



11<sup>th</sup> February 2022

Dear parents/ carers,

The past fortnight has been an eventful one with lots of great learning opportunities for the children including French, PE, Music, after school clubs and peer reading. We are working hard to display **RESILIENCE** across the school and the children should be able to talk to you at home about the resilience they are showing in their learning. It has been great to invite parents back onsite for Parent Consultations and our Read Write Inc parent information session – thank you to all who were able to attend and show their support. We will continue to work together to support the children of Highampton to be lifelong learners and the best version of themselves.

### Safeguarding and Wellbeing

This week is *Children's Mental Health Week* and there are some fantastic free resources available to support you at home as well as the support that we offer in school. Children and young people often suffer from anxiety – this is a normal emotion to feel and we all get this from time to time. Here are four practical strategies to dealing with anxiety –

1. **Normalise anxiety** with children - talk openly about experiences – this can build resilience and self- esteem. Worry time can be a powerful tool for making time to talk about anxiety.
2. **Make time for mindfulness** – this can be through meditation, breathing techniques or movement.
3. **Conscious breathing** – 5 finger breathing is a useful tool where children can focus on breathing rather than on what they are feeling anxious about.
4. **Basic neuroscience** – build knowledge and understanding. Rather than being consumed by anxiety in the 'emotional brain' (limbic system), a child can learn the importance of regulating their emotions using their 'thinking brain' (neocortex).

Here are some signs that a child may be struggling with their mental health and wellbeing:

- A change in their usual behaviour, e.g. a sudden withdrawal, increased aggression, increased tiredness, increased apathy
- Anxiety
- Symptoms of depression
- Seemingly inexplicable outbursts
- Increased difficulties in friendship groups
- Changes in eating or sleeping patterns

There is some useful advice here - [Anxiety in children - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/anxiety/children/)

# Newsletter

## Pupil Voice

This week, our Read Write Inc sessions have been going really well. Pupils are grouped across the school so that learning progress can be rapid and that older children have their reading and spelling gaps plugged. In Tarka class, learning in Maths has been excellent too, with some of the children able to explain how their learning is progressing –

Archie – *“I kept on trying in my counting. I’m showing Mrs Rees how well I have worked.”* Great RESILIENCE shown here Archie.

Sanitago – *“I find Maths really hard sometimes, but I like it and using pictures to help me. Counting in 5s is my best!”*

Albie – *“When we were doing outdoor learning yesterday, I found this acorn.”*

In Ruby Class year 5 and 6 have been applying their times table knowledge to see connects between fractions with different denominators. The class have impressed with their resilience shown in the face of a tricky, abstract concept. Year 4 have been partitioning 2-digit numbers, into 10's and 1, to multiply efficiently. We are now applying our literacy skill and re-writing our own version of 'The Princess Blankets'. The class has showcased similes, metaphors and direct speech in the beginnings of their stories; we look forward to reading the finished pieces. In art, we have been learning the rules of shading and we will build on these skills to discover why we need to use shading in our artwork.

KS-*“In maths, it has been quite challenge converting fractions and taking them away, but it is fun. I like writing my own story and getting my creative ideas down. We have been learning to include subjunctive form and figurative language in our own story. In science, we have been learning that smaller objects make smaller sounds. In PSHE, we have been learning about being respectful.”*

HLC-*“In maths, I have enjoyed learning about the names of shapes.”*

## Wheelie Wednesday



Pupils in Tarka class are welcome to continue to bring their bikes/ helmets into school to use at lunchtime for Wheelie Wednesday. We did try to extend this to older pupils also but unfortunately there is limited space so we will continue to prioritise the younger children as this exercise develops their gross motor skills and confidence. Pupils in Year 5 have Bikeability coming up in the second half of term. See Dates for your Diary for more details.

## Curriculum news

Thank you to those parents who attended our Read Write Inc parent information session this week. The session aims were to give parents an overview of the programme for teaching reading and to share the new resources as well as answer any questions you may have. If you were unable to make the session, there is an introduction video here –



<https://schools.ruthmiskin.com/training/view/91WtH6r8/YEhqpyz2>

and a training video for reading the sounds correctly –

<https://schools.ruthmiskin.com/training/view/mUfbyTZm/YUfmhfNa>

We will hold another session soon so look out for upcoming dates.

Further training for parents and information on reading at home can be found here –

Ruth Miskin Parents' Page:

<http://www.ruthmiskin.com/en/parents/>

Ruth Miskin Facebook:

<https://www.facebook.com/miskin.education>

Free e-books for home reading:

<http://www.oxfordowl.co.uk/Reading/>



## The Aim Group support for parents



### [The AIM Group - Apprenticeships, Free Qualifications and Pre-Employability Courses](#)

Hello, My name is Chris and I work for a company called the AIM group. We have just started to support all of the DMAT trust schools by being introduced through the CEO

I wanted to explain exactly what this platform can do to help you and how it could ensure a further understanding of anything that might be troubling your kids.. or even help to give you a new skill and provide a leg up into a new line of work.

So, by using funding that the government have sat in a pot called the adult education budget, we can

offer parents and families an opportunity to learn more ways to identify and support their children for free. I am on hand to discuss any questions you might have about what we do, and how the courses could help. It could be that there has been a noticeable change since covid, an unfortunate loss of life has happened and affected, or a particular reoccurring behaviour pattern has been noticed. The courses we have on offer are designed to help give you a much better understanding on each individual topic.

If anyone is at all interested in finding out more, I can be contacted, so please simply email me on [christopher.greenfield@theaimgroup.co.uk](mailto:christopher.greenfield@theaimgroup.co.uk) or call me on 0203 900 3091 ext 213  
Really excited to speak with you all and see what we can do to support.

## **PTFA News**

We are very excited to tell you all the polytunnel will have been delivered to school today and will be erected in the next few weeks ... brilliant news for our children at school.

## **PTFA Bag 2 School**

Following the very successful last fundraising effort with Bag2School, we are proposing to once again ask for your support. If you have any men's, ladies' and children's clothing, paired shoes, handbags, belts and accessories (no uniform,, workwear, pillows, duvets or pieces of fabric please) that you are planning to dispose of, please keep them as we will be arranging a pickup in mid-March. Thank you.

If any of you are inspired to think about a career in teaching, do consider the DMAT. More information is available if you follow this link: [About Us - Dartmoor Multi Academy Trust \(dartmoormat.org.uk\)](http://aboutus-dartmoor-multi-academy-trust.dartmoormat.org.uk)

## **Trust vacancies**

Please see our Trust Vacancies page for details on current vacancies in our Trust –

[Vacancies - Dartmoor Multi Academy Trust \(dartmoormat.org.uk\)](http://vacancies-dartmoor-multi-academy-trust.dartmoormat.org.uk)

It only remains to wish you all a healthy, happy weekend and hope you enjoy some warmer, sunnier weather!

Kindest regards,



Mrs Deirdre A Petersen (Principal)

# Celebration Assembly



Week ending 4<sup>th</sup> February

**Learner of the Week:** Archie for being ready to learn in phonics and maths. He has helped children new to the group.

**Tarka Class:** Ellarose for being ready to learn and trying really hard with her independent writing, joining carefully. Also for taking care in developing her presentation for maths.

**Ruby Class:** Evie R for her use of images to support her learning with adding and subtracting fractions.

**Ruby Heart:** Sophia for always offering support to other students and staff.



Week ending 27<sup>th</sup> January

**Learner of the Week:** Keira for sustained efforts in fractions and supporting other learners.

**Tarka Class:** Logan for trying hard with his phonics and numbers.

**Ruby Class:** Riley B for always being ready to learn.

**Ruby Heart:** Olli H for helping others and being kind.



## GALLERY



**Building London Bridge**





**King and Queen of Tarka Class!**



**Peer reading in the library area**



**Peer reading in the library area**



**Devon Wildlife Trust session**

## **Devon Wildlife Trust session**



# Dates for Your Diary

Tuesdays: Devon Wildlife Trust (don't forget wellies)

Wednesdays: Wheelie Wednesdays

Thursdays: PE

Fridays: French

21<sup>st</sup> February – 25<sup>th</sup> February

8<sup>th</sup> March

8<sup>th</sup> & 9<sup>th</sup> March

18<sup>th</sup> March

18<sup>th</sup> March

Half Term Break

Parent forum

Bikeability (for Year 5 only)

Homework celebration for parents

Red Nose Day

## **PTFA Dates for the diary**

Mid-March

Wednesday 30<sup>th</sup> March

8<sup>th</sup> April

Bag 2 school collection

Easter bingo, we will be looking for donations for raffle prizes nearer the time as well as for our Easter Hamper

Easter egg Hunt



**HIGHAMPTON PRIMARY SCHOOL**  
**PTFA**

**EASTER BINGO**  
**ON**  
**WEDNESDAY 30TH MARCH**

**AT**  
**HIGHAMPTON VILLAGE HALL**  
**DOORS OPEN 7.30pm**  
**EYES DOWN 8pm**

**Entrance £1**  
**Special meat dinner**  
**Cash flyer**  
**Draw**

**1 line**  
**2 line**  
**Full house meat dinner**

