



# Itchen Abbas Primary School

## 'Growing Hearts and Minds'



School Lane  
Itchen Abbas  
Winchester  
SO21 1BE  
Telephone: (01962) 779310  
Email: [admin@itchenabbas.org.uk](mailto:admin@itchenabbas.org.uk)  
[www.itchenabbasprimary.co.uk](http://www.itchenabbasprimary.co.uk)

Headteacher: Mrs A. Dear

## Newsletter – 29<sup>th</sup> November 2019

Dear Parents / Guardians

This week has seen some very special and thought-provoking work from our children. We have focused this week on anti-bullying across the whole school. Thank you for sending your children in with their odd socks in support of Anti-Bullying Week. Children have learnt that 'change starts with us' and have thought about what they can do to support themselves or others. Here is some of the work created by the Foxes class.

### Anti-Bullying Week

#### The Change Starts With Us

What does the school already do to prevent bullying and provide a safe and happy place?

Sensory Room, School Council, buddy systems, structured lunchtime games, lots of staff available during play times, chill-out area in class, self-compassion tree and letters, Mindful Monday, Creative Friday, Worry box, Sensory/fiddle box, Reward charts, positive behaviour guides.

What more can the school do to prevent bullying and increase our safe and happy environment?

- Make Mindful Monday more focused; some children are a bit bored of it. Emotion focus to explore.
- Develop our self-compassion area in class. *Paint individual stones, create a bank of pictures that make us happy or calm us- (Happy place, hobby, favourite food, song lyrics, poem or colour).*

### **Otters' Art Work**

Otters class had an art and DT day focused on their topic of North and South America. They made dioramas to represent the rain forests. They are all incredibly beautiful and constructed with great care, but I thought you would be interested to see how Nessie took a different approach and looked

at the effects human activity can have on the environment (a focus for our Geography learning). Both Nessie and Maddie presented their dioramas in assembly this morning and the stark difference was thought provoking.

“I have created a rainforest diorama including a waterfall, palm trees and bushes. I have created a healthy rainforest where many creatures and animals live.”



“I have created a rainforest diorama to represent how much we are polluting and killing the environment. I have put in nets and plastic bottles. There are no trees in my diorama because we are cutting them all down. That is why there are no animals in mine.”

### Hedgehogs Visit to the Apple Store

Today the Hedgehogs went to the Apple Store and took part in a coding and robotics workshop. They had great fun and showed exemplary behaviour. Miss Martin would like to thank all the parents for their help during the trip.



## Self Compassion

Next week, classes will be focusing on the following emotions:

Squirrels – being patient and having patience (coping with waiting for an exciting event!)

Hedgehogs – feeling lonely

Otters – coping with feeling worried

Foxes – feeling uneasy or uncomfortable

We would appreciate it if you would take time to talk to your child or children about these feelings over the weekend. Thank you.

Best wishes

A handwritten signature in blue ink, appearing to read 'Aimee Dear', with a stylized flourish at the end.

Aimee Dear  
Headteacher