

Mengham Junior School

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Dear Parents and Carers,

Doesn't time fly?! We're halfway through the school year and have enjoyed many exciting learning opportunities. We've celebrated lots of achievements and shared in many successes.

At Mengham Junior School, we are committed to supporting our children in becoming successful learners, healthy and confident individuals and responsible members of the community. Our Behaviour for Learning policy was designed around this and the language we use in school supports children in understanding what these 'strands' mean.

Over the past few months, we have worked with all the children, governors, staff and parents to further develop this vision and create a set of school values.

Our new core values:

 At Mengham Junior School we strive to be: • Successful Learners • Healthy and Confident Individuals • Responsible Members of our Community We achieve this by being...	Successful Learners	Healthy and Confident Individuals	Responsible Members of our Community
	Hard working	Resilient	Respectful
	Creative	Active	Caring
	Reflective	Courageous	Trustworthy

We will be discussing each of these values in Monday assemblies over the next few months in order to help children understand what they mean.

Thank you to all parents who contributed towards these at the end of last year.

Have a lovely, safe and happy half term.

Best wishes,

Odele Davies & Edward Harrison



Trickbox

This week's trick, 'Floating Cloud' aims to train the body to relax and create a 'relaxed mind-body' blueprint. Children have been taught that mindful relaxation helps to train the mind and body to relax and recognise what that feels like, allowing them to choose to be so at a given moment. They have been taught to use diaphragmatic breathing through the nose for this exercise as they did in 'Breathing Colour'.

Year 3 Fishbourne Roman Palace

"We went to Fishbourne Roman Palace and we had great fun! We had a go at lots of Roman activities including games, writing and making clothes. We enjoyed seeing remains of mosaics and learning about how Romans would have lived." Molly Tidbury, Birch Class



Keeping hydrated at school

We hear all the time that drinking water is good for us but do you know why?

Typically, a lack of water can cause a child to:

- Struggle to concentrate in class and after-school clubs
- Have difficulty thinking clearly
- Suffer from headaches
- Be inclined to crankiness, temper tantrums, or weepiness

The Natural Hydration Council recommends following a general rule of 1-1.7 litres of water per day, which translates to 4-6 glasses.

Staff regularly encourage children to fill their water bottles at play and lunch.

Please can you ensure your child has a named drinking bottle in school every day. It doesn't have to be one purchased from a shop; a recycled drinks bottle is perfectly fine (and more environmentally friendly!).



ACE Adverse Childhood Experiences

What are ACEs?

ACEs are serious childhood traumas that result in toxic stress that can cause harm to a

child/young person's brain.

What is the ACEs program? The ACEs programme is a creative and active course that promotes resilience. Resilience is the ability to return to being healthy and hopeful after bad things happen. It helps children and young people identify and manage emotions; creating a safe physical and emotional environment at home, in school and the community.

To book a place on a workshop run by the Havant agencies please call 02392 441400 to book a place for you and your child.

The dates courses are running are Thursday 20th February 2020: 1pm-3pm or Tuesday 25th February 2020: 4pm-5.30pm.

Mengham Marvels Trip to FlipOut

"FlipOut was truly unforgettable, it was a fun adventure and we made some funny memories, My favourite bit, (Chloe), was doing flips in to the foam pit, My favourite part, (Alisha), was jumping on to cars and on and off the walls. Overall we are very grateful for this experience and would love to try some different activities in the future!" Chloe Pollard and Alisha Brown, Year 6.



Tri-Golf Festival

A group of our year 5 pupils were invited to attend a Tri-Golf Festival at Horndean Technology College.

"We did some fun activities, like hitting a golf ball through a hoop and much more! We all had lots of fun!" Toby Pyatt, Alder Class.

Sports hall Athletics Festival

Another group of our year 6 pupils attended the Sports hall Athletics Festival at the Mountbatten Centre, Portsmouth.

"It was a very windy Monday when we set off for the Mountbatten Centre to participate in 5 athletics tasks, 12 of us went and we thoroughly enjoyed our day. The activities included one, two and three length sprint and a relay event. This was a day to remember!" Aimee Wheeler, Willow Class.



Celebration of achievements outside of school...





If your child has any achievements you would like celebrated in school, for example, Football, Rugby, Boxing, Swimming, Dance, Musical, Gymnastics, Performing Arts, or anything else, please let the school office know. Certificates, medals, trophies etc. can be brought in to be shared in the assembly on a Friday

Headteacher Special Mentions

Well done to these children who have demonstrated they have been hard working.

Theo Carter (Oak); **Alfie-Lee Morgan** (Birch); **William Snell** (Elm); **Riley Hockley** (Lime); **Dylan Whalley** (Maple); **Callum Plumstead** (Alder); **Kayden Johnson Ried-Taylor** (Beech); **Kitty Neville** (Willow); **Poppy Butler** (Chestnut)

House Point update

 AINSLIE	 SHACKLETON	 MCARTHUR	 NELSON
906	1194	1289	1121

Dates for your diary

Mon 17 th – Fri 21 st Feb 20	HALF TERM
Fri 28 th Feb 20	Birch Class Assembly
Thurs 5 th Mar 20	World Book Day
Fri 6 th Mar 20	Elm Class Assembly
Fri 13 th Mar 20	Willow Class Assembly
Wed 18 th Mar 20	Mother's Day Lunch Years 3 and 4
Thurs 19 th Mar 20	Mother's Day Lunch Years 5 and 6
Fri 20 th Mar 20	INSET DAY
Tues 24 th Mar 20	*Parents Evening
Wed 25 th Mar 20	*Parents Evening
Fri 28 th Mar 20	Beech Class Assembly
Wed 1 st Apr 20	*DT Day
Thurs 2 Apr 20	Year 6 Parliament Trip
Fri 3 rd Apr 20	Last Day of Term

* Information to follow

Inset Days 2019/2020

Friday 20th March 2020, Monday 1st June 2020