



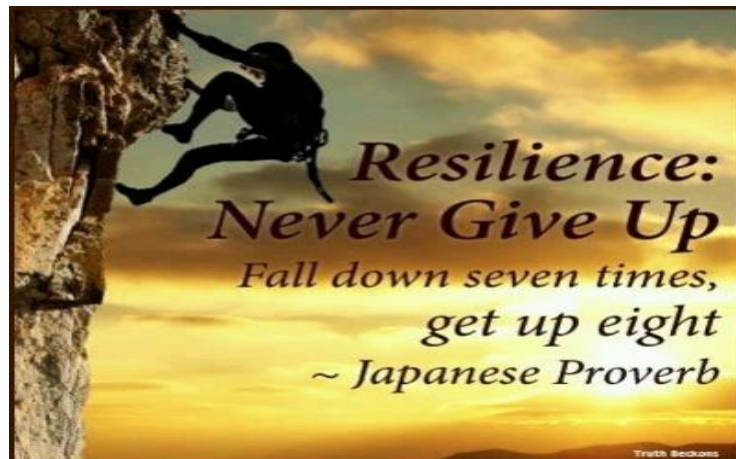
WELLOW HOUSE SCHOOL

Weekly Newsletter

20th September 2019



Resilience



We started our week talking about resilience and discussing the importance of trying hard, not giving up when times are tough. This week our resilience has been tested in a number of ways; from trying hard to master new spellings, facing fears such as swimming in the deep end to picking yourself up and carrying on after a stumble during the cross country event.

Resilience

(n.) The ability to become strong, healthy, or successful again after something bad happens.

extramadness.com

It is an important life skill to master, indeed, much research has been carried out investigating the correlation between resilience and academic success, with the results strongly suggesting that the more resilient the child during adversity, the higher the academic success. At Wellow we teach the pupils that:

People who show resilience:

- Bounce back from disappointment.
- Carry on against the odds.
- Put on a brave face

People who show resilience realise:

- You should focus on the future
- Having a positive attitude helps you to succeed
- Not giving up helps you to feel proud of your achievements and yourself

People show resilience by:

- Believing in themselves
- Having a positive and stoic attitude
- Bouncing back from disappointment



I would like to take the opportunity to thank Mrs Botham for her assistance with our gardening club and plans to become semi self-sufficient over the next few years. It will be a real delight for the children to be able to reap the benefits and eat their tasty produce! The children are certainly enthused by the activity and cannot wait to plant in our new allotment situated by the old chicken coup.

It is the Southwell Ploughing Match next Saturday and it would be lovely to see as many of you as possible at our Wellow stand!

I hope that you enjoy perusing the Inspection report card that should have come home this evening. I am extremely proud of the result; you may read the full version by going to: www.isi.net/school/wellow-house-school-7222

Have a wonderful weekend!

Warmest regards,

Ms Lamb

Happiness is the Key!



Happy Birthday!



Mrs Reast, Mrs Pacey, Hugo 4, Persephone 4, Maddison 10



This week's fabulous certificate winners!



In Foundation Stage the children baked croissants and enjoyed observing the change in texture of the pastries once they had dipped them in hot chocolate. We linked this to our French lessons, developing our knowledge and understanding of the world.

Many thanks,
Michele & Emily



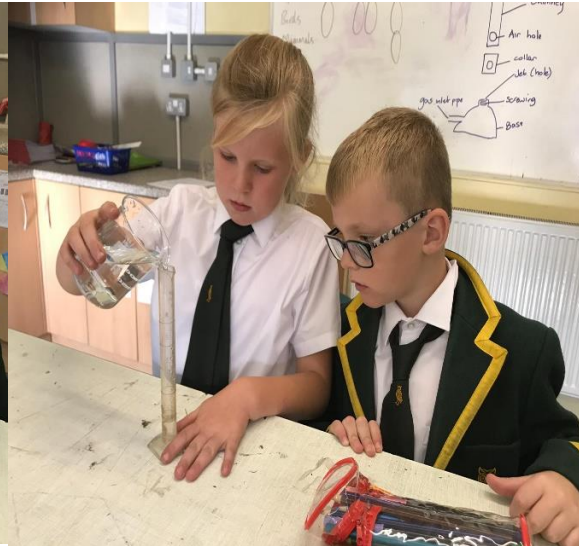


Dilys has decided to cut off her hair to make a wig in memory of Mrs Parker. She wanted to do this last year but her hair wasn't long enough!

After much measuring and growing, it has finally made the required length and she has her big chop next Friday! If you would like to sponsor

Dilys on her brave mission, please following the link below.

<https://fundraise.cancerresearchuk.org/page/dilys-loves-mrs-parker>



Year 3 Science. Fair test to see how the amount of light affects the growth in plants, everything has to be the same including the amount of water.





The children have been practising hard for Friday's cross country event. They have had to work together in teams, pushing and cajoling each other along. Pictured is the winning team. They displayed excellent team work and perseverance.



Forest Schools is always a favorite

Sport

GAMES FIXTURES RESULTS

U11/U10 HOCKEY

We played our first match this week at Highfields and, while the score was a defeat against a stronger and older squad of players, we had several more important aims as our focus. Playing on a small astro surface required some adaptations to playing on grass and the game was faster; our girls were not fazed and adapted brilliantly. Some of our girls are new to playing hockey, so building on everyone's confidence was our primary aim - Olivia and Isla were amazing with their determination to get fully involved. Passing accurately to our players and spreading out across the pitch was the team's main focus. We regularly got the ball out to our wings and now need to work on creating more chances in the circle. Bonnie and Natalya adapted with ease between defence and attacking positions. Grace battled hard in the centre and Marigold displayed her speed on the wing for the full game. Shyla had her first match as GK and made numerous saves and strong clearances. Everyone worked so well and communicated to each other, I could not have asked for more effort from anyone! There's lots still to work on, but so much progress has already been made this term.

- Mrs Nichols

Final score: 8-0

Player of the Match: Grace W



Upcoming Fixtures

Wednesday 18th September

U11/U10 Rugby v Westbourne & Barlborough Hall (A) [2:15pm](#) Abbeydale, S17 3LJ

ETR 5.15-5.30pm

SCHOOL POLICY - WATER BOTTLES

Wellow House School has a policy that every pupil is to have a clear water bottle in school for Break times, Games lessons and fixtures; the bottle and lid should both be named. The bottle should be taken home on Friday and washed over the weekend, so your child should return to school each Monday with a clean water bottle.

Year 5,6,7 French Trip

Mr O’Kane would like the reply slips for the French trip back as soon as possible so as to confirm the booking. Please also contact him by email if you do not wish your child to be booked on the trip so that he knows he has had all the replies.

With best wishes from the Pupils and staff at Wellow House School

