

Talavera Junior School



Aspiration

Integrity

Resilience

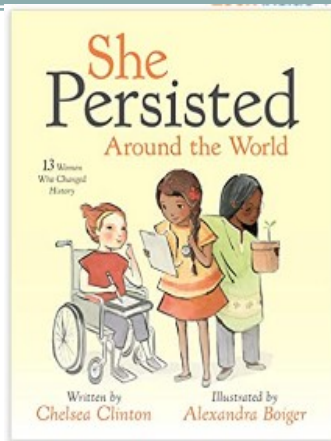
Wednesday 8th February

Dear Parent/Carer,

We have had a wonderful half-term with the children. They have worked really hard and made progress across the curriculum. Thank you to all the parents who have supported workshops, boosters and homework.

It was wonderful to celebrate Nepali day last week; once again we came together as a community.

Have a safe and relaxing half-term break ready for Spring!



This half term children **participated** in a 'Resilience Week' using the text 'She Persisted Around the World'. Children learnt about inspirational women and their achievements and learnt about different factors in their lives which made their accomplishments more challenging to achieve. They spoke about why these women are inspirational and what traits they had in common.

Children then evaluated our core value of resilience. We reflected on how we have developed this core value and explored where in our own lives we had to show resilience. Please remember to ask your children about how they demonstrated their core values if they come home with one of our Core Value Stickers or Core Value Certificates.

FEBRUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3 Nepali Day	4
Online Safety Week 5	6	Year 5 Rural Living Trip Year 4 Healthy Living Day 7	Talavera Treat-JumpIn 8	Extra-curricular clubs finish 9	Kids vs Dads rugby Year 3 Art day 10	11
12	13 Half Term	14 Half Term	15 Half Term	16 Half Term	17 Half Term	18
19	20	Pancake Day Year 3 Healthy Living Day 21	22	23	24	25
26	27	28	1	World Book Day 2	3	4

Here are some of our key dates for January.

Additional letters for key events highlighted in yellow will also be sent to parents with more information detailing the events.

If you have any questions about any events, please talk to your child's class teacher. You can also always ask for more information from our Office team by calling us on 01252 322 156 or emailing office@talaverajunior.co.uk.

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Let's Talk about Mental Health!

Since the COVID-19 pandemic, global prevalence of anxiety and depression increased by a massive 25%, according to a scientific brief released by the World Health Organization (WHO).



World Health Organization

One major explanation for the increase is the unprecedented stress caused by the social isolation resulting from the pandemic. Linked to this were constraints on people's ability to work, seek support from loved ones and engage in their communities.

Statistics have shown the increase in the concerns surrounding mental health of young people and that they are disproportionately at risk of suicidal and self-harming behaviours.

As a school, we would like to sign post our parents to a range of free online resources to support with Mental Health. Please remember that no problem is too small, and there will always be a member of staff or Designated Safeguarding Lead available to talk to you if you have any concerns at all!

Mental health:
Help is just
a click away



Hub of Hope

Service provided by Chasing the Stigma

There is always hope...

find support that's right for you

Hub of Hope

This app is free to download.

By signposting what areas you would like support with, it filters through local and free support groups for you to contact.

Christians Against Poverty

This charity offer free advice and support for financial concerns you may

christians
against
poverty

CAP

Get free professional help
near you >

For free help getting out of debt, budgeting, making your money go further, or help finding a job, browse our services to find the right one for you.



Italk

Italk is Hampshire's psychological therapy service. Through this website, you can access materials and complete self referrals and will be offered support from a wide range of

Self Referral

023 8038 3920

info@italk.org.uk



Self-Help Tools

URGENT HELP

Recommended Read:

Highly recommended by a range of professionals, this books offers advice for any parents who would like advice on how to support their children with fears and worries.



'Helping Your
Child With
Fears and
Worries' by
Cathy Creswell
and Lucy
Willetts

A self-help guide for parents

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LIVING STREETS LET'S WALK TO SCHOOL

Talavera Junior School is taking part in the...

WOW

WALK OF FAME

CHALLENGE

- ▶ WALK OR WHEEL TO SCHOOL
- ▶ COMPETE AGAINST OTHER SCHOOLS
- ▶ TOP THE LEADERBOARD!

The next Walk of Fame Challenge will take place...

1st-28th February

As you know, our school takes part in Living Streets' WOW - walk to school challenge which encourages children to walk to school and enjoy the many benefits this simple act brings.

WOW is a pupil-led initiative where children self-report how they get to school every day. If they travel actively (walk/wheel, cycle, scoot or Park and Stride) once a week for a month, they get rewarded with a badge. It's that easy!

This term, we're also getting involved in their spring WOW Walk of Fame Challenge. The more pupils walk/wheel, cycle, scoot or Park and Stride to school between Wednesday, 1 February and Tuesday, 28 February the better our chance of topping the local and national leader boards. We're currently ranking at number 68 and we'd love to climb a bit higher up the rankings! So, the message is, let's travel actively to school this February!

What are the benefits of walking to school? Walking to school helps children feel happier and healthier and arrive at school refreshed, fit and ready to learn. More families walking means fewer cars on the road during the school run, helping to reduce congestion and pollution at the school gates.

What if you can't walk to school? If you live too far away or don't have time to walk the whole way to school, you can Park and Stride to help your child earn their WOW badge and help us move up the leader board. Park at least ten minutes away from the school and walk/wheel the rest of the way. Please see the front desk if you would like a parking permit for the Aldershot multi-story car park. **By filling in a school parking permit form, we can grant you access for free parking in the car park between drop-off (8:30-9:00am) and collection (3:00-3:40pm) times.**



RUNWAY'S END Outdoor Centre

Year 6 Residential

This July (Wednesday 12th-Thursdays 13th), year 6 will be participating in their end of Key Stage 2 residential school trip at Runways End, Farnborough.

Camping is offered as one of the options of accommodation for the children; it provides a fantastic opportunity for children to develop resilience as they learn to put up and dismantle a tent. As their final trip before they transition into secondary school, we try to ensure that all children in year 6 are able to attend. However, some children in year 6 do not have tents which they are able to use for the trip.

For this reason, we are asking parents in our school community if they have a tent that year 6 can borrow for this trip. If you do have a tent that you are willing to donate to the school for the duration of the trip, please contact the school office and the year 6 leader, Miss Pinto will be in contact.

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HALL OF FAME

Have a look at some of the amazing home learning from our year 5 and year 6 children in their reading scrap books! We're so impressed by the quality of their learning and how much ownership they have over their books. Next half term, the teachers will be launching their **scrap book boxes in classes** where every double page spread that wows the teachers will win a prize to use in their scrap books! Good luck!



Recently, we have completed a pupil conferencing across a wide selection of year 6 pupils; all of whom stated that they are now reading more regularly at home in order to complete their scrap books. Some also stated that by completing the scrap books, it has developed their understanding of what they've read and helped them to learn new vocabulary. They have all stated though, that it takes more time!

We'd love to hear your feedback as well! Look out on **Arbor** as a survey (after half term) will be sent to parents to hear how you have felt the reading scrapbooks have been effective and how we could support our school community in making them even more effective going forward.

Nepali Day

On Friday 3rd February, Talavera Junior school celebrated Nepali Day. All the children and staff had a fantastic day learning about Nepali culture, listening to traditional Nepali music- including the national anthem, watching traditional Nepali dances and tasting Nepali food.

Throughout the day, children also learnt about Nims Purja- an inspirational Nepali man who is an ex-soldier in the Gurkha regiment. We learnt about 'Project Possible' and learnt about the resilience he displayed during his challenge.

We cannot express our gratitude enough to all of the parents and carers who supported our staff in running an unforgettable day for our children. Your generosity and time is what makes this day so special and we cannot thank you enough.

THANK YOU!

