



Hopelands Preparatory School

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

Friday 12th October

October	
Tuesday 16 th	Wycliffe STEM day – Years 5 and 6
Friday 19 th - 2pm	Harvest Festival, St Joseph's RC Church
Mon 22 nd – Fri 26 th	Half Term
Mon 29 th – 3.30pm	Second hand uniform sale
Tuesday 30 th	Swimming – Years 5 and 6
Tuesday 30 th	Skillzone – Reception and Year 1
November	
Monday 5 th	Forest School – R, Year 1 and Year 2
Tuesday 6 th	Swimming – Years 5 and 6

In this week:

- World Mental Health Day
- Remembrance Service
- Friends of Hopelands
- Dissection Club

School Lunches – next week we are on 'Week 1' on the Caterlink Menu.

Lost Items – please look out for Megan How's blue cardigan, it is labelled.

Future Dates for your Diary:

9th November – Friends of Hopelands Quiz Night

11th November – Remembrance Service, Stonehouse

12th November – Children's individual photos

23rd November – Flu Immunisation, Reception, Y1, 2, 3, 4 & 5

1st December – Stonehouse Goodwill, choir & lantern procession



For all the latest pictures and weekly activities please follow our Facebook page
[@HopelandsPreparatorySchool](#)

World Mental Health Day

On October the 10th it was World Mental Health Day. The theme this year was 'Young people and mental health in a changing world.' To mark this, Years 2 and 6 began their morning and afternoon lessons respectively, with a short mindfulness session to help them calm their emotions, and focus on their breathing, using exercises called Bring It Down and Rainbow Breath from the website 'Gonoodle'.



How to nurture a child's mental health

- Actively listen before offering your advice
- Be patient
- Share your feelings and validate theirs
- Tell the truth
- Model healthy behavior
- Surround them with healthy adults
- Be consistent and follow through with what you promise
- Teach them how to be safe
- Believe them and in them
- Use open ended questions
- Have scheduled family time
- Limit electronic time for everyone
- Reach out and hug them
- Practice relaxation exercises together
- Model forgiveness
- Respond calmly when their emotions are elevated
- View their behavior as a window to their needs and feelings
- Make play and exercise a requirement
- Recognize positive choices
- Be present
- Set and respect boundaries

Remembrance Service

Can we please remind you that We have been invited to take part in the Remembrance Parade on Sunday 11th November, where the children will lay a wreath on the War Memorial. Children will need to be in full school uniform and meet at school at 10.15 as we will then walk up and join the parade. Can you please let the office know if your children are able to take part in this, thank you.



Friends of Hopelands

Quiz night

Please remember to get your tickets for the quiz night which is taking place on Friday 9th November in the Sophie hall. It is £5 per person which includes a ploughman's lunch and complimentary drink. We will be providing alcoholic and non-alcoholic drinks all we ask is for a reasonable donation for each drink. We will also have a guest ale provided by Hal Hughes our very own micro brewer who will be making a special brew for the occasion.

Uniform Sale

Due to the Harvest Festival please note that the second-hand uniform sale has been moved back to Monday 29th October at 15:30. Winter uniform to be worn after half term so a good time to see if you need any extras!

Dissection Club

Sam Evans, Harry Miles and Oscar Coggins started this venture. They got us all excited and enthused earlier in the term. They organised attendance registers and fundraising events. They raised £42.42 through cake sales in September, to which school added the extra money to £55. Thank you to Mr & Mrs Jones (Amy and Eoghan's mum) who have generously contributed another £55 to make the grand total £110. Thank you ever so much to Dr and Dr Kill (Calico's parents) who have donated 4 amazing microscopes and a great set of slides for us to examine.

Last week we were super fortunate to find a recently dead toad in the playground, which the children safely collected, and we froze ready to be dissected. They named him Nik. We closely examined the specimen last week; we looked at anatomical diagrams of toads and compared the organs we found in our lovely toad Nik. The experience was fascinating and extremely interesting. Nik is safely under a tree and we hope to be able to examine its skeleton soon.

A million thanks for all your support.

Mrs Boix

