



**Turn your wounds into wisdom**

*Oprah Winfrey*

**4th Feb 2022**

### Gymnastics

Children in KS1 have been enjoying gymnastics in the hall this half term with Annabelle. Gymnastics is a great way to help children bolster their coordination, flexibility, and posture; develop their cognitive functions; and promotes strength, fitness, and self-control. It is also a lot of fun!



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**If you could master any skill, what would it be and why?**  
By Suriyah in Year 6

**Winning Answer by Mia Rose in Foundation Stage**  
*I would practice my ballerina spinning!*

**Winning Answer by Gen in Year 1**  
*Riding my bike so I could ride it to school.*

**Winning Answer by Layla in Year 6**  
*I would master the skill of being kind, thoughtful, generous, polite, helpful, and joyful, because then it would be one step closer to making the world a better place.*

### Headteacher Awards

Grace, Tommy and Elliot in Foundation Stage; Finn, Monroe, Minnie, George, Ralphie, Joshua, Edith, Henry D, Leo, Phoebe, Sydney, Gabbie, Charlie, George, Rebecca, and Evie J in Year 2; Ayla, Lily D, Kianna, Maisie and Taylor in Year 4; Hayden in Year 5

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**CELEBRATING EACH OTHER, AND THE JOURNEY WE ARE ON**



## Spoken Word Power

This week Years 3 and 5 were joined by spoken word and performance artist Martha Pailing for a project called Spoken Word Power. In partnership with Eastside, Essex Book Festival has been working with Essex Children's University to deliver the project to a lucky 5 schools, of which we are one. Spoken Word Power will run for two years, inspiring spoken word poetry workshops, performance opportunities, and staff training led by industry professionals; to make language exciting, inclusive, and fun, and **develop oracy, speaking & listening, and writing skills** through inquiry-based, collaborative approaches.



## Bikeability

WELL DONE to everyone in Year 5 who achieved their level 2 in bikeability training. They tackled the cold and the wind and spent hours listening attentively to important safety instructions. They are now much more confident on the road, understanding the rules and why they are in place.



## Children's University

The first in person Children's University Graduation will be on 21<sup>st</sup> May. Does your child participate in Children's University activities? Would they be attending the graduation? Please let me know if so, so that I can give the event planners a sense of numbers. Thank you!