



Head's Message

Theme for next week: Lent

Dear Parents,

The end of another week is upon us and we find ourselves with only one week of school left before half term commences. Even though we have all adapted to this new way of working, I am sure everyone is wondering when we will be able to go about our business in a more familiar and comfortable way. The new variants caused by the mutations of the virus are concerning, but the scientists are on the case. There is little we can do but trust that they will solve the problem.

This week was Mental Health week. With this in mind, I am not sure that my introduction this week is positive enough! However, we are all human and at this stage I, like you, am craving good news and reassurance that everything will be ok. In the meantime, we must count our blessings, keep contact with our loved ones and do everything in our power to stay safe.

This week the Heads of Departments, as well as the teachers, included activities to illustrate the importance of Mental Health week and how we must always take care of our own wellbeing. I am sure the children enjoyed these activities but I also hope that it gave them space to think about those things which make them feel safe and content and how to speak out about things when they are struggling in their daily life.

The pastoral care of our pupils is as important as our academic provision. In fact, the two go hand in hand. If children are unhappy or anxious, they will struggle to engage with their learning and it becomes a barrier to progress. Throughout lockdown, Miss Wear has continued to work remotely with specific children she supports in school. In the Senior School, Mrs Twomey has had individual Teams chats with pupils and conversations with parents, who have needed a little extra support in lockdown. Mrs Sheikh has been carefully considering the wellbeing of all our Year 6 and has sent them a message. Mrs Skinner extended the Year 6 weekly, class-based mindfulness practice for an additional 5-15 minutes at home, outside in the garden or when going for a walk. At this present time, we are mindful of the benefits of appreciating nature in our environment, and pupils are able to share their experiences of this during PSHE. They have been thankful for the fresh air, the opportunity to exercise, to play with siblings and to be still and enjoy a quiet, calm moment. Every week, they discuss how these moments in our days can help our wellbeing and mental health.

In Middle School, Mrs Porter has included the wellbeing theme and a video in her assembly. It tells the children about 'big feelings' and not to be overwhelmed by such feelings, but what to do if you are. This has also been shared with the staff. School councillors led an afternoon meeting to discuss what could be done to help the children (from their perspective). As regards our keyworker children, the TAs are doing a lot of positive thinking and growth mindset activities. There is always a positive message on the board when they arrive in the morning.

Pre Prep parents have been sent links and staff have incorporated wellbeing activities into their lessons. The end of day stories also contain messages about wellbeing and emotions. There is a pack on Tapestry for parents of Reception pupils. A big focus during afternoon activities is to spend time chatting with the children to check on their wellbeing.

I hope the weekend allows you time to explore and enjoy the outdoors. It is fortunate that we are still able to pursue certain activities despite lockdown. If you find yourselves with some free time indoors, do take a moment to look at a review of the School written by Muddy Stilettoes. The link is below.

<https://essex.muddystilettoes.co.uk/kids/st-aubyns-school-woodford-green/>

Have a wonderful weekend.

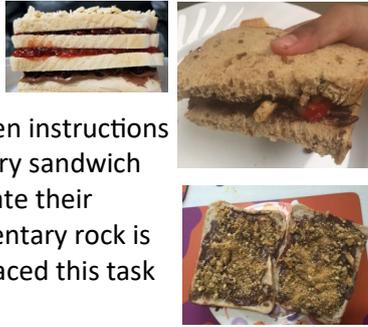
Regards,

Leonard Blom

Lent comes providentially to reawaken us, to shake us from our lethargy.

-Pope Francis-

Children in Year 3 have been learning about rocks and soils this half term. As an optional additional task, they were given instructions on how to create a sedimentary sandwich which would help to consolidate their understanding on how sedimentary rock is formed. Many students embraced this task with much enthusiasm!



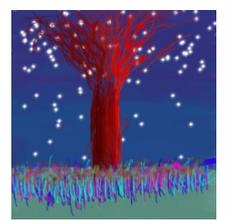
In PSHE, the children in Year 1 have been learning about friendship and the qualities that make a good friend. This week, the children have made paper chain friends. Here are two examples created by Angus and William, both in 1MD.



Year 1 is learning about the Titanic in history. The children made icebergs in order to see how much ice the passengers would have been able to see from the ship. The children first froze their water in a balloon, peeled the balloon off the ice and then placed it in a bucket of water to simulate an iceberg. What fun!



Year 5 have been getting creative in history and art this week. They created tree drawings inspired by David Hockney using the Brushes App and also created their very own Aztec gods!



During her free time, Andrianna in 2HL has created 'Ant World'. Ant World consists of a number of rooms, including a throne room, a dressing room, a cinema, a gym and a diamond room. Andrianna really enjoyed thinking about the different rooms and how to draw and decorate them. Ant World now adorns her bedroom wall. Well done, Andrianna!

Many congratulations to these pupils who received a Headmaster's Commendation this week. Very well done!



In maths, Year 6 have been looking at 2D and 3D shapes. This lesson started with a 3D shape hunt. Adam and Disha impressed the class by managing to find triangular prisms, even though the Toblerone boxes made Mrs Slade incredibly jealous!



This week in Reception, the children have been reading, sequencing and rewriting the story, 'Goldilocks and the Three Bears.'

In maths, Reception children have been exploring addition. Here are the wonderful creations of Marriya and Yusuf in RKO. Keep up the great work, Reception!



Year 2 have been busy filming their performances for their play, 'Plastic Pirates'. They have been enjoying the fierce pirate life and following the pirate code. Some children have been really creative, making their own animal costumes!



In science, Year 8 discovered that acids have a sour taste to them. Here are some pictures of before and after they tasted vinegar!

