

# Garden Fields School Newsletter



Spring Term No 5  
29th March 2018

Happy, Caring, and Inspiring

## Happiness and Wellbeing Week

**The first word in our school logo is 'Happy' so it was only fitting that we hosted a Happiness and Wellbeing week at the school!**

There were so many fantastic opportunities last week both for our children and for our parents. In fact there were so many events during the week that I will do my best to cover as much of it as I can. The sheer range and number of events, co-ordinated by our Inclusion Leader Miss Palmer, was extraordinary!

We began on Monday with a Year 3 song writing session with parent and Mamas with Voices leader Anjali Perrin and a Reception yoga class with our parents Mr and Mrs Hinde from Hatfield Road's Yoga Hall. **The yoga sessions carried on for each class and Mr and Mrs Hinde also ran some amazing Gong Bath sessions** which consisted of our children relaxing to the reverberations from a large gong, didgeridoo and other exotic instruments.

It was truly hypnotic!

Mrs Gibson-Dunt ran a wonderful story telling session on the theme of feeling good about yourself **and building children's self esteem.**

Clinical psychologists, Helen Ajaegbu, Jenna Harrington, Lucy Shoolbred and Sukie Panja ran mindfulness sessions through the medium of glitter jars. Their sessions were all about learning about emotions and externalising your worries.

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Gong baths with Mr and Mrs Hinde



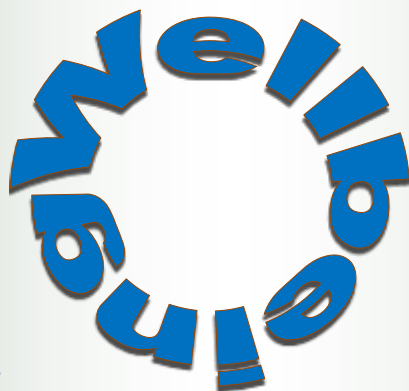
Child and parent sing along with Miss Wray



Mindfulness glitter jars



Katharine Tate on practical, nutritious snacks



Yoga!

Kat Lourenco, parent and fitness coach, was a mainstay of the wellbeing week, running fitness sessions for both children and also adults after school. Great work Kat!

On Tuesday our reception classes enjoyed street dance sessions with Jenny Marie, and Kevin and Eve from Tiska Karate ran sessions for Year 3, ably assisted by some expert Y3 children!

On Wednesday Rue Downe gave highly informative talks on nutrition to children from classes ranging from Year 1 to Year 6 whilst we had the Tour de Garden Fields cycle event for Year 5 run by Mrs Johnson and Mrs Phillips.

We also had a talk for parents on *Keeping Your Child Away from the Doctor* by Garden Fields parent and sometime BBC health expert Dr. Panja in which he spoke about how simple healthy eating changes and other changes in lifestyle can keep children healthy.

**After school on the Wednesday, the 'Food Teacher' Katherine Tate delivered a very useful session with lots of handy hints about healthy snacks for children, and Miss Wray and Anjali Perin ran a parent and child sing-a-long session in the upper school hall.**

**On Thursday, parent and nutritionist Diane Lobo spoke to our Reception children about 'eating the rainbow', followed by making fruit kebabs with our Reception children.**

On the Thursday after school during the start of our Parents Evening, our PTA served a range of healthy **snacks and we had a number of stalls offering a range of wellbeing services such as Kate Cohen's support for improving children's sleep, Kat Lourenco's Beach Body Fitness/Double Time Fitness and Chilli Pilates.**

Many thanks also to our very own Sasha Roth for running mindfulness library sessions during playtimes and lunchtimes.

On Friday we had a very interesting assembly by mindfulness coach Kat Shaw and shared some of our special moments over this amazing week.

Many thanks also to the Verulam students who came and spoke to Year 6 about life at secondary school and answered from questions from our children to ease their worries about the transfer to secondary school.

Last but not least, we must thank Hector the dog—kindly loaned to us by Mrs Johnson. We know that pets are a great way of teaching our children about empathy and they also help us to feel happy! Thank you also to Mrs Johnson for helping to arrange and organise many activities this week.

Thank you Miss Palmer for the concept and your organisation and to everyone—parents and staff—who contributed to such an inspiring week!



# Choir and Orchestra at the Alban Arena

Earlier in the term we had the O2, then it was the Albert Hall and then last week Miss Wray and Miss Ellwood took a third choir to St Albans Arena, along with a group of our **instrumentalists, for the annual St Albans Primary Schools' Music Concert.**

For each event Miss Wray has taken a different choir which means that a large number of children have attended some kind of performance outside of school this academic year.

The theme for the concert was Space. One of the standout orchestra pieces was a **wonderful medley of Holst's Mars which then segued into David Bowie's Life on Mars.**

The songs, with titles such as Starship Silver Grey and Jupiter Rock were also very catchy!

Thank you to Miss Wray and Miss Ellwood and to all the parents who helped with walking children to rehearsals and who were able to support the children at the show.



## Thank you Mr Brattle

**Isaac's grandfather recently built this fantastic mud kitchen for our Reception outdoor area.**

Many thanks indeed Mr Brattle for creating this marvellous addition to our Reception outdoor learning space.

It was extremely kind of you indeed!



# Girls Football Team and Cross Country League Champions!



Many congratulations to our Girls football team who under the expert management of Mr Farrell and the **coaching of Carl Knibbs are this year's -**

St Albans and District League Champions!

The girls have had many a handsome victory this year. They have also shown excellent perseverance and **dedication as many of them were part of the team last year which didn't win a match! Well done girls for sticking at it!** Many congratulations to Grace, Elsa, Orla, Tamar, Poppy F, Iris, Poppy W, Minouk, Sofia, Meg, Phoebe, Isabella and Maram.

**Also our girls cross country team were 'crowned' champions for the 4th year running at the final of the St Albans cross country league!**

Many congratulations to Harriet, Elsa, Aimee, Imy, Phoebe, Iris, and Poppy F!

## Thank you Mrs Francis

Thank you to Mrs Francis for donating 15 school Nike football kits to the school.

**Her company Churchill's MD won them in a silent auction and Mrs Francis then arranged for the kits to be donated to us.**

Thank you so much Mrs Francis for this extremely kind offering!

Below are our A team footballers who modelled them for us in their final match of the season!





# Mud Run for Sports Relief



The end of our Wellbeing Week coincided with Sports Relief and Mrs Johnson organised one of her fabulous mud runs as part of the day.

As is traditional now, we also invited Bernards Heath juniors to join in the fun too!

Many thanks too to our PTA for raising money by selling refreshments and to everyone who helped including Kat Lourenco, Miss Wray, Mr Johnson and former pupil Madelijn who stayed on well after the end of the event to clear up.

Thank you also to Stephanie Belton for your wonderful photos!



# Mayan Munchies!

In Year 4 the children have been learning about the ancient Mayan civilization which was based in what is now Mexico and Central America. Imagine my delight therefore when a rather colourful invite was given to me to go down to Year 4 on Monday afternoon for a delightful Mayan feast! I had a very tasty home made tortilla, topped with guacamole, salsa and cheese made by the children of Trent and Medway classes.

It was very delicious indeed!

Perhaps we need to invite Greg and John from Masterchef to Garden Fields to sample your cooking!

Many thanks for inviting me!

# Invisible Flash Theatre Company



Invisible Flash, a theatre group who aim to raise awareness about children with disabilities as well as entertain, visited Year 2 this week with their play entitled Zoom!

The play concerns Lauretta who is 'down in the dumps'. Her wheelchair is rusty, old and slow. She wants new wheels which are shiny and fast. After the children watched the performance they then had workshops in which they created their own audio stories.

These are then taken away and will eventually feature on the Invisible Flash website:

<http://www.invisibleflash.co.uk/index.html>

We look forward to hearing the results when they are created!

## Oliver by The West Herts Music Theatre

I was honoured to be invited to watch a number of Garden Fields children perform in the West Herts Music Theatre's production of Oliver last Saturday. Stella, Zoe, Ernie and Anna - who played the part of Oliver- were just some of the children that I spotted during a fabulous show! Many thanks to Mrs Laycock and director Shen Woolf for inviting me!

## Happy Easter Everybody!

Thank you to everybody, children, staff and parents for all of your hard work this term.

Many thanks to you all for the many lovely comments about our Ofsted report too!

We will see your children back again on **Tuesday 17th April**

Have a great Easter break everybody—let's hope we get some better weather!