



# Gainsborough Primary & Nursery School Newsletter

26<sup>th</sup> March 2021

Dear Parents/Carers,

We are pleased to announce that Gainsborough will be launching a new mental health and well-being programme called 'My Happy Mind' after the Easter holidays.

My Happy Mind creates a positive mental wellbeing culture in which children build resilience, self-esteem, and character. It is all based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves.

Pupils take part in fun and engaging weekly interactive lessons narrated by lovable characters who come to life as animated characters on screen. The entire myHappyMind program is based on science and research and has been written by the NHS.

MyHappyMind is structured across 5 modules

- 1. Meet Your Brain** How does my brain work and how do I look after it?
- 2. Celebrate** What are my unique character strengths and how can I celebrate them?
- 3. Appreciate** Why does gratitude matter and how do I develop this as a habit?
- 4. Relate** How do I build positive relationships and why do they matter?
- 5. Engage** How do I set meaningful goals that matter to me and keep resilient in times of challenge?



Embedding at home

A free app for parents allows parents to continue to embed the learning at home and fun games and activities keep children motivated to live the habits they have learnt at school, when they are at home. Also included are activities for you to do together at home, to complement the in-school lessons.

To access these materials just go to:

<https://myhappymind.org/cheshire-parent-resources>

and you'll be guided through the process. We really encourage you to make use of this free content so that you can support your child in getting the best out of the curriculum.

If you have any technical questions about accessing the resources, please contact [hello@myhappymind.org](mailto:hello@myhappymind.org)

We hope that you have a lovely weekend,

Mrs J Nurse  
School Principal

## Easter Egg Competition

Not long left to bring in your decorated eggs! We have had some amazing eggs already – do you think you could do any better?

Gainsborough children are invited to decorate an egg as their very own character in our Easter competition. A winner from each year group will win a prize of an Easter egg.

The entry fee is £1 (payable via School Gateway) and will be donated to the Make a Wish Foundation.

The eggs need to be handed in, with your child's name and class, by **Monday 29<sup>th</sup> March 2021**. Good luck!



## Lunchtime Menu – Week 2 – w/c 29<sup>th</sup> March 2021

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
Gammon, Pineapple and Sauté Potatoes Cheese Toastie	Fruity Veg Curry with Rice Fish and Wedges	Hunters Chicken with Creamed Potatoes Sausage Roll	Sausages/quorn sausage Cheeseburger Chips
Cheese Roll Ham Roll	Ham Wrap Egg Wrap	Cheese Baguette Tuna Baguette	Ham Wrap Egg Wrap

### Nursery News

This week in the nursery the children have been very busy in the garden. Our daffodils are now flowering nicely so we have set up a table so that the children can draw them. Archie is showing us his fabulous drawing of the daffodils.



Also in the garden, the children have been chitting potatoes, which they have learnt is a process of encouraging seed potatoes to grow sprouts before they are planted outdoors.



We have continued with our topic on celebrating Easter. Issac is showing us his decorated egg in the picture. Our sound of the week this week was 'h'.



Our topic for next term will be Animals and we will start with focusing on dinosaurs. Our story during the first week back will be 'Harry's Bucketful of Dinosaurs'.

Can parents please remember to supply all children that attend nursery on Thursday morning with a full PE kit ready for when we return after Easter.

### Reception News

This week the children have been thinking about sunflowers.

The children's own sunflowers have started to grow, and we have been measuring to see which ones are the tallest. We have been painting our version of Van Gogh's Sunflowers using water colours and the children have created some beautiful pieces of artwork. We have also planted some potatoes this week in our ever-growing Reception garden. Art work by Nikola



In literacy this week the children wrote about planting their seeds and wrote down what the plant needed to grow.

In maths the children have been thinking about 1 more and 1 less from a given number.

The caterpillars have turned into chrysalis this week; the children are excited to watch them emerge as butterflies.



Please make sure that you are reading with your child at least 4 times a week. Books are changed on a Tuesday and a Friday. Please make sure your child has their book bag with them every day.

### Vacancy For Parent Governor

A vacancy has arisen on the federation governing board for a parent governor. An email has been sent to all parents yesterday (Thursday 25<sup>th</sup> March) with a letter and nomination form.

The nominations will need to be returned, via email where possible, by **Wednesday 21<sup>st</sup> April 2021**.

If you have not received this original email, would like a paper copy or have any queries please email Mrs Doyle ([finance@cledford.cheshire.sch.uk](mailto:finance@cledford.cheshire.sch.uk)) or call on 01606 288240– please do **NOT** call into the school office.



## Cup Winners



- Class 1: Nikodem for his fantastic reading and writing in class.
- Class 2: Kacey for trying extra hard to join in during class lessons.
- Class 3: Frzio for settling well into Gainsborough.
- Class 4: Elsie and Toby for being an excellent friend.
- Class 5: Livia for having a positive attitude towards her learning this week.
- Class 6: Logan for trying his best in all lessons.
- Class 7: Ella for being a maths whizz in her assessments.
- Class 8: Nathaniel for moving up a level in his reading.
- Class 9: Nicole for being a kind and caring friend.
- Class 10: Archie for settling in well into Gainsborough.
- Class 11: Berby for trying hard in her assessments.
- Class 12: Quinnton for approaching all his tasks with determination.
- Class 13: Jamie for following instructions and being respectful.
- Class 14: Nathan for having a good attitude towards learning and working hard to improve his writing.

**SUPER,  
AWESOME  
& AMAZING**

### Attendance Matters

National average Primary School attendance		<b>96%</b>	
Overall school attendance to date		<b>94.99%</b>	
Overall school attendance last week		<b>93.75%</b>	
Nursery Mrs Spencer	<b>92.9%</b>		
Class 1 Mrs Smith	<b>95.4%</b>	Class 2 Mrs Hampshire	<b>96.3%</b>
Class 3 Mrs Clewes/Mrs Grocott	<b>94.6%</b>	Class 4 Miss Eccleston	<b>94.2%</b>
Class 5 Miss Woolley	<b>92.6%</b>	Class 6 Mrs Poulson-Green	<b>92.8%</b>
Class 7 Mrs Kettle/Mrs Taylor	<b>98.6%</b>	Class 8 Miss Garside	<b>93.7%</b>
Class 9 Mr Williamson	<b>96.7%</b>	Class 10 Miss Hitchen	<b>92.9%</b>
Class 11 Mrs Taylor	<b>81.6%</b>	Class 12 Miss Lake	<b>92.1%</b>
Class 13 Miss Lee	<b>95.1%</b>	Class 14 Miss Marshall	<b>96.6%</b>

### Home Activity

#### Yoga JENGA

Use a pencil to write down a **yoga** move on each JENGA block. Set up the tower and play the game as usual, but every time a block is pulled out, every player has to do the specific yoga move. If the tower falls, do the plank for 30 seconds.



### Dates for your Diary

1<sup>st</sup> April 2021  
19<sup>th</sup> April 2021

End of Term  
School returns



### Out of Hours COVID Phone Line 07783 301863

We now have an **out of hours** telephone number for parents to report the results of a **positive COVID test of a Gainsborough pupil** only.

Parents should continue to contact school via the school landline or admin email address to report any other information including test results of family members.

Call or text to leave the following information:  
**Pupil's name,**  
**Pupil's class,**  
**Date that symptoms first started,**  
**Result – Positive**



### Plant Pots

Do you have any spare plant pots (larger than 5cm diameter) or seed trays at home that you no longer need?



We are looking to use them in school with the children after the Easter holidays.

