



## A MESSAGE FROM THE CO-HEADTEACHERS...

With some glorious frosty winter mornings, blue skies and sunshine, the children have enjoyed plenty of outside activity. This week has provided us all with a reminder of how dull the world would be without the changes in our seasons, and the School has certainly taken advantage of the joys that winter can bring. We hope you enjoy some of the photos that we have shared with you in this Newsletter.

Our core value for January remains 'Honesty'. We invite you to talk to your child about the following Bible passage linked to this value. *'If you love me, keep my commands. And I will ask the Father, and He will give you another advocate to help you and be with you forever – the Spirit of truth... He lives with you and will be in you.'* John 14 verse 15-17.

Wishing you a wonderful weekend.

Sharon Saunders and Hannah Browning

Co-Headteachers

## GOLDEN BOOK CERTIFICATES

Congratulations to the following children who received Golden Book certificates at the end of last week.

### YEAR R

Wilfie S  
Ariadni F  
Charlie F  
Caodhan C

### YEAR 3

Charlotte D  
Jack B  
Logan S  
Eleanor H

### YEAR 1

Daryan D  
Talia D  
Noah S  
Ellis M  
Hannah W

### YEAR 4

Isla-Rose F  
Isaac F  
Aiden B  
Milly C

### YEAR 2

Henry C  
Ethan NF  
Cameron A  
Eden-Maree C

### YEAR 5

Isaac L  
Immi H  
Isaac D  
Annabelle O'G

### YEAR 6

Cameron T  
Josh B  
Oliver T  
Noah vdB  
Isaac E



## COVID UPDATE

We can confirm that we have cases of COVID in Years R, 2, 3, 4 and 5.

Going forward should the numbers rise to 5 or above in any one class, the parents of the relevant class will be informed.



## YEAR 1 GARDEN ACTIVITY

Our Year 1 were out in their garden area this afternoon being most industrious! Some extensive building work was undertaken, with some members of the team working on the structure and others involved in planning and listing the



resources needed for the project. The design started as a model of Stonehenge but slowly developed into a garage and a rocket launching station.

The children showed amazing teamwork and ingenuity.

## YEAR R ARCTIC EXPEDITION

The children in Reception went on an exciting Arctic expedition this afternoon. They packed their bags with cameras, binoculars, clipboards and a survival kit and were seen heading towards Forest School.

Whilst exploring, they found seals, polar bears, Arctic foxes and wolves. Lots of fun was had searching and exploring, and all made it home in one piece (despite rather a lot of mud)!

Next week, during their Teacher Led learning, the children will continue to think about what it means to be an explorer.



## YEAR 6—DIA DE LOS MUERTOS

As a part of their North American studies, the Year 6 children got their creative juices flowing by making their own Masks. Investigating this event, which originated in Mexico, the children discovered, despite its solemn tone, that the holiday is viewed as a celebration. As you can see, they produced a dazzling array of varied and colourful masks.



## YEAR 3 HOCKEY LESSON

This afternoon, our Silver Birch children clearly enjoyed donning their PE kits and biting down on their gum shields to practise their hockey skills in the sunshine with Mr Putland.

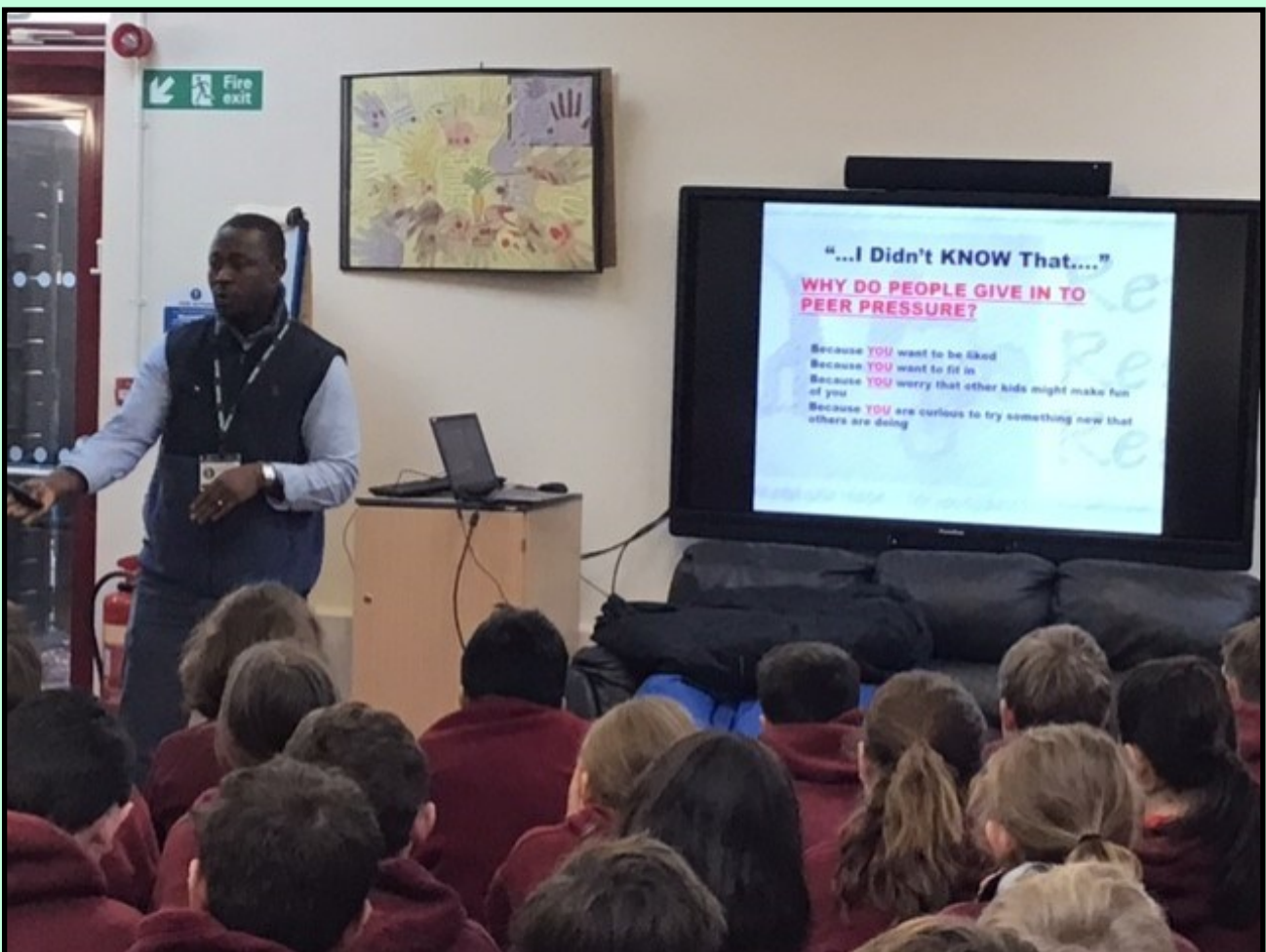


## YEAR 6 ANTI-CRIME WORKSHOP

This week saw our Year 6 attending an anti-crime workshop run by Francis from Restore, Reform, Respect.

With our eldest pupils moving on to secondary school this autumn, this presentation was aimed at outlining the consequences of making wrong choices. In Francis' talk he covered the subjects of peer pressure, gangs and bullying. The children took time to consider the impact of anti-social behaviour and to discuss their social responsibilities. They also looked forward to their teenage years, and beyond, and at the importance of education in making the most of their own potential.

Our thanks to Francis for an engaging talk and the following lively question and answer session.



## PARKING OUTSIDE THE SCHOOL

A polite reminder that parents should not park on the double yellow lines, hashed area or 'School Keep Clear' area immediately outside the main gates.

These areas should be kept clear at all times to allow visibility for pedestrians arriving and leaving the School. Parking in these areas compromises the safety of members of our community.

## NETBALL LEAGUE NEWS

Well done to our Year 6 netball team who took part in league matches this week at Knole Academy.

The Lady Boswell's team enjoyed two resounding victories. They beat Halstead School 12—1 and then went on to beat Sevenoaks Primary 11—0. Not only did the girls show some great netballing skills but they also demonstrated real sportsmanship. Well done to all of the teams that took part in this league meeting.

Our thanks to Mrs Sara Johnson for managing the girls.



# AN ARTICLE FROM MRS HARMAN, ASSISTANT HEADTEACHER & PASTORAL LEAD

## Building resilience in children and teens (Family Lives)

The Family Lives charity aims to offer all parents somewhere to turn before they reach crisis point. Crisis support, provided for over 40 years through their helpline, has always been at the heart of what they do.

Family Lives also have an excellent website to help parents with the ups and downs of family life. One useful infographic is this one about building resilience in children and teens. You can download it here: <https://www.familylives.org.uk/advice/your-family/wellbeing/building-resilience-in-children-and-teens/>

The Family Lives parents' helpline is available Monday to Friday, 1.30 - 9pm on 0808 800 2222.

The website can be found here: <https://www.familylives.org.uk/>

### How to build resilience and emotional health in children

family lives

**Our top tips** **Practical ways**

- 1 Build positive relationships**

Help them to strengthen and build positive relationships with their friends and other adults. This will help them to understand, think and communicate with others, as well as contribute to social and emotional development.

  - Give them space to spend quality time with their network of friends and loved ones.
  - Help them build a positive relationship with themselves and others by letting them spend time doing the things they love.
- 2 Build emotional awareness**

Encourage them to understand, express and manage their emotions. Children who learn to handle their emotions tend to have better physical and emotional health, do better at school and get on better with friends. Let them know it is ok for them to seek help and support too if they need this.

  - Encourage them to get to know who they are and what values they hold.
  - Give them lots of positive encouragement and praise.
  - Share your experiences with them so they can see you understand what they are going through.
- 3 Build independence**

Help them learn to be independent in their actions and thoughts. This will help to develop their confidence, self-efficacy and self-esteem. It will also boost motivation and help them to work through challenges.

  - Encourage them to learn problem-solving skills as that is key to building resilience. No matter what the situation or issue is, there is always a resolve for it.
  - Whether they accomplish them or not, encourage them to plan goals and challenges, which help to boost their self-esteem and confidence and independence.
- 4 Build confidence**

Help them build their confidence by taking on challenges and allow them to learn from it even if they do not manage to complete the challenges.

  - Help them list all the things they are good at including being kind, helpful and loving and show them why these attributes are so essential in life.
- 5 Get support**

Family Lives is always here to support you through difficult times. For support call our confidential helpline on 0808 800 2222, email us at [advice@familylives.org.uk](mailto:advice@familylives.org.uk) or chat to us online.

Find out more [www.familylives.org.uk](https://www.familylives.org.uk)

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## DIARY DATES

All diary dates can also be found on the Lady Boswell's website under Parents>Calendar.

|                | TERM 3 —DIARY DATES  |
|----------------|--|
|                | Parent Prayer Meetings—Fridays at 2.30pm—meet at School Office |
|                | Term 3 swimming —Copper Beech, Sycamore and Holly Classes      |
| <b>17/1/22</b> | Primary School Application process closes                      |
| <b>24/1/22</b> | Schools Club start   |
| <b>2/2/22</b>  | 6pm RULER Parent Webinar—details to follow                     |
| <b>11/2/22</b> | Last day of Term 3   |



|                          | TERM 4—DIARY DATES  |
|--------------------------|---|
|                          | Parent Prayer Meetings—Fridays at 2.30pm—meet at School Office            |
|                          | Term 4 swimming—Silver Birch, Sycamore and Holly Classes                  |
| <b>21/2/22</b>           | Inset Day   |
| <b>22/2/22</b>           | School Book Fortnight starts—more information to follow                   |
| <b>2/3/22</b>            | 9.10am Lent Service led by Year 5—Year 5 parents/carers invited to attend |
| <b>3/3/22</b>            | World Book Day—more information to follow                                 |
| <b>3/3/22</b>            | Vision & NCMP Screening for Year R and Year 6 children                    |
| <b>4, 7 &amp; 8/3/22</b> | Travelling Book Fair—more information to follow                           |
| <b>10/3/22</b>           | Bentley Photographic—Class Photos   |
| <b>25/3/22</b>           | 9.10am Mothers' Day Service led by Year 1—more information to follow      |
| <b>25/3/22</b>           | School clubs finish   |
| <b>29/3/22</b>           | Easter Service in School for KS1 children (children only)                 |
| <b>30/3/22</b>           | 10.00am KS2 Easter Service—St Nicholas Church. Information to follow      |
| <b>1/4/22</b>            | 'Break the Rules Day' - more information to follow                        |
| <b>1/4/22</b>            | Last day of Term 4  |