



BERRYMEDE



Newsletter ~ Issue 3 ~ February 2022

Term Dates 2021-2022

Half Term Holiday

Mon 14th Feb – Friday 18th February 2022

Back to School for pupils

Monday 21st February 2022

Term Ends

Friday 1st April 2022 at 1:15pm

Easter Holiday

Monday 4th April – Monday 18th April 2022

Summer Term 2022

Term starts for Pupils

Tuesday 19th April 2022

May Day (Bank Holiday)

Monday 2nd May 2022

Half Term Holiday

Monday 30th May – Friday 3rd June 2022

Back to School for pupils

Monday 6th June 2022

Term Ends for Pupils

Thursday 21st July 2022 at 1:15pm

Teacher Training Day

Friday 22nd July 2022

Dear Parents & Carers

Tremendous thanks to all our parents and families for managing the COVID crisis so well. We have been spared compared to many schools in Ealing in that we have had comparatively small numbers of staff and pupils affected.

We continue to work hard to ensure our children are on track to achieve their best and to provide as many additional activities to enrich their learning.

THERE IS STILL AN OPPORTUNITY TO SIGN UP FOR A PAID TRIP TO CHINA AND ANOTHER TO THAILAND BUT PLACES HAVE ALMOST FILLED. Please call the school office if you are interested.

I wish all our families a safe and restful half term break. Please ensure children continue to read and of course rest and enjoy themselves as the COVID restrictions begin to ease.

Ms L Khan, Executive Head Teacher

Why is Reading so important?

Studies show that reading for pleasure makes a big difference to children's educational performance. Here's how you can get your child off to a great start.

Evidence suggests that children who read for enjoyment every day not only perform better in reading tests than those who don't, but also develop a broader vocabulary, increased general knowledge and a better understanding of other cultures.

In fact, reading for pleasure is more likely to determine whether a child does well at school than their social or economic background.



Top 10 tips to help children enjoy reading

1. Make books part of your family life – Always have books around so that you and your children are ready to read whenever there's a chance.
2. Join your local library - Allow them to pick their own books, encouraging their own interests.
3. Match their interests – Help them find the right book - it doesn't matter if it's fiction, poetry, comic books or non-fiction.
4. All reading is good – Don't discount non-fiction, comics, graphic novels, magazines and leaflets. Reading is reading and it is all good.
5. Get comfortable! – make sure they have somewhere comfy when reading.
6. Ask questions – To keep them interested in the story, ask your child questions as you read such as, 'What do you think will happen next?' or 'Where did we get to last night? Can you remember what had happened already?'
7. Read whenever you get the chance – Bring along a book or magazine for any time your child has to wait, such as at a doctor's surgery.
8. Read again and again – Encourage your child to re-read favourite books and poems. Re-reading helps to build up fluency and confidence.
9. Bedtime stories – Regularly read with your child or children at bedtime
10. Rhyme and repetition – Books and poems which include rhyme and repetition are great for encouraging your child or children to join in and remember the words.

Stay up to date by regularly visiting the school website and if you haven't already, make sure you sign up to class dojo!
<https://www.classdojo.com/en-gb/>



Sporting News

Berry Mede had a fantastic time taking part in a Boccia tournament. Year 3 and 4's placed 3rd and were delighted to receive bronze medals. Upper school also did us proud with their impressive teamwork.



Huge congratulations to the Year 6 Cricket Team on 2nd place at the Ealing finals and well done to the Year 3 and 4 Ten Pin Bowling Squad who represented Ealing in the regional Finals. A big thank you to staff for supporting the children.



Article 3: The best interest of the child must be a top priority in all things that affect children.

10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

WWW.BELIEVEPERFORM.COM



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ROLE MODEL

Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you



TALKING

Support your child to talk about their problems and how they are feeling

COPING SKILLS

Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging



SLEEP

Support your child to build positive sleep habits. Develop a good sleep environment with your child



WELLBEING

Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety

PLAY

Promote play and creativity among your child. Allow them to explore



SELF CARE

Make sure your child has time and space to look after themselves. Involve yourself in their hobbies



AUTONOMY

Allow your child to make their own decisions. This will help to build resilience

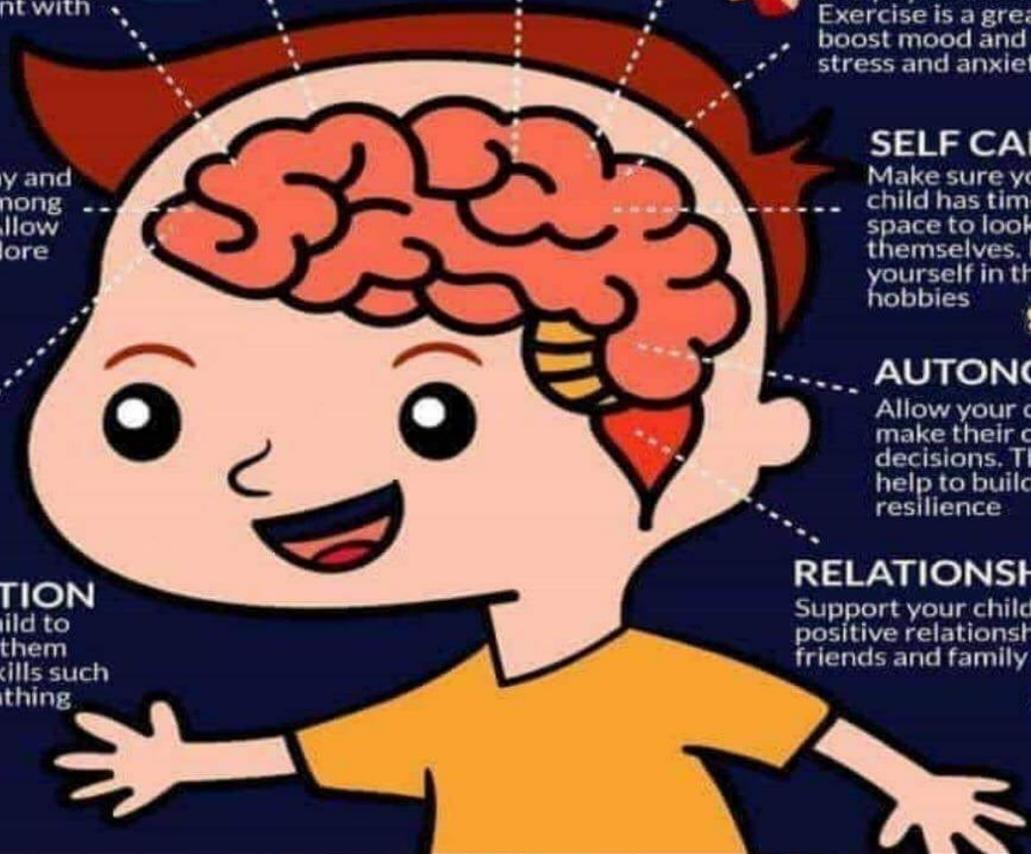
RELATIONSHIPS

Support your child to build positive relationships with friends and family



RELAXATION

Help your child to relax. Teach them relaxation skills such as deep breathing



Children's Mental Health Awareness Week
7th -13th Feb 2022

