

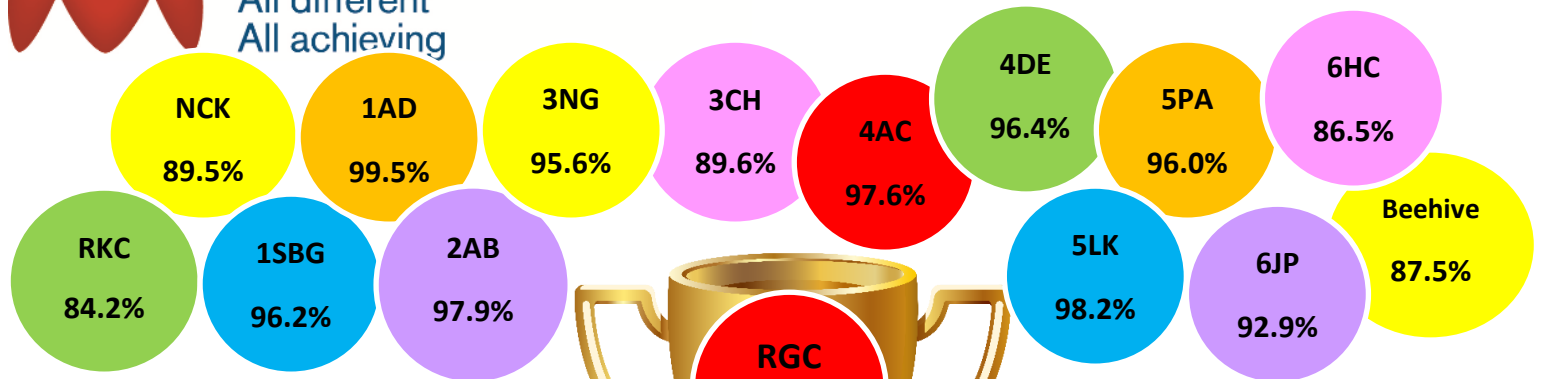


# Old Moat Primary School

All different  
All achieving

## Newsletter 09/02/2024

Next week's we are on our Week 1 menu.



## THIS WEEK'S NEWS

This week, we mark Mental Health week. We've used assembly time to discuss ways of looking after our mental health and the children have carried out activities in their classrooms to help them. Reading and exercise are both great ways of looking after your mental health. Music can also help and many of our children tuned into a live online concert with a band called Filkins Drift. It's also really important to talk to someone you trust if you are worried or sad.

KS2 had a visit from taekwon-do instructor, Mr Lewis-Clarke, who gave us a demonstration of a taekwon-do pattern and talked about how the sport embodies two of our Trust values: respect and resilience. His club operates at our school on Thursday evenings. It's an activity that supports good physical and mental health - get in touch with Mr Lewis-Clarke if you are interested in joining the club!

## Word of the week

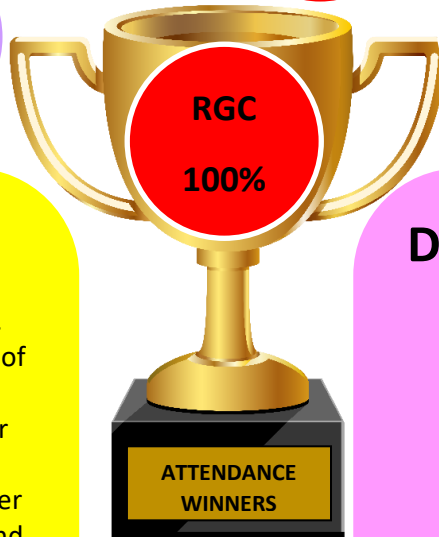
### RESILIENCE

Resilience is being able to recover quickly from difficulty or illness and not letting it stop you.

The striker showed great resilience as he recovered from a nasty tackle to score again.

The adjective is resilient.

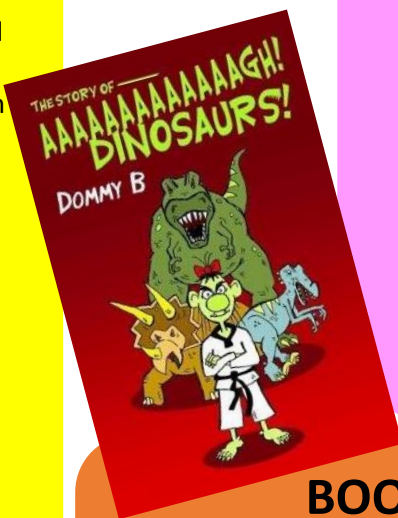
Pupils need to be resilient and keep going when learning is difficult.



ATTENDANCE WINNERS

SCHOOL ATTENDANCE AVERAGE

# 93.8%



## DATES FOR YOUR DIARY

### STAY AND PLAY

Wednesday 9:15am-10:45am

### ENGLISH LESSONS FOR PARENTS/CARERS

Tuesday mornings 9.15am - 10.15am

### LAST DAY OF SCHOOL

Half term

Friday 16/02/2024

### HEALTHY EATING SESSION

Friday 01/03/2024

Come along and get some tips on healthy snacks and sample some delights from Hermine our lovely Chef

### WORLD BOOK DAY

Thursday 07/03/2024

(dress in pyjamas or as a book character – letter to follow)

### LAST DAY OF SCHOOL

Easter holiday

Thursday 28/03/2024

## BOOK OF THE WEEK

The story of AAAAAAAGH! DINOSAURS! by Dommy B

Mr Lewis-Clarke, taekwon-do instructor, shared this book with us in assembly. It's full of rhyme, dinosaurs and martial arts - a great mixture for readers of all ages! Find it in the KS2 reading shed.

# GREEN HEROES



# GYMNASTICS AT OLD MOAT

Year 5 have been blending jumps with partner work.



# E-Safety

## Managing privacy settings on apps

11-15 year olds use on average 5 different websites and apps to communicate with friends at home, the most popular being Instagram (60%).



Whatsapp Snapchat Instagram YouTube

If your child is using these networking sites and respective apps, get up to speed on how they can manage their privacy settings with our "How to guides".

Go to [internetmatters.org/back-to-school](https://internetmatters.org/back-to-school) to download our "How to guides".

# FIRST AID FOR PARENTS

Some of our parents at Old Moat came for our first aid course to learn essential skills.



# KITCHEN CELEBRATIONS



Our wonderful kitchen team were able to celebrate maintaining our 5 star status on our unannounced food hygiene inspection. A testament to their hard work! Congratulations ladies and thank you for all you do!



We have been painting, colouring, dancing and taking 'brain breaks.' We shared lots of ideas in assembly for keeping our minds happy and ways of helping ourselves, if we feel anxious or worried.



# Reception visited the library this week

