



# Spring Term 2021 Newsletter 9



We raised a fantastic **£254** for Comic Relief today! Thank you to everyone for donating – it is very much appreciated!

Follow the link below to our Twitter account where you can hear some of **Class 2's** jokes!

<https://twitter.com/WalfordSchool/status/1372913397071765504>



## The Value for the Spring Term is ...Patience

*Patience is being able to wait contentedly.*

*Patience to be heard when you have something to say.*

*Patience with yourself when things don't go as planned- not getting frustrated.*

*Patience with others. Accepting that the time for things is not always now.*

### Random Acts of Kindness...

*Make a homemade treat for a neighbour!*

ACTS OF  
KINDNESS

### World Book Day

Now we are all back together again, we will be celebrating World Book Day on...

WORLD  
BOOK  
DAY

**Thursday, 1<sup>st</sup> April 2021.**

### NATIONAL GRID WALFORD CSE SUSTAINABILITY PROJECT

We were thrilled to be asked to collaborate with National Grid on an exciting project to help support the sustainability of our local area! Children in KS2 were asked to design a new logo for the Walford CSE and we are delighted that Imogen's (Y6) design was chosen to be displayed at the site entrance! National Grid were so impressed with all of Walford's creative designs – **well done, everyone!**



### FREE TO A GOOD HOME!

We have two computer desks that we no longer require in school. Please get in touch with the school office if these can be of use at home.

FREE



### Stride Active Spring Virtual Games

We were delighted to be awarded a £50 book token as a prize draw winner for the Stride Active Spring Virtual Games. Children throughout the school took part in a number of activities including shuttle runs, ball skills, to name but a few. **Go Team Walford!**



## Healthy Minds

In school, we are all focusing upon improving our mental health and well-being. Here are 5 tips to help you work on at home too...

### 1. Teach children to be themselves

Helping children to realise their strengths is a great way to build their confidence. Encourage your child to notice and appreciate their own strengths and the strengths of others too.

### 2. Be grateful

Highlight what is working well in your child's life by developing gratitude skills. To develop these skills, you could start a Gratitude Journal or simply spend time, at breakfast or dinner, discussing what we are grateful for.

### 3. Help children to be more mindful

Develop 'mindfulness' by encouraging your child to draw or colour a picture for a set period of time. Simply set a timer for 15 minutes and ask your child to draw something they can see or colour a picture. This activity isn't about what your child decides to draw or colour, it's about whether they are able to focus on the activity and bring their attention back if they get distracted.

### 4. Be kind

There are thousands of ways children and adults can show kindness every single day.

### 5. Teach the importance of resilience

One way to build resilience in children is to help them develop a growth mindset. Children with a strong mindset are more likely to try again when they fail and also attempt to learn how they can improve.



## Diary Dates

01/04/2021	World Book Day Celebration / End of term / Last day of school
02/04/2021 – 16/04/2021	Easter Holidays
19/04/2021	INSET Day (children are not in school)
20/04/2021	Return to school
03/05/2021	Bank Holiday
31/05/2021 – 04/06/2021	Half Term
20/07/2021	Last day of school
21/07/2021	INSET Day (children are not in school)

## Our Nursery

In Nursery this week, we have been learning through the rhymes 'Old MacDonal had a Farm' and 'Five Little Ducks went Swimming One Day'.

We have learnt about the animals that live on a farm and what the farmer needs to do in order to take care of them. We have also used the 'Five Little Ducks' rhyme to help support our maths this week.



# **NOCN Level 1 Award in Supporting Your Child's Learning**



**Join our fun class based course helping you to explore new ideas and approaches to develop your skills to support your child's learning at home.**



**Work with our experienced tutor to develop new ideas, create a story sack and learn how to use craft activities with your children.**

**This FULLY FUNDED course is available if you are living in Herefordshire, aged 19+ and currently unemployed or earning below £17,000 per year.**

**EMAIL: [herefordskills@wrecltd.co.uk](mailto:herefordskills@wrecltd.co.uk)  
or CALL Rachel on 07917 965609**



**5 WEEK COURSES START: 19<sup>th</sup> April  
@ Ross-on-Wye Children's Centre or  
20<sup>th</sup> April @ Ledbury Children's Centre**

