



Message from Headteacher

This week we have supported Young Minds #HelloYellow campaign, where we wore yellow on World Mental Health day to show young people they're not alone with their mental health. We raised £160 – thank you for your support.

Linking mental health support to schools is crucial and we are always considering how to support our pupils' mental health and emotional wellbeing following an increase in anxiety, depression, self-harming and many other alarming symptoms in our children. While we acknowledge we still have a long way to go, we are committed to supporting the mental health of our pupils as best we can in school.

Primary schools now find ourselves dealing with problems that were once considered 'senior school problems'... but without the training. So in this chaotic world, we look to collaborate with mental health charities and professionals who can support us in developing our future adults. And hope government policy prioritises emotional wellbeing as a foundation to learning.



What's on next week



Monday 14th October:

- KS2 Football 3.20-4.20pm
- Lego Club 3.20-4.20pm
- Mad Science Club 3.20-4.20pm

Tuesday 15th October:

- Choir 8.20-8.50am
- 12.15-1.15pm Gardening Club
- Singing, Woodwind & Guitar Lessons
- KS2 Healthy Lifestyle 3.20-4.20pm

Wednesday 16th October:

- Street Dance Club 8.15-8.45am
- Violin & Keyboard Lessons

Thursday 17th October:

- Drum Lessons
- Year 4 Swimming Lessons

Friday 18th October:

- KS2 Harvest Festival 9.30am
- KS2 Netball & Basketball 3.20-4.20pm
- 8pm Quiz Night

Years 1 & 2

This week we have been using the story of ‘The Disgusting Sandwich’ as inspiration for a set of instructions. We have learnt them using actions and by drawing a text map and then writing them up. In maths, Year 1 have started a unit on shape and pattern, we have been naming, describing and sorting 3D and 2D shapes. Year 2 have been looking at how to use number bonds to 10 and 20 to help the add 3 numbers together. In theme, we followed a set of instructions to create some yummy jelly! We also discussed the need for a healthy diet and designed our own healthy meal.

Years 3 & 4

Well we have been very creative this week in Years 3 & 4 making models of the human digestive system. It has been great to see how inventive children can be when making a small intestine! This theme has caused much amusement as you can imagine - especially as we discuss the end of the journey! Next week we shall carry out an experiment involving beans! Thank you for sending in the resources for this. In English, we have been writing expanded noun phrases to help us when we write our own ‘journey tale’ next week and in Reading we have been learning to identify synonyms and also the meanings of unknown words. The book is getting exciting now and everyone is keen to read it!

Parent/Carer Survey Results

Thank you to all parents and carers who took the time to complete the survey last term. The results have now been collated and are available on our website under the ‘Parents and Families’ tab, a letter summarising the survey has also been sent home.

Girls Football Team

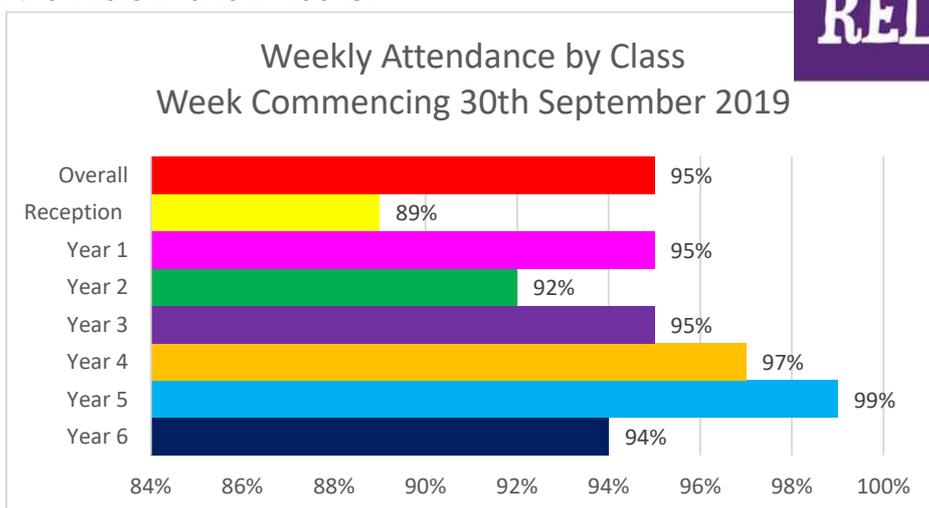
A huge well done to our Year 5 and 6 girls football team who finished in the top two teams at our tournament last week. This means we are through to the finals in a few weeks!

Years 5 & 6

Year 6 began the week with Bikeability; learning how to look after their bikes and how and where to ride them safely. The instructors were very pleased and impressed with both the behaviour of our children and their ability to listen to instructions and carry out practical tasks, especially in a road situation. Years 5 & 6 have also been visited by teachers from Malachi who came to talk to us about Emotional Health and Wellbeing. Each class had an hour’s session and then came together for a workshop which culminated in them presenting to the rest of the school. Our theme has continued, we have produced our own hieroglyphs and also started to think about a science investigation related to bacteria in milk. Another busy week!

★ ★ ★ **7 Steps of Relaxation** ★ ★ ★ relax kids

MOVE	Warm up exercise for energy & fun
PLAY	Activity games for vitality, creativity & joy
STRETCH	Stretching for balance, inner strength & power
FEEL	Peer/Self massage for self awareness, empathy and respect
BREATHE	Breathing exercises for improved health, anxiety & inner calm
BELIEVE	Affirmations for self esteem, confidence & positivity
RELAX	Visualisations for deep relaxation, imagination & peace



House point totals
Week Commencing: 30th September 2019

	147		203
	170		187



In2Ed Africa Project Update

School Councillors this week have been sharing their questions for our Africa link about the exciting In2Ed building project in Kenya. Y6 have begun to consider which pictures of school life might be of interest to school children in Africa and children have even shared Swahili vocabulary! Perhaps you would like to practise counting to ten in Swahili at home:

One	-	Moja
Two	-	Mbili
Three	-	Tatu
Four	-	Ine
Five	-	Tano
Six	-	Sita
Seven	-	Saba
Eight	-	Nane
Nine	-	Tisa
Ten	-	Kumi

This month, the charity have also begun its "Dress for Success" campaign so that children can attend school in a school uniform and hence have the chance to go to school. You can keep a check on how they are doing with this fund-raiser through our Facebook post, to see how much has already been donated!

Also this week, the charity has taken its delivery of school bags which have a solar panel in the front of the bag. This is charged by the sunshine during the day and then connected to a jar when they get home, allowing the children and their families to have light in their houses in the evening. Most homes are in darkness every evening as people in Korogocho cannot afford electricity. so these school bags means that the charity will also help bring light into children's homes.

We hope you will continue to follow our school's journey as it makes it link with our African friends.

Kind regards
Mrs Cadman.

Coffee Afternoons

Our MacMillan Coffee afternoon raised £65.00!! Thank you to all those who attended or sent in donations to the school office. It was very much appreciated and we look forward to repeating this event next year.

Our future coffee afternoons this term are on the following dates at 2.30pm - we look forward to seeing you!

- Thursday 24th October 2019
- Friday 22nd November 2019
- Friday 20th December 2019

Times Table Rockstars

Children in Years 3 and 4 have all been given their login details this week. Please encourage your children to practise at home. Thank you.



The UK's largest crisp packet recycling scheme

Walkers offers a simple and free crisp packet recycling scheme, which accepts all brands. This is now the largest and fastest-growing scheme of its type in the UK, with a drop off point in Lichfield at the Garrick Theatre! Please save up your packets and recycle them at the theatre.





Please help local people in crisis by buying items from the list below. Thank you!

- * Tinned meat
- * Tinned fish
- * Rice pudding
- * Long-life milk
- * Snacks (eg cereal bars, crisps, nuts)
- * Tinned fruit
- * Long-life fruit juice
- * Cereals
- * Jam
- * Coffee
- * Tinned peas and carrots
- * Pasta Sauce
- * Instant mash
- * Custard
- * Biscuits
- * Chocolate
- * Tinned tomatoes
- * Sugar 500g



WORDS ALIVE

A weekly club for 8-12 year olds who love words!

Read, write, create, act, and illustrate in the inspiring setting of the Samuel Johnson Birthplace Museum

10.30 - 11.45am
Every Saturday from
12 October - 14 December

£3 per session
Pay as you go or book 5 sessions for £12
Discounts available for families
Try your first session for free!

call: 01543 264 972
click: www.samueljohnsonbirthplace.org.uk
email: sjmuseum@lichfield.gov.uk
visit: corner of Lichfield Market Square
Follow us @SamuelJohnsonBM

Admission - £2.50

HALLOWEEN DISCO

23 WEDNESDAY OCT

Free hot dog & unlimited squash

EYs & KS1
5:00 - 6:00pm

KS2
6:30 - 8:00pm

Chocolate, Crisps
glitter tattoos
& glow sticks
available to
purchase on the
night.

QUIZ NIGHT

18 TH OCT

YOUR CHANCE TO BECOME CHADSMEAD CHAMPIONS!

8pm START

TEAMS OF 2-6 PEOPLE

BRING YOUR OWN DRINK AND SNACKS. ALCOHOL PERMITTED

£10 PER TEAM

PLEASE TAKE PAYMENT AND TEAM NAME TO THE OFFICE BY MONDAY 18/10/18