



BERNARDS HEATH INFANT AND NURSERY SCHOOL

Friday 14th October

Contact us: governors@bernardsheath.herts.sch.uk

admin@bernardsheath.herts.sch.uk



Happy Birthday

Julia G, Finley B, Kifayat, Orla, Henry M, Daisy M, Jasper, Mya, Femi, Ryan, Valor

Zones of Regulation

We use Zones of Regulation at school to develop emotional literacy; the ability to talk about feelings and the experiences that cause them. Talking about how a child is feeling, the experience that has made them feel that way and strategies to help them regulate their emotions are part of our daily conversations. For your information, here are the four zones and some of the feelings associated with them.

Blue: sad, tired, bored, poorly—moving slowly

Green: happy, calm, focused, proud—ready to learn

Yellow: frustrated, worried, silly/wiggly, excited—some loss of control

Red: angry, terrified, elated, panicked—out of control



PTA AGM and Christmas Fair Planning Meeting
Tuesday 18th October,
7.30pm (Please note revised time)
EVERYONE IS WELCOME.

We have enjoyed three wonderful harvest assemblies this week and received an overwhelming amount of food and supplies to be donated. These donations have been sent to **St Albans District Food Bank**, supporting our local community.



All the children sang their harvest songs beautifully, having put lots of time and effort into practising. Once again a huge thank you for your donations and to the adults who came to school to enjoy the assemblies.

Thanks to our staff too for making it happen!



OPEN CLASSROOMS
WEDNESDAY 19TH OCTOBER
9.00—9.15AM
HEATH PM AND ADB 12.20PM

FOUNDATION STAGE
(NURSERY AND RECEPTION)
INFORMATION MEETING
WEDNESDAY 19TH OCTOBER
9.20AM



World Mental Health Day

This week on World Mental Health Day we talked about looking after our thinking brain and our feeling brain.

We talked about our feeling brain and how to keep our feeling brain healthy, we need to drink water, move our bodies and

talk about our feelings with trusted adults (helping hand).

Children shared some strategies for when they feel sad/worried.

At home you could talk to the children about what you do when you are feeling sad/worried and who you talk to about your feelings.



PARADISE WILDLIFE PARK
Y1 VOLUNTEER MEETING
MONDAY 17TH OCTOBER
9.00AM



There are 13 weeks of school holidays during the year. Absence for holidays during term time will not be authorised unless there are exceptional circumstances.

If a child has 15 sessions (7.5 days) unauthorised absence in the current and/or previous term a Fixed Penalty Notice may be issued by the local authority.

See the attached factsheet for more information

Breakfast Club—to book a place [click here](#) Bernards Heath Childcare—to book a place [click here](#)



This morning we were entertained by Alban Class, who shared their learning with us.

Here are their highlights:

- "I really enjoyed singing Try Everything." Fola
- "I enjoyed saying my lines because I faced my fears." Harry
- "I left overjoyed." Laila
- "I liked falling over." Ellie
- "I enjoyed talking about science." Charlie
- "I liked talking in the microphone." Theo
- "The Counting Song." Lucy

Perform Drama Workshop

On Wednesday Y2 children explored the theme of Castles, Knights and Princesses. Using drama, dance and singing to help develop their confidence, concentration and social skills.

Here are their favourite parts:

- "I liked doing the opposite game." Alfie (Ryder)
- "I really liked it when Pendragon got the spell wrong and we did the opposite." Amara (Ryder)
- "I liked it when Morgana went out of the room and we had to be statues"
- "I liked being a dragon statue and eating all the cake." Alice (Morpurgo)
- "I liked it when we used our bodies to make a postcard of a castle." Adas (Morpurgo)
- "I enjoyed going into groups and making pictures of castles and dragons." Mya (Alban)
- "I liked thinking of things to make the potion and acting it out." Ben B (Alban)



REMEMBER, REMEMBER.....

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|--------------|---------|---|
| Mon 17th Oct | 9.00am | Y1 Visit to Paradise Wildlife Park Volunteer Meeting |
| Mon 17th Oct | 10.00am | FS2 Tour for Prospective Parents |
| Tue 18th | 8.50am | Y1 Visit to Paradise Wildlife Park |
| Tue 18th Oct | 7.30pm | PTA Meeting in the School Hall |
| Wed 19th Oct | 9.00am | Open Classroom for all families including Heath AMs/As and 30 hours |
| Wed 19th Oct | 9.20am | Foundation Stage Information Meeting |
| Wed 19th Oct | 12.20pm | Open Classroom for Heath PMs/Bs |
| Fri 21st Oct | 9.00am | Morpurgo Class Assembly 1 Adult per child is invited |



Half Term
Mon 24th Oct—Fri 28th Oct



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| Mon 31st Oct | | Staff Training Day School Closed |
| Tue 1st Nov | | Children Back to School |



We have had some fabulous (and some not so fabulous) responses to our road safety communication this week.

Thank you to all who have made suggestions, shared ideas and given contributions to strengthen our current plans. We will update you after half term as we create our school travel plan and will share with you further ways you might support us.

It is disappointing to hear that there are still people choosing to park on double yellow lines and make turns that make the roads around school unsafe for our children.



NEXT WEEK: MENU 2

Letters / Emails Sent Home

Y2 Maths Home Learning
Road Safety



BH Childcare have had a fantastic half term with lots of outdoor play. 'Thank you Weather' It is great to see so many new faces and age groups.

Cooking with and without the oven starts Friday 4th November.

As the evenings are getting colder our menu will be changing (Starting after half term)

Monday: Beans/Spaghetti on Toast

Tuesday: Toasties

Wednesday: Pizza/Pasta

Thursday: Wraps

Friday: Hotdogs/Vegetarian Hotdogs

Alongside daily offers of crackers and fruit

[Click here](#) to make a booking

Please remember to collect your children on time. If you are delayed, please call Miss Sinnott

