



### Break the rules!

Thank you so much for your efforts in helping your child break the rules for Comic Relief! We know that these things don't happen without your input and it's fun to do something which brings us together as a community.

We have raised £249.35!

We are still selling raffle tickets for the Easter draw which will help fund activities here in school. We will announce the winners on Thursday 28<sup>th</sup> March (last day of term!)

Mrs Jefferies  
Headteacher



### Homework

To avoid confusion (and your child telling you there is no homework, each week!), we'll post here what your child should be completing at home in line with our homework policy.

Sprat & Winkle	Reading: Spelling:	Read at home every day Practice tricky words which were passed to you at parent's evening.
Lower School	Reading: Spelling: Maths:	Read at home to an adult x4/wk Y3 read & respond Complete spelling activities linked to focus 5. Y1 phonics sheet to go through with words too please! TTRS – do at least 4 Garage sessions a week.
Upper School	Reading: Spelling: Maths: Topic:	Read at least x4/wk. Read & respond – in for Tuesday Set on Mon, in for Fri – 3 spelling activities – DONE WELL!! TTRS – do at least 4 Garage & 3 Soundcheck this week. <b>**ONLY 5 HAVE USED IT THIS WEEK**</b> Due in next Monday 25 <sup>th</sup> March – catch up! <b>Y6 have separate SPAG &amp; Maths homework.</b>

### Safe drop offs

**We have noticed that an increasing number of parents are dropping children off before or after zig zags and then driving slowly until they see their child enter school.**

#### PLEASE DON'T

A child fell over in their hurry to get into school the other day and the parent couldn't do anything about it because they were holding up traffic.

This just increases the risk to your children. We do not have a drop off zone so please don't use Old London Road like one.

### Dogs

Many of us here at Stockbridge are dog lovers but this doesn't apply to everyone and we have become aware that it's often tricky coming in the gate on a morning as we have many 'dog pupils' who gather for their walks at the gate as you wave goodbye to your children!

If you are bringing your dog on the school run, please could we ask that you see your child across the road to the gate and then wait on the other side of the road if you're meeting up with anyone, thus avoiding children having to walk on the road to walk around the dogs. If you're dropping and going, please do exactly that so that people don't have to move onto the

### Signposting

Please note that from time to time, we signpost families to local activities, clubs or events. Whilst we are selective in what we send out, this should not be seen as a recommendation or endorsement. We do not carry out the same checks for signposted activities as we would for those activities hosted within or by the school and parents should therefore satisfy themselves that they are happy with the organisation and their activity.

# PE

This week in PE, Mottisfont have been busy learning how to dance in the style of Bollywood. We have learned moves such as 'Take the Apple from the Tree', 'The Chop' and 'Bee and Flower'. Demonstrating great resilience and patience, the children put on a performance at the end to wow the adults!



In lower school we have been working on our cheerleading and Flamenco dance skills, we are all focussing on a different dance to give the children a wide range of experiences. We have all thoroughly enjoyed our dance lessons and have all performed to our respective classes.

# Personal development

Upper school had the most fabulous trip to the Portrait Gallery in London last week. Despite the epic journey hampered by roadworks, the day in the gallery was a great introduction to our art topic as children explored famous people from Britain's black history.



# REGULAR



# UPDATES

## Mental health

As we continue our exploration of the NHS guide to good mental health for children, this week we've chosen to feature one of their themes that affects adults as much as children.....loneliness.

Friendships are great when they're going well but when they fall apart, even if momentarily, they can make you feel miserable, stressed and lonely. Loneliness is an emotion that many children may feel from time to time. It can often arise from a child feeling dissatisfied with either the quantity or quality of the social connections and relationships they have with others. It can also result from feeling misunderstood, uncared for or feeling somehow 'different' from their peer group. These feelings can be 'inside' and they look perfectly happy on the outside.

### What it might look like if a child or young person is struggling with the feeling of loneliness

- Low self-esteem - thinking or believing they are not good enough or expressing a desire to punish themselves. They may make statements of worthlessness or hopelessness.
- Appearing uncaring or unbothered about people or activities they previously would have cared about. This may lead to not honouring commitments or responsibilities, which is uncharacteristic.
- Emotionally labile - frequent changes of emotion and appearing more sensitive (irritable, upset).
- Feeling flat, empty, numb, hopeless and helpless.
- Acting withdrawn and uncommunicative. May lead to refusal to leave the house or attend/take part in activities such as school, hobbies, interests, seeing friends.
- Persistent efforts to engage with others and seek social contact.
- Seeking verbal reassurance and checking things are OK with others including peers.
- Disrupted sleep - difficulties getting to or staying asleep, waking very early in the morning and not being able to get back to sleep or oversleeping.
- Changes in appetite and eating behaviour. A loss of appetite and reduced food and fluid intake or an increase in appetite and consumption of food and fluids.
- Physical symptoms including headaches, digestive upset and pain.
- They may have thoughts about harming themselves or ending their life.

### Things that might help a child or young person if they are experiencing difficulties in their friendships or feel lonely

- Acknowledging and normalising that it is usual to feel a range of emotions.
- Try to keep normal routines going as much as possible.
- Encourage your child to keep doing activities they enjoy. Discourage them from avoiding social opportunities when they arise.
- If they are finding it hard to talk about how they feel, they might find it easier to write down how they are feeling rather than talk.
- Remind your child that if they are being bullied, it is not their fault and they do not deserve to be abused or made to feel any less of a person.
- Find hobbies and activities that will boost their self-esteem and confidence. Joining new groups or clubs will give them the opportunity to meet new people and make new friends.
- Encourage your child to practice 'safe social media use'. Block, unfriend, mute and delete anyone or any group that is unhelpful. If social media is a problem, delete the apps off their phones/tablet. Encourage your child to turn their phone off at night.

A workshop on supporting a young person with anxiety: [bit.ly/3E1Wc6v](https://bit.ly/3E1Wc6v)



A short film on the importance of routine and activity scheduling: [bit.ly/3UxEbbj](https://bit.ly/3UxEbbj)



# Diary Dates Spring term 2023-24

Our website is also updated with all of these new dates and will now be up to date as we've bravely moved to an online diary for all staff!

Date	Who does it apply to?	Time	Notes
Mon 18 <sup>th</sup> March	Clubs		Last week of clubs before Easter.
Tues 19 <sup>th</sup>	Team Y5/6		Netball competition
Sat 23 <sup>rd</sup>	All		Grounds working party - All welcome - just for 2hrs and we can make a huge difference.
Wed 27 <sup>th</sup> March	Year 4		Wednesday 27 <sup>th</sup> - Thursday 28 <sup>th</sup> March - Tile Barn
Thurs 28 <sup>th</sup> March	Year 1,2 & 3	9.00am-3.00pm	Trip to Butser Farm - letters have gone out.
EASTER HOLIDAYS			
Tues 16 <sup>th</sup> Apr & Thurs 18 <sup>th</sup>	Upper School	All day	Trip to Romsey Signal Station

Reminder of INSET dates for next year so you can book holidays around these:

Day 4	Monday 22 <sup>nd</sup> July
Day 5	Tuesday 23 <sup>rd</sup> July