



Newsletter 11th February

Dates for your Diary

February 14th Netball at Berkhamsted, Year 5 & 6

February 15th Police visiting Reception Year 1 & 2, Fire Engine Visiting Year 2, Magistrate Visiting Year 6

February 16th Football at Wycliffe

February 17th Last day before half term

In this week:

- Children's Mental Health Week
- Year 6
- Chilli Challenge Survey
- Music
- Head's Tea Party
- Match Report
- Cake Sale
- Rocket Competition
- Dance
- 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](#)



Lost Property

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

School Tie – Anthony Tiptaft

School Jumper – Arthur Lloyd

PE Jumper – Ava McDougall

School Jumper – Ella Turner

School Clubs

Please note the following changes to after school clubs next week:

Monday 14th February: Netball Club Cancelled and Film Club times changed to 4.30 – 5.30pm

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



[HopelandsSchool](#)



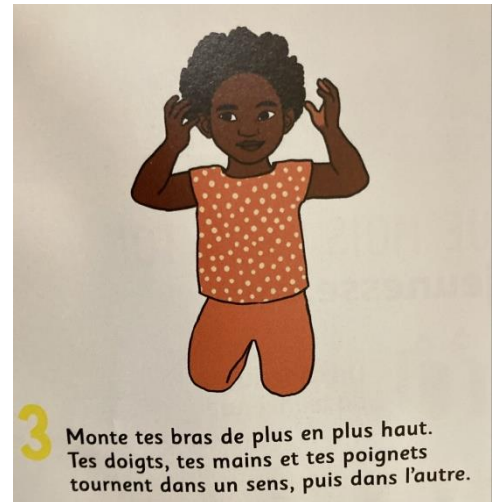
[HopelandsPreparatorySchool](#)

Children's Mental Health Week

La Semaine de la Santé Mentale des Enfants

by Madame Trebble

The children have been exploring some calming techniques in French related to their senses. To link with the Year 1 theme of castles, knights, and dragons this term, the children practised a breathing technique called 'le souffle du dragon' (Dragon breath) Photos on the phone of this of EYFS + Year 1). We even tried doing some yoga in French too which certainly make us feel relaxed. Well done EYFS for remembering the parts of the body so well!



Children's Mental Health Week

La Semaine de la Santé Mentale des Enfants

by Madame Trebble



Throughout the whole school, we thought about our emotions, how to recognise them and what can make us feel happy, sad, worried etc. We looked at the French vocabulary for describing our emotions and some groups showed off their acting skills by miming emotions for their classmates to guess in French. The younger years sang a French version of 'If you're happy and you know it' and Year 2 looked at a French emotions poem and sang this to the tune of the traditional French song 'Sur le Pont d'Avignon'. Key Stage 2 used their new emotions vocabulary by testing their listening skills to fill in the missing song lyrics for the song 'Les Émotions'.

Year 1 by Mrs Trebble

Year one thought about what makes them the same and different to others in the class. They listened to the story 'Shine' and thought about what makes them shine and all the pupils enjoyed telling each of their classmates why they were special to them.

Year 5 by Mrs Stevenson

We started by looking at some stories on the CMHW website about how challenges that seem really difficult and almost unsurmountable eventually become second nature. Mrs Stevenson gave the example of her very first driving lesson in the rain and the dark and trying to work out how to do everything at once and remember to steer too. We had some great stories about learning to ride a bike, playing piano, ice skating - lots of challenges which were super hard to start with and with practice, support and most importantly a lot of mistakes became easy. The girls discussed some things they had noticed that each other had improved on during the year so far and finally we took some time to de-stress and focus the mind on some creative lettering techniques which are great for mindfulness and calming down.

Children's Mental Health Week

Year 2 by Miss Cook

This week we celebrated children's mental health week. The theme this year is 'growing together.' The children in Class 3 created flowers which they then placed petals on representing the people in their life that help them grow. We spent a lot of time discussing our feelings and thinking about what we are doing when we are feeling these emotions.



Year 6 by Mrs Elmore & Miss Porter

"BE LIKE A TREE. STAY GROUNDED. CONNECT WITH YOUR ROOTS. TURN OVER A NEW LEAF. BEND BEFORE YOU BREAK. ENJOY YOUR UNIQUE NATURAL BEAUTY. KEEP GROWING.

Joanne Raptis

In Y6 we discussed the quote below and then watched the clip <https://www.childrensmentalhealthweek.org.uk/yolanda-brown-s-growth-story/> where we learned to appreciate and be proud of who we are rather than trying to be someone we are not. The children tried very hard to be positive about themselves but preferred it when they had the opportunity to ask their friends what they thought. When we accept who we are, our strengths will grow and shine!

We have also been looking at how to make healthy relationships when they move on to secondary school.

Year 6 by Miss Porter

Last Friday, Year 6 participated in a morning finance workshop: Money Matters. As part of the morning, Year 6 were each given £500 (sadly not real!) and a bank statement. They were then encouraged to go off and invest their money into various activities which had the potential to increase their bank balances to see who could earn the most money! Not all games were lucrative however and Year 6 soon learned that you must be very careful with what you do with your money and where you invest it. A very enjoyable and educational morning! A huge thank you to Mrs Scott, Orla's mum, for holding such a fantastic and engaging workshop.



Year 6 by Miss Porter



Chili Challenge Parent Feedback – Message from Mrs Jones

Following Mrs Bradburn's announcement and the introduction of our new Chilli Challenge System, both in homework and daily lessons we are now keen to receive some feedback from parents and families, children, and staff. The Chilli Challenge System was introduced to raise academic standards whilst still nurturing individual developmental progress for every pupil, following recommendations from the recent ISI inspection in October. Our aim is also to teach the children to take responsibility for their own learning and, by including differentiated tasks, from mild to sizzling, they will be challenged in a positive, encouraging, and progressive manner. Our perception is the children have embraced this initiative, but we feel the time has come to collect some more direct feedback from everyone involved, children, parents, and staff.

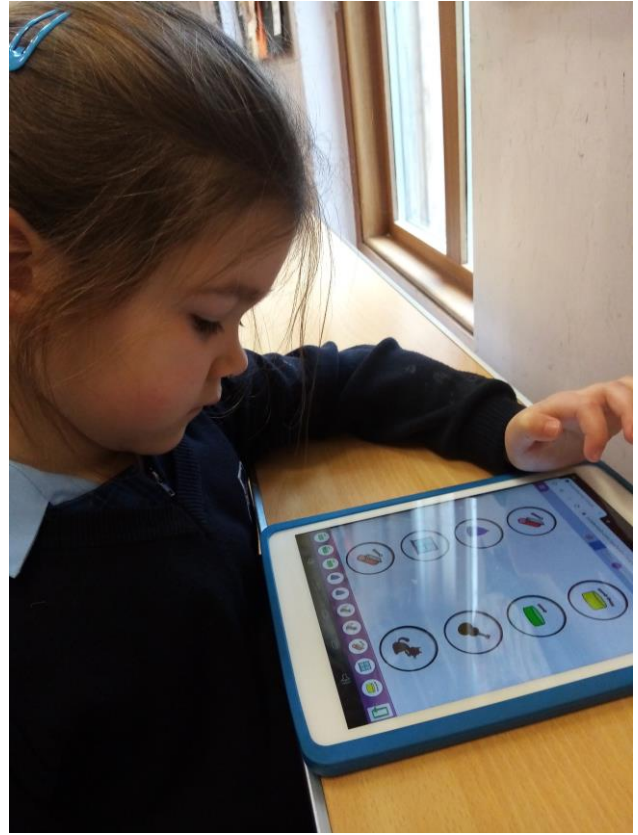
Please could parents of children in Year 1 to Year 6 complete this short survey over the weekend. It really is very short and should not take more than 3-5 minutes to complete. Please could families with more than one child complete a survey for each child. Thank you.

The feedback you give is invaluable in assessing the impact the new system has on the children's learning, engagement, and personal wellbeing.

Many thanks in advance for your support.

Music by Mrs Powell

The Reception children have been exploring sounds on the learn pads, and playing percussion instruments to accompany the story of Goldilocks and the Three Bears. Using their knowledge about pitch, they played drums, boomwhackers and chime bars to make low sounds for Daddy Bear, medium sounds for Mummy and high sounds for baby bear.



In Year 1 and 2, the children have been working in pairs using 3 notes on the chime bars or boomwhackers to compose a simple 'fire' song inspired by the Great Fire of London.



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 March 7th.



Match Report by Mr Kirby – U11 Football at Rendcomb

Following a well-deserved win over Beaudesert, the U11 football team came back down to earth with a bump as Rendcomb ran out confident winners. The team were already weakened when Toby pulled out at the 11th hour due to sickness and we wish him a speedy recovery on the side-line. However, things could easily have been different had Eoghan's audacious shot in the first half gone the right side of the post. He made the most of a poor clearance from their goalie and took the shot first time, missing narrowly. Rendcomb started strongly and were not afraid to get stuck in; taking a few of our players by surprise. By the time we had woken up and got the ball forward to Matilda, we were already two nil down and up against it. Matilda started to run the channels in the second half and Noah (coming out from goal) caused problems in midfield with his silky skills and crisp passing. Harry worked tirelessly in a midfield pair and can be pleased with his own performance. Eoghan went in goal in the second half (producing a string of fine saves) meaning we brought Daniel back from midfield into the heart of our defence. Vandamai and William grew into the game and, by the end, had formed a strong understanding of when to push up and when to hold their position. Rendcomb's finishing was ruthless, and we couldn't quite get the goal we deserved. A goal mouth scramble and a string of free kicks put pressure on their defence, but we couldn't find a way through.

The next U11 football match is against a Wycliffe team on Wednesday 16th February.



Match Report by Mr Kirby – U11 Football at Rendcomb



Match Report by Mr Kirby – Class 4 Netball & Football at Rendcomb

On Friday 4th February, Class Four were extremely excited about traveling to Rendcomb to play in football and netball matches! Anyone who saw them pre match will clarify this!

Netball- The girls played extremely well and, for some, it was their first netball match for the school. The version of netball commonly played at this level amongst various Prep schools is 'Bee Netball' which is four or five-a-side with no set positions. This allows the pupils the freedom of the court to find space and not feel restricted to certain areas. It also allows the players to all practise their shooting and defending. We didn't quite manage a win, with Ava scoring our goal, but the pupils had a wonderful time. They looked to find space and pass accurately with Megan and Beatrix often linking up. Florence was determined when defending, trying to restrict space for the opposition whilst Emi worked tirelessly throughout the whole match. Well done, girls. The next match for the U9 netball team will be against a Wycliffe team after half-term.

Football- Seven very excited boys could not wait to get started on a cold, blowy afternoon. They grew into the match and the score line did not reflect their effort, determination, and hard work. Arthur, who went in goal for the first half, made save after save to keep us in the game before being a midfield dynamo after half time. Gabriel started off as a striker and had our best chance with a one-on-one, forcing their 'keeper into a fine save. He also won us a free kick in a dangerous area that we couldn't quite convert. Ethan and Auden were fearless in defence, tackling well and looking to play the ball to our midfielders. They were helped by Toby and Dylan who kept trying to play forward towards Finley, but the Rendcomb defence held out. Dylan and Ethan shared the goalie position after half time; both making great saves and using the ball wisely when in possession. They boys should take heart from their performance, and they can now look forward to a match against Wycliffe on Wednesday 16th February.



Cake Sale by Holly Smart & Orla Scott

On Monday 14th 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!



A Reminder of the Rocket Competition by Mrs Stevenson

After Christmas, we will be hoping to get the children involved in a national competition to design a logo for rockets launching from UK spaceports next year. The competition is called **LogoLiftOff** and the entry date is early March.

We would like to create a school version of the competition at the same time and have winners in each year group.

All the information that you need for your child to enter the national competition is on the website: <https://www.logoliftoff.org.uk/>

For the school competition please make sure that you email your child's entry to me (either a scan or a good photo) at jstevenson@hopelands.org.uk Thank you.



Dance



They have been celebrating Chinese New Year with true style in their dance lessons. Great fun was had dancing with the Chinese dragon!

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.