

MOSSY LEA MESSENGER

Tuesday, 7th November 2023 VII. XI. MMXXIII

* Acorn Class News *

Toy Hospital Role Play: Our little doctors and nurses have been hard at work in the toy hospital! The dramatic play is in full swing, and the hospital welcomed its first "patients." The creativity and caring in this role play is heart warming to witness. We had a surprise visitor at our school – the school eye nurse!

The kids were overjoyed to have the school nurse stop by our "hospital" to share some insights about her role and to answer their curious questions. It was an incredible opportunity for our little doctors and nurses to learn more about the world of healthcare.

We believe these real-life experiences make learning even more exciting for our little ones. We hope they're eager to share their newfound knowledge with you at home.

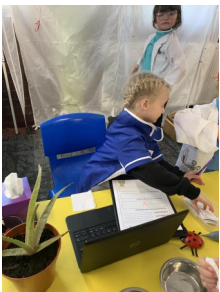
Maths Magic: Reception children have embarked on a fantastic adventure in their "Circle and triangle Hunt" unit!

They've proven to be absolutely fabulous circle and triangle hunters, using their keen observation skills to spot these shapes in their everyday surroundings.

Halloween Fever: Halloween preparations are in full swing! We've been busy baking delicious Halloween cookies and crafting spooky decorations. We were so pleased to see everyone enjoying our creations at the Halloween disco.

DT Unit: Our Design and Technology unit kicked off with a plea for help from the three little pigs. Acorns leaped into action, using their creative minds to design a new house for these beloved characters. It's incredible to see their problem-solving skills at work

We're so proud of all the hard work and enthusiasm our little ones bring to school every day. Thank you for your ongoing support and involvement. Keep an eye out for more updates on our exciting journey!



* Oak Class News *

This week, our children embarked on our special half-term journey with the theme, "We Will Remember." The entrance hall welcomed them with a beautiful sea of poppies, drawing them in with curiosity every day as new additions graced the area.

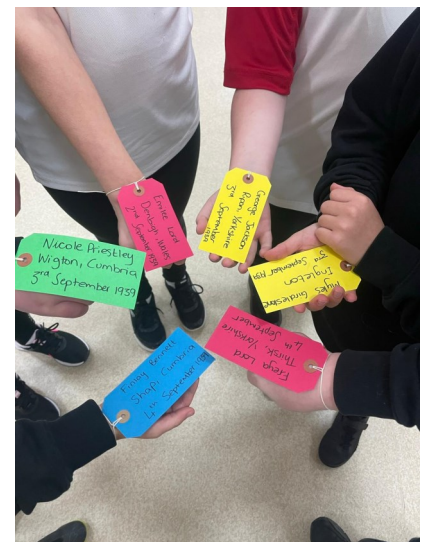
In English class, the week began with the children having to take cover in an air raid shelter, before being evacuated to the countryside, away from their families. Inspired by this, the children have delved into the heartwarming story of "Goodnight Mr. Tom," exploring the adventures of a young boy evacuated to the countryside during World War II. They've already dived into the intriguing characters of Mr. Tom and Willie.

Meanwhile, our budding engineers in DT have kicked off a fascinating unit on structures. They're crafting their very own warhorse structures inspired by our gripping guided reading book, "War Horse" by Michael Morpurgo.

Art brought both classes together for a touching collaborative project, resulting in a stunning memorial for our Remembrance-themed entrance hall.

In the world of numbers, our Year 3 and 4 children are tackling the multiplication challenges, while our Year 6 successfully completed their division unit this week.

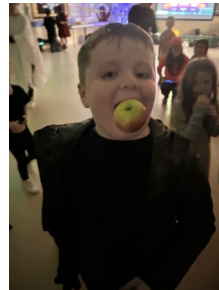
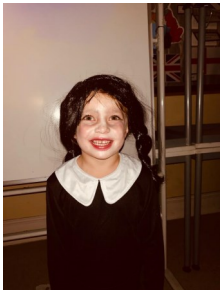
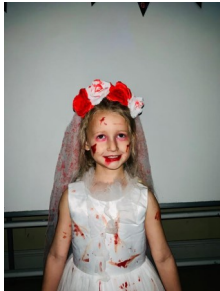
To add an extra dash of excitement, in PE, we've teamed up with Chorley SSP for a thrilling gymnastics topic. Get ready for flips, rolls, and a whole lot of fun!



🎃 🧛 Our Fantastically Spooky Halloween Party was a SPOOKtacular success! 🧛 🎃

We had a hauntingly good time playing some bone-chilling games like Pass the Parcel, Musical Statues, Pin the Skull on the Skeleton, and Apple Bobbing. The children's Halloween costumes were out of this world, and picking a winner for each class was a real challenge – everyone looked fang-tastic!

A huge THANK YOU to all the parents and staff for their support, especially with the "Wrap the Mummy in Toilet Tissue" game – the laughter echoed through the halls!



Remembrance

As we enter a week of remembrance it is impossible to prevent our minds flowing to the awful events in Ukraine, Israel and Palestine. Life is tough at the moment, and many of us at home are feeling it. However, lest we forget, almost 1/2 million people from the UK lost their lives in World War 2, over 700000 in World War 1, and more recently 258 in the Falklands War, and a similar number in the Wars with Iraq. Just numbers on a newsletter now; but their sacrifice must never be forgotten, and most certainly never be taken for granted. These armed service men and women really did give their future, indeed their lives, so that we can live as we do today. The life that we have today is so precious, yet taken for granted by so many. We let squabbles darken our days, sometimes our weeks, sometimes they tarnish the rest of our lives, and this is so unnecessary. If we could all, not just in WN6, just open our minds, and flood the space taken up with bitterness, impatience, anger, sometimes even hatred, and flood it with tolerance, happiness, acceptance and gratitude then not only would we all be healthier, the world would certainly be a much more exciting colourful world. A vibrant happy tolerant open place. Why are some people so determined to close that door? God alone knows—quite literally.

Those who died in all the wars must never be forgotten, and what we have must never be taken for granted.

They shall grow not old, as we that are left grow old:

Age shall not weary them, nor the years condemn.

At the going down of the sun and in the morning .

We will remember them.



Coping with Change

Changes are an inevitable part of life however, the way in which people manage and cope with change can vary. 2020 brought with it many changes. These changes affected every area of our lives including relationships, work, travel and most importantly for us how we 'do' school. With this in mind we would like to explore some ways in which we can support ourselves and each other to cope with and adapt not only to these changes but to the changes we all face throughout our lives.

Strategies for Coping with Change

Realise that feelings of stress can be created when going through change.

Be kind to yourself, during times of change it is extremely important to practise self-care.

Keep your routine as much as possible, having set things which you do everyday will support you in remembering that not everything has changed, some things have stayed the same.

Try to limit the time in which you access social media/watch the news, this can feed a negative mindset.

Get some exercise, eat healthily, practise mindfulness.

Remember you have coped with stressful situations before and you can cope again.

Take care of yourself – you cannot pour from an empty cup!

Helping Children Cope with Change

- **Talk with them, let them know what is happening and what changes they can expect.**
- **Let them express how they are feeling and then guide their attention to the things in their life that have not changed.**
- **Model focusing on the positives in the child's life or positive aspects of the change rather than the negatives.**
- **Keep routines as much as possible, or establish new routines which they can rely on.**
- **Prepare children for changes, let them know what to expect and what these will look like.**
- **Involve the children in planning for change.**
- **Remind children they have experienced change many times in their life before, and have the ability within them to cope with it.**
- **Teach them how to 'ground' themselves**

Some Grounding Ideas to Use with Children:

Be a Tree: There's nothing more grounded than a tree! Teach your children to feel his or her connection with the ground by imaging themselves as a tree. This sounds like, "I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world."

Object Focus:

Keep some unique items on hand with different textures and colours. These could be sensory items, colourful rocks, snow globes or something else. Students can hold an item in their hands and tune in all of their focus to the item. Notice the colours. Notice the textures. How does it feel in my hand? How does it feel when I squeeze it? What colours do I see? Just notice everything there is to notice about the item!

Stomp Stomp Blow:

For an active grounding exercise, have students stomp the left foot, stomp the right foot and then exhale deeply. Continue this pattern of stomp, stomp, blow, stomp, stomp, blow, stomp, stomp, blow. Feel the connection of feet with the floor. Blow away anxious thoughts.

Room Search:

Pick one broad category and search the room. Name everything in the room that's green. How many stars can you find in the room? Say the type of shoe everyone in the room is wearing. Count the bricks on one wall.

We have harvested our honey....

We are selling our Honey! Available from school or Derby House, at £5.00 per Jar. Local honey, made by our own bees.

1st come 1st served.

To buy your honey simply send the money into school.

All money raised will go to our eco council, to further enhance the grounds, and their usage.



Upcoming Events

Parents' Evening

This will take place on **Thursday, 18th November 15:40—18:00**. If your child is in Acorn Class, an appointment will be made with Karen and if they are in Oak Class you will meet with Antonella. If your child is in Year 5 and is taught Maths by Karen, then Antonella will feedback on Karen's behalf. Please send a Class Dojo message with your preferred appointment time, as soon as possible as it is first come first served.

Children in Need

In line with our school vales—We are considerate and We are responsible—we will be supporting Children in Need again this year. C in N falls on **Friday, 17th November**. So, come as Pudsey! Come spotty! Spray your hair! Wear Yellow! Come in non uniform! Bring in a donation and we'll send it off to Children in Need.

We will also be taking part in the Pudsey BEARpee challenge throughout the week, challenging you and the children to complete 1,000 Bearpees across Appeal Week. The totaliser will be updated daily and displayed in the entrance window. Feel free to contribute at home, send a video via SeeSaw and message



Diary Dates

Nov	
3rd	Reception vision tests and school photographs
7th	Governors Meeting 18:30
9th	Oak Class trip to Lancashire Museum
16th	Parents' Evening 15:40-18:00
17th	Children in Need
23rd	Reception and Year 6 Height and Weight Measurements
27th	Lancashire Fire and Rescue Visit
29th	Year 2 Chorley SSP Gymnastics festival
30th	Year 3/4 Chorley SSP Glow Dodgeball

Star of the Week

