



# Bladon Buzz

Friday 19<sup>th</sup> October 2018  
Newsletter No. 4 2018/2019

Bladon C of E Primary School

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## A note from the headteacher

Last week saw Bladon hold their first ever Mental Health Week. The week began with a thought provoking, but entertaining assembly delivered by Andy from Urban Strides. He spoke to the teachers, children and parents about the events in his childhood that changed the way that he thought about and faced challenges, after which the children in KS2 looked at stopping the stigma associated with mental health issues. They created posters about what people could do to help both themselves and others.

In the afternoon the whole school took part in a 'Pound Fit' session. Great fun was had by all as they beat their sticks to the sound of music whilst exercising. The children also had a lesson about how the human brain works (thank you to Lisa for the blancmange brains!). On Tuesday, the day began with an assembly from Oxford Ice Hockey followed by lessons from Meera where she shared with the children how certain feelings and emotions can affect the body. John then joined us to speak to about resilience. The FOBS team baked some healthy snacks, which the children thoroughly enjoyed at break-time.

If you have any questions or queries concerning the school or your child/children, please do not hesitate to speak to your child's teacher or contact me at school. Alternatively, you can email me at [head.3146@bladon.oxon.sch.uk](mailto:head.3146@bladon.oxon.sch.uk)



Throughout the week we also: looked at the five ways to be resilient; how to deal with stress; took part in meditation lessons with Felicity Wood; did cooking with Megan 'The Strength Chef' and the finale on Friday, 'The Big Doodle' where the children 'artfully' splattered paint to the sound of music, thinking about how it made them feel and then interpreting this into a piece of artwork. Luckily for us the teachers were not forgotten, being given time to have an Indian head massage. We are already starting to see a positive impact from the week, with children telling us how they feel, what helps or worries them and how we can help them or maybe even more importantly how they can help themselves.

I would like to thank Matt, Mrs McManus and Mrs Horn for organising such a great week and also all of the parents who helped make the week so successful. Next term we will begin our journey to becoming a 'Growth Mindset' school with weekly lessons for the children. Keep your eyes peeled for more information about how you can support the school at home.

### Bottle for Poppy Wreath

Could each child please bring in the bottom of a large plastic bottle which we will turn into a poppy on Tuesday 30<sup>th</sup> October, please see pictures below. Bottles need to be cut to approx. 4cm deep prior to bringing into school.



### 100 Club Lotto Winners for October:

1<sup>st</sup> Lisa Blackman  
2<sup>nd</sup> Helen Renfrew  
3<sup>rd</sup> Wa Sze Tsang

### Wreath Making

Come and try wreath making at Bladon Primary school on 29<sup>th</sup> November, 7:30-9:30pm. Cost is £10 donation to the school, please pay office. (places are limited!) Foliage, twine and wire will be provided. Please bring scissors, nibbles and any of your own foraged greenery. This is an informal evening for a chance to get creative!

### Important Dates

**Mon 29<sup>th</sup> Oct** – INSET Day  
**Tues 30<sup>th</sup> Oct** – Return to school  
**Tues 30<sup>th</sup> Oct** – KS2 Swimming Starts  
**Tues 30<sup>th</sup> Oct** – Halloween Party – 5.00pm – 6.30pm  
**Tues 6<sup>th</sup> Nov** – Year 6 Parents SATS Meeting 3.15pm in Willow Class  
**Fri 9<sup>th</sup> Nov** – Wear Blue to School Day – Anti Bullying Charity  
**Sun 11<sup>th</sup> Nov** – Armistice Remembrance Service – Memorial in Park Street.  
**Mon 12<sup>th</sup> Nov** – Anti Bulling Week  
**Sat 17<sup>th</sup> Nov** – FOBS Bring and Buy Sale 2.00 – 4.00pm