



NEWSPLETTER

Children's Mental Health Week - Growing Together

The theme of this year's Children's Mental Health Week is Growing Together. This week children from both schools have

I have a **GROWTH MINDSET.**

I am in charge of how smart I am because

I can **GROW** my **BRAIN** like a muscle by learning hard things.

I can achieve **ANYTHING**

with **EFFORT** and **RIGHT STRATEGIES.**

And when I fail or make a mistake, it is a **GREAT** thing, because

I can **LEARN** from them and **I GET BETTER!**

Big Life Journal
www.biglifejournal.com

taken part in assemblies on this theme and have carried out activities in class. Our infants especially enjoyed Mrs Peirson's lessons. Nursery and Reception children undertook self massage and peer massage completing the actions with the help of nursery rhymes. In Year 1 and 2, the children based their peer massage actions on seeds being planted and grown in a garden. Dion from Mahlangu was very impressed, "I feel like I got a five star massage," he said.



Peer Massage in Year 2

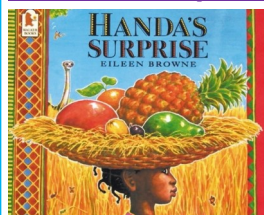
Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt. Trying new things can help us to move beyond our comfort zone to achieve our potential. Parents and carers may find this link useful in supporting children's mental health: [Children's Mental Health Week](#)

Arts Richmond Young Writers



We are delighted to announce that Bobby (Alma Thomas) and Vihaan (Gormley) are both finalists in the recent Arts Richmond Young Writers' Competition. Out of almost 500 entries, their poems, made the final 26 and will be published in a special book. In addition, their work *Remember* and *Our Environment is made up of Air, Water, Land and Pollution* will be performed by local actors at the Young Writers' Festival in March. At this event Sir Vince Cable and the Mayor for Richmond will present the finalists with certificates and announce the winners.

Handa's Surprise



Reception have been reading *Handa's Surprise* by Eileen Browne. They enjoyed tasting tropical fruit and describing them. Mason declared the mango "magnificent" and Emine said the passion fruit was "yummy and tasty". The children also enjoyed sketching the fruit and learning about shading. The best part of the week though was making delicious smoothies!



Living History

Year 6 have been studying World War Two in history this term and over the last two weeks have explored the topic through various activities. Rose enjoyed it all, "We looked at recruiting posters at The National Archives and saw that women were as powerful as men. The swing dance was very energetic and upbeat and the workshop was very realistic. Some children acted out being evacuated and it was just like the clips we have watched."



Evacuee Workshop



Swing Dance Workshop

Healthy Lunch Idea - Omelette in a bun

After half term why not have a go at creating something new and healthy for your lunch box?

Method

STEP 1

Heat the oil in a small non-stick frying pan and fry the potato over a low heat until it is browned and tender, this will probably take about 10 mins in all. Add the spring onion and fry for a minute then stir in the spinach.

STEP 2

Whisk the eggs lightly with a little seasoning and then pour them into the pan and cook

until set on the base. Dot on the tomatoes, sprinkle on the cheese and grill until the top browns. Cool a little then slide out of the pan and cut into thirds.

STEP 3

Split the rolls and stuff them with a piece of omelette, sandwich together and halve.



Ingredients

- 1 tbsp olive oil
- 1 medium potato, cut into cubes
- 1 spring onion, finely sliced
- handful baby spinach leaves
- 4 eggs
- 9 small cherry tomatoes, halved
- handful crumbled feta or grated cheddar
- 3 rolls

Giant African Snails Visit Nursery

This week children in Nursery have continued with their animal topic and enjoyed a visit from some Giant African Land Snails. They learnt



how to care for and clean them, the foods they eat and conditions they like. Kiara thought they were very "cute". Frankie noted, "they feel slimy" while Renesmee said, "I like their eyes popping out!"

Nursery Library Book Scheme

The Nursery have recently introduced a library book scheme that has proved very popular. The children have been really positive in caring for our school books and enjoying the different stories on offer.

This term our Nursery children have also started visiting the main school library for a special story time. They walk there so beautifully that several members of staff have commented on it!



Sports News

Last week our boys' football team convincingly beat Nelson School 5-0. This was their final game in the first round of the Richmond Borough Boys' Football League. As winners of their group stage, they now progress to the final 16. We await the results from the other groups to find out who they will play next. In the meantime, yesterday the boys enjoyed a lively and competitive match against teachers and staff which resulted in a 3-3 draw.



Good luck to our athletic team who are representing Heathfield and Richmond this afternoon against the other 32 London Boroughs at the London Youth Games Sportshall Athletics Competition in Carlshalton. We are extremely grateful to our wonderful PTA for funding the coach to transport the team of 15 boys and 15 girls to this prestigious event. The children have trained exceptionally hard in preparation for the competition and we wish them all the very best.



Dates for your diary

- Monday 14th - Friday 18th February - Half Term and Sport4Kids Multi-Activity Camp - [click to book](#)
- Tuesday 1st March - Year 5 visit to Mosque
- Thursday 3rd March - World Book Day - dress up as a book character - more details to follow
- Tuesday 8th March - Duckling Hatching Kits arrive in Year 4
- Friday 18th March - Red Nose Day - Dress Up Day - wear red for suggested donation of £1
- Monday 21st March - Friday 1st April - Sustrans Big Walk and Wheel (previously Sustrans Big Wheel)
- Friday 25th - Monday 28th March - Year 6 Trip to PGL Osmington Bay
- Friday 1st April - End of Spring Term
- Tuesday 19th April - Start of Summer Term
- Saturday 18th June - Summer Fair