



# Hopelands Preparatory School

38/40 Regent Street, Stonehouse, Gloucestershire, GL10 2AD

## Newsletter 21<sup>st</sup> January

### Dates for your Diary

**January 26th** Year 5 netball at Rendcomb

**February 1st** Maths Challenge in Bristol (4 pupils)

**February 2nd** Year 6 netball & football at Rendcomb

**February 4th** Year 3 & 4 netball & football at Rendcomb

### In this week:

- Design Technology
- EYFS
- Science
- Cross Country
- Creative Club
- ICT Music Club
- Head's Tea Party
- School Council
- Home Learning
- Mental Health
- Yoga

### Reminder

Please remember we are a nut free school so please do not send your child into school with any nut-based product for a snack or packed lunch. Potential allergens could include spreads, e.g., chocolate spread, cereal bars, biscuit containing nuts, condiments, e.g., satay sauce, cakes containing nuts, snack pots containing nuts and pesto. Thank you for your support with this.

### Lost Property

Please look out for the following lost property items, thank you.

Pink/purple glasses – Florence Hasinski

PE Polo Top & School Tie – Anthony Tiptaft

School Jumper – Arthur Lloyd

PE Coat – Juniper Cook

Navy cardigan (from disco) – Megan How

PE Jumper – Ava McDougall

### Families Magazine

Please see the latest edition of Families Magazine

This issue is full of useful information and advice for parents including winter boredom busters, Chinese New Year craft projects, DIY board games, and a mental health activity pack.

[Families Magazine Gloucestershire Magazine](#)

For all the latest pictures and weekly activities please follow us on social media:



[HopelandsSchool](#)



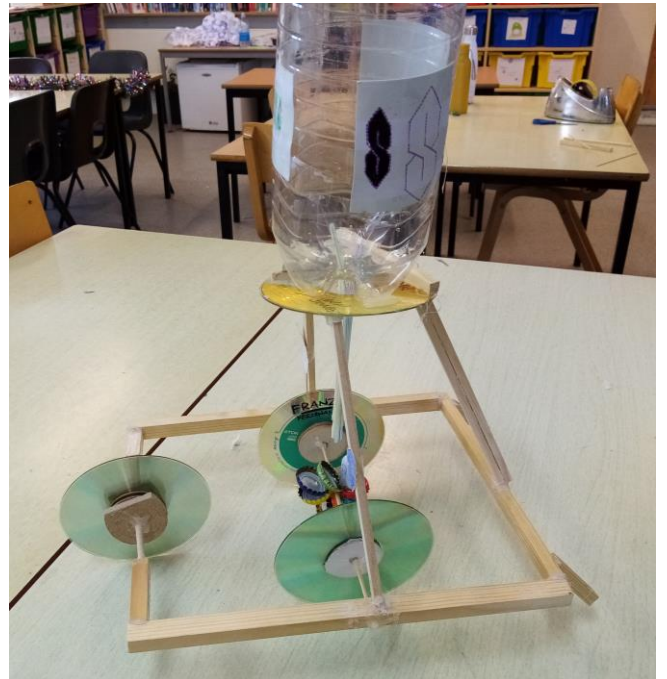
[HopelandsPreparatorySchool](#)

## Design Technology by Miss Porter

Move over, Elon Musk! Last term, Year 6 were learning about renewable energy and in DT they put their construction skills to the test by making water powered cars.

They were taught how to use wood saws, how to drill holes and create moving structures using hydropower.

Although the cars won't be winning any Formula 1 races, the class had a lot of fun designing, making and testing out their models.





## EYFS by Miss Hurley

The children in EYFS have been learning about fiction superheroes to begin their topic of 'people who help us'. They have been focusing their learning on the book Supertato.

They have been very busy retelling the stories with props, talking about healthy eating, and discovering which vegetables float and sink. Mark making with potatoes and paints, making a story map of their favourite part of the story, writing speech bubbles to show phrases the characters may say, and even making wanted posters for the evil pea!





## Science by Mrs Stevenson

Continuing our topic on forces and counter forces, Year 6 designed their own experiments to see how the surface of a track affected the amount of friction and hence the speed of a toy car. They thought about which variables to change, which needed to be controlled and what measurements to take to make the experiment accurate and reliable. After we had gathered the data, we looked at the data and discussed how reliable it was and where improvements could be made.



## Cross Country Club

Last Friday lunchtime saw the start of cross-country club. The children did amazingly well and started to learn how to pace themselves so that they could keep running for longer. This week they will be doing 2 loops around the local area, giving them a chance to not only improve their sporting skills but also explore Stonehouse!





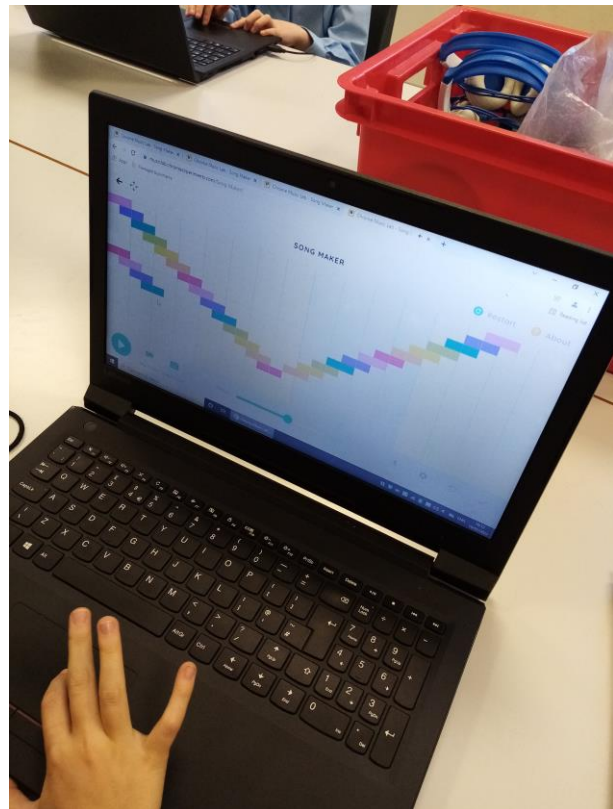
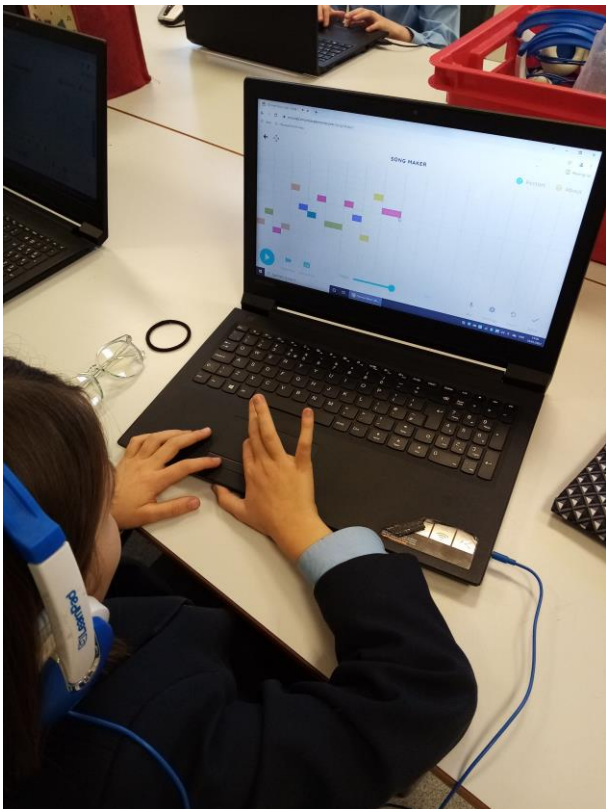
## Creative Club by Miss Cook

In Creative club we have been painting Space themed suncatchers! The children enjoyed choosing the different colours for their creations and painting them.



## ICT Music Club by Mrs Powell

The children have been really enjoying the after-school ICT Music club on a Wednesday. They have been exploring a song making programme and composing their own music, learning to layer sounds and add percussion accompaniment. They have been exploring pitch and rhythm and experimenting with visual colour and repeating patterns.





## Head's Tea Party

These are always a fun occasion! Cake, sausage rolls, juice and water all served by Mrs B. Seeing the children's smiles and hearing their excitement is fantastic. Invitations have been sent for the next Tea Party which will be held on February 7<sup>th</sup>.



## School Council

This week our newly elected School Council met to voice their opinions and suggestions on how to make their school days as enjoyable as possible! We had lots of great ideas including more school trips, visits from the mounted police and of course more cake sales!



## Home Learning

Well done to Rupert and Freddie who despite being home due to Covid, they are having fun taking part in lessons and produced these fantastic mandalas for art – well done boys they look fantastic!



## Stonehouse Litter Pick

Please note that there is a litter pick taking place this weekend in Stonehouse:

Date: 23<sup>rd</sup> January

Time: 2pm

Please meet at The Pod (Oldends Lane)

These are normally fun occasions with many local families taking part so please support if you are able to.



## Mental Health by Miss Cook

Hello everybody, happy 2022! This week I would like to share some mindful activities that children can take part in over January. These are really useful in getting children to reflect on how they have changed over the last year and also to be proud of everything that they have achieved!

1. Proud moments - Children can have a go at drawing themselves at the start of 2021 and then at the start of 2022. What are they proud of? How have they changed? Think about things that helped them get to where they are now.
2. Create intentions for 2022 - Intentions are more of a 'guiding principle' than a goal. They can also attach these to their personal goals. For example, 'I choose to be a good friend,' 'I will be kind to my brothers and sisters.' 'I will be a good listener.' - Children can then write these down and create a 2022 vision board with the rest of the family.
3. Have a mindful moment. This is linked to the second part but children can have a moment to bring their intention into their mind when sitting quietly and repeating this three times. This can also be something that they do to remind themselves of their intentions. For example, 'I will show myself kindness.' If a child is then not being kind to themselves then they can remind themselves of the intention that they made back in January.

I hope these are some things that you can use and happy 2022! 😊

## Mrs J's Yoga challenge for all!

The children can learn a range of yoga poses in Mrs J's Yoga club, every Tuesday afterschool.

If you would like to find out more, please contact the office.

### Cat Cow Pose

#### Marjaryasana Bitilasana



#### Benefits

Stretches torso and neck, gently massages spine and internal organs.

- 1 Start by kneeling on hands and knees. Make sure hands are below your shoulders and your knees below your hips.
- 2 Inhale and look up to the ceiling, allow your belly to sink toward the floor.
- 3 Exhale and round your back towards the ceiling and look at your belly.
- 4 Repeat.





## Gloucestershire Healthy Living and Learning

Gloucestershire County Council have asked us to make you aware of some of the schemes which they are currently offering to families of Gloucestershire.

### Yoga Bugs online offer

There is an offer for families who can claim a FREE eCode to access Yoga Bugs Virtual - Healthy Screen time for the whole family throughout January & February 2022.

#### **What is it?**

Yoga Bugs virtual gives online access to hundreds of yoga & well-being videos for the whole family to take part in from the comfort of your own home!

<https://yogabugs.com/parent-form/> to watch a short video to find out why it's a great option for families!

#### **Why sign up?**

- It is FREE!
- It takes less than 60 seconds to sign up.
- Help families feel calm, increase your child's confidence & help get your family active over the cold winter months.
- Suitable for children with SEN.

#### **How to gain access?**

Visit: <https://yogabugsvirtual.com/my-account/>

Click on parents, enter the unique eCode **gloucestershire-1361** and follow the simple registration (it takes less than 60 seconds) Enjoy Yoga Bugs at home!

If you have any queries regarding this offer, please email [haftickets@gloucestershire.gov.uk](mailto:haftickets@gloucestershire.gov.uk)

