



“
Your word is a lamp to guide
my feet and a light for my path.
”
(Psalm 119.105)

Newsletter 11

8th February 2018

This term's core value: Hope



Dear Parents and Carers

Well, I hope that your children (and you) have enjoyed our 'mindfulness and wellbeing week' as part of 'children's mental health week' 2018. As a staff we have certainly learnt much this week from all of our speakers and are looking forward to further embedding mindfulness and wellbeing in our everyday curriculum.

Why we are doing this? (Some facts):

- *One in ten children aged between 5 and 16 years (three in every classroom) has a mental health problem, and many continue to have these problems into adulthood.*
- *One in four children in primary school has a wellbeing issue that they need extra support with.*
- *Over half of all mental ill health starts before the age of 14 years, and 75% has developed by the age of 18.*
- *Children are less likely to suffer from serious mental health difficulties in later life if they receive support at an early age.*
- *Growing evidence indicates that promoting positive mental health also improves a range of positive school outcomes, including attitudes to learning, better attendance and lower exclusion rates.*

We are currently putting together a 'wellbeing' page on our website with tips and facts from the week. There will also be lots of photographs of what the children have been doing in our gallery.

E-safety - some reminders...

Thank to those of you who came to our e-safety briefing last week. One of the main messages that I think was given was that you should always make sure that you know what your child is looking at and playing with on any device. Not rocket science I know but, as part of the e-safety we teach in school, we

"For every child and every family to take away wonderful memories of their early years with us"

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always tell children that if they are using the internet it should always be when an adult is present and not, for example, on their own in their bedrooms.

Time for action re lateness and attendance

We regularly review our levels of attendance at school and incidents of lateness. We have recently observed an increase in both late arrivals to school and unauthorised absence from school. My staff and I see the problems that lateness and lack of attendance can cause first hand. We have written an information leaflet about this subject which is attached to this newsletter email and will be posted on our school website.

Copies of medical appointment letters

If your child has a medical appointment, please bring the appointment letter to the school office in advance of the appointment for us to copy for our records.

Wellbeing walk - Friday 9th February

A reminder to join us tomorrow, if you can, for our school travel plan 'wellbeing walk'. Please meet at the Catholic Church, we will set off at 8.40 am.

WOW Day - Monday 19th February

All classes will have their WOW day to introduce their new topics on the first day back after half term, Monday 19th February. Information about each classes' activities has been emailed separately.

Youth Music Festival - Treble Clefs - Saturday 24th February

The Treble Clefs continue their tour (we definitely need to get them a tour bus) by singing at the St Mary's Church Youth Music Festival on Saturday 24th February from 2.30pm; we hope to see many of you there. Tickets are available from school office.

World Book Day - Thursday 1st March

In celebration of World Book Day we are asking children to dress up as their favourite character from a book. We are planning some special activities linked to books and are also linking with Haddenham Community library to promote books and reading.

'The more you read, the more you'll know. The more you know, the more places you'll go'
Dr Seuss

Save the date Sunshine Parents and Carers Lunch - Monday 5th March

Monday 5th March is the date for our next parents and carers' lunch - this time for Sunshine parents and carers. Reservation forms for our Michelin Star restaurant to follow after half term.

And finally, when searching for a wellbeing quote to leave you with (and there are many), this was the one that I thought summed it all up.....

'A good laugh and a long sleep are the two best cures for anything'
Irish proverb

I plan to do those two things in half term to recover from wellbeing and mindfulness week! Hope you can too.

Have a lovely holiday.

Best wishes

A handwritten signature in black ink, appearing to read 'K. Collett'.

Mrs Karen Collett
Headteacher

Haddenham St Mary's Church of England School Calendar

Buckinghamshire Term Dates 2017 - 2018		
Spring Term 1 2018	Thursday 4 January 2018	Friday 9 February 2018
Spring Term 2 2018	Monday 19 February 2018	Thursday 29 March 2018
Summer Term 1 2018	Monday 16 April 2018	Friday 25 May 2018
Summer Term 2 2018	Monday 4 June 2018	Friday 20 July 2018

Haddenham St Mary's INSET Days 2017 - 2018		
Monday 23 July 2018	Tuesday 24 July 2018	

Buckinghamshire Term Dates 2018 - 2019		
Autumn Term 1 2018	Thursday 6 September	Friday 19 October
Autumn Term 2 2018	Monday 29 October	Wednesday 19 December
Spring Term 1 2019	Monday 7 January	Friday 15 February
Spring Term 2 2019	Monday 25 February	Friday 5 April
Summer Term 1 2019	Wednesday 24 April	Friday 24 May
Summer Term 2 2019	Monday 3 June	Wednesday 24 July

Haddenham St Mary's INSET Days 2018 - 2019		
Wednesday 5 September	Wednesday 2 January	Thursday 3 January
Friday 4 January	Tuesday 23 April	

Calendar of Events: Spring 2018	
Friday 9 th February	8:40am Wellbeing Walk to School - from the Catholic Church 2:00pm Mindfulness & wellbeing taster sessions - all welcome
Monday 19 th February	WOW Day for Rainbow, Sunshine and Sky Classes 1:45pm Rainbow Village Walk
Saturday 24 th February	2:30pm Treble Clefs singing at Haddenham Youth Music Festival
Thursday 1 st March	World Book Day
Friday 2 nd March	8:40am March into Spring Walk to School from the Catholic Church Sunshine Classes visit to Haddenham Museum
Saturday 3 rd March	PTA Quiz Night - Haddenham Youth Centre
Monday 5 th March	9:15am Collective Worship in Church - all welcome Rainbow Classes trip to Green Dragon Eco Farm Sunshine Parents and Carers Lunch
Wednesday 7 th March	Sky Classes trip to Chiltern Open Air Museum 3:30pm - 7:00pm Parents' Evening
Thursday 8 th March	3:30pm - 7:00pm Parents' Evening
Friday 9 th March	2:00pm Mother's Day Service in Church - all welcome
Monday 12 th - Friday 16 th March	STP Scavenger Hunt week
Saturday 17 th March	1:00pm - 4:00pm PTA Spring Fayre
Friday 23 rd March	PTA Children's Disco
Thursday 29 th March	8:40am Easter Bonnet Walk to School with refreshments