

Dear Parents and Carers,

We are now sending out the newsletter fortnightly. I am however acutely aware that you are still not able to enter the school or speak face to face with teachers, so, whilst time permits, I intend to still send you a short weekly email updating you on Foulds life.

This week we have been welcoming our new Reception children. They have looked so smart in their uniforms and have been excited every day coming into school...so excited in fact, that after their first afternoon, many have been leading their parents in and showing them the way - already showing our value of self-belief! I have been so impressed walking around Reception, seeing all of the children already modelling our other values - teamwork and kindness (playing together beautifully, for example to build a house), resilience (not giving up when something has been a little tricky, for example when building a pirate ship), respect and responsibility (looking after the toys that they are playing with and listening to their new friends and their teachers). Well done Apple and Pear!

As I explained prior to our September return, we put in place a 'recovery curriculum'. You can find more about this under the Parent section on our website ([www.fouldsp.com](http://www.fouldsp.com)). Whilst we are very proud of the number of children we managed to accommodate in school back in July, we were very aware that lots of children have spent a long time away from Foulds, away from their friends and away from formal education. With this in mind, we designed a two week timetable working on well being, mental health, teamwork and rebuilding a sense of community as we still can not be physically together as a whole school. I thought you might like to hear a little bit more:

Throughout the school, the children have been thinking about words to describe the different emotions. We have explored how our feelings and emotions are experienced within the body and discussed ways of controlling and effectively managing our 'big' emotions. We have also talked about the different thoughts and feelings we have had about returning to school, both positive and negative. You will be pleased to hear that our positive thoughts about coming back to school definitely outweighed any negative ones! From this we have created 'emotions graffiti' walls. The children have also designed symbols which represent their class. These will be placed around the school so that everyone can see them as they go past, and even though children may not be able to see other phase bubbles, they can still feel connected.

In Key Stage 1 (Year 1 and 2) the children have spent some time identifying and talking about the different feelings we have and experience, and how we can effectively manage our 'big' emotions.

In Lower Key Stage 2 (Year 3 and 4) we moved on to how, once we have identified our feelings, we can talk to others in order to help ourselves. The children have matched feelings to a scale of intensity and identified those that are strongest. They have begun to understand that different people can react to the same emotion in different ways.

In Year 5 and 6, we took it up a level, moving on to using the terms 'mental health' and 'well being', what this means, and how we can take care of it. We have been breaking down the misconceptions that children have around the term 'mental health' and looked at how challenging situations can affect your mental health, knowing that over time, situations we have found challenging will change and not last forever.

I want to thank Mrs Coombs and Mrs Cook for creating this curriculum during their summer, for the children. It has been a really useful tool to help the children settle back into school life fantastically well. The children have shown this week that they are ready to move onto more focussed learning. The teachers, who now know the

children really well, have begun to move on to learning more about where the children are academically and what we need to focus on moving forward in different subjects.

Today all of the children's PE kits will be sent home so that they can wear their PE clothes into school on PE days. This will ensure that there is no wasted PE time and that it is one less chance of our phase bubbles coming into contact with each other. I do expect that children wear the correct PE kit when in school, in the same way I expect them to wear the correct school uniform. If you are trying to purchase plain black tracksuit bottoms and a bottle green jumper/hoody and are unable to do so before next week, plain navy tracksuit bottoms and a plain black or navy jumper or hoodie are okay in the interim. The uniform supplier sells all of our kit (<https://www.pearlandmossuniform.co.uk/>) and we gain commission as a school on these sales, but you can also find them in the majority of supermarkets eg pack of two black tracksuit bottoms at Sainsbury for £6 - 8 and a pack of two bottle green jumpers from Asda's George for £4 - 8 <https://direct.asda.com/george/school/jumpers-sweatshirts/bottle-green-school-sweatshirt-2-pack/GEM619930,default,pd.html?cgid=D10M1G1C14>.

I wanted to end by thanking you all for your support and for following our rules so well. I appreciate the number of people wearing masks as they pick up and drop off, the smiles and the supportive comments, especially as I understand that the new methods are adding time to everyone's days.

Have a wonderful weekend and to those who are celebrating the Jewish New Year this weekend, Shana Tova (a good and sweet New Year).

Kim Sanett