



Itchen Abbas Primary School

'Growing Hearts and Minds'



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Newsletter – 22nd November 2019

Dear Parents / Guardians

Following a meeting I had with Maureen Bowes, we are ready to start the next part of our self-compassion journey with the children. Maureen has produced a beautiful resource for us to use which we will share bit by bit with you and the children.

We will begin with teaching the children the first part of 'emotional literacy' - to understand what different emotions and feelings are and know the vocabulary associated with the emotion. This is essential; we know that not being able to verbalise how you are feeling can lead to frustration. We will also think about what our bodies look like and how they feel on the inside, associated with each emotion. We will support the children in learning that whilst there are similarities, this will look and feel different for other people, thereby teaching the children to understand and respect each others emotions.

We will use the terminology of 'difficult emotions and feelings'. Emotions are too complex to categorise into positive or negative and our aim is for children to learn how to manage difficult times, not to focus on negativity. We would appreciate it if you would use this terminology with your children at home too, thank you.

We will focus on one emotion at a time. This is something that we have not done before and to our knowledge, nor has any other school so we have no models to follow. We anticipate spending a week on each emotion but this will be flexible; we envisage some being more complex and taking longer. Each class will select emotions most suited to their children and will aim to focus on something pertinent to their class which will be taught in an age appropriate way. We will notify you through our Friday email and request that you spend time talking to your child about it at the weekend.

Being able to name what you are feeling is the first part of self-compassion and we will spend the next half term or longer with this focus. We are very excited about this work and the impact we hope it will have not just now, but long term for our children.

Please let us know what impact you see or how it is going from your point of view. With your guidance, we will develop our programme, which hopefully will be able to roll out to other schools in the future.

Christmas Fair

I would like to pass on a massive thank you to the Itchen Abbas Parents who organised and ran our fantastic Christmas Fair last week. A great deal of hard work, thought and effort was put into the fair and we appreciate the help and contributions received by everyone. As always, it had a wonderful feel to it and it was a brilliant way to get us all in the Christmas spirit. A great big thank you goes out to the children (and their parents) who ran children's stalls. I am delighted to say that they raised

£160! Whilst we don't yet know the exact total, we are anticipating profit from the fair of over £3000! Incredible! Thank you!

Milestone Reports

We have now completed our first interim teacher assessments for the children for years 1-6. Teachers have used their knowledge of children's learning and work in books to assess how well the children are doing against their new year group objectives. The purpose for it is to assist us in our future planning. Last year, we started to send interim reports to parents and feedback from you at the end of the year was that you found them useful so we will send them again this year. Please check bags for these on Monday along with a letter explaining the report.

Disability Football

This week, children from years 2 to 6 took part in a disability football session run by Hampshire FA. The children experienced what it would be like to play football as a blind person, using blindfolds and footballs with rattles in. They really had to use their listening skills! The children report that it was really hard but great fun!

Bikeability

Well done to year 6 who took part in Bikeability last week, learning how to cycle safely on the roads as part of their preparation for secondary school. Thank you to Mr Robbins for organising both of these events.

Anti-Bullying

Next week, we will be working with the children on respecting differences and anti-bullying. As part of this, if children would like to, they can come to school wearing bright, odd socks on Friday 29th November. Whilst other schools have already done this, we decided to delay due to the other events already happening in school.

Best wishes



Aimee Dear