



# Loudwater Combined School

*Learn, Create, Succeed*

Headteacher:

Mrs. Clare Cunnington

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## LOUDWATER NEWSLETTER

### Friday 4<sup>th</sup> January 2019

Dear Parents,

#### Important Calendar Dates

**Thursday 10<sup>th</sup> January 2019** - Open Day (9.00 – 10.00 & 2.00 – 3.00)

#### News from the classes this week:

There is no news from the classes today due to the short week. All will return to normal next week.

#### Value of the month

Our value of the month is responsibility. This will be explored in assemblies and in class discussions in PSCH sessions. The questions the children will be exploring are:

- How can we be responsible learners?
- What are the important responsibilities that we have?
- How can we take responsibility for our environment?
- What are our responsibilities and rights?

Our inspirational person for January is Rachel Carson. She was an American marine biologist who was one of the first scientists to recognise and write about the impact chemical pesticides can have on our environment. More about her life and achievements can be found at: (in the spaces there are underscore symbols)

[https://www.ducksters.com/biography/scientists/rachel\\_carson.php](https://www.ducksters.com/biography/scientists/rachel_carson.php)

[https://kids.kiddle.co/Rachel\\_Carson](https://kids.kiddle.co/Rachel_Carson)

#### House Captains

House Captains and Vice Captains for this term have been chosen:

	House Captain	Vice Captains
Elgar	Ella	Max
Beethoven	Paris	Jack & Rishie
Mozart	Maddison	Shannon & Breanna
Tchaikovsky	Jennifer	Miguel

#### Visitors to enhance our Religious Education curriculum

During last term all classes visited St Peter's Church to take part in Remembrance commemorations and Christmas celebrations. Years 4 and 5 also visited the church to find out more about the first Christmas. There was also a visit from Rabbi Zvi for pupils in Years 4, 5 and 6 which linked in with these classes learning about Judaism.

Next week children in Years 5 & 6 will be visited by Sheik Tanveer, Reverend Mark Macaulay and Laurence Smy members of the Council for Christian and Muslim Relations based in High Wycombe. You can find out more about this organisation at

<http://www.ccmr-wycombe.co.uk/> . The purpose of this visit is for the children to learn

more about Muslim and Christian beliefs, compare and contrast the practices of these two faiths as well as asking any questions they may have.

### **Family Support Advisor**

#### **Mindfulness classes for children and parents at Loudwater School.**

Feeling overwhelmed and stressed is a common reaction to life events. Several studies suggest that the practice of mindfulness leads to a decrease in stress and anxiety as well as an increase in overall emotional well-being.

What is Mindfulness?

Mindfulness is the practice of paying attention to what is happening to you from moment to moment. To be mindful, you must slow down and bring awareness to your thoughts, feelings and actions, without attaching judgment to them. When we feel stressed, it is easy to focus solely on problems and to pay little attention to positive experiences. Taking notice of simple sensations, like breathing, taste, sounds, sights and touch helps stop this line of thinking.

Incorporating mindfulness into daily routines can promote better focus and concentration, improved sleep and develop strategies to manage when feeling emotionally overwhelmed.

Jackie Boyce, our Family Support Advisor, will be running a group after School on a Wednesday for children and parents to learn Mindfulness techniques in a calm and creative environment.

If you are interested in these sessions or would like more information please contact Jackie through the School office 01494 524919, see the flier at the end of the newsletter or email [jboyce@loudwater.bucks.sch.uk](mailto:jboyce@loudwater.bucks.sch.uk)

### **Clubs**

The afterschool clubs resume next week (w/b Jan. 14<sup>th</sup>). If your child is already enrolled for the Radio, Home Learning or Choir there is no requirement to register again. Netball and Year 5/6 football will restart when we have the warmer and lighter evenings. Please see the uSports letter, at the end of our newsletter, for more information on their clubs or [Click here to go direct to the uSports website.](#) Smart Raspberry is also offering their normal Friday cooking club; we have also added their letter to the end of this newsletter.

### **Medical Appointments**

As we start a new term we would like to remind you that medical appointments should be made for the school holidays, Inset Days or before or after school and it is in only exceptional cases that they should take more than a morning or an afternoon. Optician and routine dental appointment may be made well in advance and need not impact on your child's school day.

### **Free School Meals**

If you feel you may be eligible for Free School Meals and have not yet claimed please contact the school office for the relevant claim form. Once this has been completed we will be able to check for you.

### **Gateway**

We would once again remind you that although the Gateway is used for school to send messages and texts it is not monitored for school to receive texts. Please either email or phone with your queries or messages.

### **FOLS Lottery Winner**

The lucky lottery winner for December is Reena, ticket number 29. The cheque is ready for you to pick up from the school office.

Yours faithfully

*Clare Cunningham*

Mrs C Cunningham

Head teacher

### **Newsletter**

As you are aware we have moved to sending out our newsletter via email. Due to the GDPR, we are only able to continue sending out to those of you who have agreed so please do ensure that you **register your consent on the gateway**.

### **Disclaimer**

From time to time we are asked by a range of organisations to give out leaflets. We always agree if we think this could be of interest or benefit to the children. However we do not endorse any of these organisations and parents should always check their credentials carefully to make sure children would be safe and well looked after.

## **LOUDWATER COMBINED SCHOOL** **Calendar of events for 2018-19**

<b><u>January</u></b> <b>10<sup>th</sup></b> Open Day (9.00 – 10.00 & 2.00 – 3.00)	<b><u>February</u></b> <b>4<sup>th</sup> – 8<sup>th</sup></b> Science Week <b>12<sup>th</sup> &amp; 13<sup>th</sup></b> Parent/Teacher Consultations <b>18<sup>th</sup> – 22<sup>nd</sup></b> Half term break <b>25<sup>th</sup></b> Return to School	<b><u>March</u></b> <b>5<sup>th</sup></b> School Photographs <b>14<sup>th</sup></b> Open Day (9.30 – 10.30 & 2.00 – 3.00) <b>15<sup>th</sup></b> Red Nose Day <b>18<sup>th</sup> -22<sup>nd</sup></b> Shakespeare Week <b>26<sup>th</sup> &amp; 28<sup>th</sup></b> Parent/Teacher Consultations Y6
<b><u>April</u></b> <b>5<sup>th</sup></b> School closes at 2pm for Easter Break <b>23<sup>rd</sup></b> Training day for teachers <b>24<sup>th</sup></b> Children return to School <b>30<sup>th</sup> &amp; 2<sup>nd</sup></b> Parent/Teacher Consultations (FS-Y5)	<b><u>May</u></b> <b>30<sup>th</sup> &amp; 2<sup>nd</sup></b> Parent/Teacher Consultations (FS-Y5) <b>6<sup>th</sup></b> Bank Holiday <b>13<sup>th</sup></b> Year 6 SATs Week <b>20<sup>th</sup></b> Year 5 Assessment Week <b>24<sup>th</sup></b> <b>School Closed</b> Training Day for teachers <b>27<sup>th</sup> – 31<sup>th</sup></b> Half term break	<b><u>June</u></b> <b>3<sup>rd</sup></b> Children return to School <b>6<sup>th</sup> – 10<sup>th</sup></b> Science Week – Kew Gardens visit <b>6<sup>th</sup></b> Open Day (9.30 – 10.30 & 2.00 – 3.00) <b>11<sup>th</sup> – 14<sup>th</sup></b> Year 6 Green Park Residential <b>28<sup>th</sup></b> School closed training day for teachers

<b><u>July</u></b>	<b><u>Values Assemblies</u></b>	<b><u>Class Assemblies</u></b> <b><u>Spring term</u></b>
<b>1<sup>st</sup> – 5<sup>th</sup></b> Assessment Week Y1, Y3 & Y4 <b>2<sup>nd</sup></b> Secondary School Induction Day (Y6) New Parents Meeting <b>5<sup>th</sup></b> Annual Reports to Parents <b>12<sup>th</sup></b> Sports Day – Greek Theme <b>17<sup>th</sup></b> Reserve Sports Day <b>23<sup>rd</sup></b> 7.00pm Y6 Leavers Production <b>24<sup>th</sup></b> 9.30am Y6 Leavers Presentation Assembly <b>24<sup>th</sup></b> School closes at 2pm for summer break	All Start at 9.05am 30 <sup>th</sup> January - Responsibility Y5 28 <sup>th</sup> February - Empathy Y3 27 <sup>th</sup> March - Compassion Y2 30 <sup>th</sup> April - Kindness Y6 23 <sup>rd</sup> May - Collaboration Y1 27 <sup>th</sup> June - Respect Y5 18 <sup>th</sup> July - Happiness FS	All start at 9.05am 24 <sup>th</sup> January - Year Six 31 <sup>th</sup> January - Year Two 7 <sup>th</sup> February - Year Five 7 <sup>th</sup> March -Year One 14 <sup>th</sup> March - Year Three 21 <sup>st</sup> March - Year Four 28 <sup>th</sup> March - Foundation Stage



*info@u-sports.co.uk*

*0118 449 2641*

*www.u-sports.co.uk*

## Loudwater Combined School – Spring 2019 Clubs

Dear Parents/Guardians,

uSports are pleased to announce that we will be delivering the following after-school clubs at Loudwater Combined School for the spring term.

### **Football:**

- Year 3-6 | Wednesdays | 3.15 – 4.20 | 10 Sessions
- Year 1-2 | Thursdays | 3.15 – 4.20 | 10 Sessions

### **Indoor Archery**

- Year 2-6 | Tuesday | 3.15 – 4.20 | 10 Sessions

### **Multi Sports**

- Year 1-2 | Wednesday | 3.15 – 4.20 | 10 Sessions

### **Prices:**

After school clubs | £5.00 per session

All bookings can be made by:

1. Going to  
<https://usports.class4kids.co.uk/term/60/Loudwater+Combined+%257C+Spring+2019+>
2. Scroll down to Loudwater Clubs
3. Click 'Book now' – This will take you to our bookings page
4. Find the club for your child/children
5. Add your child's details
6. Pay (booking will not be confirmed until payment is made)

Kind Regards,

Charlie Hiscox

uSports

*Twitter, Facebook and Instagram:*

**@usports ltd**



Dear Parents,

My name is Helen Tucker and I currently run a Smart Raspberry cookery club at Loudwater Combined School on a Friday afterschool. I am now taking bookings for the cookery club starting Friday 18<sup>th</sup> January 2019. I have put the list of the scrummy recipes for you and your children to see, these are what the children will be making and learning about the ingredients that go into them.

**Years 3-6 Friday: 18/01/19 to 29/03/19**

**£85.00 (10 classes) this includes all the ingredients used**

**Time: 15.30 – 16.30**

**Some of the recipes we'll be making this term:** Sundried Tomato & Mozzarella Cannelloni, Fruity Oat & Seed Bar, Chickpea Curry, Chocolate Marble Cake, Courgette & Tomato Slice, Chelsea Buns, Bulghar Wheat Salad, sticky ginger cake, Focaccia, Shortbread, Vegetable Filo Tart, and Lemon Cheesecake

If you would like to book a place for your child, please contact the website:

[Smartraspberry.com/booking](http://Smartraspberry.com/booking)

Places are allocated on a first come first served basis, so book online now!  
If you have any questions please get in touch through the contact details.

Kind regards

Helen Tucker



07702700443



info@smartraspberry.com



www.facebook.com/smartraspberry



@smartraspberry



# Mindfulness for children and parents

Where: Loudwater School library

When: Wednesdays starting 16<sup>th</sup> January

What time: 3.30pm to 4.00pm

Learn relaxation and breathing techniques you can use with your children to help them better manage their emotions.

Mindfulness delivered in a fun and accessible way.

Learn how to use mindfulness as part of daily routines promoting concentration, focus, and calm bedtimes

For more information contact Jackie Family Support Advisor through the School office  
01494 524919

Few of us ever live in the present.

We are forever anticipating what is to come or remembering what has gone.

