



WELLOW HOUSE SCHOOL

Weekly Newsletter

4th October 2019



As a passionate advocate for positive mental health, I have been taking time to research strategies we can use in school to improve our pupils general wellbeing and resilience.

In my assembly this week we discussed the upcoming anti-bullying week. The pupils discussed what bullying meant to them and we decided that a good definition would be:

S – several

T – times

O – on

P – purpose



shutterstock.com • 131245436

I am resolute in the opinion that children at Wellow should be happy, settled and comfortable coming to school and bullying of any kind will simply not be tolerated.

Whether it is verbal, physical, online or in-person, bullying has a significant impact on a child's life well into adulthood. Collective responsibility between home and school is required to reduce bullying both on and offline. By making small, simple changes, we can break this cycle and create a safe environment for everyone. Together we can challenge bullying. Change starts with a conversation. It starts with checking in. It starts with working together.

On 12th November we will be having an Odd Socks day; It's a chance for primary schools to celebrate Anti-Bullying Week in a positive way by asking pupils to wear odd socks to school. There is no pressure to wear the latest fashion or buy expensive costumes. All you have to do to take part is wear odd socks, it couldn't be simpler!

To link in with this theme, we invited two NSPCC ambassadors into school to chat with the children about online safety. Children and young people have been brought up with

the internet and most use technology intuitively, often showing their parents how to use it. Being online enables children and young people to socialise, learn and experience many things in a variety of different ways. A young person's online activity can influence their life 24 hours a day, seven days a week. Many children and young people report feeling 'disconnected' from the world if they can't go online, but they can often be unaware that what they do online can affect them offline. It is important to recognise that young people don't tend to differentiate between life online or offline; it is all part of their life. There are also many positives the internet can bring to young people's lives; interestingly, 68% of young people said that chatting to their friends online cheers them up and over half (54%) of respondents aged 8-17 said they would feel isolated if they couldn't talk to their friends via technology.

A recently published report by Ofcom said that since 2018, there has been an increase in the hours spent playing online games:

- A third of three to four-year-olds were reported to have spent six hours gaming a week.
- Over two-thirds of 12 to 15-year-olds spent nearly 14 hours gaming a week.

Many young people regularly use online chat features:

- 52% of three to four-year-olds spent nine hours a week online.
- 93% of eight to 11-year-olds spent over 13.5 hours a week online.
- 99% of 12 to 15-year-olds spent 20.5 hours a week online.

To me this is alarming!!

As you are aware, we do not allow phones or electronic devices into school and this research definitely affirms this decision. I strongly believe that break times should be spent running around, making dens, chatting with friends and not sat in a corner with a head buried in a screen!

Have a fun filled and exciting weekend, explore the great outdoors, play a board game and try and resist the urge to use too much technology!



Ms Lamb



Happy Birthday!



Maya, 6



Certificate Winners!



Rose made us proud at the Southwell Ploughing Match on Saturday where she proved she had a wonderful connection with her horse and won a trophy for her abilities.

Thank you to all that came to support us.

❀❀❀ Prep Gardening club ❀❀❀

Garden Club has made great progress since the start of term. We started off thinking about what we could grow this late in the season and decided on winter lettuce, spinach and winter hardy spring onions. The photo shows the seeds starting to germinate about 2 weeks ago.



Miss Lamb's dad, John, has been hard at work on our behalf and built us a raised bed for us to plant the seedlings in once they are large enough. Everyone enjoyed barrowing the compost from the tonne bag delivered to the raised bed.





Freddie, Oscar Nairn-Clark and Izzy D have all shown how naturally green fingered they are - each germinating seed trays of beautiful, healthy green seedlings. This week we pricked out our seedlings to give each enough space to grow. Everyone was very careful, handling each seedling only by one leaf to avoid damaging the delicate growing tips and roots. The photo shows the seedlings after pricking out.



We have also measured up our raised bed so that we can calculate how much netting we will need to keep pests off it!



I have asked the children to bring in a container for Thursday 10 October. Please can you help them to find something suitable, the children know what they need, and remember to bring it in. (You can bring it in early and leave it in the Geography room).

- Katie Botham



We had a surprise food hygiene inspection today... No problem for our amazing kitchen team who retained our 5 Star rating!!



The horrible weather hasn't stopped the smiles in Pre-Prep

POEMS BASED ON TRUTH FOR NATIONAL POETRY DAY (3RD OCTOBER)

I Ate the Steak

I ate the steak.
I didn't think you'd mind,
But now I come to think of it
I wish I could rewind.

I cooked it on the barbeque,
Which I have left outside;
I meant to save some for you,
But ate it all - I'm horrified.

I really am quite sorry
For all that I have done,
So I've been to the supermarket
To buy another one.



- William Saddington, 6 DOK

Chicken Wings

Mmmmmmm! Chicken wings. Barbeque chicken wings.
Ssssooo good!
Gnawing them off the bone, So juicy
So tender.
25 in a tray
Or even 50.
I do not share.
I do not care.
They're gone.
Mmmmmmm! Chicken wings.



- Max Henshaw 6 DOK

Lilla

*My pony is a wuss.
She likes a lot of fuss.*

*Her favourite food is lollipop
Although it makes her have a plop.*

*Early in the morning,
Really tired and yawning*

*I hate to walk that mile
While the weather is hostile.*

*I need to bring your hay nets so sweet,
They smell much better than your feet.*

*If I could, I would just ride you,
But of course I have to look after you!*

- Grace Walton 6 DOK



Sport



On Monday our under 9 A and B teams took on Lincoln Minster in two tough fixtures. Our A team played contact competitively for the first time and did not hold back on tackling the opposition especially from Henry and Leo whose last gasp tackles in the corners saw us come out with a 6-5 victory. Taylor and Tom made some lung busting runs often taking 3 or 4 of the opposition players with them before they were brought to the ground. Well done everybody and a well-deserved victory.

Our B team played a double handed touch fixture and after the first half saw themselves 3 - 0 down. The second half proved much better for us as some of our new players began to find their feet and make great runs in both attack and defence. This allowed Reiley to go over in the corner and score a try. We ended the game losing 4-1 but some valuable lessons were learnt of what to expect.

- Mr Taylor



Upcoming Fixtures

Wednesday 9th October

U11/U10 Hockey v Ranby House (H) 2:00pm - please note the earlier start time

U9 Hockey v Ranby House (H) 2:15pm

U12/U11 mixed Hockey v Ranby House (H) 2:30pm - new fixture

The start time will be flexible, to allow a short break for the Ranby House team after their first match.

HOLIDAY SPORTS CAMP ACTIVITIES

Wellow House School holiday sports camp activities are organised for children of Prep School age. Pupils are very welcome to also invite and book places for their siblings and friends. Please book your child for any of the October Half Term activities listed below by initially emailing Mrs Nichols direct by **Friday 11th October**. Further details will be emailed to parents, confirming whether there is enough interest for the activity to go ahead. Email: lorraine.nichols@wellowhouseschool.co.uk

Hiking and Map Reading Skills

Monday 21st October

9:30am-4:00pm

£30

Ms Beldon and Mrs Nichols are planning a hike with an introduction to map reading. Your child would need to provide warm clothing and a packed lunch. We need a minimum of 8 children for this activity to go ahead, please email Mrs Nichols if your child wishes to book a place.

Athletics Workshop

Wednesday 23rd October

9:30am-12:00pm

£15

Peter Fendley is an Athletics coach with over 30 years' experience and has coached athletes to national level. He assists with the Wellow House athletics programme during the Summer term and also kindly runs an Athletics Workshop during school

holidays. We have several pupils who have shown great promise during recent Quad Kids competitions and we hope to continue building on this success through these additional training sessions. We also hope children new to athletics may come along to have a go, as there is a wide range of skills required for different athletics events.

BIKEABILITY COURSE

We are hosting a Level 1 Bikeability course for Years 4 and 5 pupils on Wednesday 6th November. Your child will need to provide their own bicycle and helmet for the course. There is a basic minimum level of riding ability for your child to participate on the course, please speak to Ms Beldon if your child cannot yet ride a bicycle or if you have any other questions. Parents will be emailed a letter about the Bikeability course and your child has been given a copy of the permission slip to pass on to you. We would appreciate the completed permission slip to be returned by **Friday 11th October at the latest**.

Other News....

Flu vaccinations will be given Friday 29th November to pupils from FS2 to Year 6.

More information to follow.

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

