

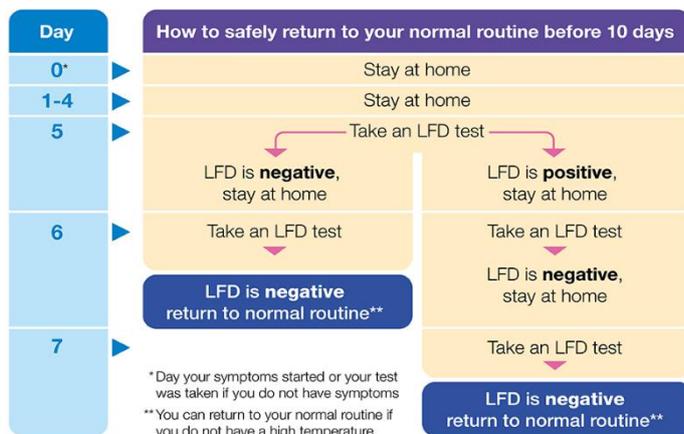


A Message from Mrs Hewitt

The week before half term, year 4 completed a project on Fair Trade. As part of this, they went to Waitrose for a talk on the brand's commitment to Fair Trade, and the week ended with a Fair-Trade cake sale which raised £225. They worked so hard throughout the week, and I have received a letter from Waitrose commending the children on their behaviour. Well done to year 4- I am very proud of you!



Reading is a high priority at Meadows, and this year we have spent a lot of money investing in Accelerated Reader books for key stage 2 children, new phonics books for reception and key stage 1 children, as well as new books for class libraries. This week we celebrated book week, and today we had a poetry recital in assembly.



Please see the flow diagram which identifies that, whilst it is no longer a legal requirement for people with C19 to self-isolate, it is strongly advised by Public Health, that if you have any of the main symptoms or a positive test you should stay at home. This should last at least 5 days. We will be following this guidance at Meadows, to keep the spread of the virus to a minimum so classes can remain open.



Meadows Mouse Awards

- Cygnets Amelia & Asha - having superb attitudes to classroom activities and always trying their very best.
- Goslings Florence W - brilliant rainforest painting. Skye B - trying hard with her phonics work.
- Caterpillars Franky D - working hard with his spellings. Alex B - making great progress in reading and writing.
- Dragonflies Phoebe- Always working hard in all lessons. Xavier- Great English work.
- Owls Zeke - super ideas and enthusiasm in his writing this week. Tulashee - amazing reasoning and use of vocabulary in Maths.
- Hedgehogs Jack G- great focus in lessons. Ella G- enthusiasm in writing
- Sharks Logan H- improved focus in lessons. Harvey R- for his enthusiasm in Maths when measuring.
- Dolphins Isabelle C and Oscar J- for their great ideas and enthusiasm in writing.
- Jaguars Indie S - always showing great enthusiasm in lessons. Harry B - super focus in lessons.
- Tigers Phoebe B - excellent work in art when finding out about Alexander Edwards. Louis S - working hard in lessons and trying his best.



The fun park run at Sanders Park was a great success last Sunday. The children seemed to thoroughly enjoy the event. Thank you to Sian Smith and the Friends of Meadows for organising the run, and thank you to parents and staff who volunteered at the event. Sponsor money is being collected currently, and the winners of the raffle prizes have been notified. Thank you to Gym Shark and Bromsgrove Sporting for providing these prizes.

A message from Friends of Meadows

Well done to all the runners and volunteers for the sponsored Parkrun on Sunday. It was a great turnout, and you all looked like you had a lot of fun! Please can you send in all sponsorship forms and money to school by Monday 7th March.

Some of our children have been talking about the events that are happening in Ukraine. The Trauma Informed School organisation has released this information for parents.



Ways to Speak to Children About Events in Ukraine

The media coverage of events in Ukraine is undoubtedly being heard by our children. The use words such as invasion, attack, bombing and war are, undoubtedly, being overheard and absorbed by our children. For some, this may well be very frightening. Sitting on top of the experiences of the last two years may add further anxiety and fear, exacerbating distress. As parents/carers or teachers, you may feel uncertain about the best way to reassure without raising anxiety further. We may inadvertently communicate our own anxieties and fears around the events by if we don't notice how we are feeling before speaking to them, or by ignoring the topic completely



Steady yourself before you start to speak to your child. Your child will take their cues from you, if you appear anxious, their fear may escalate. **Be calm, steady and factual.**

Find out what your child understands already and what they may have heard. "I'm guessing you have heard lots about Ukraine on the news, or from adults talking about it, I'm wondering what you may be thinking about it or if you have any questions?"



Listen, Validate, Empathise to your child's fears and worries. Be compassionate and understanding and accept their feelings before moving to reassure. War **is** frightening and this comes on top of their experiences of the pandemic which may have heightened their sense that the world is not safe.

Contextualise and contain locate where the conflict is happening so the child has a sense of distance and the risk of them being caught up in the conflict for them is low. Use appropriate sources of information - BBC Newsround, Time for Kids, News for Kids, The Day to find accurate, age appropriate information



Take action: be aware of what your child is overhearing either through news bulletins or through adults discussing the situation. Find ways to empower your child in to do something meaningful - maybe contribute to care parcels sent out to those displaced by the conflict, find out what is happening locally to provide support, looking for those helping can balance the child's perspective



This week, we celebrated World Book Day in school- the outfits were fabulous.

I Opened a Book

"I opened a *book* and in I strode.
Now nobody can find me.
I've left my chair, my house, my road,
My town and my world behind me.
I'm wearing the cloak, I've slipped on the ring,
I've swallowed the magic potion.
I've fought with a dragon, dined with a king
And dived in a bottomless ocean.
I opened a book and made some friends.
I shared their tears and laughter
And followed their road with its bumps and bends
To the happily ever after.
I finished my book and out I came.
The cloak can no longer hide me.
My chair and my house are just the same,
But I have a *book* inside me."

— Julia Donaldson

