



DOWNHAM PREPARATORY SCHOOL AND MONTESSORI NURSERY

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Newsletter to Prep & Nursery School Parents 4th February 2020

Mindfulness and Mental Wellbeing

This week, 3-9th February, is Children's Mental Health Week.

Set up by children's mental health charity Place2Be, the week shines a spotlight on the importance of children and young people's mental health. This year's theme is **Find your Brave**.

Over the last five years, in particular, we have noticed that there are an increasing number of pupils who find it difficult to cope with all the pressures that modern life brings – social media, peer pressure, concerns about their future, global warming, pollution, etc.

This week, we are discussing some of these issues with the children, helping them to understand and find different strategies to manage their feelings.

Today, Mrs Remmington is coming in to school to talk to the children in assembly about Mindfulness. The children will all bring home a leaflet with information for parents.

As a school, we have decided to make Mindfulness and Mental Wellbeing a permanent part of our curriculum. We will be holding a brief Mindfulness session in the mornings at Registration time. We will also be discussing suitable, age-appropriate strategies with the children during form meetings and PSHE lessons. Adventure Service Challenge members are also studying this topic.

When the children and staff have shared all of these activities, we will be able to use this knowledge to help the children whenever they are feeling worried, anxious or over-excited, at any time during the school day. We also hope that they will be able to use these strategies at home, or indeed, wherever they may be.

Parent Survey

Please return your parent survey as soon as possible, if you have not yet done so. We are starting to look at them and collate the information. Thank you.

Parking

Please may we remind all parents, that the parking spaces at the side of the drive are for parents of babies and toddlers (under 2's). We will be issuing new parking permits to those eligible parents.

If you have older children, please park on the side of the road, or in the farm car park.

Piano Lessons

Miss Milsome, who teaches piano lessons, has some spaces during Monday afternoons. If you would like your child to have piano lessons with her, please contact the school office.

Outdoor waterproof all-in-one play suits for Nursery pupils

If any parents have a spare outdoor waterproof all-in-one play suit that their child has grown out of, please could you bring it in to the school office. We would like to keep one or two in the nursery, in case of emergencies. Thank you.

Ryston Runners Cross Country

A small group of pupils took part in the December Cross Country race at Shouldham Warren.

First Under 9 boy home, and making his debut, was Oliver Wilson - 7th in 3:51. Next, in his highest ever finishing position, was Henry Loveday - 8th in 4:01. George Loveday was 12th in 5:30. Our sole girl competitor was Scarlett Wortley, who finished 14th in her Under 9 race, in a time of 4:53.

Five runners competed in the January event. Making her debut in the Under 9 girls' race was Annabelle Skeffington, who came 14th in a time of 4:12. Three boys ran in the Under 9 race. First home was Ezra Lewis - 15th in 4:10; closely followed by Henry Loveday - 16th in 4:11; and then George Loveday - 21st in 5:28. Our only competitor in the Under 11 category was Malou Lewis, who was 15th in a time of 13:49. Two events remain in this year's Grand Prix - Sunday 9th February and Sunday 8th March. Following the March event, the end-of-season awards are presented in Shouldham Village Hall at approximately 1.15pm. Any child that has completed at least three of the six runs this year will win a memento which, this year, is a reusable water bottle.

There are Primary School Trophies to be won, for the schools with the most points. The more runners we have, the more points we score, so it would be really good to see some more runners to swell the numbers for the last two events. Please see Mr Lane or Mrs Law for more information.

Match Report - U9 Girls netball vs Glebe House School - Wednesday 26th January

Last Wednesday, Downham Prep hosted Glebe House School and played an U9 netball match.

We started off extremely positively and demonstrated some very good ball skills, as well as movement off the ball, repeatedly getting the ball to our shooters. Devon scored the first goal and this spurred the team on to get more.

We finished the 1st quarter 3-0 up and the girls were so excited. We made a few little changes but the main aim was to keep the focus and continue doing what we were doing. With some excellent defending and centre court play we scored another 3 goals in the 2nd quarter. We were 6-0 up at half time.

The whole team played superbly, their confidence was growing by the second and the spacing and communication on court was just brilliant. I don't think the Glebe attackers even got a shot at goal. Special mention to Johnelle, who scored some fantastic goals, and worked extremely well with Devon in the circle to give us such a good advantage. Ava, Ruby and Paula were extremely consistent throughout the whole match, with some great marking and passing.

Devon was given the player of the match from the Glebe girls.

The final score was 9-0 to us. Well done to everyone - it really was a great team effort.