



# St George's C of E Primary School

Learning for Life



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Dear Parents and Carers,

## **Parent Governor Election Result**

Thank you to everyone who voted in the recent Parent Governor ballot. The Chair and Vice Chair of Governors have counted the voting slips and the successful candidate was Mr Bobby Jones, who has two children at St George's. Congratulations to Bobby, who will join our next Full Governing Body meeting in November. Thanks also to Mrs Jane Melvin for putting yourself forward as a nominee.

## **Children In Need Day**

Friday 15th November is Children In Need Day. It is also the final day of our 'Healthy Me' Week at St George's. We would like to invite the children to come in non-uniform, with a 'Spotty and Sporty' theme. We suggest a minimum donation of £1.00 per child which will be donated to the Children In Need appeal.



## **Step Into STEAM**

On Wednesday, the Navigators children travelled to the Princes Theatre in Clacton to take part in a 'Step Into STEAM' event. There were lots of different industries, companies and organisations represented, such as the NHS, Colchester Zoo, Essex Police and the Mercury Theatre. Mr McGregor was also there, making light-up badges! The children had the opportunity to try out VR headsets, experience what might be like to be deaf and/or blind and look inside an ambulance. It was a fantastic morning and the children learned such a lot about a wide range of different occupations linked to Science, Technology, Engineering, Art and Maths.



I hope you all have a lovely half term and look forward to seeing you again on **Monday 4th November**, when we return to school after the break.

Warm wishes,

*Mrs Keitch*

## My Happy Mind Awards

We have just completed our First 'My Happy Mind' module, 'Meet Your Brain'. In this module, the children have learned all about the different parts of the brain, through the character Team H.A.P, and how our brains respond when we experience 'big' emotions. They have also learned all about 'Happy Breathing', a technique which can help to calm the amygdala.



We have been very impressed with how well the children have engaged with the Happy Mind programme so far. They have learned some tricky new language and concepts over the past few weeks!

Each teacher has chosen two children to receive the My Happy Mind 'Happy Breathing Awards' for this half term:

### Explorers

Ivy H - for brilliant engagement with Happy Breathing  
Leo - for enthusiasm during our 'My Happy Mind' sessions

### Pathfinders

Alicia - for engaging fantastically and reflecting on how to use your knowledge  
Lily - for remembering so many facts about your brain and sharing them with confidence

### Adventurers

FiFi - for always engaging well in lessons and using Team HAP to help you in class  
Crewe - for showing your excellent understanding of how Team HAP works

### Navigators

Alfie G - for focus and reflection  
Nixon - for excellent stretches and breathing

We are looking forward to starting next term's module, 'Celebrate', in which the children will learn all about Character Strengths and how to make best use of them.



If you have not already done so, please do download the My Happy Mind app, which has lots of information and resources for children and parents, including Happy Breathing audio and video exercises. See the letter sent out via Parentmail in September for further details.

## **Forest School 'Nightingale' Awards**

**Adventurers Class** - For a fantastic half term at Forest Schools, filled with lots of fun, hands on learning, team work and skills development. Well done to you all!



## Dates for your Diary

Please make a note of the dates below.

Monday 28th October - Friday 1st November	Half term
Friday 8th November	Individual and sibling photographs - see letter
w/b 11th November	'Healthy Me Week', including First Aid and Cooking workshops
Friday 15th November	Children in Need Day - Sporty and Spotty!
Monday 25th November	Choir concert at the Royal Albert Hall
Thursday 5th December	Reception Christmas Singalong - details to follow
Friday 6th December	Whole School trip to Pantomime (Gt Bromley Village Hall) - details to follow
Thursday 12th December	KS1 (Y1 and 2) Nativity performances (morning and evening) - details to follow
Wednesday 18th December 2pm	Carol Service at St George's Church - parents invited
Friday 20th December	Last day of term
Monday 6th January	First day of term for children
w/b 6th January	St George's Book Week

## Congratulations!



Congratulations to Jonathan and Keelan from Pathfinders, who have both been invested at Ardleigh Beavers.

Well done, boys - we hope you enjoy Beavers and make the most of all the opportunities!

## Family Cooking Challenge

Don't forget to take part in our Family Cooking Challenge for 'Healthy Me' Week. Send your photos etc to [admin@st-georges-pri.essex.sch.uk](mailto:admin@st-georges-pri.essex.sch.uk) by Wednesday 6th November.

