



Spring Term 2022 Newsletter 11



The value of the month is... Resilience

Having the motivation to keep going and not to give up.
When things get difficult – having the ability to bounce back.
Having the tenacity to accomplish our goals.

What's happening next week...



Monday 28 th	Y4 Swimming
Tuesday 29 th	
Wednesday 30 th	
Thursday 31 st	Y2 Gym / Y3 Forest School
Friday 1 st	

SPECIAL THANKS



Aurora's (Y3) very generous
'Nanna who loves to Knit'
has once again donated the proceeds from
her knitted blankets and baby clothes...
she has now **donated £100** to the school!

THANK YOU
THANK YOU
THANK YOU



TALK COMMUNITY



TALK COMMUNITY



Free Easter Holiday Activities and Food (HAF) Programme in Herefordshire

Our free Easter holiday activities are now available to book!

If you are a parent or carer of a school aged child 4 to 16 years old (reception to year 11) who is eligible for benefits-related free school meals, you can now book up to **16 hours** of free activities throughout the Easter holidays.

The sessions offer a wide range of exciting indoor and outdoor activities, and include den-building, paddle boarding, circus skills, boxing, arts & crafts, rugby, football, cooking and dance. Your child will also receive a free nutritious meal during each session.

Some of these are able to offer provision for children with SEND or additional needs. Some schools may be offering specific activities to their own pupils, these will be identified when you access the booking system.

Book now by visiting our Talk Community holiday activities webpage:
www.talkcommunity.org/holidayactivities. Places will be allocated on a first come first served basis (initially a provisional booking, confirmation to follow).

The activities are only available to children who are eligible for benefits-related free school meals and checks will be made to ensure that children meet this criteria.

We understand children aren't always able to attend booked activities, however, we would kindly request that children are cancelled off the session via the booking system to enable others to attend.

If you have a question about the Herefordshire Holiday Activities and Food (HAF) Programme, please contact the HAF Team at HAF@herefordshire.gov.uk

The Holiday Activities and Food (HAF) Programme has been funded nationally by the Department for Education. You can find out more by visiting the HAF2021 website:
www.HAF2021.org.



HEYFS & KS1 Class Assembly

What a fabulous morning at Wonderful Walford!
We are so proud of all of the children who sparkled
throughout the EYFS & KS1 Class Assembly –
a joyous occasion for all!

HUGE thanks to parents / carers for helping the
children to learn their lines and song lyrics.

We are SO proud of you all!





DESIGN A POTATO BOOK CHARACTER



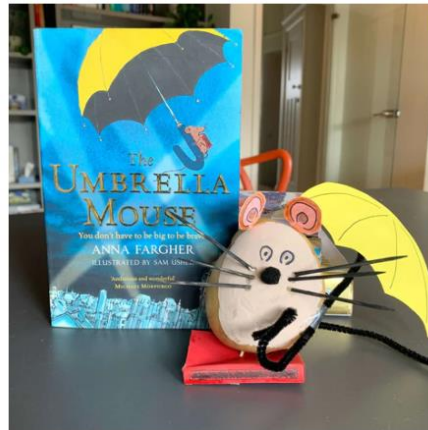
We will be holding a **'Design a Potato Book Character'** competition on
Wednesday, 6th April 2022.

Using as much creativeness as possible, turn a potato into a book character of your choice!
You may use a range of materials to design your potato including
googly eyes, pipe cleaners, paint etc.

Your potato character must be brought into school on Wednesday, 6th April.

There will be winners in a selection of categories!

Get Ready... Get Set... GET CREATIVE!!!



In a three-month period during 2021, no fewer than 45 million people in the UK experienced a suspicious attempt at being contacted via their mobile. Phone scams are a common form of cyber-attack where fraudsters engage directly with their intended victim through their smartphone. As our phones carry so many sensitive (and therefore potentially valuable) details about us, it's vital that trusted adults are alert to the tactics that scammers use to get access to user accounts, personal data and private information for financial gain.

SMISHING

FAKE TECH SUPPORT

Advice for Parents & Carers

DO SOME DIGGING

Meet Our Expert

to view <https://www.courts.wa.gov/courts/220145-misc-records-by-court/all-the-ways-to-express-yourself-and-keep-your-voice-heard-while-freedom-of-expression-is-essential-to-a-free-society.html> <https://www.kcnc.com/news/2022/07-the-best-kept-secret-of-2022>

Congratulations!



PIC•COLLAGE

Mia (Y6) came 1st in Rumba, 2nd in Samba and 2nd in Medalist of the Year!

Emily (Y6) came 3rd in Jive, 3rd in Quickstep, 4th in Tango and 4th in Samba!

Well done, both – we are all very proud of you!



CALENDAR

Walford Nursery & Primary School – Diary Dates 2021-2022

Spring Term 2022

March 2022	Friday 25 th	9.30am	Nursery, EYFS & KS1 Class Assembly
April 2022	Tuesday 5 th	2.00pm	Year 3 & Year 4 Easter Service
	Thursday 7 th	3.05pm	End of term

Key Dates – Statutory Assessments

May 2022	w/b Monday 9 th May	Year 6 KS2 SATs ** Holidays are not permitted **
May 2022	w/b Monday 16 th May w/b Monday 23 rd May	Year 2 KS2 SATs ** Holidays are not permitted **
June 2022	w/b Monday 6 th June	Year 1 Phonics Screening Check ** Holidays are not permitted **
June 2022	w/b Monday 6 th June	Year 4 Multiplication Table Check ** Holidays are not permitted **

Mindful March 2022

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself and choose to use kind words

5 Bring to mind people you care about and send love to them

6 Have a 'no plans' day and notice how that feels

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Appreciate nature around you, wherever you are

20 Focus on what makes you and others happy today
dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

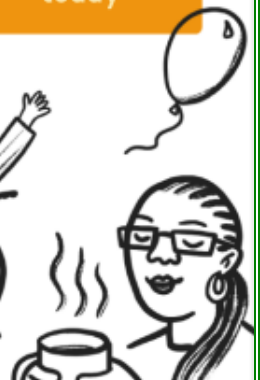
27 Cultivate a feeling of loving-kindness towards others today

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

