'Be strong and courageous. Do not be afraid; do not be discouraged for the Lord your God will be with you wherever you go.'



# Heytesbury C E Primary School Newsletter



Dear Parents,

The snow has been and gone – hopefully you all had the opportunity to enjoy building a snow man or throw a snowball or two!

This week, in line with Government Guidance, all staff have been trained in self administering Lateral Flow Tests (LFD). These tests are for asymptomatic cases – ie to detect if someone is carrying the virus but not showing symptoms. So far as a school, we have been very lucky that no staff have tested positive for coronavirus and only a very small number of children have had to self-isolate because of family members testing positive – let's hope our luck continues!

As you will have heard on the news, the Government hopes to re-open schools on 8<sup>th</sup> March. In the meantime, do let us know if we can help your child or indeed, you, for after all our school mission statement is 'Working together so *all* may flourish.

We do hope everyone is well. Have a lovely weekend.

Mrs Godfrey & Team

# **Our Worship Theme: COURAGE**

Be strong and courageous. Do not be afraid; do not be discouraged for the Lord your God will be with you wherever you go.' Joshua 19

Thank you to the many families who joined us for our online worship this week when we shared the story of Jacob, Benjamin and Rahab. Try to talk to with your child about real life situations where someone has shown courage. Consider if knowing God was there to support, help the person to find the courage.



Freddie's Mezuzah



#### This week's achievements Silver Star



Colby Bella O

Maths passports:-

Asia : India – Tallulah Australasia : New Guinea – Barney Africa : South Africa - Lilly

**EMERALD** 

Hattie Albie Oscar E

**DIAMOND**Callie

DIAMOND = SOLVING PROBLEMS
SAPPHIRE = KEEPING FOCUS MONSTER DISTRACTION
EMERALD = RESILIENCE/PERSEVERANCE
RUBY = SUPPORTING OTHERS

Bella's artwork using symbols to show a journey

#### **Learning Corner:**

#### Badgers:

In Science we investigated pitch. We learned that the quicker vibration, the higher the pitch. We could make a string play a higher note by making it tighter, or shorter. We also found out that thinner strings make higher sounds because they vibrate more quickly. There was a lot of twanging in our lesson at school!!

Last week in RE, we learned that Hindus use mantras – short prayers that they say over and over. Badgers were asked to make up their own mantras. They were absolutely amazing. We'll be making a display of these in the hall. This week, we learned that Hindus has a dharma – a code or set of rules for their lives. See if your child can explain what their dharma is!

Maths passports. Please do keep practising these targets with your child/ren at home as they support the children's learning in maths. Y4 also really need to know their times tables – they will have a times tables test in term 6. They can use Marlon's Maths, Hit the Button, Rising Stars to help.

#### Foxes:

This week in RE, Foxes have been learning about how the Jewish people have a special relationship with God. Foxes have written their own prayers and made a Mezuzah.

In Geography, we have been learning about where our food comes from. This week, the children have been learning about what a farmers job role is and how their produce becomes our food.

#### Otters:

In school the highlight of the week, apart from our flood, was going on a "Bear Hunt". We used descriptive language to talk about our obstacles and have begun to plan our story writing. Children at home also seemed to have enjoyed it too, judging from the photos I have received. In maths, both year groups have been learning to share and group. In science, we investigated how camouflaged polar animals were in our school grounds. Luckily there was still some snow left.

# 6 WAYS SINGING CAN IMPROVE YOUR MENTAL HEALTH



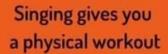
# Singing makes you happier

Studies have shown that singing increases the levels of 'happy hormones' oxytocin and serotonin in the body.



## Singing boosts confidence

Sinigng is a way to get out of your comfort zone and learn a new skill, which can help boost self-esteem and self-confidence.



Singing can give your lungs a workout, you might not realise that it works your heart and muscles too.



# Singing reduces stress

Singing decreases the level of stress hormone cortisol, which helps to reduce feelings of worry and sadness.

# Singing makes your brain healthier

Music can help to slow down cognitive function decline as you age, as well as helping improve your memory.



## Singing forms bonds

Singing together has a variety of physical and emotional benefits. People's heartbeats synchronise when singing together, which can create a feeling of calm.





Hi everyone,

Hope you are all keeping well and that you are keeping warm and cosy.

Don't forget to send us the pictures of your 'Squirrel' builds – you have until the start of school on Thursday 28th.

Please send the pictures of your build to either me or Miss Allman at: <a href="mailto:vhg@kingdown.wilts.sch.uk">vhg@kingdown.wilts.sch.uk</a>
<a href="mailto:ema@kingdown.wilts.sch.uk">ema@kingdown.wilts.sch.uk</a>

#### Our next Lego challenge for term 3 is ...

#### **Australia Day!**

The 26th of January is AUSTRALIA DAY!.

I am thinking kangaroos, barbeques, sharks, surfing or Ayres Rock!

And don't forget the cuddly Koalas and sunshine!

If you do not have much Lego – a surf board or the flag would be great.

If you are feeling super enthusiastic – a selection of Australian animals would be amazing!

Perhaps you have no Lego at all - draw or create on the computer a picture showing us your Australian adventure. Tell us all about what you have made and why you have chosen that design.

We will judge your builds looking at the following categories:

- the most original idea,
- the greatest skills,
- the most attractive model
- the most inventive ideas

We will send the winners a certificate by email to the Primaries or a certificate via tutor to Kingdown students.

You have until **Thursday 4<sup>th</sup> February 2021** to send us your pictures for this build.

Good luck and good building!

Take care,

Mrs Griffiths and Miss Allman.

