

St Hedda's Catholic Primary School



Well done to our stars of the week:

in class 1 - Theo

in class 2 - All of Class 2



WONDERFUL WORK

Class 1 have settled well into the beginning of the new term, enjoying nonsense poetry and creating actions to the words of The Quangle Wangle's hat by Edward Lear. In maths they have been great shape detectives, learning about 2D and 3D shapes around them and the properties of each shape. Forest schools was a firm favourite with birdsong and safe fire lighting being the order of the day.

Class 2 - This week we have started our new history topic of The Viking and Anglo-Saxon struggle for the Kingdom of England to the time of Edward the Confessor. We have researched what life was like for the Vikings and found that they originated from the country of Scandinavia. We noted that life could be hard for Vikings because the land was so infertile and this made farming difficult.

NEWSLETTER

12.01.24

THE WEEK AHEAD: 2024

Monday 15th January

PE for both classes

Tuesday 16th January

Wednesday 17th January

Forest School session for both classes

Thursday 18th January

PE for both classes

Eskdale Festival lunch club

SATs club

Friday 19th January

p.m. Class 1 Gymnastics, CCW

Happy New Year and Welcome Back!

What a wonderful start to the new year we have had this week. Children have come back to school with a marvellous attitude to work and have already been learning so much. We have had a number of visitors into school who have commented on how hard everyone is working, how sensibly children are moving around school and how lovely the atmosphere is. I can't wait to see what the rest of the year brings!

Jolly January

Mrs Harding from NPCAT sport has been in school working with our sport leaders this week. The sports leaders have lead the school each day to complete a five minute exercise designed to give an endorphin boost to release the happy hormone. The jolly January calendar is included with this newsletter for any children who wish to continue at home. Please send any photos of children doing their exercises to admin@stheddas.npcat.org.uk

Forest School

I am delighted to offer all children access to forest school sessions this half term and was so proud of everyone when I heard feedback from Miss Lamb about how well everyone had engaged in the activities. Forest schools have been proven to increase confidence, concentration, physical skills and communication and this week's session certainly seemed to have a positive impact on the children at St Hedda's.

SATs

A weekly after school SATs club will begin for year 6 pupils on Thursday and will run until 4pm. This will be an opportunity for year 6 pupils to access some extra learning time in a more relaxed way. We went our year 6s to feel super confident and prepared when it comes to SATS time.

Please contact the office to arrange a SATs meeting if you would like to discuss the SATs process, ask questions or find out what your child will be tested on.

Welcome Miss Bourke

Teaching assistant Miss Bourke will be joining us 4 afternoons per week this half term.

Eskdale Festival

Mrs Coates has kindly volunteered to prepare a group of volunteers to participate in The Eskdale Festival again this year. Lots of children have volunteered to take part already and this will initially run as a lunch club every Thursday.

Notices

- **Wraparound Care and Bus Run 1** - unfortunately due to staffing we will not be able to offer Bus Run 1 for the month of January, Bus 1 will return in February. Bus Run 2 and 3 as normal. Please book wrap around care (Breakfast and After School Club) by contacting the school office by 3pm on a Thursday to book places for the following week.
- **After School Sports Club** - this will begin on Monday 15th January from 3.15 - 4 p.m. with Mr Mitchell, NPCAT Sports. Please consent via the arbor app if you wish your child to attend.
- **Children collected from School/Bus** - we understand from time to time your child/children may be collected by another family member/friend etc - please make sure these contacts are updated as authorised to collect on Arbor.



| JOLLY JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st January	2nd January	3rd January	4th January	5th January
Squats Bronze: 10 times Silver: 20 times Gold: 30+ times	Star Jumps Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	Shuttle Runs Bronze: 10 times Silver: 20 times Gold: 30+ times	Jogging on the Spot Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	Burpees Bronze: 10 times Silver: 20 times Gold: 30+ times
8th January	9th January	10th January	11th January	12th January
Frog Jumps Bronze: 10 jumps Silver: 20 jumps Gold: 30+ jumps	Spotty Dogs Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	Side Lunges Bronze: 10 lunges Silver: 20 lunges Gold: 30+ lunges	Skipping Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	Sit Ups Bronze: 10 sit ups Silver: 20 sit ups Gold: 30+ sit ups
15th January	16th January	17th January	18th January	19th January
Stand Up/Sit Down Bronze: 10 times Silver: 15 times Gold: 30+ times	High Knees Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	Squat Jumps Bronze: 10 times Silver: 15 times Gold: 20+ times	Plank Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	Crunches Bronze: 10 times Silver: 20 times Gold: 30+ times
22nd January	23rd January	24th January	25th January	26th January
Tuck Jumps Bronze: 10 jumps Silver: 20 jumps Gold: 30+ jumps	Knee Raises Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	Forward Lunges Bronze: 10 lunges Silver: 15 lunges Gold: 20+ lunges	Wall Sit Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	Push Ups Bronze: 10 push ups Silver: 20 push ups Gold: 30+ push ups
29th January	30th January	31st January	EXERCISE  → ENDORPHINS  → HAPPINESS 	
Mountain Climbers Bronze: 10 times Silver: 20 times Gold: 30+ times	Leg Raises Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	High Knees Bronze: 10 times Silver: 15 times Gold: 20+ times		

SPRING TERM DATES

JANUARY 2024

Mon 8th Children return to School
 Fri 19th p.m. Class 1 Gymnastics, CCW
 Fri 26th Dance with Fiona Alderson, Eskdale School

FEBRUARY 2024

Mon 5th Children's Mental Health Week
 Tues 6th Safer Internet Day
 Fri 9th PD Day - School Closed
 Mon 12th - Fri 16th Half Term Holiday
 Fri 23rd Class 2 Basketball, Eston

MARCH 2024

Fri 1st p.m. Class 2 Cross Country, WSF
 Mon 4th Parents/Carers Evening
 Tues 5th/Wed 6th Eskdale Festival - Speech and Drama
 Thur 7th World Book Day
 Fri 15th LGB Meeting
 Fri 22nd Class 2 Dance/Gym/Cheer Showcase
 Fri 22nd Break up for Easter Holidays