

THE SOLENT SCHOOLS

Autumn Newsletter 2021 – 8 October 2021



#HelloYellow

Today, we all became YoungMinds champions. Pupils and staff came into school wearing yellow and brightly coloured clothing to show our school community that they are not alone with their mental health! We want our children to understand that we all struggle with how we're feeling sometimes and it's normal to have ups and downs. We reflected upon those little things that help us, such as spending time outdoors, reading a book or just talking to our friends and adults.

Mrs Wilby Executive Headteacher



A Little Yellow Goes a Long Way

In order to support the 'YoungMinds' charity further, we are continuing with our fundraising efforts from last October and building upon that magnificent total. If you haven't done so already, simply scan the QAR code to the left with your phone camera or [click here](#) to find our 'Just Giving' page. Even the smallest donation can go a long way in supporting young people with their mental health. Let's see if we can blast our target once again!



SOLENT INFANT SCHOOL

There have been lots of reasons to smile and feel happy this week at Solent Infant School! We are all more settled into the new classroom routines and we are becoming more thoughtful and kinder in our playtime behaviour. By discussing our Values of Responsibility and Friendship, we are learning to think of others and to use our words to explain how others have made us feel. I had the pleasure of Year 1's company in the Friday Celebration Assembly and seeing their bright clothes and their even brighter smiles certainly made me feel happy too!

Mrs Curthoys-Head of School SIS

Early Years!

This week the children in Year R have been exploring the book "We're Going on a Bear Hunt!" They were so excited to discover a bear and the book on their woodland walk and have engaged with a whole host of exciting activities this week. From retelling the story in the correct order, using pictures and a themed tuff spot, to ordering bears by size, the children have been thrilled to share their learning this week.



Year 1

Planting daffodils for Hello Yellow Day.

Year 1 enjoyed dressing in a range of yellow and mustard colours. We made a paper chain of kindness and thought about who makes us happy.

We also planted some yellow daffodils in a pot so when Spring comes we can remember this day and what it stands for.



Year 2

Wow! What a week! Year 2 have been working very hard to write letters to Dull-on-Sea council to ask them to let the Jolly Rogers (fictional pirate family) stay in the town. The children have used new vocabulary such as 'landlubber' to make their points.

Today is Hello Yellow Day where the children wore yellow and other bright colours to support young people's mental health. Look at our colourful picture!



YOUNGmINDS
fighting for young people's mental health

SOLENT JUNIOR SCHOOL

Carrying on with our value of the month friendship, I wanted to raise awareness of our restorative practice approach. When conflicts arise in social groups, we support the children through a structured conversation, where they can listen to each other's point of view and understand the situation from the other person's perspective. We adopted this approach following whole staff training led by Portsmouth Mediation Service and since its introduction two years ago it has been highly successful. If we can resolve and restore the relationship then this has a positive impact on our mental health. In the next half term Mrs Young will be leading a group of Year 6 Pupils in their training to become Teach Peace pupils, who will learn strategies to help their peer group resolve conflict. They are very eager and will be an amazing asset to the school.

Mrs Peterkin-Aldred-Head of School SJS

Year 3

In response to our focus on mental health and #helloyellow this week, Year 3 have enjoyed practising classroom yoga! We discussed the many benefits of yoga and meditation: improved focus, self esteem, memory, strength and reducing anxiety and stress. It was interesting recreating the different poses and reflecting on the feeling of relaxation that followed. The children shared different techniques that we can use to help us feel happy and calm and we will continue to draw upon these throughout the year.



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Year 4

On Tuesday, 10 children from Year 4 were selected to attend a wonderful Wellbeing Event at the Havant Academy. The children represented Solent beautifully and took part in an array of activities, lead by pupils from the Havant Academy. The children particularly enjoyed playing taco tag, where they had to avoid being tagged by the taco, otherwise they would need to do five star jumps. Other activities included, Boccia, hitting balls at a target, bean bag noughts and crosses, plus other team games. The children had lots of fun, but were very tired after all the games and fresh air!



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Year 5

It has been wonderful to see all our pupils in their bright colours today and has certainly made the atmosphere more cheerful. In the afternoon, we explored our little acts of kindness helped to brighten up our day. Year 5 pupils created their own hexagonal spinners which they decorated and considered which 8 acts of kindness they would add to their spinner to help make another pupil or adult's day.



Solent Junior School

YOUNG MINDS
fighting for young people's mental health

With Mrs Wilby & Fantastic Year Five
Friday 8th October 2021



Year 6

Year 6 parents, your children will come home with a small information card today promoting www.kooth.com. Kooth is an online mental wellbeing community specifically for children from Year 6 upwards and is something that local secondary schools already promote. It offers safe free advice and support that is independent from school. There is a short introductory video available on the Kooth website that gives a clear overview of what is available should you want more details. However, as the website is designed for children in Year 6 we would suggest that it is not shared with younger siblings.



This week, all classes at Solent Junior School were invited to nominate one pupil who is good for their mental health. This could be because they are kind, caring, positive, make their class smile or are just there to listen! Well done to all those who were chosen. You are an asset to our school community.

Year 3 Ted C, Joshua R, Ivy
Year 4 Mila F, Edward S, Niamh C, Jude L, Eve H
Year 5 Daniel J, Annabel H, Sam W
Year 6 Evie S, Bethany L-S, Isabelle T (6W)



THE SOLENT SCHOOLS

Valuing Friendship

The value of the month for October is Friendship. Hugo and Teddy from 2M keep up to date with the news and created a traffic jam at the petrol station. Hopefully, the queues are better now. Good teamwork from the friends.



Here Comes the Bride!

On Thursday, Solent Infant School cheered for Mrs Tobin as she walked the length of the school corridor to 'Here Comes the Bride'. Mrs Tobin is getting married on Saturday and we would all like to wish her all the best for her very special day.



We are so incredibly proud of Mrs Donnelly, our administration manager, for running the full London Marathon last Sunday. What a Super Star you are Mrs Donnelly. What is even more impressive is that she was back in the school office first thing Monday morning. There is dedication for you! Inspirational.



Friends of the Solent Schools

3AG just wanted to share our sincerest gratitude for the funds the FSS kindly sent for classroom resources.

We were incredibly excited to receive 2 beautiful red bean bags which our stars of the week will have the high honour of using during carpet and reading time.

Enclosed are some photos of this week's stars, enjoying them thoroughly!

