

Hudson Primary School & Family Wellbeing Centre

Weekly Newsletter for Families

Friday 23rd October 2020



HUDSON SCHOOL NEWS - Headteacher; Niki Craddock

We have reached the end of the term and oh what a term we have had!

Plenty of learning all round about our new way of living and lots of new ways of partnering up to get learning in the home. I couldn't be more pleased with your constant keeping in touch - this has really helped to make our jobs much easier and as a strong learning team from home to school. Knowing you are supporting learning in the home has really helped all of our worries. We all left last March concerned about the children's health and wellbeing and the gaps that would grow in their knowledge, skills and understanding whilst away from school for so long. You all stepped up to take on a teacher role, and we need to maintain that close partnership as we move forward in order for the children to reach their full potential, regain learning confidences and not feel any disadvantages that this virus may have brought. With this in mind please continue to support your child with learning experiences across half term whilst enjoying the time together. Messages and resources will come home today for some activities we wish the children to complete.

This week and most of all today the children have been thoroughly engaged in all things autumn. We have not wanted the children to miss a thing so have tried to make experiences rich and enjoyable. Thank you everyone for supporting this and getting completely absorbed in keeping our children happy and healthy. Many thanks also to our PTFA for helping with prizes - a lot of volunteered time here - much appreciated! Tonight the children will take their pumpkins back home - please place these outside or in porches or on windowsills at your homes, somewhere for passers-by to see. Our Hudson Families can then take autumnal walks and go pumpkin spotting around our locality in replace of any missing Trick or Treating with all the tier 3 restrictions!

Our winning Pumpkins this year were from: Base: Kieran S, Nursery: Jamie G and Joseph F, Maple: Hallie L, Sycamore: Matilda Mc, Silver birch: Gia W, Elder: Sophia Mc, Oak: Lilly F, Chestnut: Oliver Mc and Rowan: Charlie C.

Today we have said good luck and see you soon to Mr Murphy one of Base Team teachers. Mr Murphy is moving on to work for Sefton's Looked After Children Department. He will be deeply missed but we are so very proud of his achievements and thank him greatly for the impact he has had on our team, families and most of all children. He promises to not be a stranger and will visit often!

When we return after half term we are having a big focus on reading with a magical reading themed week organised by Mrs Whitelaw, on the Friday the children can wear clean Pyjamas for school as we interest the children into bedtime story reading.

PREPARE FOR THE WEEK WE RETURN

Monday

- Hudson Reading week
- 1.30pm swimming for Chestnut Class

Wednesday

Friday

- Pyjamas today! Time to celebrate reading week with a bedtime story themed day
- 2.45pm Whole school virtual Celebration assembly with Mrs Craddock



Everyone Experiences Excellence

CELEBRATORY NEWS - EVERYONE EXPERIENCES EXCELLENCE...

Friday brings us smiles, and celebrations. This week join our team in giving due praise and recognition to our shining stars of excellence and champions of behaviour.

The children who have stood out exceptionally well for demonstrating aspects from our behaviour charter our very own **Behaviour Charter Champions** are:

Little Acorns Classes (Mrs Kelly, Mrs Spafford & Team): Mason GS & Sienna H

Maple Class (Mrs McIntyre, Miss Chapman & Team): Fern D

Yew Class (Miss Goodwin & Team): Tommy S

Sycamore Class (Mrs Whitelaw & Team): Joe F

Silver birch Class (Miss Morrissey & Team): Evie S

Elder Class (Mr Roberts & Team): Macey Mc

Oak Class (Miss Marl and Mrs Evans & Team): Alby R

Chestnut Class (Mrs Macpherson & Team): Martha G

Beech Class (Mr Murphy & Team): Whole class

Rowan Class (Mrs McNally & Miss McCann): Luke D

We can also not forget to mention and give praise to those who have demonstrated **Excellence within their learning, our EEE winners!** Those who have truly excelled and impressed are:

Little Acorns Classes (Mrs Kelly, Mrs Spafford & Team): Kobi S & George L

Maple Class (Mrs McIntyre, Miss Chapman & Team): William S

Yew Class (Miss Goodwin & Team): Luke W

Sycamore Class (Mrs Whitelaw & Team): Ruby K

Silver birch Class (Miss Morrissey & Team): Daisy W

Elder Class (Mr Roberts & Team): Joseph A

Oak Class (Miss Marl and Mrs Evans & Team): Jamie B

Chestnut Class (Mrs Macpherson & Team): Emily Mc

Beech Class (Mr Murphy & Team): Oliver D

Rowan Class (Mrs McNally & Miss McCann): Nathan E

Be sure to ask your child to tell you all about the work they have displayed proudly in school and shared today.

Our Hudson Reading Challenge and EYFS Nursery Rhyme Certification really helps us to reward those children taking Literature seriously. This is a real challenge and we love to celebrate these achievements throughout the school year. We will be launching this very soon!

Our final reward is our **Kindness Cup**, and this week our ambassador of kindness goes to Honey H Mc in our Year 6 Rowan Class. This week we have had a new starter to Rowan and Honey has been an angel in disguise, she has settled all of our new little ones worries and anxieties and shown her such tenderness and kindness. We are so very proud of you Honey!

Remember to make your own Sunshine!

SAFETY NOTICES

Please be aware that the parking outside of school is limited, but we need to be considerate of the neighbours and not park over driveways or on grass verges.

This can be extremely hazardous and you could be fined, it is also causing the residents great stress!

We are a community school that thrives on building respectful relationships with our community.

In the Maghull Community pages of social media the school is being badly advertised for careless community parking, please help to eradicate this.

NEWS FROM THE SCHOOL OFFICE

Photographs' - return date for our photographers is Friday 27th November at 9am. So any children who were absent last time can have their photo taken.

Flu nasal spray - for children in reception - year 6. There are a few outstanding consent forms. If these are not in after the half term, then your child could possibly miss out on receiving the nasal spray in school. Thursday 17th December is the date.

Data collection Sheets - thank you for the 71 that have been returned. The information collected from that data sheet is vital to keep our system up to date especially with contact details. Please return asap.

Reminder Just a reminder that the school phone line is not available between 1.00-2.00pm daily. All answer machine messages are picked up at 2.00pm

SCHOOL EVENTS 2020-2021 - AUTUMN TERM 2

Week	Date of event	Event title and details	
2 nd November	Whole week	Read with me week We will be launching our love of reading with a themed reading week. Friday will bring about a bedtime story day - PJ's at the ready!	
2 nd November	Friday 6 th November	Autumn Celebration Assembly It is time for us celebrate the first Autumn achievements of our children. We will today give special mention to those awarded Behaviour charter champions and excellent workers of the first term from each class.	
2 nd November	Friday 6 th November	Family conference letters go home - return by Wednesday next week It is time to find out about learning developments and targets in learning for your child. Please read the letter carefully and return it promptly in order for us to deal with your requests thoroughly.	
9 th November	Wednesday 11 th November	Remembrance service - Hazel & Chestnut class to lead Watch our Remembrance service, listen to readings, songs and stories from our British culture.	
9 th November	Friday 15 th November	Family conference confirmations go home All family conference times will be returned today.	
16 th November	Whole week	Anti-bullying week, themed activities for all children A very important event for the children at Hudson, a time for self-checking and understanding. Lots of important activities will be ongoing to make this memorable and purposeful for all children.	
16 th November	Whole week	Book Fair arrives (2 weeks) & Nursery Rhyme Challenge for EYFS A time for our Hudson children to become immersed in a love of Literature. Books can be purchased from the Book fair across two weeks after school.	
23 rd November	Whole week	Assessment week - all children's first assessment of the year Please ensure your child has good attendance and punctuality this week. We will be working hard to showcase all they have learnt so far in the year, celebrate successes and make plans to support any difficulties.	
23 rd November	Friday 27 th November	Christmas jumpers at the ready - Every Friday children can wear their Jumper instead of their school jumper. It is Christmas decoration day! Children can get good wear out of their Christmas Jumpers each week if they wish to do so. Children will take part in making their classroom areas festive.	
30 th November	Wednesday 2 nd December	Family conference - school closure at 1pm for meetings Families to attend their meeting at their allotted time	
30 th November	Thursday 3 rd December	Christingle Service Christmas has arrived, watch the children read, sing and begin their exciting Christmas celebration.	
7 th December	All week	Early Years Tea party with Santa from 3pm Please remember that this is a ticket only event. PTFA information will follow on purchasing.	

14 th December	Wednesday 16 th December	Christmas performance A chance for Hudson to present some family entertainment
14 th December	Friday 18 th December	Snow Business Winter themed Talent show Our annual winter talent show.
14 th December	Friday 18 th December	Party day - Own clothes Today we will host a special Christmas party day, with games, treats, crafts and a special surprise treat.
14 th December	Friday 18 th December	End of term - school closes at 2pm Please remember that today your child needs collecting at 2pm and unfortunately there will not be any Willow den after school care available.

End of Autumn term - time for a Christmas holiday

School holiday from Monday 21st December with a return on Tuesday 5th January due to INSET day on Monday 4th January

*Have a wonderful half term, stay safe and stay in touch.
Best wishes, Niki Cradock and Team.*

Hudson mental health and wellbeing support
For Adults...

5 ways to wellbeing

during the Coronavirus epidemic

- ### 1 Connect

Social contact reduces feelings of isolation and can increase self-esteem.

Keep in regular contact with people you know.

Keep updated but limit your time on news sites and social media if this makes you anxious.

Links:
www.befriending.co.uk
www.midspace.co.uk
 If you are feeling lonely - 0131 270500
 National helpline - 0800 111 4000
www.health-in-mind.org.uk
- ### 2 Physical

Physical activity can reduce anxiety and boost low mood.

You can exercise inside or out - e.g. walking, running or cycling, gardening, yoga or dance.

Try to eat and drink healthily. If you are struggling with getting shopping or the cost of food call 0131 270 7500.

Try to keep a routine - sleeping and waking at the same time.

Links:
www.clearyourhead.scot
www.bbc.co.uk/sport/get-inspired
www.nhs.uk/conditions/nhs-fitness-studio/
 Ageing Well - Facebook or 07825 356478
<https://sleepcouncil.org.uk>
- ### 3 Learning

Learning new things keeps your mind occupied which can help with anxiety.

You could try relaxing with puzzles and games or cooking something different.

You can learn how to control your stress with online classes.

Links:
www.getselfhelp.co.uk
www.stresscontrol.org
www.open.edu/openlearn
www.mentalhealth.org.uk/coronavirus
www.myworldofwork.co.uk/learn-and-train
- ### 4 Give

An act of kindness can make a difference and improve how you feel.

Do something in your area, look out for a neighbour or volunteer.

Links:
[#kindnessmidlothian](https://twitter.com/kindnessmidlothian)
www.readyscotland.org
 email cl@midlothian.gov.uk
www.midlothian.gov.uk/cc
- ### 5 Take notice

Take time to look after yourself. Be aware of how you are thinking and feeling.

Try stopping and taking time to breathe. Be mindful about what's around you. What can you see, hear and touch? Do something that helps you relax.

Ask for help if you need to. Your GP can help you access a range of supports.

Links:
www.clearyourhead.scot
www.headspace.com
www.calm.com
www.midlothian.gov.uk/bereavement
www.bigwhitewall.com (anxiety & depression)