# The Alton The Alton News

## Welcome

Quality First

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.

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



#### 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.

#### 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.

#### Be visual

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



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#### **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.

## 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**

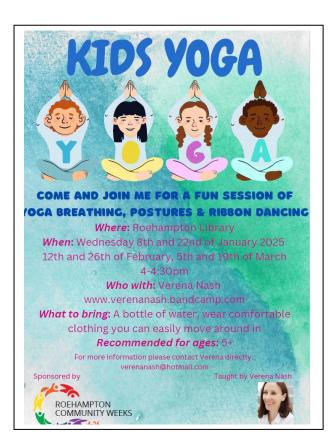
\*Please check the diary dates on every newsletter to see what events are planned and when the school is open and closed.\*

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	Spring Half Term Holiday.	
21 February	School closed for children	
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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	
5 may	for children	
22 May	Y1 Trip Barnes Wetland	
	Centre	
26 May	Summer Half Term Holiday.	
to	School closed for children	
30 May		
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!			
Date	Торіс	Delivered by:	
13 <sup>th</sup> Jan	Toilet Training	Madeleine Menezes School Nurse Team Lead	
27 <sup>th</sup> Jan	Mealtime Routines and Fussy Eating	<b>May Robertson</b> Nutritionist Lead	
Wednesday 29 <sup>th</sup> Jan	How to keep your child's teeth healthy	Sheryll John Oral health Promoter	
10 <sup>th</sup> Feb	Schemas: Understanding your child's	Hannah Skaife Locality Teacher	
24 <sup>th</sup> Feb	play patterns 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 <sup>th</sup> March	Positive Parenting in the Early Years	Shravani Purandare CAMHS under 5	
24 <sup>th</sup> March	Toilet training For parents with autistic children or children on the emerging needs pathway	Emma Dreyer Highly Specialist Occupational Therapist	
	K-214	he link below For Wandsworth families with a focus on children under 5 years old	





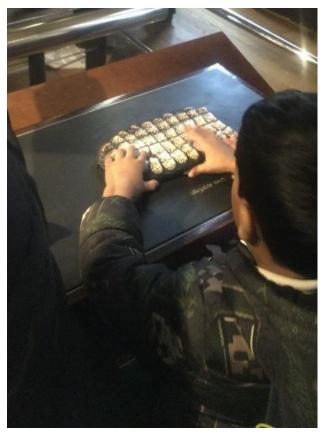
## Reception trip Natural History Museum



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