

Monthly Newsletter

Asfordby Hill Primary School

FEBRUARY 2024: ISSUE 6

Dear Parents / Carers,

It's been another busy and successful month at Asfordby Hill. I do hope that you will enjoy reading more about it here in the newsletter.

One of the privileges of working at Asfordby Hill Primary School is watching the **curiosity, enthusiasm and understanding of others** that contribute to our children's voices impacting the community- locally and globally. This term has been no exception. We have thoroughly enjoyed listening to the school councillors passionately speaking to their peers about a school project in Zimbabwe (more information in the next newsletter), as well as acknowledging others' views when researching their classes' opinions on new playground equipment. They are a credit to the school, and we can't wait to share with you the impact that both projects will have in the future.

February has also been an exceptional month for a variety of sporting achievements: futsal, swimming, cross country and parallel athletics. The children represented the school with **perseverance, optimism and self-control**. Other adults attending the events commented on the children's excellent sportsmanship- you are all stars!

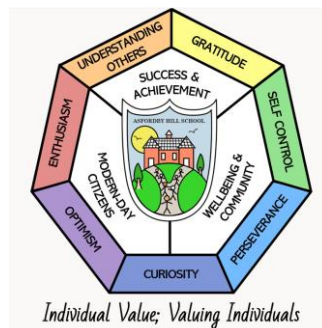
Our **gratitude** also goes to the parents who arranged transport to and from some of these events. A huge thank you.

On the last day of the half term, the children broke lots of RULES! Firstly, the children had a great time with coloured hair, extra breaktime and so many other things. As always, what I am most inspired by is the clear community spirit shown- thank you to our Friends of Asfordby Hill for organising the event. An incredible amount was raised, which will be used to enrich all the children's time here- thank you to everybody who made it possible.



Finally, I am delighted to share the safe arrival of Miss Warner's little girl. I am sure you will join in with me in sending the family a huge congratulations.

Mrs Millward



WHAT'S IN THIS MONTH'S ISSUE:

- Key Dates
- PE, Afterschool Club timetables
- Our Achievements
- Curriculum In Action- February
- Recommended high-quality books.
- Team Points
- Wow Awards
- School Council News
- Updates
- Governor's Section
- Friends of Asfordby Hill (FOAH)
- Mental Health Information
- Local Connections

Key dates for your diary

Monday 6th March Sky Theatre Dance

Tuesday 7th March World Book Day

Tuesday 12th March Y3 (Rowan) class assembly

Friday 15th March Red Nose Day non-uniform for a food donation to Storehouse

Tuesday 19th March: Fire safety presentation to Yr 1 and Yr 5

Thursday 21st March Y4 (Beech) class assembly 2:15pm

Friday 22nd March Y4 King Richard III trip

Other Dates:

- W/B Monday 13th May 2024 Year 6 SATS week
- W/B 3rd and 10th June 2024 Swimming Pool on site
- 26th -28th June 2024 Year 6 residential trip
- W/B 17th June 2024 Sports Week



PE Timetable

Please remember to wear PE kit on your PE days. PE days for each class are below:




	Monday	Tuesday	Wednesday	Thursday	Friday
	Sycamore	Piano lessons			Chestnuts
		Rowan			
	Rowan	Willow	Sycamore	Beech	Willow
	Holly	Holly	Oak	Oak	Beech

School Clubs Timetable



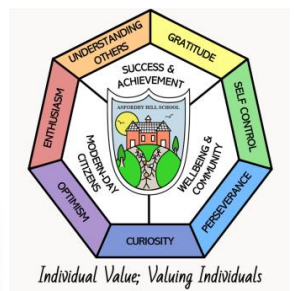
CLUBS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST CLUB YEAR 5/6 ART AND CRAFT CLUB 3:15-4:15 AFTERSCHOOL CARE CLUB	BREAKFAST CLUB KS2 DODGEBALL 3:15- 4:15 AFTERSCHOOL CARE CLUB	BREAKFAST CLUB EYFS & KS1 MULTISPORTS 3:15- 4:15 AFTERSCHOOL CARE CLUB
THURSDAY	FRIDAY	
BREAKFAST CLUB COOKING CLUB 3:15- 4:15 KS2 NETBALL 3:15- 4:15 AFTERSCHOOL CARE CLUB	BREAKFAST CLUB AFTERSCHOOL CARE CLUB	



Our Achievements

We've been celebrating our amazing cross-country runners. Each and everyone of them has made AHS proud.



Our AHS sports stars have been very busy over the last month! Our children have been out at a swimming gala, parallel athletics and futsal. What superstars they all are!



Year 5 garden club has been preparing the sensory garden for the months ahead. They have been amazing this week volunteering their lunch times to finish some of the jobs. 🍌



Creative Library Service

Some of our key stage 2 children took part in a creative writing workshop led by Jo from the creative learning services. Their evaluations suggested they had an amazing experience.

Year 3 and 4 feedback:

It was fun because we used our imagination.

I thought this lesson was exciting.

I loved it - so fun and exciting!

Year 5 and 6 feedback:

Fun! I loved it sooo much! Would do this again! 10/10!

I really enjoyed it because it was extremely fun but I wish we had longer to write.

The mysterious objects were AMAZING and I liked that we based our pieces of writing on them.





Chestnuts have been practicing their co-ordination and balancing skills thanks to Lee from i3secure for carrying out maintenance on our balance bikes. They're now in perfect condition and ready to help our children to develop their balance, co-ordination, spatial awareness and motor skills. Thank you, Lee!



Willow class have been working on subtraction in **maths**. They played some subtraction games using tens frames, counters and dice. First, they worked on subtraction within 10 and then they increased to subtraction within 20.



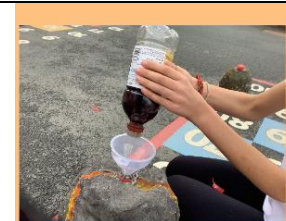
Holly class thought of some **scientific** enquiry questions linked to 'do we all grow at the same rate?' that they could investigate. They decided to find out whether your handspan is larger the older you are? Ask them what they found out.



This term in **Design and Technology**, the children of **Rowan** class have made pizzas. They looked at what makes a good pizza design, designed a pizza to fit a brief and finally, designed their final project, which was expertly made using their grating, chopping and slicing skills. They had such fun and did brilliantly. Delicious!

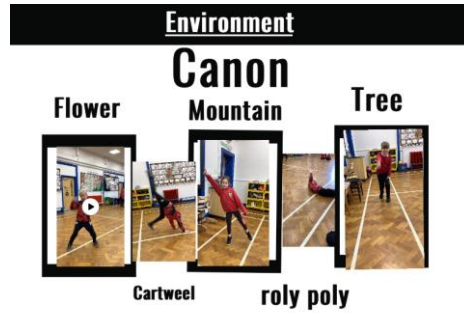


Beech class triangulated their **geographical, scientific and design technology** learning to create volcanic eruptions! What reactions were created and what a mess and smell!





Sycamore class have been learning how to use canons and unison movements within their **gymnastic** sequences based on the environment. Great teamwork happening to control their bodies together.



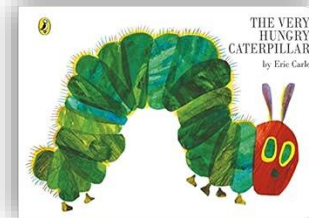
Oak class have been using all their **oracy** skills to edit each other's independent writing. Their active listening had to be tuned in to hear amazing vocabulary and different sentence structures that were being used. The activity also helped improve the use of punctuation marks and repeated words.



Recommended High Quality Books

During the year, the teachers get asked a lot of questions about what books they would recommend for children in their classes. Each class teacher has suggested a high-quality book that they would recommend for each year group to support reading for pleasure. Each month, we will add to this list as a helpful guide to support the love of reading at home. Remember these books are also available to borrow from Melton Library.

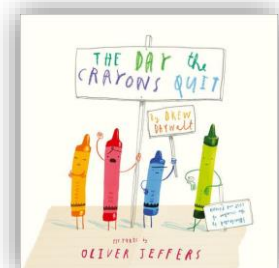
Miss Harby has recommended for Chestnuts:



Mrs Blunt has recommended for Willow:



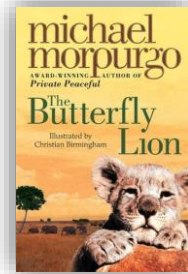
Mr Amps has recommended for Holly:



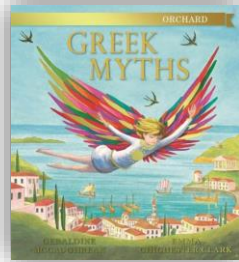
Miss Lovegrove has recommended for Rowan:



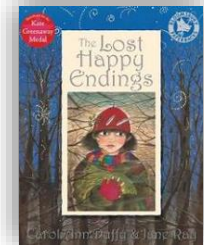
Mrs Smalley has recommended for Beech:



Mr Forde has recommended for Sycamore:



Miss Parrott and Mrs Bailey have recommended for Oak:



Team Points



AIR

EARTH

FIRE

WATER

This month's team points results:

Week ending	AIR	EARTH	FIRE	WATER
2 nd February	<u>218</u>	178	149	142
9 th February	179	178	179	<u>185</u>
16 th February	166	<u>173</u>	162	149

Congratulations to our weekly winning teams. Each week's team winners have had an extra 10 minutes of playtime on a Wednesday- enjoy!

Wow Awards

The children have worked exceptionally hard on using their rainbow skills. It has been a delight to see how many children are using these skills throughout the curriculum but also around school. On Fridays, two children from each class are rewarded in our Celebration Assembly with a WOW certificate and a gold star badge to wear in class the following week.

Congratulations to you all- you deserve a WOW!

2nd February 2024



9th February 2024



16th February 2024



School Council News

The School Council have had a very busy February. They have been excitedly scrolling through play equipment brochures for a replacement of the trim trail which has been deemed unfit for purpose. Due to health and safety reasons, the trail is now out of bounds, but the school council have been proactive in asking their fellow classmates what they would like it to be replaced with.

The School Council are interested in our school supporting the Zimbabwe Rural School's Development Project. Further information will be sent out by the school council later in the term with their ideas and suggestions for helping a school out in the African country.



Updates:



Are you struggling with the rising cost of living?



Could your child be eligible for a free after school club place? or free PE hoodie? or free hot meal

Could your child be eligible for a free after school club place?

Come and speak in confidence to Miss Webb in the office for advice.



Both the Chestnut's garden and the extension to the playground have started. The contractors will be busy over the next few months creating exciting environments to enhance the children's learning and play. We will keep you updated.



Please see your parentpay messages about this year's world book day Thursday 7th March- the theme is FUN!

Governor's Section



My involvement and connection with Asfordby Hill Primary School began in 2006/7 when I was invited into the school to do some Friday assemblies - I had just moved to the area as I had been appointed as the minister at the local Baptist Church in town. A couple of years later, I joined the governing body, and in 2010 my wife and I decided that this was the school where our children would start their education.

My time as a governor has been involved and I can honestly say that I have enjoyed all of it (well 99% if we have to include Osted!). I have sat on the various committees from finance to staffing, to curriculum and performance management, and have enjoyed working with other governors and staff. I also served for 10 years as chair of governors but stood back from this role four year ago due to changing work commitments.

I'm not able to get into school as much as I did, but when the opportunity arises to get into the classroom, I really enjoy my time interacting with the pupils and staff of this great school.

I have seen many changes to the school over the years, but I am still incredibly impressed with it: the community feel; the care offered to pupils and families; the commitment and dedication of staff; and the support of parents and the wider community...it is a place where individuals matter and where children are encouraged to achieve their best and to think independently.

Rev Dr Nick Ashton

Friends of Asfordby Hill (FOAH)

Thank you to all that supported BREAK THE RULES DAY. An incredible £350+ was raised, which will go towards supporting the classes trips out.

In March, Beech class will be enjoying their visit to King Richard III Museum in Leicester, which will be subsidised by FOAH.

Thank you everyone for your continuing support.

Please see below for dates of coming events (more information to follow):

- Friday 15th March: Red Nose Day non-uniform (donate a food item for Storehouse)
- Friday 15th March: Easter basket raffle draw
- Saturday 13th April: Quiz and Chip night
- Thursday 18th April: Bags2school
- Tuesday 4th June: School Disco
- Saturday 22nd June: Summer Fair

If you would like to help or support in any way: spare some time with a planned activity; sell raffle tickets or bring ideas to meetings, please look out for any of the FOAH to have a chat.

Friends of Asfordby Hill (FOAH)

Here at Asfordby Hill we champion the belief that to thrive, emotional well-being is just as important as physical health. We advocate that helping children to manage their emotions is as important as teaching them to read and write. We work with children, their families and other outside agencies by helping to support emotional wellbeing issues, so that they're able to fully engage with all aspects of their life. If you require further support with regards anxiety, sleep, managing emotions, toileting, emotional based school avoidance or grief, please see our excellent pamphlets from Dragonfly Impact Education in the school's foyer. In the newsletter each month, we will focus on a theme with additional signposting. This month is **SELF-REGULATION**.

DEFINITION OF SELF-REGULATION:

"...it is defined as the capacity to manage one's thoughts, feelings and actions in adaptive and flexible ways across a range of contexts."

Jude Nicholas

**WHAT IS
SELF
REGULATION**



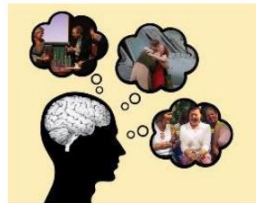
It encompasses:

- Self-control
- Resilience
- Self-management
- Anger management
- Impulse control
- Sensory regulation

REGULATION.

WHY IS SELF-REGULATION IMPORTANT?

- Life is 10% what happens to us and 90% how we react to it.
- Research has found that higher academic achievement is more likely when interventions include self-regulation components.
- Typically, children who can self-regulate will turn **into teens who can self-regulate**.



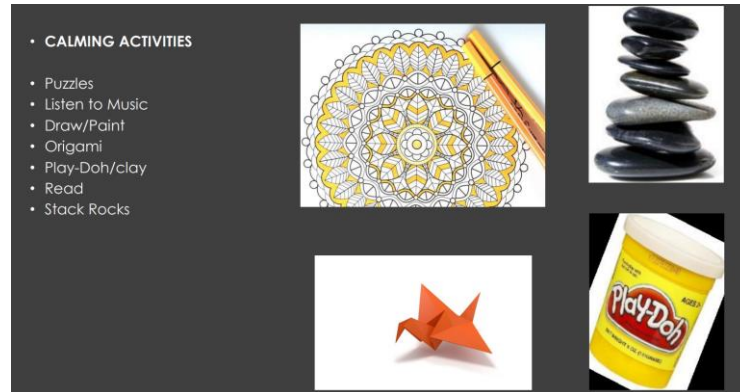
A person who can self-regulate is able to:

- Remain **CALM AND ORGANISED** in a stressful situation. (*Executive Functions*)
- Cheer themselves up after a disappointment. (*Emotional Regulation*)
- Knows when they are experiencing sensory overload and can make adjustments. (*Sensory processing*)
- Understands when it is appropriate to cheer and shout and when to be quiet. (*Social cognition*)







Sensory Strategies

- Skipping
- Swing/rock
- Go for a walk
- Wall push ups
- Sucking smoothie through straw
- Chewy foods (eg. thick slice of bread)
- Blow bubbles
- Classical music
- Roll on an exercise ball
- Trampoline
- Blanket roll



The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

The ZONES of Regulation®

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>

The bridge

Housing Advice Drop-ins

Here Alternate Wednesdays 9.30am – 1.30pm

January 24th February 7th March 6th & 20th
 WE OFFER ADVICE ON:

- Homelessness
- Housing options
- Housing waiting lists, transfers and exchanges
- Notices and court action
- Rent and mortgage arrears
- Succession and assignment
- Disrepair issues
- Housing benefit
- Accessing hardship funds
- Anti-social behaviour and neighbour disputes
- Harassment and illegal eviction
- Rent deposits

SIMPLY TURN UP
 OR
 FOR MORE INFORMATION CONTACT US ON
 08000385964 or 07717470824

Sponsored by:
 

EYFS GARDEN PROJECT



Our EYFS garden is undergoing a huge transformation this February.

WE NEED YOUR HELP!
 Do you have any of the following items to donate to enhance our new garden design?

Den Building:

- Tarpaulin sheets
- Rugs/carpet mats
- Bed sheets
- Tent pegs or clips
- Tent poles
- Camouflage or netting
- Rope

Please leave any donations with the office. We can't wait to reveal our finished project! Thank you!

Mud Kitchen:

- Pots and pans
- Cake tins/ trays
- Utensils
- Colander/sieve
- Rolling pins
- Plastic cups/ bowls/plates
- Log slices
- Watering cans
- Large buckets/ containers
- Plastic spades.

Construction:

- Builders cones/signs
- Hard hats
- Small wheels e.g. bikes/scooters **(we have plenty of tyres)**
- Crates
- Guttering/tubing
- Plastic cable reels

Loose parts such as pebbles, sticks, curtain hooks and shells to enhance any mud pie creation!

Children's Crafts at Melton Mowbray library

Saturday 10.30-12.00
 Every month, starting Saturday 20th January

20 January	Jungle Crafts
17 February	Things That Go Crafts
16 March	Dragon and Unicorn Crafts
13 April	Ocean Crafts
11 May	Family Tree Crafts
8 June	Summer Flower Crafts
6 July	Pirates and Mermaid Crafts
31 August	Dinosaur Crafts
28 September	Farming Crafts
26 October	Halloween Crafts
23 November	Outer Space Crafts
28 December	New Year's Eve Crafts

Suitable for children aged 3 - 12 years
 All children must be accompanied by an adult
 £1.00 per child, booking on 0116 305 3646

Next Session: