

At Dr Walker's School we develop Respect and Responsibility.

Build Perseverance and Creativity.

Combine Christian values with Courage and Compassion for us to become successful British Citizens.



An Exceptional
Place to Flourish

11th January 2019

Twitter - Follow us @drwalker_s

Twitter is also available on our website

Twitter is updated daily with School news - Follow us for regular news!



Attendance Ted will be in Hedgehogs Class next week - 99.6% - Well Done!

Please be aware that holidays taken during term time could incur a penalty to parents by the Education Welfare Service. Please see our website for the school's Attendance Policy and a copy of the letter informing parents of the possibility of incurring a penalty by taking holidays during term time.

WHOLE SCHOOL ATTENDANCE IS 96.4%

Happy New Year

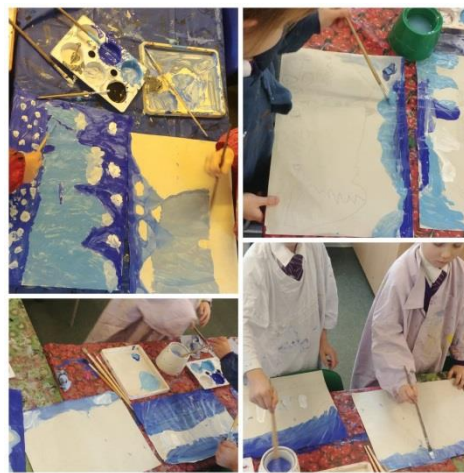
Happy New year to you all, we have all come back to school with a positive attitude and the first week has been full of great learning around the school.

Home Learning Quests

All classes have begun their Learning quests for the half term with enthusiasm and Home learning quests have been sent home today. Please send in HLQ work on a Thursday and Tweet @drwalker_s. Children can complete their quests in any order to receive their house points. Don't forget to look out for the Headteacher Learning quest on Twitter and well done to the children who completed this last term! Great Victorian Facts!

A huge congratulation to Saxons for being House winners for the Autumn term and earning the most ribbons on the cup! We are planning our Spring term Inter house events.

Across the school this week all classes have been working hard. In Badgers the children have been actively completing fraction challenges, ladybirds have been mixing colours to create Antarctica scenes and in Caterpillars the dough disco has begun again to help those little fingers get strong! What a great start to the year.





This week I have met with the Parliament and we discussed many areas of school life, we have organised a 'Surgery' on Monday 21st January so all children can book an appointment to talk to an MP with an issue or idea they may have. The parliament is also helping with ideas to brighten up the front of the school.

The children have enjoyed the winter sun, however it has been very cold. Please ensure your child has adequate clothing for the cold weather. Any news of bad weather and how this affects the school will be texted, however in the first instance please check the Essex County Council website for updates.

Collective Worship

On Tuesday we enjoyed a Collective Worship with Jane - Jane is a local curate and will be coming into school regularly this year. She spoke to the children about the light of the world and we even received a late Christmas present. Ask your child what our gift was!



This week we also took delivery of lots of lovely new books, nearly 50 to be exact. They are all classics and we hope to encourage more reading of classic texts to broaden their range of reading!



Parentview - Thank you to all our parents and carers who logged their responses on parent view at the Christmas concert. You can register any time and express your views, please do as your views count.



40 Ways to Strengthen a Child's Mental Health Today

EMOTIONS

- Let them cry.
- Validate their feelings
- Establish Routines
- Respect their boundaries
- Talk about feelings often
- Teach them how to journal
- Teach emotions words
- Know behavior is communication
- Teach body safety

PHYSICAL

- Give them responsibilities
- Provide a safe living environment
- Healthy diet
- Restrict and monitor screentime
- Practice mindfulness together
- Love them unconditionally
- Listen first, talk second
- Provide positive physical touch
- Have family meetings
- Be on your child's team

LOVE

- Eat family meals
- Play board games
- Connect with your child daily
- Create family rituals
- Encourage frequent exercise
- Get outdoors often
- Provide lots of time for play

PLAY

- Allow healthy risks
- Use collaboration over control
- Praise effort over achievement
- Use natural consequences
- Support their friendships

TEACH

- Be consistent and follow through
- Replace yelling with teaching
- Model honesty
- Encourage independence
- Teach Growth Mindset
- Accept mistakes
- Set healthy limits
- Nurture your child's gifts/talents

PARENTS with confidence

Well-being 2019

A New Year is always a good time to reflect on how we are managing our own well-being and the well-being of our children. 40 Ways is a great starting point for a positive year ahead.

Dates for your Diary

- Monday 21st January - MPs Surgery for pupils. 9.00-10.00am
- Wednesday 30th January at 2.30pm - Phonics Workshop (Year 1 parents only) More details to follow
- Tuesday 5th February - Chinese New Year Lunch
- Thursday 14th February - Valentines Lunch
- Monday 18th February - Friday 22nd February - Half term



Dear God

As the New Year begins it gives us opportunities to reflect on our achievements and our goals. Help us to be kind to ourselves as well as others and treat ourselves with love and care. Jesus is a light who can guide us in our lives today helping us to be the best person we can be. Amen