

Dudley House School

Newsletter – 19th January 2024



Dear Parents,

It may have been really cold outside this week, but we have noticed the spring bulbs are already starting to peep out. Hopefully it will be warmer next week.

What's been happening this so far?

Class 1 Winter Walk - 9th January

Class 1 went on a winter walk last week. As well as looking at all the beautiful things that can be seen in winter, they also enjoyed playing Pooh sticks as the river was flowing so fast. There are some lovely photos on Facebook and the school website.

Traditional Tales - Class 3

As well as getting to know their new teacher, Class 3 have been exploring the features of different traditional tales in order to be able to write their own. We are looking forward to hearing them.

Greek Potters - Class 4

As part of their studies about Ancient Greeks, Class 4 created fabulous vases using papier-mâché and have begun to apply a painted design. They look fabulous.

Information

Payments

Our bank (NatWest) started charging us for every transaction, both in and out of the account, last year. Please can you help us reduce these charges by making payments in lump sums rather than several transactions for different items (e.g. fees, clubs, uniform) and we will allocate the payments to your account to offset invoices sent out.

Future Events

Boccia Tournament - Thursday 25th January

Four children will be representing the school in a Boccia Tournament on Thursday 25th January at Kings School Sports Hall. Boccia (pronounced 'Bot-cha') is a Paralympic sport where athletes throw, kick or use a ramp to propel a ball onto the court with the aim of getting closest to a 'jack' ball. We have enjoyed playing this in school.

Badminton Festival - Wednesday 31st January

A team of 6 children will be taking part in the Badminton Festival they will be able to take part in a variety of activities to develop their badminton skills.

Trip to Nottingham Castle - Thursday 1st February 2023

To enhance several areas of the curriculum, children in Class 4 will be travelling by train to visit Nottingham Castle and also explore the caves under the city.

Time to Talk Day - Thursday 1st February 2023

Time to Talk Day is an annual awareness day held at the beginning of February. The aim of Time to Talk Day is to raise awareness about mental health and wellbeing by encouraging people to talk about how they feel. This important day is run by mental health charities Mind and Rethink Mental Illness, in partnership with the Co-op. It's a chance for all of us to open up about mental health — to talk, to listen, to change lives.

Top mental health tips for 'Time to Talk' Day 2024

1. **Make sure to get enough sleep.**

Sleep affects everything else in our lives. We need enough energy to feel good, for our body and mind to function properly, and to be productive. Prioritising sleep means taking some screen-free time at the end of the day before bed to help our minds switch off and relax. Having a set bedtime also helps our body get into a routine.

2. **Take time for self-care.**

Looking after ourselves is not a luxury, but a necessity. To function well, we need to be feeling good. This involves taking time to relax, rejuvenate and restore our energy. Self-care means different things to different people, but here are a few suggestions: take a bubble bath; go for a massage; walk around a local natural space; listen to some relaxing music; do a short meditation; journal; read your favourite book; or, watch a feel-good film.

3. **Eat healthy food and drink lots of water.**

Nourishing our bodies also nourishes our mind; the two are inextricably linked. Healthy, nutritious food and plenty of liquids will make us feel naturally more energised.

4. **Listen to your body.**

If you're very tired, it's important to make sure you rest. If you need to dance around to release some energy, do that! Listening to your body will help you connect more deeply with yourself and what you need. This will help you take care of your needs, be kind to yourself, and learn to rest when you need to.

5. **Connect with loved ones around you.**

Feeling lonely can make mental health issues worse. Remember, there is always someone out there to help you. Seek support from your loved ones when you need it, and spend time with them to feel connected to others.

No swimming - Friday 2nd February

Just a reminder that there is no swimming on the 2nd February due to the Grantham Rotary Club Swimathon taking place, which Mrs Jessop is hoping to take part in. Children should come in normal school uniform that day.

Clubs

In the last week of January, the Multi-sports and Computing clubs will switch nights due to Miss White and Mrs Johnson not getting back from Nottingham until 4:30pm.

Wednesday 31st January - Computing Club

Thursday 1st February - Multi-sports club

If children would still like to attend on the same night that is not a problem. We are sorry for any inconvenience caused.

Class Assemblies

Please note that Class 1 Assembly will now be on Thursday 14th March and Class 3's Assembly will be on Wednesday 20th March.

DATES FOR YOUR DIARY

- Thursday 25th January - Boccia Tournament
- Wednesday 31st January - Badminton Festival (Year 4 & 5)
- Thursday 1st February - Time to Talk Day
- Thursday 1st February - Class 4 Trip to Nottingham Castle and Caves
- Friday 2nd February - No swimming
- Tuesday 6th February - Safer Internet Day
- Friday 9th February - End of Term