



# Oughton Primary & Nursery School Week beginning 21st February 2023

## Dear Parents and Carers,

Welcome back to a new half term. As you will be aware, all the children in school have been taking part in our annual 'Feel Good' week this week, with lots of different activities planned around the five ways to well-being: Connect, Be active, Take notice, Keep learning and Give.

Why do we focus on these? The Five Ways to Wellbeing may help us to:

- Make the most of opportunities in life.
- Deal with stressful situations by taking time out and learning how to cope when things get tough.
- Increase our interpersonal skills, empathy and communication skills through giving and seeing ourselves as part of the wider community.
- Increase our feeling of self-worth by taking notice of what we are good at and what we have to offer others.
- Increase our chances of doing well in all areas of school / life.

During the course of the week, children across school have taken part in a number of activities within these five areas which I hope they will share with you. The Spoon and Violin Assembly and workshop was very enjoyable!

We are also looking forward to seeing what the children do to meet the five areas through their home booklets. Please remember that the idea of the booklet is that they can get an adult to sign off each time they have done something **above and beyond** what they would normally do in each area. If they get five sign offs for a particular area, they will be awarded a badge in school. The expectation is that not every child will earn badges in all areas, but they should aim to focus on aspects of their life that they could develop so please don't be tempted to sign off if they just said "Good morning" to you!

We will be sharing photos from this week with you. We finished a great week with an Assembly, talking about the activities and singing 'A Million Dreams' which was lovely. I hope that you enjoyed the cakes (although I understand a few children ate them on the way home...oops) as this was part of the 'Give' aspect.

## Pancake Races

Shrove Tuesday also fell into our already very busy week but it did not stop us in acknowledging it with Pancake Races across school. Well done to all those who took part and congratulations to all of those who managed to toss their 'pancakes' and come in first.

## Arbor

Just to remind you to sign up for Arbor. Information regarding Arbor has already been sent out to all Parents and thank you to those of you who have already signed up to this. You need to download the Arbor app and then you can use it to easily contact us regarding Attendance. You can view your child's attendance on this too which enables all Parents to be fully informed. You can view your child's dinner money and pay for trips and dinners via Arbor. If you have problems signing into Arbor, contact Mrs Channa and she will help you. I know that many of you did during our Open Evening and problems were solved. We will shortly be stopping our use of ParentMail and we will only be communicating through Arbor so you need to take action regarding this.

Yours sincerely

Lisa Clayton  
Headteacher



**Children in Reception enjoying their pancakes**

Dates will be published on our school website: [www.oughton.herts.sch.uk](http://www.oughton.herts.sch.uk)

### Dates

- 21st Feb - Yr 2 Victorian workshop
- 22nd Feb - Yr 1 Phonics Parents meeting /
- 23rd Feb - Yr 2 Parents SATs workshop. **If you missed a workshop, please contact your child's Teacher.**
- 23rd Feb - Music event: Spoons / Violin Assembly & workshops for Yr1 to Yr 6
- 28th Feb - Coffee morning 8.45 - 10am
- 1st March: All children are expected to be in school. There is a NEU strike but at Oughton Primary and Nursery School, all classes are open as normal.
- 2nd March: Word Book Day - please see the information already sent.
- 10th March: Clay workshop Yr 6
- 14th March: Yr 2 Let's Celebrate Assembly 2.45pm
- 14th March: Yr 1 DT Wow Day
- 15th March: Yr 3 DT Wow Day
- 21st March: Oliver Twist Performance Year 1 to Year 6

## SADA Domestic Abuse Service

Providing support, advice and guidance to all victims and survivors of domestic abuse.

For more information:

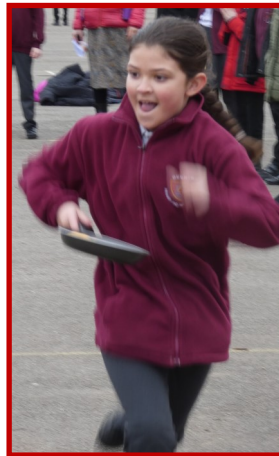
Please ask to speak to Theresa (Thursdays 08.30-12 in school)  
Or call 01438 242666 - Press 7 and ask for SADA  
Or email us at [SADA@stevenson.gov.uk](mailto:SADA@stevenson.gov.uk)



**Winners of the much coveted K\$2 Pancake Race - wooden spoon 2023!**



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**Pancake Races across  
school**