



A MESSAGE FROM THE HEADTEACHERS...



As ever, this week's 'Keeping in Touch' Newsletter is chock-a-block with the smiling faces and amazing antics and creations of the Lady Boswell's children; we are always thrilled to receive these pictures and are captivated by the children's imagination and creativity. With our eyes on the horizon and with ever-hopeful mind-sets, we look forward to whittling away at the '24 sleeps' (a totally acceptable way of measuring time for all of those in a primary school setting!) until the next update on the possible re-opening of schools.

We are very grateful for all of the parental feedback we have received and would remind you that the Governing body would also be grateful to hear your comments through their Remote Learning Surveys. If you haven't done so already, but wish to, please see our Parentmail of 26th January for details of how to take part. The surveys close on Tuesday of next week, 2nd February, at 11pm, so please take this opportunity to share your thoughts.

We are, as ever, very conscious of the effect that the current situation is having on the wellbeing of us all. Mrs Harman, Assistant Headteacher and Pastoral Lead, has put together some pages at the end of this Newsletter to offer ideas of how you can support your children's mental health, resources you can use and ideas you can share with your children; please do take a look.

January's core value is 'honesty'. We invite you to talk to your child about the following Bible passage linked to this value 'Guide me in your truth and teach me, for you are God my Saviour and my hope is in you all day long' Psalm 25v5.

Best wishes

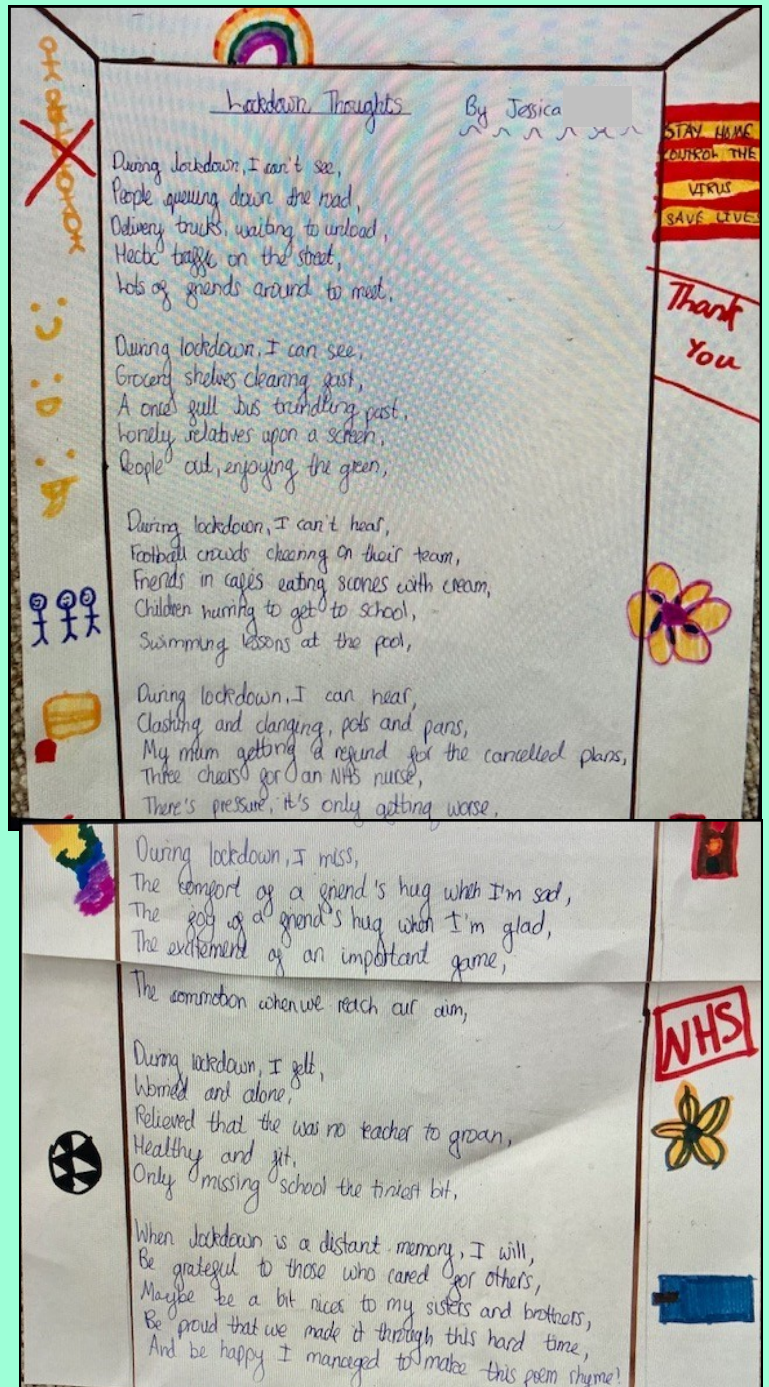
Sharon Saunders and Lois Davis

Co-Headteachers



Above: Amélie M, Year 6, working on a science experiment

Right: Mrs Rands-Webb very much enjoyed Jessica T's (Year 6) poem, 'Lockdown Thoughts', we know that you will too.



This week, Year 2 have been learning about Florence Nightingale, and made these beautiful lanterns in her honour.

Above: Oliver M

Right: Eleanor H

Far right: Imogen H





Above: Charlotte D, Year 2, and her sister Darcey, Year R, made the most of the little bit of snow by getting their sleds out.

Below: More snow fun, this time for Eva, Year 3, Elsa, Year 1, and older sister, Freya F.





If you find yourself with a spare hour this weekend, why not get some fresh air and take part in the RSPB Big Garden Bird Watch! It runs from 29th-31st January and it's really easy to take part! (see link below). We'd love to see pictures of some of you taking part or

to hear about the birds that you spot! Happy Bird Watching!

<https://www.rspb.org.uk/get-involved/activities/birdwatch/everything-you-need-to-know-about-big-garden-birdwatch/>

Left: Dexter M, Year 1, shared a fun project with his Dad by making and putting up a bird box in preparation for this week's Big Garden Bird Watch

Top centre: Sebastian H, Year 1, made a fabulous video which was shared with his classmates in Willow Class to encourage everyone to take part in the Big Garden Birdwatch—thank you Seb



Above: Elijah L and Caleb N, Elm Class, enjoyed doing their science lesson together via Zoom this week! After learning about the different blood vessels, they made a model of blood itself - examining and explaining the roles of all the different components.

Right: Miss Chivers particularly enjoyed this lovely picture of Joseph T, Year 2, embracing his music lesson this week.

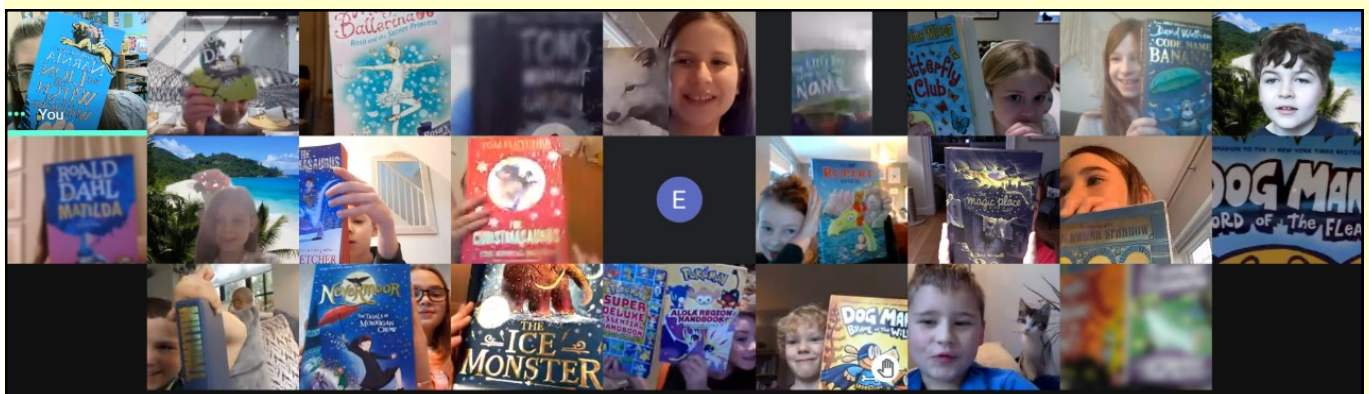




Sebastian and Henry M, Years 3 and 2, and their amazing home grown crystal



Above: apologies that last week these stunning silhouette pictures were credited to the wrong artist. The above work was created by Scarlett F, Molly B and Myla P from Year 3



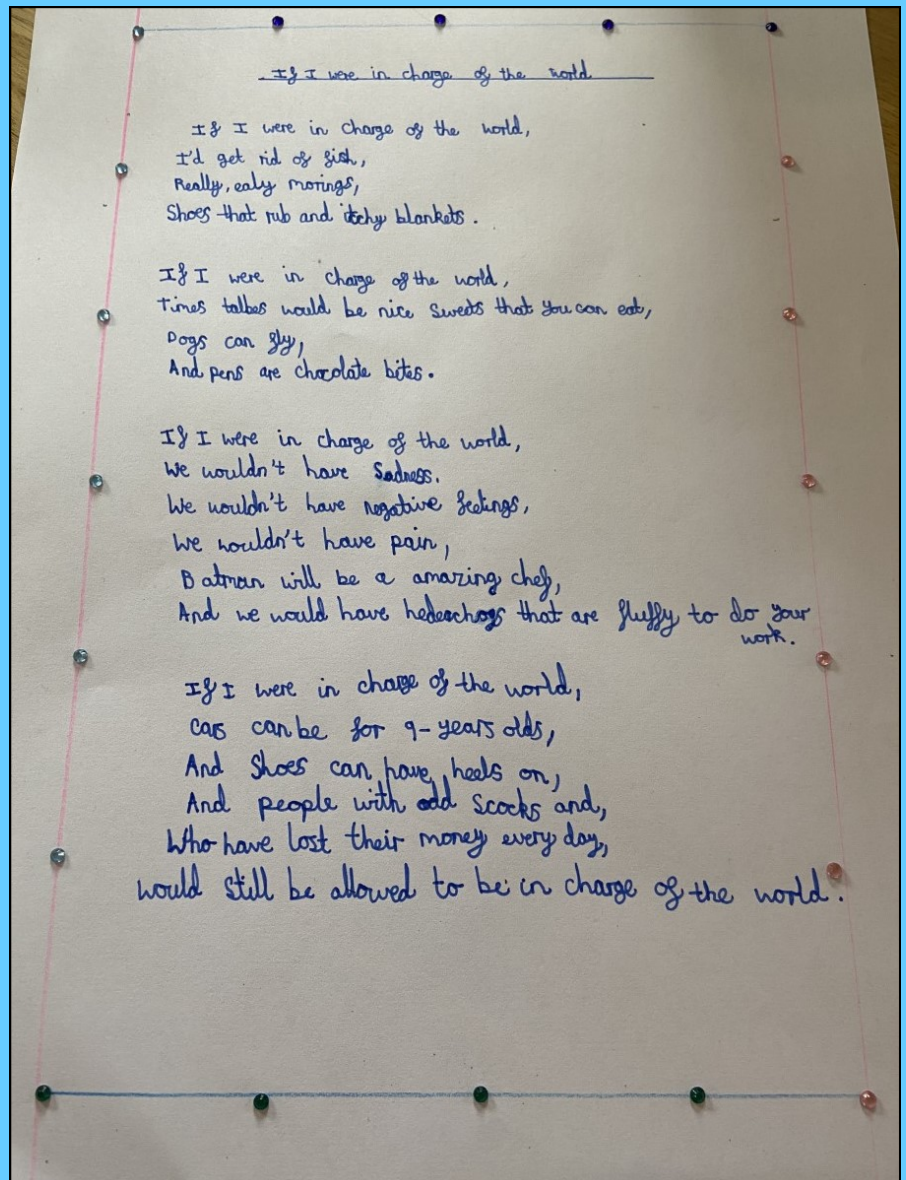
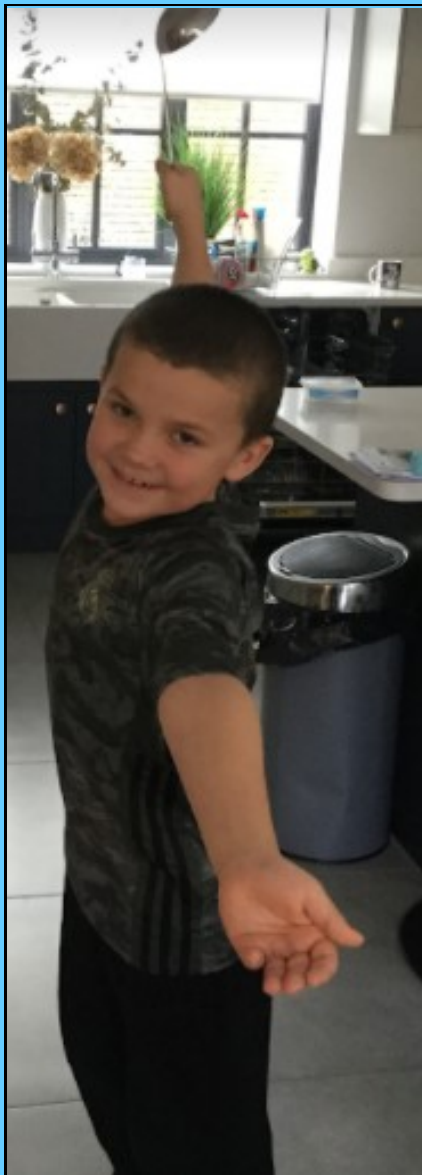
Above: Year 4 registration fun with 'bring your favourite book'. Other classes this week have had 'funky sock', 'funny hat' and 'bring along a teddy' registrations.



Above: Sycamore enjoyed bringing their teddies to registration time

Below left: Teddy K, Year 4, practising his Tennis skills using kitchen utensils as recommended by Miss Harris!

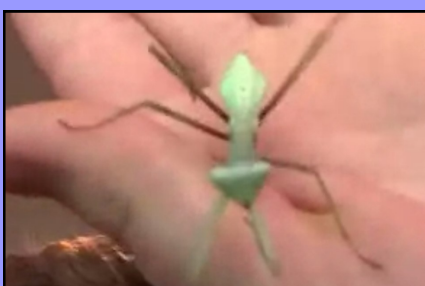
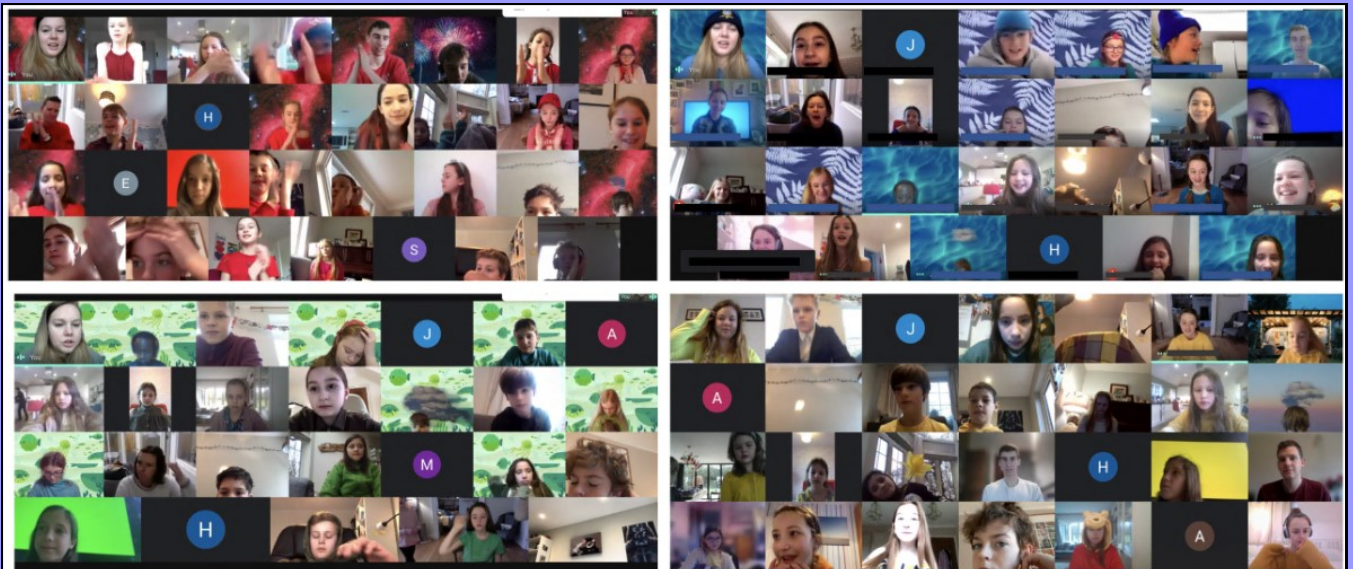
Below right: Our thanks to Saskia M, Year 4, for this fabulous poem 'If I were in charge of the world'



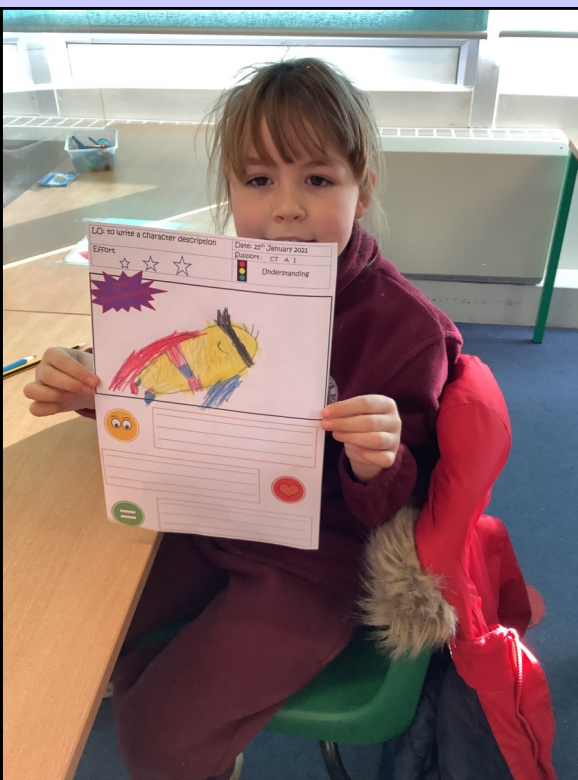
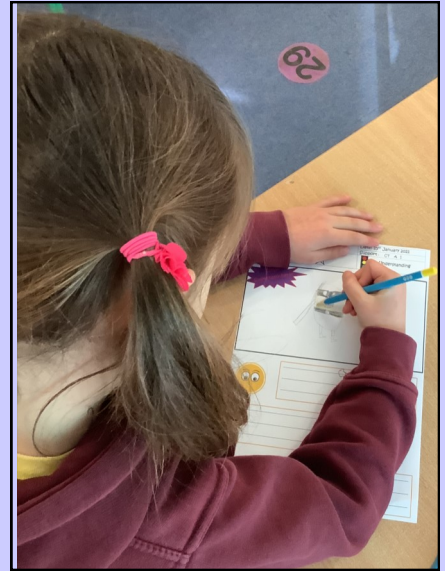
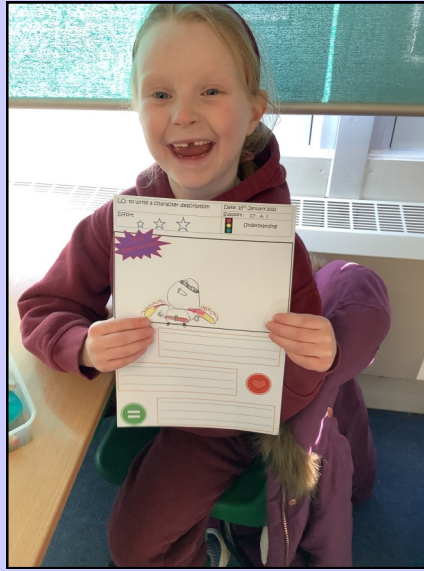


Above left: Olivia H, Year 6, also enjoying some tennis practice!

Above right: Eleanor S, Year 5, with her atmospheric Hockney-inspired painting



In their registration sessions this week, Elm Class have enjoyed recreating the rainbow through colour-theme days - lots of creative and interesting props made appearances throughout the week! Elm Class also enjoyed meeting Benji's Mantis - Shredder - up close!



This week in year 2 the children were reading 'Supertato', a book about a superhero potato who is trying to return the evil pea to the freezer. The children drew and sometimes created their own 'Supertato' and wrote a description of his character.

Above left: James H-B

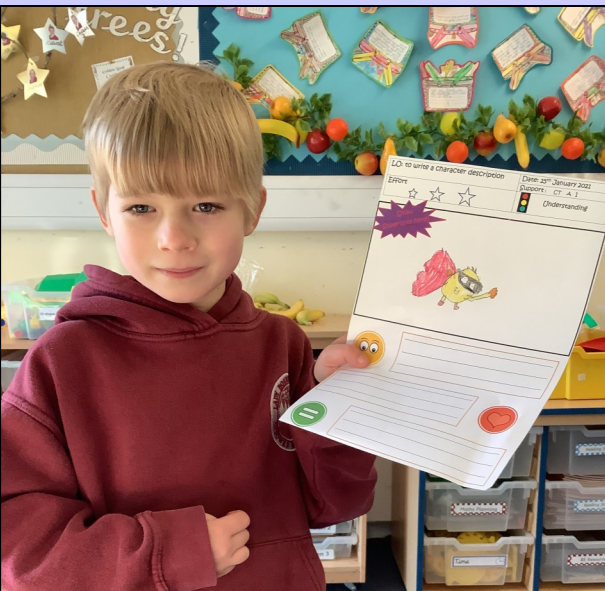
Above centre: Aurelia B

Above right: Hannah M

Left: Eve W

Bottom left: Fraser S

Bottom right: creation by Rebecca D





Mental Health and Well-Being

Psalm 46 says '*God is our refuge and strength, a very present help in trouble*'

As we end our third week of learning and working from home, we could all take some time over the weekend to reflect on how far we have come.

International Holocaust Day on 27th January focused on 'Courage and Light'. Whilst the horrific times of the past are far from our experience today, it struck a chord that we need courage to continue through, whilst reaching that light glimmering at the end of the tunnel.

Looking after our mental health is just as important as looking after our physical health. So how can we support our children's mental health during such a time that we find ourselves in? Below are a few 'Top Tips':

- ✦ being in good physical health, eating a balanced diet and getting regular exercise
- ✦ having time and the freedom to play, indoors and outdoors
- ✦ being part of a family that gets along well most of the time
- ✦ feeling loved, trusted, understood, valued and safe
- ✦ being interested in life and having opportunities to enjoy themselves
- ✦ being hopeful and optimistic
- ✦ being able to learn and having opportunities to succeed
- ✦ accepting who they are and recognising what they are good at
- ✦ having a sense of belonging in their family, school and community
- ✦ Having the strength to cope when something is wrong (resilience) and ability to solve problems.

Some further websites which some of you may find useful:

<https://www.annafreud.org/>
<https://www.mind.org.uk/>

Miss Pullen, our school's Emotional Literacy Support Assistant (ELSA) has uploaded daily resources for wellbeing on every class page. Please do take a look if you have any spare time to share with your child, or encourage our older children to spend some time each day looking through the daily thought/activity.

Later in this Newsletter there is an 'Express yourself' calendar with daily activities that you and your child might like to set some time aside to do throughout the month of February. Alternatively, you could look through and choose a couple of favourite ideas to enjoy together. We would love to see anything your child gets stuck into to support their wellbeing and mental health, which we can share with our school family through our weekly 'Keeping in Touch' letter. Please email any photographs through to hpa@ladyboswells.kent.sch.uk

With love and hope.

Kelly Harman

Assistant Headteacher and Pastoral Lead

Children's Mental Health Week
1-7 February 2021

EXPRESS YOURSELF

FOR THE CHILDREN

The 1st of February starts children's mental health week, where the theme is 'express yourself'

Expressing yourself is about creatively sharing your feelings, ideas and thoughts in different ways. This could be through any form, art, music, writing and poetry, dance and drama, photography and film.

It is really important to do activities that make YOU feel good!

We invite you to join live registration on Wednesday 3rd February wearing something that expresses how you feel that day – it could be a bright coloured t-shirt, or a funny hat. Your teacher might ask you what the colour represents for you, just like we discussed during our 'Exploring and Understanding Emotions' Curriculum in September. You never know, your teacher might come to registration wearing something funny if they are feeling in a mischievous mood that morning!

Give it a go and express yourself.






ELSA Support February EXPRESS YOURSELF CALENDAR

www.elsa-support.co.uk



<p>1</p> <p>What makes you feel happy? Draw anything at all that expresses your happiness.</p>	<p>2</p> <p>Create a collage of calm by cutting out pictures that are calming for you. Stick them to a piece of card and hang up in your room.</p>	<p>3</p> <p>Draw a large heart on a piece of paper and fill it with colour to represent how you are feeling right now.</p>	<p>If you could choose an animal to turn into for one day, which animal would you choose and why? Draw it.</p>	<p>What is on your mind right now? Draw a huge thinking bubble and fill it with drawings.</p>	<p>6</p> <p>Where do you feel the safest? Draw your safe place. It can be anywhere at all. Where you feel calm and relaxed.</p>
<p>7</p> <p>Draw a picture with your eyes closed. How does it feel to be free to draw anything from your imagination?</p>	<p>Draw yourself as a superhero. What is your super power? How does it feel, being a superhero?</p>	<p>What scores you? Draw your biggest fear!</p>	<p>Draw some important memories for you!</p>	<p>What does your anger look like? Draw your anger.</p>	<p>Draw something you are thankful for today.</p>
<p>13</p> <p>Draw around one of your hands and then decorate each finger with something you are good at.</p>	<p>14</p> <p>Draw a comic strip of a fun time that you have had. Who was there? What did you do?</p>	<p>Close your eyes and scribble on a piece of paper. Really enjoy feeling the freedom of just scribbling.</p>	<p>16</p> <p>Can you draw something just with the letters of your name today?</p>	<p>17</p> <p>Draw a gift you would give to someone very special to you.</p>	<p>18</p> <p>What do your worries look like? Are they monsters or something else? Draw your worries today and talk to someone about them.</p>
<p>19</p> <p>Make some patterns today and then colour them all. It to make a beautiful piece of art.</p>	<p>Create some bunting for a celebration. What might you be celebrating today? It can be anything at all!</p>	<p>Create your own character for the emotion of happiness. What might it look like? Draw it!</p>	<p>Draw your favourite time of year. Is it your birthday? Christmas? Winter? Summer? You choose!</p>	<p>23</p> <p>What do you dream about? Draw one of your dreams.</p>	<p>24</p> <p>Listen to some music at the same time as drawing. What is in your mind when listening to the music.</p>
<p>25</p> <p>Smiling challenge. Draw a happy smiling face then write down all the reasons that make you smile or laugh.</p>	<p>Draw a self portrait of you. Use a mirror to take in all the details of your beautiful face.</p>	<p>27</p> <p>Draw something in nature today. It could be an animal, bird, insect, flower or leaf. Anything that you choose.</p>	<p>28</p> <p>Draw a picture of someone you admire. Why do you admire them?</p>	<p>ELSA support</p> 	

DIARY DATES

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

TERM 3—DIARY DATES		TERM 4—DIARY DATES	
2/2/2021	11.00pm Governor 'Remote Learning Surveys' close	22/2/2021	First day of Term 4
12/2/2021	Last day of Term 3	4/3/2021	World Book Day
		8/3/2021	Bentley Photographic Class Photos—tbc
		9 and 10/3/2021	Parent Consultation evenings—information to follow
		12/3/2021	Mother's Day Service—tbc
		22/3/2021	Science Week commences
		26/3/2021	Year 5 Trip to Grosvenor Hall—tbc
		31/3/2021	Easter Service—details to follow
		1/4/2020	Last day of Term 4



Virtual Lego Club

Are you a future creator, inventor or engineer? Show us your creations!

From January 2021, Sevenoaks School are inviting schools to get involved and take part in the Virtual Lego Club. With new themes every month.

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How do I get involved?

Parents can sign their child up to the challenge by emailing Outreach@sevenoaksschool.org

They will be sent out the theme each month, a link to resources and where to tag their creations online.

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