



Spring Term No 2

15/02/19

# Garden Fields School Newsletter

Happy, Caring, and Inspiring

## Spring Term 2019

This week at Garden Fields we hosted our second Happiness and Wellbeing Week.

We had events across the week, for both our children and parents, that focused on a variety of ways that we can support both the mind and body and also on the way in which the two are intrinsically linked. A number of key themes emerged over the week including the ways in which physical exercise, music, activity, relaxation methods and nutrition all support our emotional and mental wellbeing.

We began the week with a tasty breakfast served at our PTA Wellbeing Café with an opportunity for parents to come together and talk, followed by a healthy snack for our children to enjoy at playtime. Also on Monday, children from our local secondary schools came to talk to our Year 6s to give them useful advice on the subject of how to make their transition to secondary school a successful one. Meanwhile, at the other end of the school, nurse Ellen Dunthorne spoke to our Reception children about being a school nurse. In the afternoon, **Kat Lourenco ran a Pilates with Yoga session ('Piyo') for Year 4 and we rounded off the first day of the week with a talk from Katherine Tate - The Food Teacher.**

On Tuesday our Reception children had a Pilates session with Grace Lilywhite, and Mr and Mrs Hinde ran their wonderful Gong Bath sessions in which the children relaxed to the reverberating sound of a large Gong. Year groups 1, 2, 4 and 5 were all mesmerised by the sound of the Gong at some point over the day! Kevin and Eve also ran a Tiska Karate taster session for children in Y4 during the afternoon.

**On Wednesday music was at the forefront with musical theatre 'Play in a Day' sessions from Jenny Marie and Miss Wray for Year 3 and a song writing session with Anjali Perin for children in Year 5. Helen Ajaegbu came in during the afternoon to make 'mindfulness jars' with Year 1, with the support of parents Mei, Sarah and Eliza.**

**At the end of the day our choir parents were able to join Miss Wray's choir club for a good sing song to give everyone a wonderful boost!**

On Thursday we had a fascinating talk from Dr Panja about how to keep your child away from the doctor! Meanwhile Mrs Lobo spoke to our Reception class about nutrition - showing that you are never too young to learn about the importance of what we eat.

On Friday we bookended the week with another wellbeing café with the PTA, some inflatables for the children in our lower school hall, a talk from the Sleep Coach, Kate Cohen and a series of wellbeing stalls.

Thank you to all of the many adults who contributed to such a fantastic week.

An enormous thank you also to Miss Palmer, Mrs Johnson and Miss Cole for orchestrating the whole week and to all of the staff who contributed in a variety of ways, and to our PTA for also contributing so much to the week.

Oh—and thank you to Hector— our **'wellbeing dog' for the week!**

See more information and pictures at: [https://twitter.com/gfs\\_stalbans](https://twitter.com/gfs_stalbans)

# House Mottos

Our house captains set a competition last term for children to make up their own mottos for their house groups.

The chosen mottos and winners are named below and were announced in special house group assemblies which were presented by our house captains.

Batchwood



**Batchwood  
Always  
Tries  
Creating  
Happiness  
With  
Our  
Outstanding  
Determination**

*Designed by Henry Year 5*

Harpenden



Harpenden  
Never Rest.  
We All Try  
Our Very  
Best.

*Designed by Sara Year 4*

Townsend



TOWNSEND

TOgether We StaND StroNgEr

*Designed by Imi Year 6*

Waverley



Strive To  
Success

*Designed by Rayan Year 6*

## Year 1 Trip to Whipsnade

Last week, on a rather wet and windy day our Year 1 children braved the weather for a visit to Whipsnade Zoo as part of their topic on animals. During their visit they had a vet workshop and another workshop on habitats. I spoke to Willow class to find out how they got on and they told me that they saw giraffes, tigers, chimps, elephants, crocodiles and butterflies. They were also amused by the butterfly that landed on Sam's mum's hat!



## Speed Stacking Tournament

Around 12 teams from the St Albans area came to Garden Fields for the annual Year 4 Speed Stacking competition this week.

It was an amazing feat of organisation from Mrs Johnson to bring it all together under one roof!

The children seemed to have a fantastic time and certainly appeared to achieve better times than the adults who entered the grown up competition!

# Year 4 at the Gurdwara

A feature of the Hertfordshire RE syllabus that we follow at Garden Fields is the opportunity to learn about the customs and traditions of different faith groups. As such, Year 4 visited a real Gurdwara to find out more about the Sikh faith. Miss Ellwood said how grateful she was to the PTA for helping to fund the trip which gave the children the opportunity to see a real Sikh temple and bring their learning to life.



## Wellbeing Mottos

In Medway Class, during Happiness and Wellbeing week, Miss Ellwood asked the class to come up with mottos to help them to have a positive time in class.

She was very impressed by their thoughtful, caring suggestions such as, "Positivity will get us through our goals - if we work together and we act as a family."

And:

"Just because our feet are stuck firmly in the ground, it doesn't mean we can't reach for the stars."

Great work Medway Class—some great messages for us all there!

### Medway's Motto's

1. When we act together, we act as one.
2. If you believe it, you can achieve it
3. Life is hard, but when we stick together we can get through it
4. If you don't believe it, you won't achieve it
5. If Medway stick together we can achieve our goals
6. positivity will get us through our goals if we work together we act as a family
7. When we stick together we can achieve anything
8. With positivity, we can do anything
9. Just because our feet are stuck firmly in the ground, doesn't mean we can't reach for the stars
10. Before you ask for help you can do it yourself
11. If we stick together we are forever

# Tag Rugby Festival

Yesterday, Garden Fields School participated in the annual St Albans and District Tag Rugby Festival, run by Saracens, at St Albans Rugby Club on Oaklands Lane. In fact we took no less than 70 children in 7 teams!

We are very proud of the fact that all children, no matter what their ability, have the opportunity to represent Garden Fields at some point during their time with us.

This is a highly inclusive, friendly tournament with no winners—just lots and lots of short games with plenty of opportunities for all of the children to participate.

The event truly reflects the 5 core values of rugby which are: teamwork; respect; enjoyment; discipline and sportsmanship.

Thank you to all of those who took part on a lovely, sunny February day!

Thank you to Mrs Johnson for organising and to the team of coaches that joined me: Mr Berman, Mr Pidgeon, Miss Orviss, Mollie, Charlotte and Olivia.

# Inheritance Tracks

One of the features of our Happiness and Wellbeing Week was our Inheritance Tracks home learning for children to ask their families/carers for songs that were special to them growing up and to name the songs that they would like to pass down to their children.

Thank you to all of those who contributed— we will be displaying some of these in our Upper School corridor.

We even had singer Michael Ball and CBBC's Ben Shires contribute their Inheritance Tracks! Michael Ball chose the song September in the Rain which is a song he remembers his mother playing to him when he was a child.

Miss Wray has since led the choir in a rendition of September in the Rain which can be seen at:

<https://www.gardenfields.herts.sch.uk/inheritance-tracks/>

We will be inviting Michael to see the fantastic results!



# Half term

Have a great half term everyone. I hope that you enjoy some quality family time and we will see you back on

**Monday, 25th February at 8.50 a.m.**