

Welcome

We are delighted to have Miss Sardar teaching Year 3 and Coach Cooper joining The Alton team. We hope all our children and families make them feel welcome. The Year 3 parents can meet Miss Sardar properly at the parent curriculum meeting next week.

Parent Curriculum Meetings

Please come to your child's year group curriculum meetings. You will be able to find out about what they will be learning this term and ask any questions you may have.

Monday 20th Jan - Year 4
Tuesday 21st Jan - Year 6
Wednesday 22nd Jan - Year 5
Thursday 23rd Jan - Year 1
Friday 24th Jan - Year 2
Monday 27th Jan - Reception
Tuesday 28th Jan - Year 3
Wednesday 29th Jan - Nursery

All meetings are at **3.00pm** in the classroom.

House Points

We introduced our new house point system this week. The houses are named after trees in Richmond Park: Chestnut, Willow, Oak and Cedar. Ask your child which house they are in.



Children can earn house points by demonstrating excellent learner behaviours and by being ready, respectful and safe. They will also get a house point when they get a recognition slip.

Excellent learners...



The house with the most points by half term will have a mufti day, they can wear their own home clothes to school. The children are very excited by this!

Messages for the Office



The office is extremely busy in the morning and at the end of the day. If you have an urgent message please call and leave a voicemail. We cannot answer the phone if we have a queue of parents waiting to pay for trips, for example. You can also send a text message or an email. These messages are picked up very quickly by Mrs Gibbs.

Mental Health Week

3rd - 9th February is Place2Be's Children's Mental Health Week - the theme is 'Know Yourself, Grow Yourself', taking inspiration from the Disney film, 'Inside Out 2'. All children will have the opportunity to take part in creative activity sessions in class.

Ayesha in Year 6 is our trained mental health champion. Children can find her in the playground. They can talk to her and she is another person in school that children can trust to help them.

TIPS FOR FAMILIES



1

Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2

Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

3

Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4

Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5

Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

Diary Dates

Please check the diary dates on every newsletter to see what events are planned and when the school is open and closed.

17 January	Reception Vision Screening
23 January	Y3 Trip British Museum
31 January	Y4 Natural History Museum
3 February	Y1 Visit Holy Trinity Church
6 February	Reception and Y6 Height and weight checks
7 February	Y5 Natural History Museum
11 February	Y4 Barnes common trip
17 February to 21 February	Spring Half Term Holiday. School closed for children
24 February	School open for children
4 March	Y3 Trip Holly Lodge
12 March	Y2 Trip Science Museum
4 April	Last day of Spring Term
22 April	Inset Day. School closed for children
23 April	School open for children
5 May	Bank Holiday. School closed for children
22 May	Y1 Trip Barnes Wetland Centre
26 May to 30 May	Summer Half Term Holiday. School closed for children
2 June	School open for children
22 July	Last day of summer term





Family Hubs Online Workshops for Parents/Carers

Jan - March 2025

Fortnightly Mondays 1 - 2.15pm
and a sneaky Wednesday!

New time



Grab yourself a cuppa and enjoy some helpful tips and support on a range of topics aimed at the **under 5s** from Wandsworth colleagues and partners, **all online**

Date	Topic	Delivered by:
13 th Jan	Toilet Training	Madeleine Menezes School Nurse Team Lead
27 th Jan	Mealtime Routines and Fussy Eating	May Robertson Nutritionist Lead
Wednesday 29 th Jan	How to keep your child's teeth healthy	Sheryll John Oral health Promoter
10 th Feb	Schemas: Understanding your child's play patterns	Hannah Skaife Locality Teacher
24 th Feb	Sleep hygiene Supporting your child with their sleep Focus is on SEND Children and those with additional needs	Denny Hotene Family Services Lead Send in Mind
10 th March	Positive Parenting in the Early Years	Shravani Purandare CAMHS under 5
24 th March	Toilet training For parents with autistic children or children on the emerging needs pathway	Emma Dreyer Highly Specialist Occupational Therapist

Please book a place by either scanning this QR code or the link below

<https://forms.office.com/e/0BY4gqebB3>

For more information
Hannah Skaife: 07974 586467



For Wandsworth families with a focus on children under 5 years old



South West London and St George's



KIDS YOGA

COME AND JOIN ME FOR A FUN SESSION OF YOGA BREATHING, POSTURES & RIBBON DANCING

Where: Roehampton Library

When: Wednesday 8th and 22nd of January 2025
12th and 26th of February, 5th and 19th of March
4-4:30pm

Who with: Verena Nash
www.verenanash.bandcamp.com

What to bring: A bottle of water, wear comfortable clothing you can easily move around in

Recommended for ages: 5+

For more information please contact Verena directly:
verenanash@hotmail.com

Sponsored by Taught by Verena Nash

learn to

love to

read

LET'S CHAT, PLAY, SING AND READ TOGETHER!

Sessions for parents and their children aged 2 to 4 years

Where: Roehampton Library
When: 10:30-11.10am
Wednesdays 15th, 22nd, 29th Jan and 5th Feb 2025
(4 week programme)

Storytime

Gifts each week

Playing games

Singing

Tips

Please sign up on our website
<https://bit.ly/46syqCb>

Reception trip Natural History Museum



