



# Hillcroft Primary School

**Nurturing children to achieve their personal best**

**Nurture**

**Inspire**

**Strive**

**Friday 11<sup>th</sup> February 2022**

I hope you have had a lovely week.

We have had a fun filled one, with lots of great activities taking place. This is a picture of Reception completing their PSHE session – reading a story called 'Sorry!'; learning how we can all make mistakes, but it is how we then recover from that, and the importance of saying and meaning the word 'Sorry' when we need to.



We hope you have a lovely and safe half term – please do look at the Thrive activity and complete it, should you have some free time. We look forward to welcoming you back on Monday 21<sup>st</sup> February.

Miss Summers

## **Key Dates for Spring 2:**

Tuesday 1 <sup>st</sup> March	Parents' Evening – 3.30 – 6pm
Wednesday 2 <sup>nd</sup> March	Parents' Evening – 3.30 – 7pm
W/c 21 <sup>st</sup> February	Collections for the PTA Fancy Dress Swap
Friday 25 <sup>th</sup> February	Fancy Dress Sale – Dining Hall 3.30pm
Thursday 3 <sup>rd</sup> March	World Book Day – Dress-up day
Tuesday 22 <sup>nd</sup> March	Year 5 Celebration Assembly 9am – Main Hall
Wednesday 23 <sup>rd</sup> March	Year 2 Celebration Assembly 9am – Main Hall
Thursday 24 <sup>th</sup> March	Year 3 Celebration Assembly 9am – Main Hall
Monday 28 <sup>th</sup> March	KS1 Prize Giving – 9 am – Main Hall
Tuesday 29 <sup>th</sup> March	Years 3 and 4 Prize Giving – 9 am – Main Hall
Wednesday 30 <sup>th</sup> March	Years 5 and 6 Giving – 9 am – Main Hall
Friday 1 <sup>st</sup> April	Break up for Easter Holidays

# Thrive

## ***A message from Mrs Pearson.***

WOW! It's half term already; I hope you all have a relaxing, happy time. I have attached an activity that you can all do as a family while you are on half term: why not fill the love heart with all the fun things you do. It may be going to the cinema, taking a nice long walk, walking the dogs or swimming. It may be things you do indoors, like cooking, reading, playing or watching a film together. Fill in your heart with lovely pictures and colour them in. Bring them back into school and show them to me... there is even a small prize!

## **Why don't you also try some mindfulness with your children?**

Mindfulness means being aware of the present moment. Some studies suggest it can help with mental health and wellbeing.

You can try some of the activities below to help children feel calm and be kind to themselves.

## **Teach them a breathing exercise**

This exercise is a good way to slow the breath or racing thoughts. It is sometimes called the 'Take 5' breathing exercise. Explain and practise these steps with your child.

\*Get your child to hold out one hand with the fingers apart, like a star.

\*Using a finger on their other hand as a pointer, they can slowly trace around the star shape.

\*They trace up each finger, then they breathe out as they trace down the other side. Your child should trace around their whole hand.

\*Repeat this as many times as you like.

\*Afterwards, ask your child how they feel.

## **Have a daily review**

Making this part of your child's bedtime routine is a great way to let go of worries.

Ask your child:

\*What was good about today?

\*What didn't go well?

\*What made you smile?

\*What are you looking forward to about tomorrow?

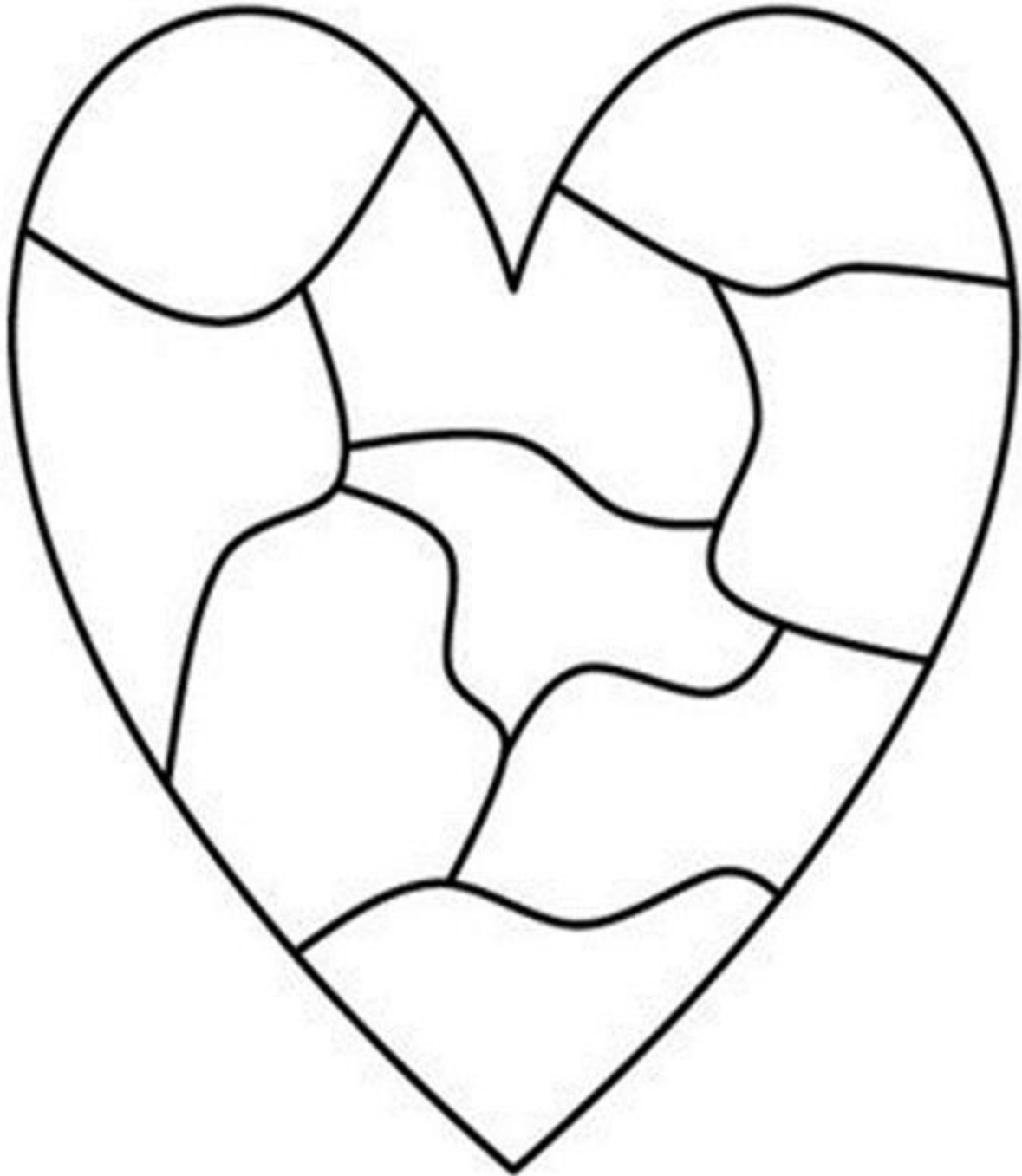
These questions help your child savour the good things and take pride in their achievements. This is also a chance to release disappointment, and remember that tomorrow is a fresh start.

**Do not forget about our six-week workshop. This will run from February through to March.**

**If you feel you may be interested email me to book your place. Closing date for this is Monday 14th February. There will be limited spaces available but please do not worry if you are unable to have a space, we will re-run them again throughout the summer.**

**[D.Pearson@hillcroftschoo.org](mailto:D.Pearson@hillcroftschoo.org)**

# My holiday heart



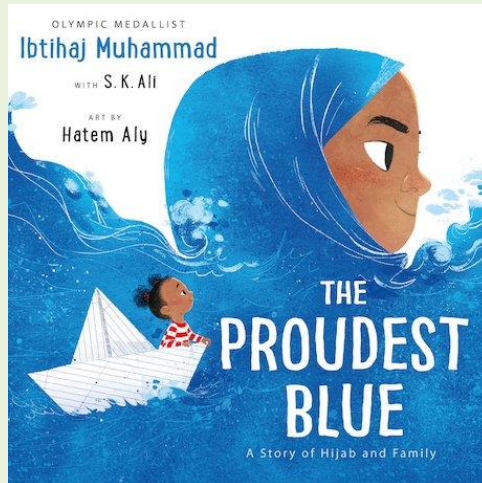
## A Reading Community

Following on from last month's book suggestions from Miss Fox, Miss Swain has shared some of her 'top reads' for February - please do email Miss Swain if your child reads the books and has any comments ([a.swain@hillcroftschoool.org](mailto:a.swain@hillcroftschoool.org))

All of our book suggestions can be found in our Reception area too - so that we can share and enjoy them as a community.

### **Early Years and Foundation Stage: The Proudest Blue.**

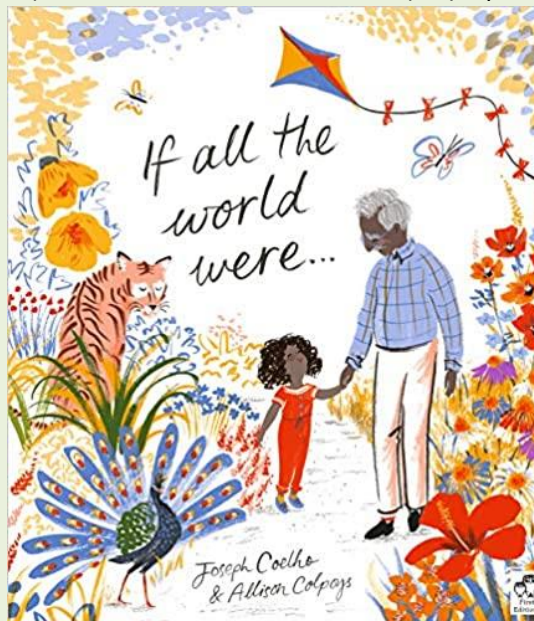
By S.K. Ali ,Ibtihaj Muhammad , and Hatem Aly (illustrator)



An uplifting, universal story of new experiences, the unbreakable bond shared by siblings and of being proud of who you are, from Olympic medallist Ibtihaj Muhammad.

### **KS1: If All the World Were...**

by Joseph Coelho , Ms. Allison Colpoys (Illustrator)



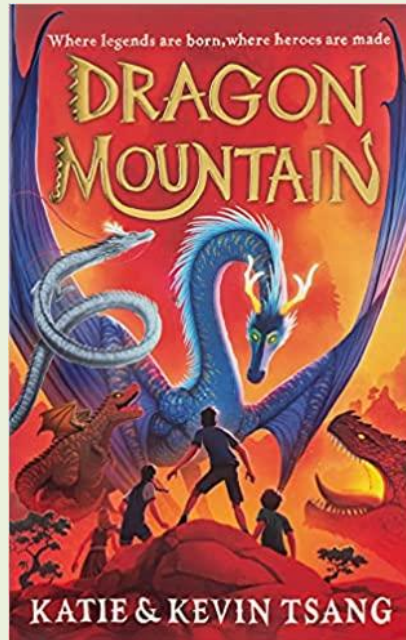
With Allison Colpoys' gorgeous artwork spilling from each page, accompany a girl and her grandad over spring, summer and autumn. See how he teaches her to imagine, to create, and to enjoy the small things in life, and how, when winter comes, he lives on in her heart.

A Reading Community ... Continued...

**LKS2**

**Dragon Mountain**

by Katie Tsang , Kevin Tsang

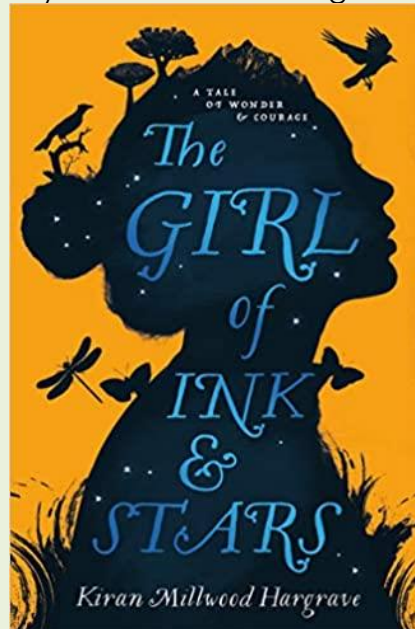


Deep within the mountain, a great creature stirred in its sleep. Its eyes rolled back in its head, and its wings jerked wide open...

**UKS2**

**The Girl of Ink & Stars**

by Kiran Millwood Hargrave



Forbidden to leave her island, Isabella dreams of the faraway lands her cartographer father once mapped.

When her friend disappears, she volunteers to guide the search. The world beyond the walls is a monster-filled wasteland – and beneath the dry rivers and smoking mountains, a fire demon is stirring from its sleep.

Soon, following her map, her heart and an ancient myth, Isabella discovers the true end of her journey: to save the island itself.

## In other news...

### Junior Bake Off - opened for competitors!



### Bikeability trainers:

The Cycle Training Team at Surrey County Council are recruiting for Bikeability Cycling Instructors. If you are interested please follow this link: [Surrey County Council - Job details \(surreycc.gov.uk\)](https://www.surreycc.gov.uk/jobs/vacancies)

### Oakhall Café Club – for more details please follow:

A poster for the Café Club event. The background is yellow with a sunburst pattern. On the left, a large purple circle contains the text 'CAFE CLUB' in white, bold, sans-serif font. To the right of the circle, there are three purple boxes with white text. The first box is titled 'WHAT?' and contains the text: 'Café Club is a chance for parents to enjoy a treat at our new café, while children take part in one of our fun workshops. At the end, we will invite parents to come and see what we've been up to. Workshops are as follows: • SPORTS • ART • SCIENCE'. The second box is titled 'WHEN?' and contains the text: 'Café Club will take place on Wednesday 16th February from 10.30am-12pm.' To the right of this text is a small white sign with a purple border and the word 'OPEN' in purple. The third box is titled 'WHERE?' and contains the text: 'Oakhall Church, 181 Chaldon Road, Caterham, Surrey, CR3 5PL'.

### Surrey Family Learning:

#### Enrolments for ONLINE courses are now open.

Surrey has plenty of courses to help support families. All Family Learning courses are FREE and can support a range of areas. Please follow this link for more information:

<https://mailchi.mp/6b1e263bf8e2/family-learning-733748>

**Attendance Notice from Surrey:**

A reminder to parents/carers that if they take their children out of school without authority for 5 or more days (which do not have to be consecutive), they will be liable to receive a penalty notice. Currently the amount payable under a penalty notice is £60.00 per parent/carer per child if paid within 21 days. Thereafter the amount increases to £120.00 if paid between 21 and 28 days. If the penalty notice remains unpaid after 28 days, the Local Authority will consider a prosecution in the Magistrates Court. Please note that penalty notices are issued per parent/carer per child so a family of two parents and two children will receive 4 penalty notices