



Our High Meadow Community 'Thought for the Week'



Charlie Mackesy

A HUGE thank you for the sweetie jars!

Wow, we have been blown away by your amazing generosity today...we have never seen so many amazing sweetie jars...thank you so much! We will keep them safe for the Children's Christmas Fair in December. Here are some photos of just a few of them....





Our First Ever Hot Chocolate Friday!

We are so excited to celebrate our first ever Hot Chocolate Friday! In line with our updated Relationships and Behaviour Policy and the work of Paul Dix, we know how important it is to recognise the many children in High Meadow who ALWAYS do the right thing! Paul Dix, in his book 'When the Adult Changes, Everything Changes' states '*Hot Chocolate Friday is targeted at the children who behave impeccably but can too easily be forgotten*' He reinforces the importance of '*noticing the unnoticed*' and recognising '*the child who is making all the effort but none of the noise*' Hot Chocolate Friday (every two weeks) means that a child from each class is chosen to come and have a Hot Chocolate, a biscuit (or two) and a chat (and a bit of a giggle) with the headteacher! These are today's Hot Chocolate celebrants....

Well done and HUGE congratulations to Iris in YR, Harry in Y1, Isla in Y2, Poppy in Y3, Lily-Grace in Y4.





High Meadow High Five!

Our next bit of exciting news is another fantastic strategy, encouraged by Paul Dix. In the section 'The Incredible Power of the Positive Note'. We have created our very own 'Positive Note' and we have called it our 'High Meadow High Five'. Any member of staff can send a 'High Five' home with a child as a way of celebrating and recognising something a child has done/achieved. The teacher/staff member will write a short note on the back of the postcard to tell the child's family exactly why the child is being recognised! Keep a look out in your child's bookbag as there may be winging it's way to you soon!





[Our New Keyboard has arrived....Yahhhh!!!](#)



We are thrilled to receive our new keyboard this week to help us bring even more music to school. Click here to go to our TWITTER feed to see the joy this new purchase has brought!

https://twitter.com/MrsHughes_HMCS/status/1324339971394834432

[Educational Psychologists Training Sessions for High Meadow Parents](#)

We are thrilled to share with you, that as part of our two year journey to become a Trauma Informed school, our Warwickshire Educational Psychologist teams have created three amazing live webinars that are available exclusively for High Meadow and Shustoke parents only! These are going to be very high quality webinars which will help develop your understanding of how to support your child through these challenging times.

Please, please, please take advantage of this amazing opportunity. Chat with other families from your child's class and encourage them to join in too; each one is only 45 minutes but this small investment of your time could pay HUGE benefits...you really do have nothing to lose!! Please see all of the information about the webinars below...

Supporting Your Child's Mental Health And Wellbeing: Using Psychological Approaches

Warwickshire Educational Psychology Service (EPS) has developed a short series of 3 webinars for parents at High Meadows and Shustoke schools. This work is part of the ongoing process of the schools becoming a more attachment aware and trauma-informed setting.



We recognise that COVID-19 has increased all of our stress responses and impacted on our coping abilities too. This series of sessions aims to help you explore the needs within your family and consider evidence-based strategies to implement as positive changes for the whole family.



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The sessions are **free** to access, will be **live** at **4pm** and will cover:

- **Managing Anxiety: Understanding your stress bucket**
Thursday 12th November 2020
- **Learning to Regulate and Strengthen Relationships**
Tuesday 17th November 2020
- **Resilience and Reasoning: How to “bounce-back”**
Thursday 26th November 2020

Poppies available in school

We will be selling poppies in school from Tuesday 3rd November until Wednesday 11th November. If you wish to make a suggested donation of £1.00 for your child to have a poppy, please send the money in a sealed envelope with your child's name and class clearly written on it. Please remind your child to give it to their class teacher when they come into class. Due to social distancing and limited spaces this year, we will not be participating in the Remembrance service or poppy parade in Coleshill however, we will be placing a poppy wreath from the school community on the memorial outside the church.

School Photos – Monday 9th November

Just in time for Christmas, Braiswick photos will be coming into school to take individual photos of each child. In the past we have also been able to offer family group and sibling photos too but sadly, due to COVID restrictions, this year Braiswick can only accommodate individual child photographs. When completed, the photos will be emailed to you ready for you to choose your selection. We will send a gentle reminder nearer the time.

Children's Christmas Fair – Friday 4th December

Every year, all the children in school are invited to our Children's Christmas Fair. It is held during the school day so that all of the children can visit it independently, with their class friends. Every year, on the build up to the Fair, we reach out and ask for donations of goodies for each of the stalls. To help prepare for it, I have created a list of items and dates below (you might like to create the sweet jars over the half term holidays). Thank you, as always for your kindness and support in this event.



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Date	Items
Friday 13 th November	Packets of chocolates, bars of chocolates, selection boxes....anything chocolatey!!
Friday 20 th November	Pocket money toys such as bouncy balls, pencils, felt tips, crayons, colouring books, etc.
Friday 27 th November	Unwanted teddies that are clean and in good condition that another child might like to buy from our Teddy Adoption Stall
Friday 4 th December	Cakes that we can serve on at our Cake and Juice Café for the children

Please reach out if you and your family or child need support

Please remember, if you need someone to talk to about any concerns you have about your child, then please call the **Family Support Worker Helpline on 01926 412412**

Our Value for this half term is 'TRUST'

TRUST is...

Taking someone at their word, **R**elying on someone to support you, **U**nbreakable promises, **S**howing that you can be trustworthy, **T**reasuring good friends

TRUST

'My God is my strength in whom I trust.'

Psalm 18.2

QUOTES & QUESTIONS

Never be afraid to trust an unknown future to a known God. (Corrie Ten Boom)

Trust yourself, you know more than you think. (Benjamin Spock)

Corrie Ten Boom faced many risks and challenges in her life. She got through them because she trusted God to provide what she needed. Do you trust God to help you?

Can you remember an occasion when you surprised yourself by what you were able to achieve?

Trust is the most valuable thing you will ever earn. (Anon)

Trust takes years to build, seconds to break. (Anon)

How trustworthy are you?

What do you think this saying means? Try to put it into your own words.





Our Personal, Social and Emotional 'Jigsaw' theme for this half term is

Celebrating Differences

We are learning to...

- Help others to feel welcome
- Accept that everyone is different
- Include others when working and playing
- Know how to help if someone is being bullied
 - Try to solve problems
 - Try to use kind words
- Know how to give and receive compliments

High Meadow Community School

Educational Events and Activities – Autumn B Term 2020 Version 1

November/December 2020

Date	Time	Activity
Monday 9 th November	All morning	Braiwick Photos in school to take INDIVIDUAL photos of children (due to COVID no family photos can be taken)
Monday 9 th November	3.15pm – 4.00pm	Year 4 Confident Kids after school sessions re-start for the final 15 children in Year 4. Six weekly sessions. Final session Monday 14 th December, inclusive. FREE
Tuesday 10 th November	3.00pm – 4.00pm	Marcus Painter After School Football for Years 1 and 2 only (max of 15 children, first come first served)
Wednesday 11 th November	3.15pm – 4.15pm	Marcus Painter After School Football for Years 3 and 4 only (max of 15 children, first come first served)
Wednesday 11 th November	5.00pm – 6.00pm	Reception, Year 1 and Year 2 ZOOM Parents Maths Workshop
Wednesday 11 th November	6.15pm – 7.15pm	Year 3 and Year 4 ZOOM Parents Maths Workshop
Thursday 12 th November	Afternoon	Shining Stars Assembly – you will be sent a You-tube link if your child has been awarded a Shining Star
Thursday 12 th November	4.00pm	Parents Webinar Workshop – Managing Children's Anxiety – 1 of 3 workshops led by





		the Warwickshire Educational Psychiatrists Team exclusively for us!
Friday 13 th November	All day	Children in Need SPOTTY day! Wear something spotty for a suggested donation of £1.00
Friday 13 th November	Morning	Please send in chocolate for the Christmas Fair today

Kindest regards

Mrs Debby Hughes – Head teacher head2569@welearn365.com

Mr Jonathan Smith – Chair of Governors governors2569@welearn365.com



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