



Meadowbrook Family Comms

Summer Term

Issue 20

14/05/2021

Head Teacher's Message

With the easing of many national restrictions expected in the Prime Minister's address on Monday, we are thinking about the impact this will have on our daily school life, and, unsurprisingly, the thought of an old-fashioned hug is high on the list. The Prime Minister however has already urged us to remain aware of the 'vulnerability' of those around us and to consider age, general health and vaccination status and before we start hugging everyone! Children, your teachers will not yet be able to give you a big hug, but WATCH OUT! We're coming for you soon!

With the new guidance in mind, we will be encouraging everyone to maintain their distance still (social-distancing guidance is not expected to change before June 21st) but are removing the need for adults to wear masks during the day in class. Adults on site will still maintain the wearing of masks in close, communal areas. Parents, you are likely to have read Serena's Parent Mail by now and will therefore know that you are also no longer required to wear masks for drop-off and pick-up, providing you maintain distancing guidance also.

While many of us can't wait to hug others again (a hug from the right person can be the perfect medicine), for some children and adults such close contact is uncomfortable and may even feel intrusive. Hugging is not always a 'cure' for a gloomy day and finding different ways to pacify or soothe students who are feeling

anxious or chaotic has been the topic of conversation in the staff room (aka the Atrium). Not only has this come to the fore because of the particular focus on mental health during the pandemic, but, as parents, some of you have spoken about the anxious behaviour your child is exhibiting at home after having a busy day at school.

Children may, with increasing likelihood if they have a learning difficulty or special need, 'mask' how they feel about certain experiences, and/or lessons during their school day, which can lead to fatigue, frustration and confusion. This is often 'vented' at the end of the day within the security of home, which impacts parents, siblings and, at times, the entire family unit. Within parent communities, conversations about such episodes at home are increasing in frequency, giving rise to discussion amongst M'brook staff about how best we can offer support. With some expert advice from Josh and Amelie's mum, we have enhanced our mindfulness practise in school with a class session at the end of the day. Jen has a doctorate in Clinical Psychology and is a Chartered Psychologist, with much experience in managing anxiety in children and young adults. Our daily sessions are designed to allow children to immerse themselves in 'down time' before they leave school, allowing them to reflect on and process the experiences of their day before they leave for home. Children have been encouraged to think about activities they can

do independently and silently that helps them self-soothe and incite peacefulness and calmness. Colouring, listening to audio books, silent reading, sewing, tracing, meditation, gardening, bird-watching, laying and resting are all on the agenda for the relaxation sessions and some children have already noticed the impact their chosen activity has. Even the very youngest children say they can feel themselves 'calming down'. Thanks Jen!

This practise is rooted in the concept of 'energy accounting', with mindfulness and relaxation activities contributing to the overall idea. Helping children understand what 'saps' their energy and what 'replenishes' their energy lies at the heart of energy accounting and staff will be developing this concept with their class at a level they deem is both age and cohort-appropriate. Do let us know if your child talks about this at home, as we would love to know if families feel the benefit of this practise outside the classroom.

Please ask if you would like to know more about the concept of energy accounting. There are lots of strategies and techniques you could try if you think this could benefit your child at home. There is also the power of YouTube for those of you who prefer the digital option!

Please note the following events and activities for your diary and have a lovely week.

Sarah

headteacher@meadowbrook.uk

The BIG Question

Each week, staff and children (and parents when they are allowed back in!) are invited to add their own opinion to our new 'Big Question' board in the Atrium. This week's question is 'Should we eat less meat to save the environment?'. I can't wait to see what you think! Don't forget to add your well-presented post-it notes when you get the chance.

This week Amelie Page (yR) has received a compliment from her mum for receiving a Rising Stars certificate for her progress in gymnastics. Well done Amelie!



Upper Primary Twilight Delight

**Friday 21st May
5pm-8pm.**

Please remember to hand your £5 in with your permission slip.

Father's Day

This year we are inviting our dads and significant male others to join us on

**Friday, 18th June
2.30pm to 3.30pm**



for some well-deserved entertainment hosted by the children. You will soon receive an invitation from your child; please fill in the reply slip when you get it and return it to Joy in the office. Children are free to leave school after the event, or they can stay

in after school care as usual if they are signed up.

This event will be held outside, and is therefore weather-dependent! We apologise in advance if it has to be cancelled due to poor conditions or changes to COVID19 guidance.

Year 6 Graduation

Year 6 parents are invited to attend Graduation **Wednesday, 7th July.**

Please make a note of this if your child is in Year 6, as we wouldn't want you to miss this annual tear-jerker!



Sports Day
Sports Day is planned for the last morning of term on

Thursday 8th July.
At the time of writing, our plan is to invite you all to join us on the back field from 10.30 for some team games and individual events hosted by Steve, our sports teacher, after which families are welcome to stay on for a picnic.



As with all our events this summer, these plans remain subject to change and can only go ahead if guidance permits.

You would need to bring your own equipment and food if you wish to stay, and regret that the kitchen facilities will be out of bounds.

Toilet facilities will of course be available.

And a few lovely pictures to finish!

