



Hillcroft Primary School

Friday 9th December 2022

Nurturing children to achieve their personal best

Nurture Inspire Strive

We have had an exciting two weeks here at Hillcroft with preparations for Christmas well under way as well as some trips and events, including a Volcano workshop for Year 4 children and a Year 5 trip to Hampton Court. Nursery to Year 2 have also completed their Christmas performances to their parents and carers – we were so proud of them! And it was lovely to see so many parents and carers being able to attend. Thank you!

Thank you also to all those who donated to our Bags 2 School; through your contributions to charity we were able to raise £84.00 – thank you!

We would also like to say a huge 'THANK YOU' to the Friends of Hillcroft – they have worked tirelessly across these past weeks, with a Christmas Jumper sale and a hugely popular Secret Santa event. Lastly, we are proud to announce that we have been awarded the Surrey Healthy Schools Certificate for developing a Healthy Schools approach to wellbeing, health, inclusion & achievement... thank you to Miss Burningham and her Health Ambassadors!



I hope you have a lovely weekend, take care, Miss Summers

Key Dates - Special Dates:

10th December:

Festive Fun Saturday! (see PTA flyer for more information)

Saturday 10th December
Save the date

- Xmas tree collections (ordering info to follow)
- Santas Grotto
- Mince pies and more (Book and toy sale)

**More info
to follow**



14th December:

School Christmas Lunch and Christmas Jumper Day (donations for Save the Children)



Save the Children
**CHRISTMAS
JUMPER DAY**

Key Dates:

Please see link to whole school Key Dates calendar:

<https://drive.google.com/file/d/1JH5ENZiObZyK7200GRs0g9xJJYtUo2g/view?usp=sharing>



A message from Mrs Pearson.

I cannot believe we are nearly at the end of another term and Christmas is just around the corner! As I wrote in my last newsletter, Christmas can be very tricky for many families. At Hillcroft we use PACE which helps the children manage their feelings. Using PACE helps to support others but can also be helpful for you too.

P ~ We use playfulness to help build the relationship.

A ~ Acceptance without judgement helps us to feel better about ourselves and others.

C ~ Curiosity helps us to understand why we do what we do (our behaviour)

E ~ Empathy helps us to love ourselves and is a foundation for children to learn how to do this.

Acceptance and Empathy are your Emotional A&E.

All of this is the heart of enabling a child or adult to start feeling safe which reduces conflict, stress and withdrawal. 🌿

The Power of PACE at Christmas Time | There are a lot of feelings flying around at Christmas time for children and adults alike. Finding the right balance for YOU is something to work towards. PACE can help. PACE - Playfulness, Acceptance, Curiosity, Empathy

Playfulness isn't the same as playing but is enjoying time with someone else or yourself in an unconditional way.

This can look like a 5 minute sofa snuggle with someone, walking hand in hand, swapping cringy cracker joke or even taking yourself off for a cry on your own if that's where you're at and trying to leave behind any guilt about it.

It's about showing a real interest in someone, or yourself, and finding something you really enjoy about them - or you. Even if that's 2 minutes alone with yourself outside the front door!

Acceptance means sitting with strong emotions or perspective of another and knowing that you might not be able to take these away. There may be no words of advice to give, strategies to implement or thoughts to share, only comfort by offering your safe presence.

It is allowing uncomfortable sensations and emotions to be in your own body without judgement. Accepting their existence.

For an example of this and Empathy, watch the YouTube clip called 'Brene Brown on Empathy' or find inspiration from the song 'Hold Space' by Ward Thomas.

Curiosity isn't about asking "why?" even when this is exactly what we want to know! It's about wondering what is going on inside for someone or ourself.

It's about taking the risk of being wrong "Can I share my ideas with you... I wonder if... I might be wrong, so tell me if I am, but here are my thoughts..."

A way of letting someone know that your mind is on their mind and genuinely interested in anything at all that's going on in there without judgement.

It is practising this same non-judgemental curiosity within ourselves.

Empathy can take a lot of energy at Christmas. Sitting with the disappointment of a child who hasn't got the gift they hoped for "I can see the sadness in your eyes that it's not what you wanted" or accepting our own disappointment that the time hasn't felt very festive "I am where I am and things are how they are and I'm going to do my best to feel okay with that".

A top tip is try to move away from reassurance or denial of feelings - others or your own. Naming what is happening for ourselves or another helps us in our offering of empathy.

To PACE oneself: "To do something at a speed that is steady and that allows one to continue without becoming too tired."

Copyright © Beacon House Therapeutic Services & Training Team | 2022 | www.beaconhouse.org.uk | Credit to Dan Hughes: PACE

I wish you all a Merry Christmas and a Happy New Year 🎁 See you in 2023!

Our Children's Talents and Interests

Continuing on from our celebration of our children's talents and interests outside of school, we have been able to celebrate:

Eli – Year 4 – for some amazing craft work completed at home

Amelie – Year 1 – for choosing, independently, to complete some fantastic creative writing at home

Charlie – Year 2 – for receiving four certificates for his brilliant gymnastics!

Nathan – Year 2 – for his wonderful drawing completed at home

Isla – Year 2 – for taking part in her first ever performance with Stage Coach

Toby – Year 4 – for scoring 7 goals last week for his football team – the Caterham Pumas

Abbie and Laila – Year 3 – for achieving their 100 metres badges in swimming

Kian – Year 1 – from progressing to needing no floats in his swimming lessons – well done!

Roma - in Year 5 - for achieving her 400 metres certificate in swimming

Jack – in Year 3 – for being awarded the player of the match for a 6-1 Win

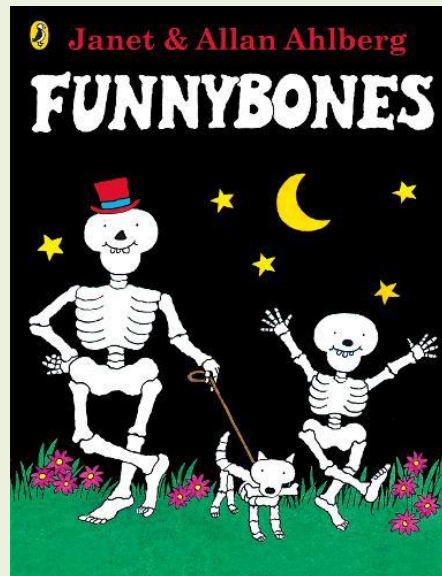
Phoebe – Year 4 – for completing her stage 4 swimming and has progressing to stage 5, Bronze Challenge.



A Reading Community

This week, Mrs Page– Writing Lead and Year 6 Teacher - has shared her recommendations.

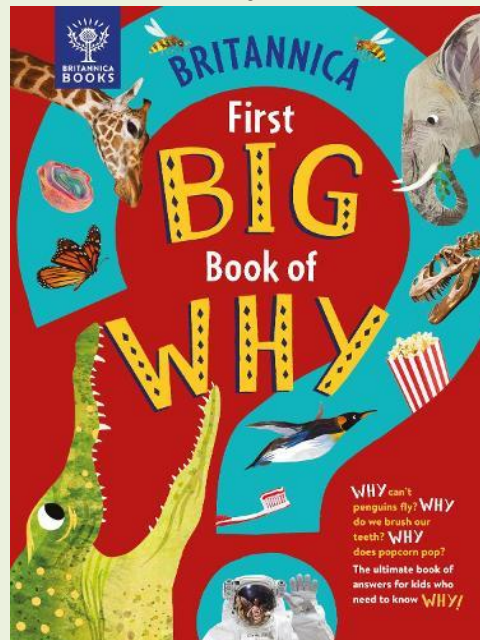
EYFS



Funnybones by Janet & Allan Ahlberg

A family of skeletons and their dog set out to scare people in the night. But when they find everyone asleep, they decide to scare themselves instead, with lots of silly jokes. An absolute must-have classic.

KS1

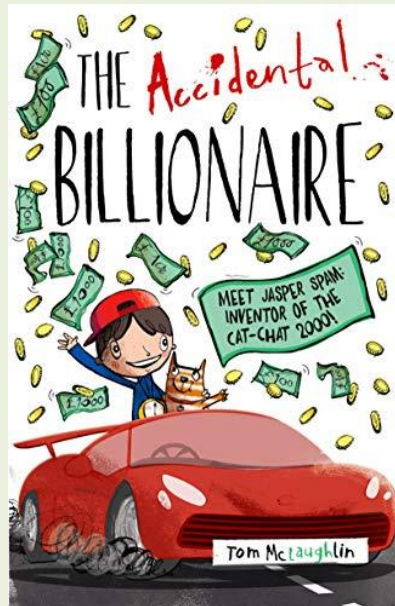


Britannica First book of Why by Sally Symes and Stephanie Warren Drimmer

This is a wonderful book to keep children occupied, interested and asking questions. With big, bold graphics, eye-catching photography and accessible large print text, this book will appeal to curious children who always ask Why!

A Reading Community ... Continued...

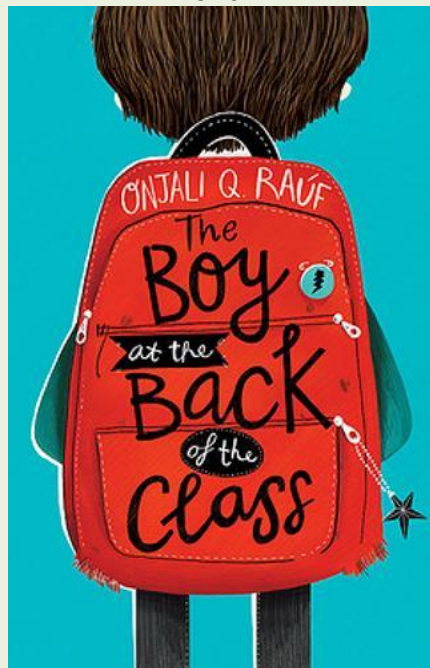
LKS2



The Accidental Billionaire by Tom McLaughlin

Jasper Spam is mad about science, the problem is that all of his experiments tend to end in a BANG, until one day quite accidentally Jasper manages to invent something that will change the world forever. ..

UKS2



The Boy at the Back of the class by Onjai Rauf.

Told with heart and humour, The Boy at the Back of the Class is a child's perspective on the refugee crisis, highlighting the importance of friendship and kindness in a world that doesn't always make sense.

In other news...

Attendance Notice:

Just to remind parents/carers that if they take their children out of school without authority, 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.

A Christmas Carol performance:



TICKETS
Adult £10
Concession £5
Family £25
(2 adults, 2 children)

SALTMINE

Saltmine
Theatre
Company
Presents

A Christmas Carol

SUNDAY 11TH DECEMBER AT 5PM
AT OASIS ACADEMY, OLD COULSDON, CR5 1ES

MORE INFORMATION AND BOOKINGS
www.caterhamcommunitychurch.org.uk/christmas
email bookings@caterhamcommunitychurch.org.uk