

KEEPING SAFE & HEALTHY

Fig 1. The Five Ways to Wellbeing activities

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Connect... with the people around you – with family, friends and neighbours, at home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.
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Be active... Swap your inactive pursuits with active ones. Go for a walk. Step outside. Play a game. Garden. Dance. Walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.
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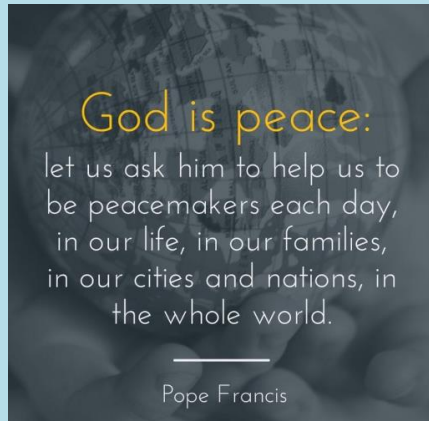
Take notice... Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.
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Keep learning... Try something new, rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. As well as being fun, learning new things will make you feel more confident.
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Give... Do something nice for a friend or a stranger. Think someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

CHRISTIAN VALUES

PEACE



COMMUNITY NEWS

THE ROARING MEGS' CHRISTMAS CAROL CONCERT


GOODRICH VILLAGE HALL
FRIDAY 2nd DECEMBER 7pm for 7.30pm





TICKETS £5 (16s and under free)
Available from
CHOIR MEMBERS, ON THE DOOR
PAM on 01 600 890068
Bar and Raffle

PROCEEDS TO ST. MICHAEL'S HOSPICE

Goodrich Church of England

Attendance		5 th Edition 2022-23	17 th November 2022	House points		
Reception	93.5%	<p>School Prayer </p> <p>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</p> 	<p>Goodrich Church of England Primary School</p> <p>Collective Worship</p> <p>At this time of year we think about Advent & Christmas</p>  <p>We are organised and we value peace.</p> <p>'Peace I leave with you; my peace I give you.' (John 14:27)</p>		Dragon	1
Year 1	90.9%				Pegasus	1
Year 2	98.5%				Griffin	1
Year 3	98.2%				Phoenix	2
Year 4	94.6%					
Year 5	95.9%					
Year 6	94.3%					
TOTAL	94.7%					

Primary School Newsletter

Twitter Snapshot @GoodrichCESch	Reminders	PTFA/ Forthcoming Events
	<ul style="list-style-type: none"> Please check all of your uniform is named, it is impossible for us to reunite it if it isn't. Un-named lost property is on the benches by the main entrance. 	<p>PTFA Night Out 25/11/22 19:30 at the Cross Keys, Goodrich.</p> 

News

Dear all,

Last week the juniors observed the two minutes silence on the eleventh and then the Robins finished the week sharing what they had learnt about all the different coloured poppies and what they help us to remember. This week started with our 'Odd Socks Day' and our selections were as unique as each one of us and yet all were valued as socks and for their different characteristics. This led into our Anti-bullying week which had the theme this year of 'Reach Out' and the importance of speaking out, please reinforce this message at home. A huge thank you to the Rotary Club for bringing Pudsey to visit us to share his fundraising activities and to all our families who chose to support the British Legion or/ and Children in Need.

The Nativity invites are out and we are so sorry to need to restrict the number of tickets but this is due to the capacity of our hall. Please return your preference as soon as possible as they will be distributed on a first come, first served basis. We have lots of things to look forward to in the rest of this half term, the PTFA pantomime, Christmas lunch, service and party day as well as all the things you will have going on at home. Can I encourage you to do your best to keep bedtimes as normal as possible and try to keep up with reading and other homework until the last week of term.

Finally, please can I encourage parents waiting in cars at the beginning and end of the day, not to leave your engine on. It has been pointed out that it is illegal to do so in a built-up area and at our school we would like the air to be as clean as possible for our children. We would be very grateful for your support in this matter.

*Best wishes
Mrs Miles*

Class News

Last week the children celebrated Diwali, the Festival of Lights, making Diya lights and experimenting with lots of different materials and colours to make beautiful Rangoli patterns. The children dressed up and tasted traditional food. On Friday we learnt about Remembrance Day and why we wear poppies. We watched the short CBeebies film and painted some poppy pictures. We then went for a walk to the church looking at the poppies on the graves and inside the church. This week the children took part in 'Odd Socks Day' to mark the start of Anti-Bullying week. Then we had a special visit from a very famous bear, 'Pudsey' in preparation for Friday's Children in Need. We have been looking at 'Growing'- from plants, animals and ourselves to how things change through the seasons and over time. We have listened to the story of 'The Tiny Seed' following the life cycle of a flower and the adventure of a tiny seed, carried by the autumn wind along with other seeds, travelling far over the world. Looking at similarities and differences as we look at ourselves and how we have changed since being babies to what we can do now and what we could do in the future.

Quote of the week

Body & Mind

Wow play!

Words of the Week

Goldcrests

Talking about remembrance Erin told the group. "We wear poppies 'cos soldiers help protect our country and they went up to the clouds."



The children's height chart, how we have grown over the summer.


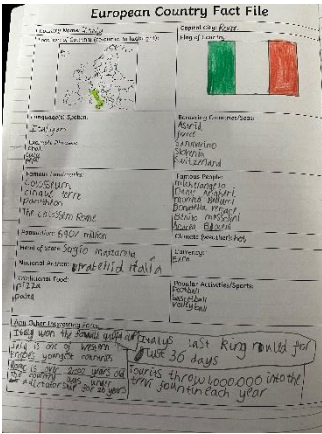

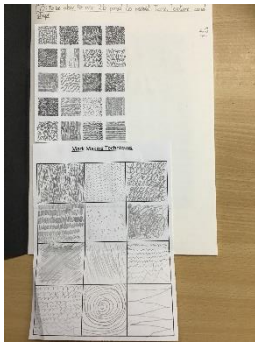



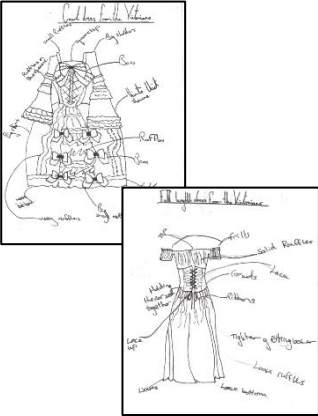
Some of the Children's Rangoli patterns



celebration
Diwali
Remembrance
soldiers
Pudsey Bear

	<p>Wrens have been thinking about the different seasons and the changing weather. We have been learning about how famous artists use clues to show people different types of weather.</p> <p>We were given the challenge of creating a sunny day picture without drawing a big yellow sunshine, so we had to think carefully about the colours, clothing and activities we included to do this. We are continuing to build our understanding of letter sounds and have been busy practising our word reading skills. In Maths, Year R have been learning about the number six and Year 1 have been exploring numbers up to 50. In PE, we have been trying out how we can change levels and pathways to add interest to movement sequences.</p>				Class Superstars
Wrens	<p>Quote of the week</p>	<p>Body & Mind</p>	<p>Wow play!</p>	<p>Words of the Week</p>	<p>Last week Betsy Nina</p> <p>This Week Freddie Lottie-May</p>
<p>When creating a picture Sam thought about how he could show it was sunny without drawing a sunshine and commented, "I'm also using shady colours for the shade parts on my picture."</p>	<p>We are continuing on our Jungle Journey to help build our physical development skills.</p>		<p>drought gale season stretch shine</p>		
Robins	<p>Last week Robins class shared their second celebration worship of the year so far, thinking about different poppies worn on Remembrance Day, they all spoke much more confidently, I am very proud of them all. This week in English the children have been learning 'The Papaya that Spoke' they are now retelling the story with actions to help them remember. In Maths we have continued with making amounts with money, adding 2 amounts together, and the year 2's have begun to think about change. In Science we have been thinking about what the weather looks like in each season. In Art we looked at Turners painting 'snow storm – steam boat off a harbour's mouth' the children then used charcoal to create their own stormy clouds, they really enjoyed smudging the charcoal. This week has been Anti Bullying week, we started off on Monday by wearing odd socks to school. Then we had a very special visitor at the end of the day – Pudsey Bear!</p>				<p>Last week Emmy Greta</p> <p>This Week Danny William</p>
<p>Quote of the week</p>	<p>Body & Mind</p>	<p>Wow work!</p>	<p>Words of the Week</p>		
<p>During our science lesson talking about what weather is in each season Freddie said "I know that picture is winter because I know in winter the leaves die and fall off the trees"</p>	<p>We have been practising our 'rainbow breathing' after lunch every day. Here is the link if you would to try it at home. https://youtu.be/IlbBI-BT9c4?t=1</p>	 <p>Ezra's charcoal picture of stormy clouds</p>	<p>untidy dive alarm choose hurt</p>		

	<p>This week has been Anti-bullying week and to start the week off, we wore odd socks and even had a special visitor come to see us in Collective Worship – Pudsey! As part of anti-bullying week, we have been looking at different types of bullying, how people might feel in different situations and how we can ‘reach out’ and be kind to others. In Maths, we have been looking at the relationship between addition and subtraction and using these to make fact families to match our part-whole and bar models. We have also been identifying patterns when adding 1, 10, 100 and a 1000 to numbers. In English, we have been focusing on making inferences based on a picture and what clues images can give us to help make predictions about what might happen in a story. In Art, we have been designing our own Art Deco themed stained-glass windows, using different shapes and in RE we have been learning about different Jewish festivals, Rosh Hashanah and Yom Kippur. In Science, we have been learning about the digestive system and how the different body parts work together and in PE, we have been working with our partners to create different balances.</p>				<p>Last week Tristen Maggie Noah</p>
Woodpeckers	Quote of the week	Body & Mind	Wow work!	Words of the Week	<p>This Week Matthew Sam Lily Wynter Zara Millie</p>
	<p>During our discussion on anti-bullying and how to treat others, Hayleigh said; “Think before you speak – is it kind, is it thoughtful, is it helpful”.</p>	 <p>We have been working with a partner to create different balances.</p>	 <p>Zara’s fantastic fact file on her chosen European country – Italy.</p>	<p>infer inference preposition memory digest</p>	
Owls	<p>On Monday, Pudsey came to visit us. It was lovely to see him and we had our photograph taken with him! In Geography this week, we have been comparing two European cities (London and Paris) and in Art we have been looking carefully at a range of mark making with our pencils in order to draw realistic animal pictures inspired by Rosa Bonheur. In Maths, we have been solving problems involving addition and subtraction in the context of money and learning how using the inverse operation and estimating can be used to help us check our answers. In English, we have been generating powerful vocabulary to use to write a description of a setting and in Science, we have been learning about food chains and metamorphosis.</p>				<p>Last Week Finley F Henry P Jasper HC Ella</p>
	Quote of the week	Body & Mind	Wow work!	Words of the Week	<p>This Week Otis Verron Eve Nell Selena Freya</p>
<p>This week as part of anti-bullying week, we have been thinking about what qualities makes a good friend. Some of the children’s ideas were: Thoughtful, kind, honest, caring, helpful, generous, fun.....</p>	<p>On Tuesday afternoon we enjoyed an afternoon in Forest School.</p> 	 <p>Nikola’s exploration of different mark making using a pencil.</p>	<p>adopt euphoria ponder vulnerable producer prey predator</p>		

Peregrines	<p>On Monday, we came into school wearing odd socks to highlight and to celebrate how unique we all are. We also had a visit from Pudsey Bear and the class enjoyed having a photograph altogether. As a class we discussed the importance of Anti-Bullying week and the children gave mature and insightful responses. In computing, we generated a word cloud to promote anti-bullying. In English, we have continued to write a story with a flashback and to learn techniques for answering reading comprehension questions. In Maths, we have been finding the area and perimeter of compound shapes. While in P.E. we have been playing hockey and swimming and in Science we have been investigating how heating and cooling materials- new materials can be formed.</p>			<p>Last Week Holly Phoebe Oliver Leo</p> <p>This Week Delphi Dexter Florence Alice Sophia Amelia</p>
	Quote of the week	Body & Mind	Wow work!	
	<p>During our class discussion, George said: "Being gay is not a choice."</p> <p>Nathaniel said, "We should celebrate our uniqueness."</p>	 <p style="text-align: center;">Peregrine Class meeting Pudsey Bear</p>	 <p style="text-align: center;">Phoebe's super research homework based on Victorian clothes.</p>	<p>permacrisis nauseating aplomb comprehension techniques</p>

<i>Headteacher Star Award</i>	<p><i>Ezra</i> for having such a kind heart and always sticking to the school rules.</p>	<i>Headteacher Star Award</i>	<p><i>Thomas</i> for being ready, safe and respectful with a great sense of fun.</p>
	<p><i>Andrei</i> for being respectful and always looking for ways to show it and to help.</p>		<p><i>Ted</i> for being TIPTOP and a great role model of our school rules.</p>

What's Going On? (Please see ourschoolsapp.com for further information)					
Forest School		Celebration Worship		Other Dates	
22/11/22	Peregrines				
23/11/22	Goldcrests & Robins	25/11/22	Peregrines		
29/11/22	Woodpeckers				
30/11/22	Wrens			05/12/22	Piano Performance
06/12/22	Owls	2/12/22	Owls	9/12/22	PTFA Christmas Event
7/12/22	Robins	09/12/22	Woodpeckers	12-16/12/22	NO CLUBS (B'fast & Smiles only)
13/12/22	Peregrines			12/12/22	Pantomime
14/12/22	Wrens			14/12/22	Christmas Dinner Day
				15/12/22	Christmas Service
				16/12/22	Christmas Party Day
				16/12/22	Last day of Autumn Term
				04/01/23	1st day of Spring Term