



**Newsletter 4<sup>th</sup> February**

**Dates for your Diary**

**February 4<sup>th</sup>** Year 3 & 4 netball & football at Rendcomb

**February 7<sup>th</sup>** Head's Tea Party

**February 8<sup>th</sup>** Safer Internet Day

**February 14<sup>th</sup>** Netball at Berkhamsted, Year 5 & 6

**In this week:**

- EYFS
- Cookery Club
- Science
- Assemblies
- Head Pupils
- Match Report
- Cake Sale
- Junior Bake Off
- Mental Health
- Yoga

**Weather**

Just to remind, in the event of bad weather please refer to our school policy which is available on the website:

[Our Key Policies | Hopelands Independent School Gloucester | Hopelands Preparatory School](#)



**School Lunches**

If you have not yet done so, please remember to order hot school lunches for after half term asap, as they will be ordered next week, thank you.

**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

PE Polo Shirt – Liberty Bound

School Jumper – Ella Turner

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



[HopelandsSchool](#)



[HopelandsPreparatorySchool](#)

## EYFS by Miss Hurley

This term our topic in EYFS is People Who Help Us. The children are learning all about the real-life superheroes who help us in our day to day lives. Last week the children were very lucky to have a visit from Dr Sophie. She is a GP and came to talk to the children about how she helps people.

She told the children how being a doctor is just like solving a puzzle, she has to put all the pieces together to diagnose a patient. She explained to the children that she must listen to a patient carefully to see how they are feeling and checks lots of things so she can find out what is wrong. She showed the children items that she uses at work to help her find out what is wrong.

We all thought her visit was fantastic and the children loved dressing up as doctors. Thank you very much Dr Sophie!



EYFS by Miss Hurley



## Cookery Club

At Monday's cookery club the children made vegetable pasta bake. Using their concentration skills they chopped all the different vegetables and mixed them with the pasta. The end results looked amazing and we hope they tasted as delicious as they smelled!



## Year 2 Science by Mrs Stevenson

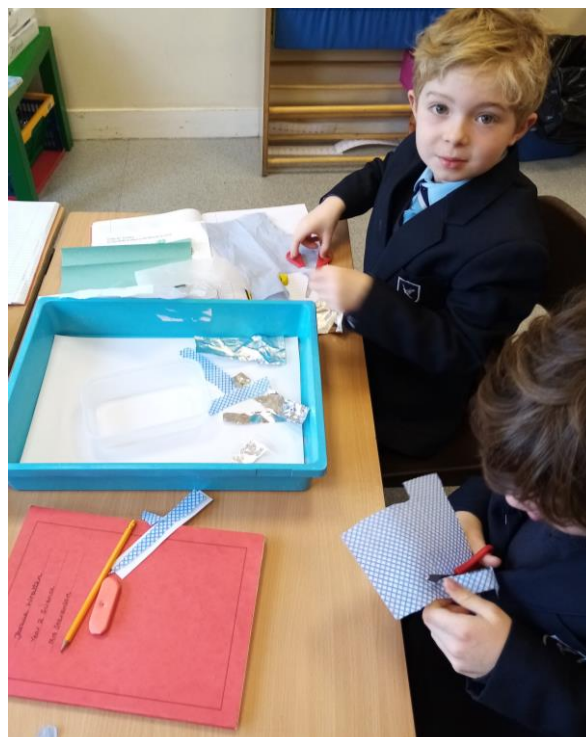
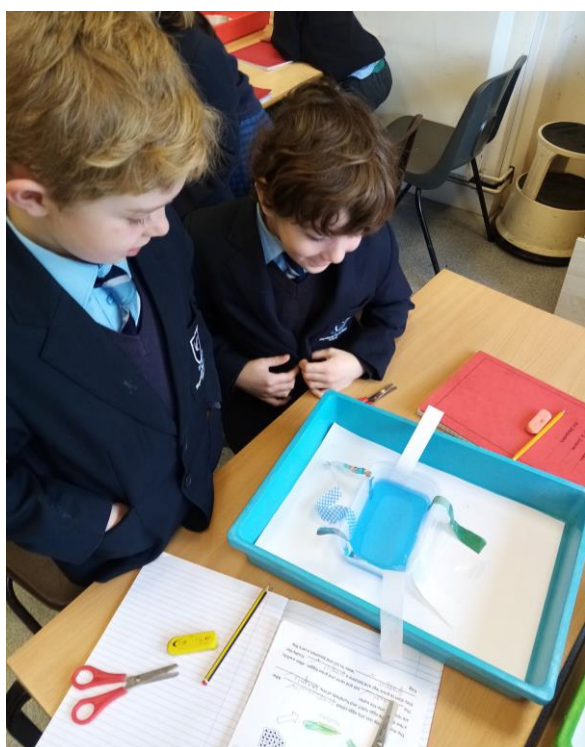
We continued with our new topic looking at materials and their properties. After a first lesson reminding ourselves of the work done on materials in Year 1, we spent a lesson investigating and experimenting on a new property of some materials - their absorbency.

We tested a huge selection of different paper samples, from greaseproof paper through to paper towels, to see which ones were the most absorbent.

The children worked scientifically to set up the experiment carefully, making sure the strips were the same length and all dipping in the water.

After the experiment, we looked for patterns in the results and worked out which papers were the most and least absorbent. Some children also drew a simple chart of their results.

The children worked very carefully and sensibly. Well done Year 2.



## Assembly – Friendship, by Mrs Elmore

Our value this term is friendship. A recent assembly I shared looked at how people have volunteered to become a friend for those in need. After hearing about a 92-year-old gentleman who was very lonely after his wife had passed away ringing Age UK for friendship support, the children openly shared stories of their own grandparents who were in similar situations.

Not only was I very impressed at their willingness to be open and honest, I was moved by their sensitivity and compassion for others. Although the children know about the qualities of a good friend, volunteering to be a friend was definitely a new idea for them. If you are interested in finding out more, this is the website link we used: <https://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/your-stories/>



## Head Pupils



Congratulations to the Head Pupils for this half term. Each half term the teaching staff select the pupils and when prospective pupils and their parents come to visit Hopelands the Head Pupils taken them on a tour of the school. We were recently visited by a family and were delighted when they wrote in with the following feedback:

*'Thank you for organising a visit to your school. It was clearly a place of happiness and quality education. Meeting the staff and pupils was an amazing opportunity to see their passion for learning. We must also highlight the exceptional hosting by your Head Pupils. They were highly knowledgeable, polite and engaging and are a credit to your school!'*

Well done to you both, you are fantastic ambassadors, and we are very proud of you.

## Match Report by Mr Kirby

### Netball- won 1 and lost 1

We travelled to Rendcomb on Wednesday 2<sup>nd</sup> February to play an A and a B team netball match vs Rendcomb.

The A team found themselves up against a well drilled team with a distinct height advantage. However, we started well and quickly moved the ball up court, making space and pacing accurately. Alice looked confident in the Center and created opportunities for Rose and Orla. Cara and Zoe did their best to mark the opposition, but their movement proved decisive. Rendcomb were lethal in the D and managed to win the game confidently. Orla pulled one back for us, but we need to focus on marking and defending before our next match.

The B team did really well, winning 4-2! The goals were scored by Holly and Isla. The girls played in a variety of positions and had the luxury of a substitute (something the 'A' team didn't have) meaning they were fresher as the match progressed. Holly and Josie exchanged passes and Isla looked dangerous throughout. Milly's movement off the ball caused problems for Rendcomb whilst Lavinia and Liberty kept a close eye on who they needed to mark and restricting the ball into these areas. A well-deserved win for the girls.

All Year 5 and Year 6 girls will be in action again on Valentine's Day when we travel to Berkhamstead.



## Cake Sale by Holly Smart & Orla Scott

On Monday 14<sup>th</sup> February, Valentine's Day, there will be a cake sale in the school playground after assembly, during the first break. Please bring your spare change, and if you can, please bring some cakes, that would be great. If you are vegan, please bring vegan cakes. If you are gluten free, please bring in gluten free cakes. This cake sale is to raise money for the **Medecins Sans Frontieres**. This is an organisation which provide medical assistance to people affected by conflict, epidemics, disasters, or exclusion from healthcare. Thank you!



## Junior Bake Off

If anyone applies to this please let us know, I am sure the staff will be happy to help eat some of the samples!

The poster for Junior Bake Off is set against a light blue sky with a sun, clouds, and a white bird. A string of colorful bunting hangs across the top. Below the sky is a green field with several trees and a white festival tent. The text is centered and reads: 'JUNIOR BAKE OFF' in large red letters, followed by '...IS LOOKING FOR THE UK'S BEST YOUNG BAKERS AGED 9 - 12' in green. At the bottom, it says 'WWW.APPLYFORJUNIORBAKEOFF.CO.UK' in blue, 'APPLICATIONS CLOSE SUNDAY 13TH MARCH 2022' in red, and 'Enquiries: applyforjuniorbakeoff@loveproductions.co.uk' in green.

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## Mental Health by Miss Cook

Next week is Children's Mental Health week which is a big week in the mental health calendar. One in six children suffer from a diagnosable mental health condition. Getting children to talk about their mental health and think about what they can do to improve their mental health, are key skills to help them thrive into adulthood.

Everybody has mental health and talking about it can help our children recognise that our mental health can be good, or it can be that we need some help. Being able to understand and recognise that it is okay to ask for help, is integral to having long term good mental health.

This year, the theme for Children's Mental Health week is "Growing Together." The idea is that children think about how they have grown but also how they can help others to grow. It is about recognising challenges and setbacks are important in helping us move forward over time. Also, it is about recognising how emotional growth is important and this can take time.

In school we will be celebrating Children's Mental Health Week in each of our classes so please ask your children what they got up to and let's continue the conversation about our mental health.

## 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.

### Relaxation Pose

#### Corpse Pose: Savasana



#### Benefits

Calms the body and mind, helps relieve stress, headaches and fatigue.

- 1 Lie down on your back with your arms next to your body and your legs slightly apart.
- 2 Relax and close your eyes, focus on deep breathing and relaxation. For the full benefit, relax for 2-5 minutes.