We are looking forward to welcoming Tamsin Bent from the Stroud Valleys Project into school on Wednesday 28th November, to oversee the planting ceremony. All classes will be taking part and so we ask that they come to school with a warm coat and wellies. If they have waterproof trousers and their own pair of gardening gloves then they can bring them to school too - please make sure that they are named.

We would really appreciate some parental help so if you are available next Wednesday 28th November, please leave your name in the school office.

## National Panathlon Finals

Read about how our Panathlon team got on at the national finals in London!

[http://chalfordhill.gloucs.sch.uk/news\\_events/sporting\\_events/sporting\\_events.html](http://chalfordhill.gloucs.sch.uk/news_events/sporting_events/sporting_events.html)

## Staying safe online

This morning our Y6 headed to Waterwells in Gloucester to listen to a presentation called 'Click.' where the children were helped to understand how best to stay safe on line. We are mindful that as parents you are also keen to know how best to support your child. Advice from Gloucestershire Constabulary states that;

'From a very young age, right up to young adulthood, it is important to have conversations with your child about what they are doing online; how they're using the internet, which sites they're enjoying and as they get older, what connections they're making online.'

'Parental controls on your home internet and safety tools, such as privacy settings, can play their part in reducing risks, but must be seen as only part of the solution.'

The link below will signpost you to partner sites that provide up to date information to find help when needed, useful resources and up to date films to watch with your child, advice on current trends and help with technology generally.

<https://www.gloucestershire.police.uk/staying-safe/staying-safe-whilst-online/keeping-your-child-safe-online/>

This page aims to signpost you to partner sites that provide up to date information to find help when needed, useful resources and up to date films to watch with your child, advice on current trends and help with technology generally.

## Village Christmas Market

This will be held at France Lynch Church Rooms on Saturday 8<sup>th</sup> December from 10am to 4pm. Mother Christmas will be there from 11 to 12pm, festive face painting from 10 to 12pm and reflexology taster sessions from 10 and 2pm, as well as lots of festive stalls.

## Poppy Appeal

The Poppy Appeal raised £182.10.

## Letters

The following letter was sent out this week:

- Y5 trip to We the Curious

If you missed it, please look on our website for copies:

[http://www.chalfordhill.gloucs.sch.uk/news\\_\\_\\_events/letters/letters.html](http://www.chalfordhill.gloucs.sch.uk/news___events/letters/letters.html)

## Bollywood Dancing photographs

[http://www.chalfordhill.gloucs.sch.uk/news\\_\\_\\_events/news/news.html](http://www.chalfordhill.gloucs.sch.uk/news___events/news/news.html)

## YR posters - Birthday Celebrations and Painting in the style of Jackson Pollock

[http://www.chalfordhill.gloucs.sch.uk/our\\_children/classes/yr/yr\\_photos.html](http://www.chalfordhill.gloucs.sch.uk/our_children/classes/yr/yr_photos.html)

## YR enjoy their marble treat in the woods

[http://www.chalfordhill.gloucs.sch.uk/our\\_children/classes/yr/yr\\_photos.html](http://www.chalfordhill.gloucs.sch.uk/our_children/classes/yr/yr_photos.html)

## Y2 learn about Andy Goldsworthy in the woods

[http://chalfordhill.gloucs.sch.uk/our\\_children/classes/y2/y2\\_photos.html](http://chalfordhill.gloucs.sch.uk/our_children/classes/y2/y2_photos.html)

## Y2 & Y4 go orienteering in Westonbirt

[http://www.chalfordhill.gloucs.sch.uk/our\\_children/classes/y2/y2\\_photos.html](http://www.chalfordhill.gloucs.sch.uk/our_children/classes/y2/y2_photos.html)

[http://www.chalfordhill.gloucs.sch.uk/our\\_children/classes/y4/y4\\_photos.html](http://www.chalfordhill.gloucs.sch.uk/our_children/classes/y4/y4_photos.html)

# REACH

Congratulations to the following children who have been awarded REACH certificates this week.

### Reception

Luca - Challenge  
Arthur - Achieve  
Lara - Achieve  
William - Achieve

### Year 1

Hazel - Effort  
Rory - Effort  
Archie H-M - Achieve  
Ryder - Achieve

### Year 2

Sam - Respect  
Lana - Respect  
Frank - Effort  
Finley - Challenge

### Year 3

Evie - Respect  
Will - Achieve  
Max - Achieve  
Orla - Effort

### Year 4

Molly - Respect  
Amy - Effort  
Liam - Achieve  
Chelsey - Challenge

### Year 5

Maddie - Respect  
Jake - Respect  
Lennie - Respect  
Phoebe - Respect

### Year 6

Ben I - Respect  
Grace - Respect  
Ben R - Effort  
Meg - Effort



YR enjoy their marble treat



Y2 & Y4 go orienteering at Westonbirt

## Dates for your Diary

Monday 26<sup>th</sup> November

Tuesday 27<sup>th</sup> November

Tuesday 27<sup>th</sup> November

Wednesday 28<sup>th</sup> November

Thursday 29<sup>th</sup> November

Monday 3<sup>rd</sup> December

Tuesday 4<sup>th</sup> December

Wednesday 5<sup>th</sup> December

Y4 Viking workshop

YR at the woods

Y1 at the woods

Whole school tree planting

Last Y3 swimming of the term

Y5 visit to We the Curious

Y2 at the woods

YR at the woods