



A Message from Mrs Hewitt

This week we have been focusing on mental health and wellbeing in school. The children have been learning about how to keep themselves safe and mentally well. As part of this, we held a Safer Internet Day on Tuesday as we are aware that social media and screen time can have a huge impact on mental health; we spent time completing activities in school about how to use the internet safely. There are support pages for parents on this website:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022/advice-for-parents-and-carers>

To raise awareness of Fair Trade, Year 4 will be organising a FAIRTRADE cake and biscuit sale on Friday 18th February for all of the other children in the school. We would be delighted if you could bake cakes/biscuits that have at least 1 fair trade ingredient or donate any fair-trade cakes/biscuits from the supermarket. Thank you so much for your support. All children can bring in money for cakes that day. <https://www.fairtrade.org.uk/media-centre/blog/bake-a-difference-with-these-20-fairtrade-baking-ingredients/>

Unfortunately, our forest school area was vandalised last weekend, and all of our equipment was destroyed. We are sad that the children will not be able to use the area until we have cleared the site and made it safe. Thank you to parents for supporting us to re-equip the area.

ECO COUNCIL

The children in our eco council have completed a survey at playtimes about how many children are eating healthy snacks (fruit). They came to see me to say that some children are bringing to school snacks that are full of sugar, so they have asked me to remind children about the importance of bringing a healthy snack to school. Thank you to the Eco council for raising our awareness.

Half term: See below for some half term activities that the eco council have found.

CAMHS have a new website

A new mental health website for children and young people has launched! Find out about the support that NHS Child and Adolescent Mental Health Services in Herefordshire and Worcestershire offer by visiting: www.camhs.hacw.nhs.uk

The links for children are:

- 5 - 11 Years | School Mental Health (hacw.nhs.uk)
- 12-15 Years | School Mental Health (hacw.nhs.uk)

Support for parents and carers can be found here: www.camhs.hacw.nhs.uk/parents-and-carers

NHS and mental health support.

The NHS have a mental health website, and this includes how to support anxiety in children. <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-in-children/>



Meadows Mouse Awards

| | |
|--------------|--|
| Cygnets | Sadie - super writing every morning. Jaxon - trying so hard all of the time. |
| Goslings | Robin - super reading and phonics work. Leo - always trying his best and working hard. |
| Caterpillars | Lily-Jane E - trying hard with her writing and spelling. Harry W - being such a kind friend to children in the class. |
| Dragonflies | Ella B - great phonics progress. Harry B - super writing progress. |
| Owls | Olly B - organised and enthusiastic with his spellings. Darci - being enthusiastic and focused when working with her learning partner. |
| Hedgehogs | Louie S - always being determined to do his best. Olivia B - constant enthusiasm at school. |
| Sharks | Abigail G - amazing poetry work. Ellianna S W - creative game mascot work. |
| Dolphins | Georgie-Mai R - great poetry writing. Tia T - excellent effort in Maths lessons. |
| Jaguars | Lenny & Immy - fantastic descriptive writing in their versions of the Great Kapok Tree story. |
| Tigers | Sam K - writing an amazing version of the Greak Kapok Tree. Ava W - brilliant maths thinking when learning about fractions. |



Friends of Meadows News

1. Thank you to everyone who has donated to our Go Fund Me appeal, to raise funds to repair the recently vandalised Forest School. We nearly doubled our target in 24 hours!
2. All children from Meadows First School (reception and up) are invited to take part in a Meadows First School Junior Parkrun Takeover on Sunday 27th February. Sponsorship forms and details about the event have been emailed out. Thank you to all our willing volunteers so far, the event can't go ahead without you! If you'd like to volunteer, or need to find out more about the event, please just email friendsofmeadowsbromsgrove@gmail.com

Thank you as always for your support with our fundraising ideas

Be a STAR of your emotions

We all experience different emotions from time to time. In just one day, you may feel proud, excited, sad, anxious, nervous, and many other emotions.

Remember, all feelings are valid.

Shining a light on how you feel, particularly when you're feeling overwhelmed or anxious, can help you find coping strategies to support your emotional health and wellbeing.

STOP
Take a step back from whatever you're doing. How do your body and mind feel? Try putting your hands on your heart and belly, then quietly count to 10.

TAKE A BREATH
Practise a breathing activity. As you gently breathe in and out, trace one finger up and down the fingers of the other hand. How do you feel now?

AND
Continue to breathe deeply. Notice if any emotions come up; begin to label them. It's okay to not be okay! Try a sensory activity like push-ups, star jumps or using a calm down jar.

RELAX
When ready, share how you feel. Write it down, draw a picture, or talk with a trusted adult. This can help you find a way to resolve the situation. Then, do an activity to relax and let go!

To get started, follow the steps on the STAR model.

OPTIMUS EDUCATION
Part of Shaw Trust



NO ESCAPE TOO BIG or small BINGO!

During your half-term adventures, see if you can complete a line or diagonal of the fun activities in the bingo grid below - or go for gold and try to complete them all!

Don't forget to check out Frugi's blog for helpful hints and tips...

| | | | |
|--|--|---|---|
| <p>Make friends with a tree or plant</p> | <p>Go on a nature scavenger hunt</p> | <p>Take part in a litter pick</p> | <p>Use a reusable water bottle five times</p> |
| <p>Make a bird feeder</p> | <p>Recycle five items!</p> | <p>Spot a bird! Can you identify it?</p> | <p>Go for a walk or bike ride in a wood or park</p> |
| <p>Make some art in nature</p> | <p>Learn the word "forest" in a different language</p> | <p>Build a bug or hedgehog hotel</p> | <p>Count the number of trees you see when out and about</p> |
| <p>Read a book or watch a programme about trees!</p> | <p>Collect fallen twigs & sticks to create a make-believe nest</p> | <p>Share a picture or drawing of your favourite flower or plant</p> | <p>Write a LEAF letter to your school</p> |





February Half Term Activities

There are opportunities over the February Half Term for children and their families to see Wind and The Willows at The Palace Theatre in Redditch as well as fun swim sessions and family swim sessions at The Abbey Stadium in Redditch. These are free for children who are eligible for Free School meals. To book your free places you will need to quote a voucher code below relating to which activity you want to book.

Wind In The Willows = FEBWIND

Fun Swim session = FEBFUNSWIM

Family Swimming = FEBFAMSWIM

| | | FEBRUARY HALF TERM MONDAY 21ST FEBRUARY – SUNDAY 27TH FEBRUARY | | | | | | | | | | | | | | | | |
|-----|------------------------------------|---|----------------|----------------|-----------------------------------|--------|--------|-------|-----------------------------------|----------------|---------|-------------------------|--------------------|--------------------|----------------------------|--------------------|-------|-------|
| | | MAIN POOL | | | | | | | | | | | | | | | | |
| | | 06:00 | 07:00 | 08:00 | 09:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | 21:00 | 22:00 |
| MON | REDDITCH SWIM CLUB (1 SINGLE LANE) | PUBLIC (3 DOUBLE LANES) | AQUA FIT | FAMILY BUBBLES | | | | | PUBLIC / GENERAL (3 SINGLE LANES) | | | | | AQUA FIT | REDDITCH SWIM CLUB & LANES | REDDITCH SWIM CLUB | | |
| TUE | REDDITCH SWIM CLUB (1 SINGLE LANE) | PUBLIC SWIM (3 DOUBLE LANES) | FAMILY BUBBLES | AQUA FIT | PUBLIC / GENERAL (3 SINGLE LANES) | CLOSED | CLOSED | | PUBLIC / GENERAL (3 SINGLE LANES) | JUNIOR LESSONS | GENERAL | GENERAL | LIFEGUARDS | FOR AQUA | REDDITCH SWIM CLUB | | | |
| WED | REDDITCH SWIM CLUB (1 SINGLE LANE) | PUBLIC (3 DOUBLE LANES) | FAMILY BUBBLES | | | | | | PUBLIC / GENERAL (3 SINGLE LANES) | JUNIOR LESSONS | GENERAL | PUBLIC (3 SINGLE LANES) | BETA SWIM | LADIES NIGHT | PUBLIC (3 DOUBLE LANES) | | | |
| THU | REDDITCH SWIM CLUB (1 SINGLE LANE) | PUBLIC (3 DOUBLE LANES) | AQUA FIT | FAMILY BUBBLES | PUBLIC / GENERAL (3 SINGLE LANES) | CLOSED | CLOSED | | PUBLIC / GENERAL (3 SINGLE LANES) | JUNIOR LESSONS | GENERAL | PUBLIC (3 SINGLE LANES) | REDDITCH SWIM CLUB | REDDITCH SWIM CLUB | | | | |
| FRI | REDDITCH SWIM CLUB (1 SINGLE LANE) | | | | | | | | | | | | | | REDDITCH SWIM CLUB | | | |
| SAT | CLOSED | PUBLIC (3 DOUBLE LANES) | FAMILY BUBBLES | JUNIOR LESSONS | GENERAL SWIM (NO LANES) | CLOSED | CLOSED | | | | | | | | | | | |
| SUN | CLOSED | ADULT SWIM (3 DOUBLE LANES) | FAMILY BUBBLES | GENERAL SWIM | | | | | | | | | | | REDDITCH SWIMMING CLUB | | | |

| | | LEARNER POOL | | | | | | | | | | | | | | |
|-----|--------|----------------|----------------|--------------|----------------|----------------|--------------------|-------|----------------|--------------------|-------|-------|-------|----------------|-------|--------|
| | | 08:00 | 09:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | 21:00 | 22:00 |
| MON | CLOSED | | FAMILY BUBBLES | GENERAL SWIM | GENERAL SWIM | | | | JUNIOR LESSONS | REDDITCH SWIM CLUB | | | | FAMILY BUBBLES | | |
| TUE | CLOSED | | FAMILY BUBBLES | GENERAL SWIM | CLOSED | GENERAL SWIM | | | JUNIOR LESSONS | LIFEGUARDS | | | | CLOSED | | |
| WED | CLOSED | | FAMILY BUBBLES | GENERAL SWIM | | | | | JUNIOR LESSONS | GENERAL SWIM | | | | CLOSED | | |
| THU | CLOSED | | FAMILY BUBBLES | GENERAL SWIM | CLOSED | GENERAL SWIM | | | JUNIOR LESSONS | REDDITCH SWIM CLUB | | | | CLOSED | | |
| FRI | CLOSED | | FAMILY BUBBLES | | | | | | GENERAL SWIM | JUNIOR LESSONS | | | | CLOSED | | |
| SAT | | JUNIOR LESSONS | FAMILY BUBBLES | GENERAL SWIM | | | | | | | | | | | | CLOSED |
| SUN | | FAMILY BUBBLES | | GENERAL SWIM | FAMILY BUBBLES | JUNIOR LESSONS | REDDITCH SWIM CLUB | | | | | | | | | CLOSED |

Immersion THEATRE
A TOAD-ALLY TERRIFIC MUSICAL EXTRAVAGANZA FOR THE WHOLE FAMILY - POOP POOP!

The Wind in the Willows

Wednesday 23rd February
1.30pm & 4.30pm
Call to book 01527 65203

ABBEY STADIUM

Tuesday 1.00-1.45pm
Thursday 1.00-1.45pm
Friday 1.00-1.45pm & 6.00-6.45pm
Saturday 2.00-2.45pm

February Half Term
Fun sessions to book
Call 01527 60206

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You, the wall, no limits

Excitement. Thrills. Adventure.

- Qualified, friendly instructors
- For people with disabilities of all ages
- No experience needed



**2.30pm-4pm
Sundays**

**20th February,
6th, 13th, 20th,
and 27th March**



Bromsgrove Sports & Leisure Centre,
School Drive, Bromsgrove B60 1AY
Parents and siblings are welcome to attend and take part.

**Only £25 per child
Limited spaces available**

Contact the sports Development team for
more information on 01527 881356 or
email sd@bromsgroveandredditch.gov.uk