



Newsletter 28th January

Dates for your Diary

February 1st PCSO Officer Internet Safety – KS2

February 2nd Year 6 netball & football at Rendcomb

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

February 8th Safer Internet Day

In this week:

- Update
- DT
- Science
- Music
- Creative Club
- Yoga Club
- Match Report
- 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.

School Lunches

If you wish your child to have hot school lunches after half term please return the order form to the office asap, 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

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



[HopelandsSchool](#)



[HopelandsPreparatorySchool](#)

Update by Mrs Bradburn

Homework Club

As more children are staying for after school care and clubs, I have decided to extend homework club to Year 2 children. I know several parents will welcome this change and avail themselves of this facility. Hopefully, these younger children can now go home with their homework completed under our guidance. As the duration of their set work is less than expected in KS2, they can join after school care when finished rather than wait till 16:30. As Year 2 do not have homework set every day if you wish your child to go to after school care rather than homework club on a particular night, please let the office know. As a reminder the cost for after school care is £7.60.

Summer Dress

At the request of school council, a summer dress will be now part of the uniform. I am told it will be available from March. If you wish to see it, there are two presently in the office. This will be optional but please if you wish your daughter to wear one, keep the kilt at hand for the summer school photographs.

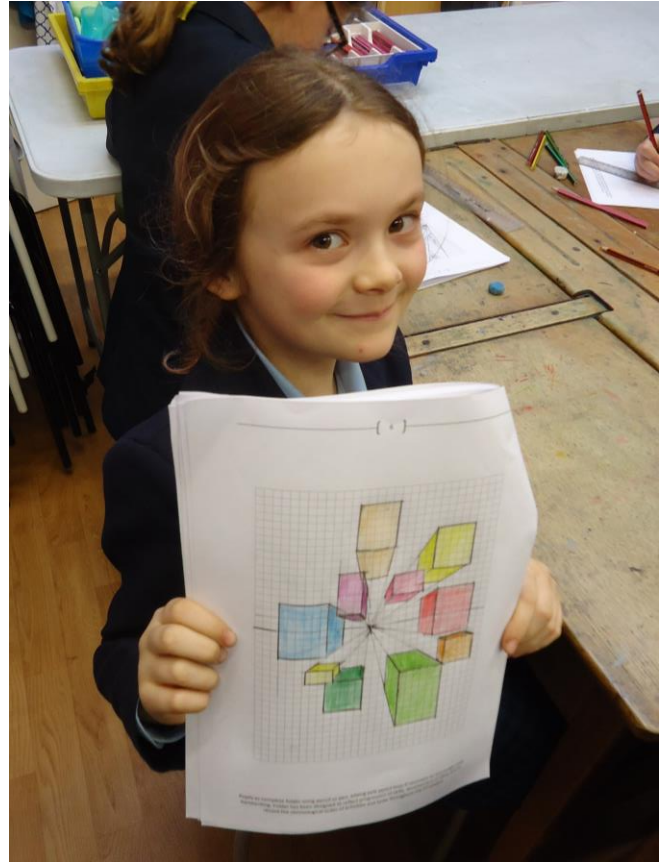
School Uniform

Can I please remind everyone to wear the correct school uniform including the full PE Kit, our full uniform list can be found below, many thanks.

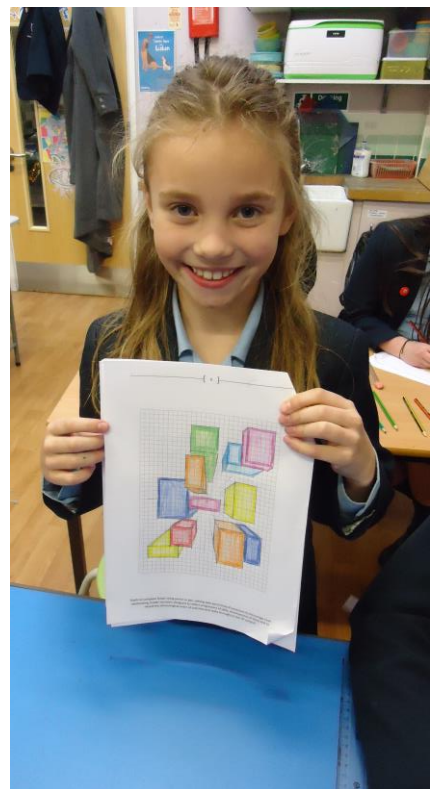
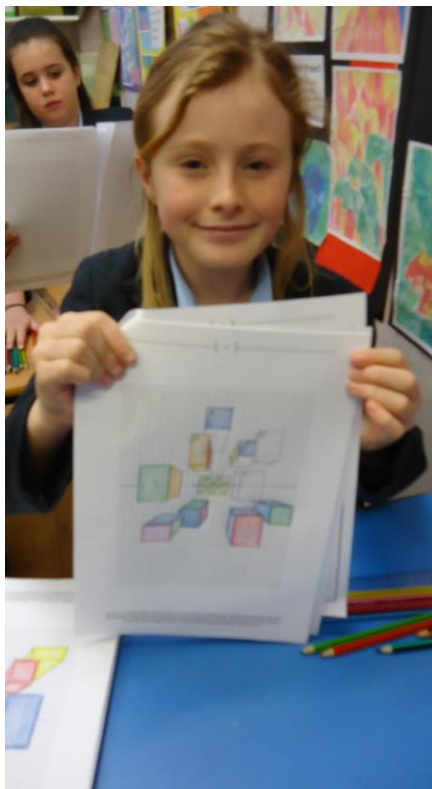
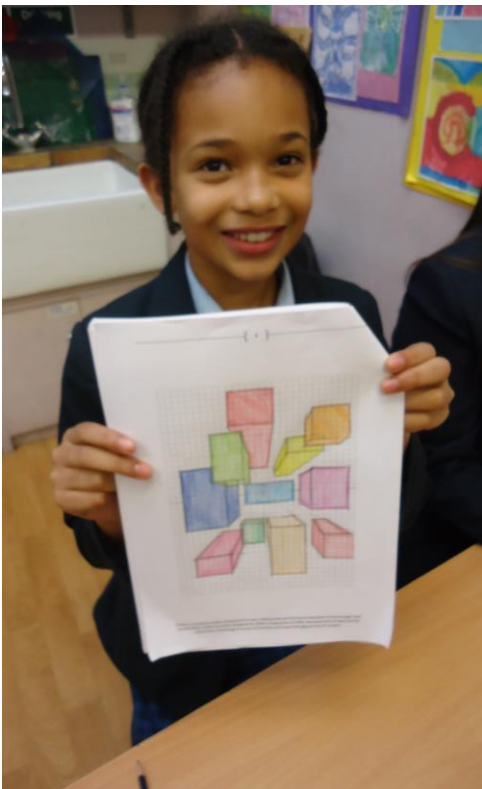
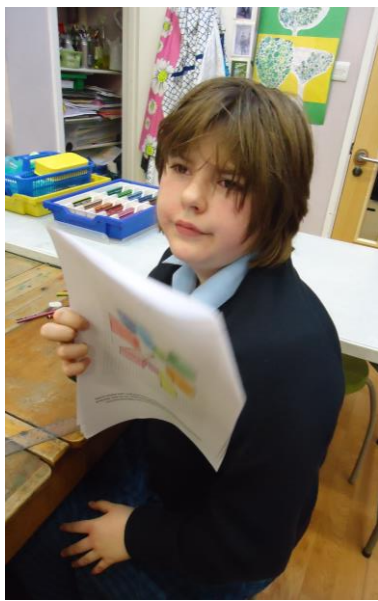
[Our School Uniform At Hopelands Independent School Gloucester | Hopelands Preparatory School](#)

DT by Miss White

Y5 are rising to the challenges of understanding one point perspective and have produced their first complex, layered image. The correct placement of each box is very important, and our lovely Y5's took a deep breath and dived straight in as they tackled the task independently. Wonderful!



DT by Miss White



Year 5 Science by Mrs Stevenson

Continuing our Space topic and our work about the Moon, the children carried out an investigation into what affects the size of an impact crater.

They decided whether to investigate the height from which the marble started or the size of the marble and thought carefully about what other variables they needed to control. The children worked scientifically to accurately measure the depth of the impact crater and repeated their tests to find an average. They worked in small groups and took turns to complete different tasks. A super afternoon of experimenting. Well done.



Music by Mrs Powell

Year 6 have been learning about the different genres of Music and discovering the wonderful world of Jazz. They have listened to Blues Music, learning about the different characteristics of the style, and have practised playing the 12-bar blues using tuned percussion.



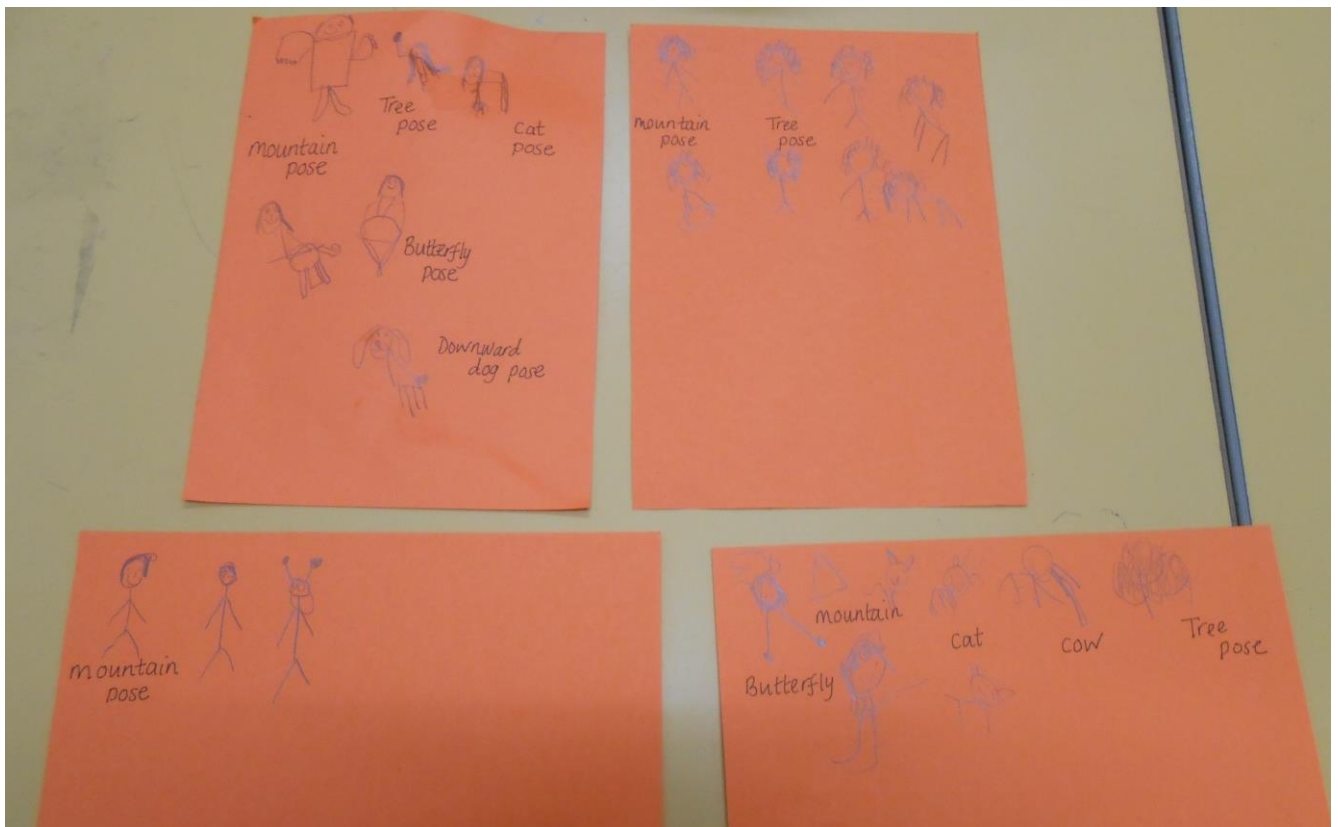
Creative Club by Miss White

We are having lots of fun during the lunchtime Creative Club this term, playing with collage, and following the theme of 'Bizarre Pets in Ball Dresses'. Although the pupils can go 'off piste' at any time, they are following the spirit of the theme and have already made a fabulous start!



Yoga Club by Mrs Jobanputra

The children are having great fun at Yoga club on Tuesdays. They have been learning about the different poses and are becoming more confident when moving between them.



Yoga by Mrs Jobanputra



Match Report by Mr Kirby

U10 Netball vs Rendcomb

'A' team won 9-3 and 'B' team lost 6-0

On a lovely Wednesday afternoon, we took 2 U10 teams to play netball against Rendcomb and the girls had a wonderful time. I was impressed with their passing skills, especially as there haven't been many lessons since returning from Christmas.

It would be very unfair to pick out any star players as all ten girls can be pleased with their performance. Imogen did extremely well in Goal Defence, often winning the ball and feeding Harriet who made the position of 'Center', her own. Calico and Rowan grew into the match, making space for the pass and looking to get it into the D as soon as possible. Martha, along with Eva (who scored four goals) scored the goal of the day. Their short, sharp, intricate passing resulting in an accurate shot was a delight to see. Layla, Hannah, and Ava also managed to get on the score sheet and they have Lilly to thank for her fantastic passing in the heart of the team. Both teams gelled throughout the afternoon as the girls gained a greater understanding of their positions and footwork. It was really encouraging to see their shooting has improved and the next step is for them to mark 'their player' throughout the match.

A fantastic performance from Y5 and they can now look forward to their next fixture on Valentine's Day when they will travel to Berkhamstead. (Letters will be out soon regarding this)



Mental Health by Miss Cook

This week I am going to list some books that are highly recommended for Children's Mental Health. These are all picture books which doesn't mean that only the younger children will benefit as they all carry important messages, which are beautiful to share with adults and children alike.

- ABC Mindful Me (Ages 5-7) - If you are wanting to get more mindfulness into your child's day, this gives you a mindful tool with each letter of the alphabet.
- Puppy Mind, Andrew Jordan Nance (Ages 3 - 7) - A playful book which helps to teach children how to listen, pay attention and focus through learning about the 'wandering mind.'
- Listening to My Body Gabi Garcia and Listening to My Heart Gabi - These are interactive books which helps children focus on the emotions they are feeling inside.
- Kindfully Me by Louise Shanagher - This is a book series that focuses on showing kindness, not just to others but ourselves.
- A Handful of Quiet by Thich Nhat Hanh - this focuses on some mindfulness that children can do, pebble meditation.
- I Can Do Hard Things by Gabi Garcia - this book is all about positive self-talk, building resilience and being kind to ourselves.

I hope that you can find something useful here and help children explore their feelings and thoughts through the power of books.


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.

Butterfly Pose

Baddha Konasana



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

- 1 Begin by sitting with the soles of your feet together.
- 2 Wrap your hands around your feet, keep your back straight.
- 3 Gently bounce your knees to flap your butterfly wings.