

KEEPING SAFE & HEALTHY

WHY SLEEP MATTERS FOR KIDS

SLEEP RECHARGES KIDS' BODIES AND BRAINS SO THEY CAN:

- Feel calm and refreshed.
- Make good choices.
- Have a healthy weight.
- Pay attention in school.



- Remember what they learned.
- Do better in sports.
- Avoid getting hurt.
- Feel good about themselves.

AFTER 1 OR 2 NIGHTS OF LESS SLEEP, YOUR CHILD MAY:

- Have more meltdowns.
- Make poor choices.
- Zone out in class.



- Forget what they learned.
- Have trouble with sports and games.
- Get into arguments.

KIDS WHO ARE SLEEP-DEPRIVED MAY:

- Feel sad, hopeless, or anxious.
- Become overweight.



- Make risky choices.
- Use cigarettes, alcohol, and drugs.

HOW MUCH IS ENOUGH?

9-12 hours for ages 6-12 8-10 hours for ages 13-18

CHRISTIAN VALUES FRIENDSHIP

Encourage each other & build each other up.

1 THESSALONIANS 5:11

COMMUNITY NEWS

COURTYARD
YOUTH THEATRE
ROSS-ON-WYE

THE **Phoenix** THEATRE

The Phoenix Youth Theatre

Saturdays (term time only) 10am - 11.30am | Ages 8 - 11 | £30 a term

The Courtyard is excited to announce that The Phoenix Youth Theatre will be returning to The Phoenix Theatre in Ross-on-Wye!

Sessions take place during term time and focus on theatre, fun and performing.

Each term a different area of theatre and performance will be explored, to build confidence, team work and acting skills.



For more information or to download a registration form visit courtyard.org.uk/youth-theatre or email bookings@courtyard.org.uk or call 01432 346526.







Bursaries are available.

BOX OFFICE 01432 340555

courtyard.org.uk




Goodrich Church of England

| Attendance | | 8 th Edition 2021-22 | 14 th January 2022 | House points | |
|---------------|--------------|---|---|---|---|
| Reception | 95.7% | School Prayer  Dear God, Bless our school. Bless our teachers. Bless our pupils. Bless our families. Please help us to be kind and help us to always try our best. Let us remember, as many hands make a house, So many hearts make a school. Amen |  |  | 2 |
| Year 1 | 92.9% | | |  | |
| Year 2 | 93.3% | | |  | |
| Year 3 | 98% | | |  | |
| Year 4 | 99.4% | | | | |
| Year 5 | 94.1% | | | | |
| Year 6 | 92.7% | | | | |
| TOTAL | 95.2% | | | | |

Goodrich Church of England Primary School

Collective Worship

As this time of year we think about Epiphany



We are Team Players.
We show friendship & wisdom.

Be Compassionate and kind to one another, forgiving each other, just as in Christ God forgave you.' (Ephesians 9:32)

Primary School Newsletter

Twitter Snapshot @GoodrichCESch



Reminders

- Please ensure that all clubs and lunches are paid promptly
- All children to wear cold weather gear- please ensure that it is named
- If you have children in Smiles and clubs, please pick up from Smiles first.

Please share with your children

NATURAL ENGLAND



The Countryside Code

Respect other people

- Consider the local community and other people enjoying the outdoors
- Park carefully so access to gateways and driveways is clear
- Leave gates and property as you find them
- Follow paths but give way to others where it's narrow

Protect the natural environment

- Leave no trace of your visit, take all your litter home
- Don't have BBQs or fires
- Keep dogs under effective control
- Dog poo - bag it and bin it

Enjoy the outdoors

- Plan ahead, check what facilities are open, be prepared
- Follow advice and local signs and obey social distancing measures



Enjoy, be safe

News

Dear all,

Happy New Year to you all and many thanks for all the beautiful cards and generous gifts that we received at Christmastime.

My collective worship for the last two weeks has been encouraging the children to take responsibility for their behaviour choices in the same way as they learn to choose the appropriate clothing for the right occasion or weather. Whilst we all make mistakes, these are opportunities to learn, so that we can do what we know is right, even when no-one is watching.

Unfortunately, yesterday there was a serious incident on the slip road down to the school involving two vehicles. Please can I remind you, once again, that no one should park obscuring a driver's ability to see both ways when joining the main road or blocking the dropped kerb for pedestrians.

This week we had a call from a local farmer who had seen a group of our children running through their wheat field. Whilst we appreciate that the children would not necessarily realise what young wheat would look like, please ensure that you supervise your children in our local area and make sure that they understand the importance of sticking to footpaths and respecting the hard work of our local farmers. I have attached the countryside code for your information.



I was hoping that I would also be able to bring you news of family Celebration Worship restarting soon but as you will be well aware this is not quite on the horizon yet. Please be reassured, as soon as we are able we will restart these, although this may be a class at a time initially.




Some things are able to continue and on Wednesday our School Improvement Partner came in to look at Science across the school. She was very impressed with the children's behaviour and also their ability to justify what they thought. It was a very positive day, well done to all the staff and children.

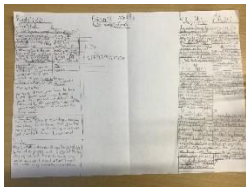
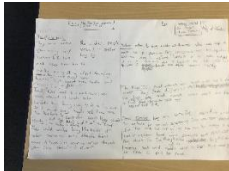
Best wishes
Mrs Miles



Class News

This week we have had lots of fun exploring our snow and ice theme. We have learnt some new songs and rhymes, listened to some lovely stories and even had a go at making our own snow storm in a jar. We have experimented with ice, even making some of our own ice sculptures, to see the effect of freezing and melting. We have also learnt that the sun and heat will make the ice melt. Creating some paper snowflakes, practising our scissors skills was great fun, as well as creating an assortment of snowmen in different media, painting, collage and their lovely name plaque snowmen.

| Goldcrests | Quote of the week | Body & Mind | Wow play! | Words of the Week |
|------------|---|---|---|--|
| | Seeing a new child was upset when being parted from their parent. Callum showed great care and compassion by finding them a mobile phone saying "you can talk to your Mummy." |  <p>Using their whole bodies in our shaving foam sensory tray. Running their fingers, squashing it and whole body movements.</p> |  <p>Some of the children's snowmen pictures</p> | <p>snow ice melting snowflake freezing snowballs icicles</p> |

| | | | | | |
|-------------|--|---|--|---|--|
| | <p>This week we have been learning the story of Goldilocks and the three bears. We have been acting out the story and thinking about how characters in the story might have felt at different points in the story. We loved exploring the ice on Thursday and how it was different to snow. We worked together to explore the question, 'What are things we use made of?' and went on to make the link between what the properties of materials are and how that makes them perfect for some uses. We all agreed that pillows or bags made of wood didn't seem a good idea.</p> | | | Class Superstar s | |
| Wrens | <p>Quote of the week</p> <p>Matilda said <i>"I don't think a saucepan should be made of wood because it would catch on fire. But the handle is sometimes because it's not hot to hold."</i></p> | <p>Body & Mind</p> <p>Some of us have enjoyed Scooter board time to strengthen our core muscles.</p> | <p>Wow play!</p>  <p>Making porridge for the Three Bears</p> | <p>Words of the Week</p> <p>stride smooth gather mumble sparkle</p> | <p>Last week Henry Emmy</p> <p>This week Freddie B Robin</p> |
| Robins | <p>Robin's class have settled quickly after a lovely Christmas break. In maths year 1 have been thinking about equal and unequal groups whilst the year 2's have been looking at arrays and beginning to think about the multiplication sign. In English we have been reading the story 'Lost and found' and have been thinking about adjectives to describe the penguin from the story. We have started to role play the story so the children gain a deeper understanding. We had a fantastic science lesson, classifying and sorting objects by their properties, the children were so engaged and enthusiastic! In computing the children used the iPads to take photos of something interesting outside, we are learning how to zoom in. The children have enjoyed dance this week too, moving their bodies like different animals.</p> | | | <p>Last week Rosie Maggie Wynter</p> <p>This week Toby Lily Maude Leyla</p> | |
| | <p>Quote of the week</p> <p>Toby said <i>"I know that 9 is an odd number because 5 is odd, 4 is even and if they were both added together then it would be an odd number!"</i></p> | <p>Body & Mind</p> <p>We have been thinking about the importance of warming up our bodies before we do PE.</p> | <p>Wow work!</p>  <p>Super science sorting by property</p> | <p>Words of the Week</p> <p>lovely negative note positive suggest</p> | |
| Woodpeckers | <p>The children have settled back in after Christmas and have done lots of activities to show what they could remember from last term. In English, we have been creating 3D book reviews about our favourite stories or books that we have enjoyed reading. Our Maths work has been looking at British money – recognising coins and notes, adding amounts, making them with different coins and using subtraction to solve how much change a person would need. In Science, we have started our new theme, 'Rocks' and have begun by sorting rocks into natural and human-made and looking at how igneous rock is formed. In D.T. we have been investigating types of shell structures and in P.E. we have been using our problem solving and teamwork skills to complete different activities and games.</p> | | | <p>Last week: All of Woodpeckers Class</p> <p>This week: Aidan Verron Freya Freddie</p> | |
| | <p>Quote of the week</p> <p>Jasper P said, <i>"I'm so excited to start learning about rocks. I've been collecting them since I was five"</i>.</p> | <p>Body & Mind</p> <p>We have been working on our team building skills by completing different physical activities.</p> | <p>Wow work!</p>  <p>Nell used her observations of instruments and knowledge of pitch to make her own set of pan pipes.</p> | <p>Words of the Week</p> <p>oblivious solution igneous intrusive extrusive</p> | |

| | | | | |
|------|--|--|--|---|
| Owls | This week in Maths, Owls Class have been solving problems involving money. We have started our new History topic by finding out about key significant features of the Bronze Age. In Computing we have been exploring video editing tools on the iPads and in Art we looked at the features of Roy Lichtenstein's Pop Art work. Alongside our learning we have been focusing on recognising and demonstrating positive behaviour in class and around the school. The children are demonstrating that they are able to be good role models to others and are thinking very carefully about the choices they can make to make a positive difference. | | | Last week: Amelia Liam Thomas Sophia Alice This week: Dexter Thomas Amelia George |
| | Quote of the week | Body & Mind | Wow work! | |
| | Delphi said, "Everyone deserves a second chance." | To keep fit and healthy we did some dancing with Mrs Dix  Maddisynne and Isla's notes | In History we watched a video on the Bronze Age and wrote some notes. Phoebe, Holly, Maddisynne and Isla wrote some wonderful notes.  Phoebe and Holly's notes | imagination hypnotism panorama bewitch gravity |

| | | | | |
|------------|--|---|---|---|
| Peregrines | Happy New Year! In English, Peregrines have been writing a thank you letter to those who made Christmas special. The finished letters may well have been received already or will be sent out shortly. In Maths, we have been solving problems involving volume. In Science, we have started investigating light and in Forest School we explored sound by making a wind chime from natural and recyclable materials. In computing, we have been learning about animation and in History we have begun by finding out about the importance of Baghdad in the role of early Islamic Civilisation. | | | Last week: Chloe Emi Jimmy Zac Alfie This week: Timmy Harry immy Archie Elliot Kira Florence |
| | Quote of the week | Body & Mind | Wow work! | |
| | Elliot said, "I enjoyed our Science lesson because I enjoyed the deep conversations that we had in the class." |  Making wind chimes in Forest School. |  Some super examples of sketchbook work based on different set themes/prompts. | dilapidated euphoric reputation translucent opaque |

Infant
Headteacher
Award

Toby

Junior
Headteacher
Award

Florence

What's Going On? (Please see ourschoolsapp.com for further information)

| Forest School | | Celebration Worship | Other Dates | |
|---------------|-------------|--|-------------|-----------------------|
| 19/01/22 | Owls | Unfortunately, no family celebrations at the moment. | 19/01/22 | Swimming - Peregrines |
| 20/01/22 | Robins | | | |
| 26/01/22 | Woodpeckers | | 26/01/22 | Swimming - Peregrines |
| 27/01/22 | Wrens | | | |
| 2/02/22 | Owls | | 2/02/22 | Swimming - Peregrines |
| 3/02/22 | Robins | | | |
| 9/02/22 | Woodpeckers | | 9/02/22 | Swimming - Peregrines |
| 10/02/22 | Wrens | | | |
| 16/02/22 | Owls | | 16/02/22 | Swimming - Peregrines |
| 17/02/22 | Robins | | | |