

## Parent Information Evenings

We would like to invite you to our Information Evening on Tuesday 26<sup>th</sup> September 2017. The aim is to inform you about the next year of your child's education including information such as curriculum, trips and visits, homework and general expectations. To accommodate as many parents as possible, we will be running sessions at 3.30pm and 6.00pm. The sessions will take place in the following classrooms:

Nursery	Fir classroom
Reception	Elm classroom
Year 1	Beech classroom
Year 2	Chestnut classroom
Year 3	Rowan classroom
Year 4	Birch classroom
Year 5	Aspen classroom
Year 6	Oak classroom

If you are unable to attend these sessions, the slides from the evening will be on the school website following the sessions for information purposes.

## Special Request

We would like to build up class sets of aprons/overalls to protect the children's uniform when they are doing arts and crafts. If you have any unwanted shirts/t-shirts that could be used as overalls we would be very grateful. Please hand any donations into the school office. Thank you.



## Secondary School Applications

Reminder for our Year 6 parents - applications for secondary school need to be completed online by 31<sup>st</sup> October. Please use the link below:

<https://www.surreycc.gov.uk/schools-and-learning/schools/school-admissions/secondary-applications>

## Attendance

The best attendance figures for last week were:

Class	House	Year Group	Whole School
Birch	Newton	Year 4	
98.98%	97.72%	98.78%	96.94%

If your child is absent please notify the school on EACH day of absence by 8.45am by telephone 01883 342606 and leave a message on the absence line. This is for your child's safety.

## Morning Routines

Please may we remind Reception and Nursery parents to leave using the early years entrance, the same way you came in, once you have dropped your children into school. This is to ease congestion through the front entrance as the older children are still coming into school at this time. Thank you.

## PGL

Year 6 had a lovely weekend for their trip to PGL. They had a fantastic experience with the opportunity to take part in many events including: zip wire, trapeze, Jacobs's ladder, fencing, aeroball, archery, rifle shooting, climbing wall and team building activities. We would like to extend our thanks to the staff that gave up their time to accompany the children on their trip.



## Year 6 Responsibilities

At the start of the academic year, the Year 6 children applied for posts of responsibility. We are pleased to announce the following responsibilities have been awarded:

**Head Boy:** Noah Vellacott

**Head Girl:** Nancy Bowman

**Deputy Head Boy:** Robin Davey

**Deputy Head Girl:** Ella Markwick

## House Captains:

**Lovelace House:** Brianna Craig, Rachel Grant, Jack Rummel and Jayden Smith

**Brunel House:** Aurora Price, Edwin Abraham, Freddie Saunders, Louise Chabre

**Darwin House:** Isabella Kent, Christopher Rawlins, Taya Banya and Callum Stevens

**Newton House:** Max Tatara, Ty Mackie, Ruby Kevin and Megan Gillick

## Harvest Assembly

We will be having a whole school Harvest Assembly on 19<sup>th</sup> October. This year we will not be inviting parents to join us due to the capacity of the hall. We will be collecting donations of non-perishable foods in the week leading up to the assembly for the Caterham Food Bank. The Caterham Food Bank is part of a nationwide network of foodbanks, supported by the Trussel Trust, working to combat poverty and hunger across the UK.

## Dates for your Diary

Tuesday 26 <sup>th</sup> September	Parents Welcome Meetings 3.30pm / 6.00pm
Thursday 28 <sup>th</sup> September	Bags 2 School Collection
Thursday 5 <sup>th</sup> October	Open Morning for prospective parents 9.30am
Tuesday 17 <sup>th</sup> October	Year 5 trip to The British Museum
Thursday 19 <sup>th</sup> October	Year 4 trip to Battle Abbey
Wednesday 15 <sup>th</sup> November	Open Morning for prospective parents 9.30am

## **Mental Health**

Mental health is a prominent news topic, it is not only a topic in the news but also in everyday life. Statistics show that 1 in 4 people in the UK will experience a mental health problem each year, this includes adults and children. At Hillcroft we are continually looking for additional ways to support our children and families during these difficult times. For example our INSET day in November will include training on the benefits and positive effects of Mindfulness. We also have regular meetings with TaMHS ( Targeted Mental Health Services) to discuss ways we can support children specifically and generally.

We would like to remind parents there are a number of websites and charitable organisations that are able to help and offer support:

<http://www.mindmattersnhs.co.uk/surrey/referrals>

<https://www.mind.org.uk/need-urgent-help>

<https://www.samaritans.org/how-we-can-help-you>

## **MINDFULNESS**

Mindfulness is very 'on trend' at the moment. Essentially, it's about 'being in the moment' and having awareness of your thoughts and how they drive your emotions and feelings. Focusing in this way this can help you to see the present moment more clearly and also means you are more likely to recognise the first signs of stress or anxiety. Spotting the signs early puts you in the best position to be able to take steps to deal with any anxieties positively and quickly.

### **How can you practice Mindfulness?**

If you're feeling a bit under pressure, taking just 30 seconds to clear your mind can help you gain clarity and focus on what to do next. Here's some simple techniques to try...

**Meditation:** Take 30 seconds to close your eyes and be still and peaceful.

**Breathing:** Breathe deeply. IN for 1, 2, 3 and OUT for 1, 2, 3... nice... and... slowly. Repeat this three or four times.

**Observing Thoughts:** Write a 'to do list', tick each task off as you do it. Small tasks are easier than big ones.

**Move into another environment:** Maybe eat your lunch away from your desk, a change of environment for a few minutes can provide another perspective.

**Going for a walk:** Just 1 minute, can make a difference. Maybe take a 'walking challenge' and gather some colleagues and go for a refreshing walk together at lunchtime or the end of the day.

These exercises are designed to help you, in your day to day working life. They can be completed separately or all together just taking 3 minutes from your day can make the world of difference.

**If you are interested in finding out more, click on these links below:**

**NHS Website:** <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx>

**Beautiful Mind:** <http://bemindful.co.uk/>