

Kingstone and Thruxton Newsletter

March Newsletter No. 1
w.e. 03.03.2023



It has been another super busy week in school, as we get back into the swing of a new half term. As Spring begins to appear all around us, the children in Year 1 have been looking closely at flowers and seeds. They have been investigating the parts of flowers by chopping them and using magnifying glasses to take a closer look, as well as spotting new growth around the school grounds. The Year 5 children have also been busy, thoroughly enjoying the beginning of their new geography topic, all about North America. Our super geographers have been sharing all of their wonderful facts with each other and know where to locate the continents on a globe.



Coming soon



As you may remember, we had a fabulous end to our half term two weeks ago, with our World of Work Week! During this week, we had numerous visitors, trips and events to encourage children to have aspirational futures, and increase their awareness of the variety of different jobs that take place beyond school every day. We all had a brilliant time, and we shared the video showcase in Celebration Assembly this morning. If you weren't able to make it, and you'd like to see a small part of the fun we had, you can watch the highlights

[HERE](#). From this term, we will be bringing back a weekly Showcase in Celebration Assembly, with a different focus theme or class each week. You can see what is coming up in the calendar each week—next week will be the Year 6 Showcase.

Yesterday was World Book Day, which we celebrated by taking part in lots of reading-themed activities across the day. The children worked together to be authors for the day, creating a book together—we loved the different ideas and illustrations they thought of and hope to share some of them with you in the future. We also had a book at the ready at all moments, ready to read whenever the Book Bell rang! Today, the Book Day £1 token has gone home with children. This can either be used towards a new book, or can be exchanged for one of the £1 books available to support World Book Day. Tokens are valid until 26th March, and can be redeemed in most major supermarkets, The Works, Waterstones, WHSmiths

and The Children's Bookshelf. Happy reading!

Our mathematicians have been in exciting action this afternoon, with a fabulous Junior House Demathalon! It was extremely lively and competitive (not just the children!)—absolutely brilliant fun had by all. Well done, Juniors—what a wonderful way to finish our week!

With best wishes for a fabulous weekend,

Elissa Vigus
Head of Primary

Stars of the Week

- ★ **Reception - Axel** for being really helpful in outdoor learning and asking lots of questions.
- ★ **Leighton-Lee** for being a kind friend and sharing.
- ★ **Year 1 - Arthur** for his wonderful writing ideas about the Tiny Seed.
- ★ **Jessica** for amazing questions and answers during carpet time.
- ★ **Year 2 - Florence** for her great ideas and contributions as we created our whole class story.
- ★ **Harper** for asking some superb questions when we had a visit from Hayley our PCSO.
- ★ **Year 3 - Joel** for displaying brilliant maturity.
- ★ **Angel** for showing courage when swimming.
- ★ **Year 4 - Tom** for his great factor work in Maths.
- ★ **Louie** for his creative contributions to our class book.
- ★ **Year 5 - Lacey** for her super enthusiasm and creativity when creating a cover for our world book day class text.
- ★ **Lottie** for her flawless focus across all subjects.
- ★ **Year 6 - Annabelle** for having such a great start and being a pleasure to teach.
- ★ **Lauren** for great use of vocabulary and punctuation in her writing.



AMAZING!

MINDFUL MARCH

Action For Happiness have put together a calendar of mindful activities to try throughout the month of March.

By paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

Please take a look at the NHS website for more information on the benefits of Mindfulness

[Mindfulness - NHS](https://www.nhs.uk/mentalhealth/mindfulness)

Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



ACTION FOR HAPPINESS

Happier · Kinder · Together



Calendar of Events

MARCH

7th

Year 1 PE
Year 2 PE

8th

Year 3 swimming

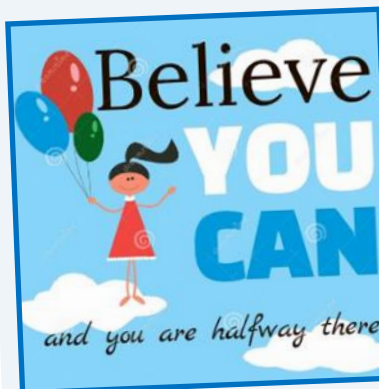
9th

Reception Outdoor Learning
Year 5 PE
Year 6 PE

10th

Reception PE
Year 4 PE
Year 6 Showcase

Value This Term Positivity



Good Choice

Gordon Award!

This week's winner
is.....

Year R



The winners this week are....

Layton
Zofia



The Infant winner this week
is ...
Layton

TIMES TABLES ROCK STARS

The winners this week are....

LKS2 — Daisy
UKS2 — Olivia

