



St. Helena's Weekly Newsletter

Dear Families,

We have had another busy week in school and I have been able to observe the children learning in class and out at play. It has been lovely to watch them re-connect with their friends, but it has been tricky at times as they all recall how to share friends, negotiate the rules of play, regulate their feelings and understand the viewpoint of others. We take these skills for granted as adults but our children are still beginning to refine this social code.

The playground is a hectic place and after the sanctuary of home, it takes a little bit of getting used to again. We are there on hand to help the children sort out their issues - however, we do not jump in and resolve the problems for them; this learning is as important as reading, writing and maths.

The temptation for school staff and parents is to try and sort out the child's squabbles, fall outs and moments of sadness, anger, frustration and loneliness. It is painful to hear of children's upsets, especially as parents, but we must support from afar as they learn to cope with the ups and downs of friendship, making the right choices and doing the right things. The best thing is to listen and then talk about their choices and decision-making in the social process. What was the kindest thing that could have been done and said?

When the *Dalai Lama* was asked what his religion was - he said simply "It is kindness."

Only kindness will change the world. Kindness has real benefits for the person who is being kind not just the one who is receiving the kindness.

According to scientific evidence, when you are kind to someone, your brain's pleasure and reward centres light up, as if you were the recipient of the good deed- not the giver. Kindness stimulates the production of serotonin which is a chemical that calms you down and makes you happy. We all need some of that!

Love Mrs B x

Contact me on sue.belton@st-helenascofe.lincs.sch.uk if you need to chat about your child settling back into school life.



Please can you check your child has the correct fleece. Herbie has lost his and it is named. It may say Herbie or Zach Lowes.
Thank you.

SCHOOL ASSOCIATION EASTER RAFFLE

Friday 26th March at 3pm



Donations Needed!



If you have anything you would like to donate please drop off into the office - thank you!

School Association members will be running an Easter Raffle, same format as the Christmas one, we'll have our buckets at the exit gates at **pick up on Friday 26th March**

We will take your details & allocate numbers then draw at random over the weekend - you can buy as many numbers as you like (£1 for 5) - we will let you know if you're a winner! Prizes can be collected before the end of term from the Office Reception (they'll be labelled)



Sunnyside Garden

The little seedlings are growing slowly. I decided to see which ones are growing the fastest, so found a tape measure to help me. The winners are the onion sets with the tallest shoot being 12 cm, closely followed by the tallest leek at 10 cm. The sweet pea was third at 7 cm, then the aubergine at 6 cm and the peppers and tomatoes at 4 cm. I shall measure them again in a couple of weeks to see their progress. Can you see my cat in the photo of the tomatoes?

Outside in the garden there are more spring flowers to find. The forsythia bush is lovely with lots of dainty yellow flowers. There are plenty of yellow primroses popping up amongst the fruit bushes. These have seeded themselves to produce new plants. Near the back door I have a tub full of daffodils and primroses which look very pretty this week.

I am going to plant the onions in the garden this week and sow some more seeds. If you are out and about on a walk, look for shoots on shrubs. You might be lucky enough to find some catkins.





"The teaching is a joy and I have the flexibility to deliver a course that engages and empowers the children in a fun way."

an Outspoken cycle instructor



outspokentraining.co.uk/vacancies

We're searching for new Cycle Instructors

Could you inspire the next generation of cyclists?

Outspoken Training are looking for confident communicators to enthuse school children to make more journeys by bicycle.

If you have loads of enthusiasm to share and are looking for rewarding work to deliver during school term time, we would love to hear from you.

Role: Freelance (self-employed)

Hourly Rate: £12

Cycle Training Programme: Bikeability

Training and Support: We provide full, free training and ongoing support including nationally recognised qualifications.

For more information, please contact Graham:

jobs@outspokentraining.co.uk

01223 473820



Daisy
Kristal

Silly Sock Day - Friday 26th March
Come to school dressed in your silliest,
brightest socks.

A suggested donation of £1 will be
gratefully received for East Midlands
Autism.



**Some of the Little Explorers
have been drawing pictures
of themselves.
Can you guess who they are?**

**These will be part of
our Easter Egg which will
be displayed at
St Wilfred's Church in
Alford.**

**Take a look at the Alford
Town Promotions page for
more details of activities
taking place.**