



All Saints News

11 November 2016

Dear Parents/Carers,

It was great to see you all at our last week's parent consultation meetings. I hope you enjoyed looking at the children's books and hearing about your child's progress and development. In order to further improve communication between school and home, we have sent home the parents' evening meeting notes for you to refer to. I really hope you will find them useful in supporting your child's learning at home.

Our value for this half-term is compassion. Christians believe that their attitudes and actions must reflect the kindness, mercy and compassion of Jesus and the love of God for everyone. We are linking a lot of the work on this value to our 'Friendship Week' (national anti-bullying week) which we will be celebrating week beginning 14th November. Please take some time to study the Home School Value resource attached with this newsletter. It includes fun activities for your family to do together alongside topics to stimulate discussion and reflection. You will need to use discretion when deciding which parts of each issue of Home School Values are most appropriate to the age of your child. Please also remember that you are warmly welcomed to attend our whole school Collective Worship on Monday mornings (10:20am - 10:40am) to learn more about our values education and to see it in action. Please just inform the School Office and let them know you would like to join us.

I hope you have a relaxing weekend.

Heidi Otranen
Headteacher



Years 4, 5 and 6 children and staff made a slight 'detour' on their way back from the cinema trip this Friday and stopped to pay their respects at the Bishop's Stortford war memorial to commemorate Remembrance Day. The whole school also participated in a special Remembrance Day Collective Worship during which a two minute silence was held. Thank you for all the poppy donations we have received; the Royal British Legion will really appreciate our support.

Teaching about mental health and emotional wellbeing

This half-term, as part of the PSHE curriculum, children in Years 1 to 6 will have specially designed lessons on mental health and emotional wellbeing. The classes will be learning about how to recognise and understand different feelings and how to develop positive coping strategies.

Sadly, mental health problems affect about 1 in 10 children and young people. They include depression, anxiety and conduct disorder and are often a direct response to what is happening in their lives. The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

We will also introduce 'Mindfulness' to the children next term. Mindful awareness exercises help children develop concentration and self-awareness as well as to reduce stress and anxiety.

Mindfulness Workshop for Parents

Tuesday 29th November, 9-11am

Do join the 'Mindfulness' workshop to be held here at All Saints.

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting feelings, thoughts and bodily sensations. By being fully present in this way - not forcing things or hiding from them, but actually being with them, we create space to respond in new ways to situations and make wise choices. We may not always have full control over our lives, but with mindfulness we can work with our minds and bodies, learning how to live with more appreciation and less anxiety.

Anyone can learn and practise mindfulness; children, young people and adults can all benefit. It's simple, you can practise it anywhere and the results can be life-changing!

All Saints House Prayers for All Saints Day Mass

Heavenly Father,

Thank you for Saint Francis and how he looked after our environment.

Please help us to be more like Saint Francis by looking after our world that God has provided and Saint Francis has cared for.

Amen

Dear God,

Thank you for Saint Alban and that he helped so many different and unwanted people, finding them a place in life.

Please help us not to judge people because of their differences and to be more like Saint Alban.

Amen

Dear Lord,

Thank you for Saint Nicholas and everything he did.

Please help us to be generous and loving like him.

Amen

Christ our Saviour,

Thank you for Saint Hilda, the patron saint of education.

Please help us to follow her example and to help each other in any way we can.

Amen

written by the House Captains

Autumn Term 2016 Dates

Date	Event
Mon 14th November	Friendship Week commences (Anti-bullying Week)
Wed 16th November	PTA Non-uniform Day in exchange for Christmas Fayre donations Christmas Fayre sorting night
Sat 19th November	PTA Christmas Fayre, 12-3pm
Tues 29th November	'Mindfulness' Parenting Workshop, 9-11am, all welcome (more details to follow)
Fri 2nd December	Christmas Design Technology Day
Mon 5th December	Year 3 Class trip to Celtic Harmony
Wed 7th December	Year 4 Greek Day
Fri 9th December	Year 6 Class Assembly at 2:45pm
Mon 12th December	Nursery & Reception Nativity dress rehearsal at 10am Key Stage 1 (Years 1 & 2) Christmas Show dress rehearsal at 2pm
Tues 13th December	Nursery & Reception Nativity performance at 11am Key Stage 1 (Years 1 & 2) Christmas Show performance at 2pm
Wed 14th December	Key Stage 1 (Years 1 & 2) Christmas Show performance at 2pm Christmas Carol Service at All Saints Church at 6:30pm
Thurs 15th December	Junior Christmas Parties (pm)
Fri 16th December	Nursery and Reception Christmas Party (am) Infant Christmas Parties (pm)
Mon 19th December	Christmas Dinner Day
Tues 20th December	Pantomime at the Rhodes Centre (Reception to Year 6)
Wed 21st December	Autumn Term finishes at 1:30pm

- Denotes a new entry

Please note more dates will be added accordingly.