



Petersfield News

Friday 3 November 2023

Headteacher Crissy Hodgkinson



Congratulations!

A huge, hearty congratulations to Miss Matthews who just before half term was crowned the Teacher of the Year at the annual Petersfield Awards. We are enormously proud of you Miss Matthews, many congratulations and thank you to everyone who kindly voted!

Year R - Meeting

Thank you to those Year R Parents and Carers who were able to attend the Phonics and Reading Meeting earlier this week. Details of the presentation have been emailed to all.

School Website

Remember to check the website to see information and photographs as to what has been happening in your child's year group. Our Stars of the Week are also included. [Click here to view.](#)

Diary Dates

Please [Click here for Diary Dates](#) to view new updates.

School Trips

Everyone should have received an email from Arbor to sign in to the online portal to register and pay for future trips. Any problems, please telephone or email the School Office.

Sports for Schools

Please can all children wear their PE kits into school on Friday 10 November when we will be welcoming Gold Medal Winning Great Britain gymnast, Kelly Simm.

Year R and Year 3 Applications

Applications for both September 2024 Year R and Year 3 places are now open and may be made online using the following link [September 2024 Yr R & Yr 3 Applications](#) Should you require assistance with your application, please contact the School Office. The deadline for applying is 15 January 2024.

Remembrance Day

Poppies will be on sale next week, so please send your child in with a donation in a named envelope should they wish to buy one. As well as poppies, the Royal British Legion have supplied a selection of alternative merchandise such as wrist bands, snap bands, zip pullers and button tags. We suggest a minimum donation of 50p for a poppy and a minimum of £1 for the merchandise. We will let you know how much we have raised for the British Legion, once we receive the total.



Anti-Bullying and Odd Socks Day

Each year, we take part in Anti-Bullying Week, which will take place from Monday 13 to Friday 17 November. The theme for this year is 'Make A Noise About Bullying' and will remind everyone whether it is in school, at home, in the community or online, we can bring an end to bullying. The week will be kicked off with Odd Socks Day on Monday 13th November, where adults and children are invited to join in with the fun and wear odd socks to school. Odd Socks Day is an opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique! Socks may be any colour, any design and should simply be different on each foot! There is no pressure to buy anything, just find something suitable from home!



Children in Need

All children are invited to wear non uniform on Friday 17 November for Children in Need in exchange for a donation online. [Click here to donate](#) Please use the online fundraising page and do not bring cash into school. Please ensure clothes and shoes are suitable for a day in school.

Flu Vaccinations

A reminder if you wish your child to have a flu vaccination at school, administered by the School Nursing Team, please ensure you complete the online consent form previously sent. The school code is SH115936 and they will take place on Thursday 16 November. [Winter Flu Vaccination programme : Hampshire Healthy Families](#)

Good Mental Health Handbook

Please see below a link to the Hampshire CAMHS page where parents and carers can access The Good Mental Health Handbook [Click Here](#). Alternatively, please browse these websites.

Web: www.healthforkids.co.uk

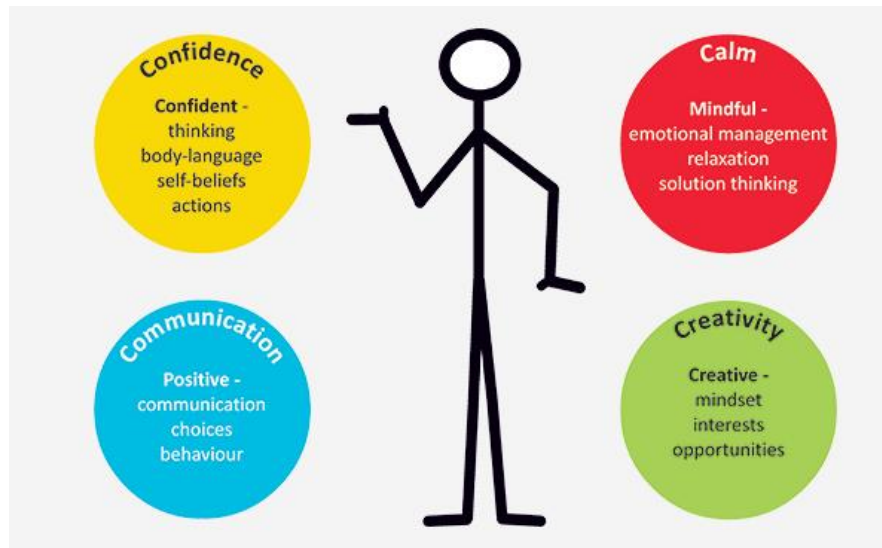
Web: www.healthforteens.co.uk

Trick Box

Please scroll to the next page to see details of the Trick Box programme.



We are excited to be introducing the 'Trick Box' programme to our school. The programme focuses on the 4 C's: confidence, calm, communication and creativity.



The intention of Trick Box is to help children to develop happy and healthy habits early in their lives. These habits include to:

- Recognise and self-manage emotions
- Develop mindful awareness around body and mind connections
- Build awareness and choices
- Create confident, mindful decision making
- Set and achieve positive goals
- Develop communication skills to enhance interpersonal relationships
- Problem solve and create solution thinking
- Build confidence to try new things in new ways
- Develop positive mindset building long-term resilience

This year there are six tricks that we will use with the children. It is intended that we will focus on one trick for each half term. Each trick focuses on the character Drew and his dog Doodle. We have story books, trick cards and a Trick Box display. Each new trick will be added to the display and referred to through the year.

The model that Trick Box uses teaches children the following:

Accept - This is what is going on. This is how I feel.

Be - I want to be better

Choose - What can I choose to do?

Do - Do it!

As adults, we will support the child by asking:

Accept - What's going on? So, this is what's going on. How does that make you feel? So this is how you feel.

Be - You want it to be better - How could it be better?

Choose - What can you choose to do?

Do - Now do it!

The tricks we will be focusing on this year are:

Mirror Mirror - You're Great!

Stand Tall

Breathing Colour

Floating Cloud

Win-Win

Free Flow



Autumn 1 - Mirror Mirror

This develops children's confidence as they practise saying something positive about themselves in front of a mirror (or a pretend mirror!) As we get older, we often find saying nice things about ourselves a bit awkward and embarrassing, but it's so important that we can find something we like about ourselves, or something we think we are good at. Why don't you try it yourselves at home too as a family?

We are learning to say "I'm great" and think about some of the things that make us great.

Autumn 2 - Stand Tall

This trick teaches the children to recognise the power of body language in themselves and in others. When we are feeling worried, upset or anxious about something, our bodies can express this in certain ways. But when we feel confident, we show this by having a strong core and by 'standing tall.' Actively trying to adjust our posture and stand tall, even when we're not feeling this way, can have a positive impact on the way we feel. Try it yourselves at home; "shoulders back, head up and stand tall!"

We are learning that sometimes we get a funny feeling in our tummies when we feel worried, nervous or scared. This is called 'butterflies'. When this happens we can Stand Tall and say "I can do it". This will help us to do things we find difficult.

We would love it if you could support the children with these Tricks at home and we will update parents each half term as we teach the children another Trick. Workshops are planned for later in the school year.