



LOVE, TRANSFORMATION, GROWTH. *'Growing deep roots. Producing good fruit'*

www.offenham.worcs.sch.uk

office@offenham.dowmat.education

head@offenham.dowmat.education



Music Ensemble Request

A reminder that if you have a spare keyboard, with charger, we would be happy to give it a happy home as part of our music ensemble.



Coming up...



- Monday – Swimming / Engineering Club**
- Tuesday – Colouring Club**
- Wednesday – Singing Club**
- Thursday – Drama Club**

Safeguarding Focus

Gaming: Important considerations for parents

- 1. Addiction and time management:** Many games are designed to be incredibly engaging, encouraging players to continue playing to achieve new levels or collect rewards. Without proper boundaries, this can lead to excessive screen time, interfering with school responsibilities, chores, and other essential daily tasks.
- 2. Impact on mental health:** Excessive gaming has been linked to heightened levels of stress, anxiety, and even depression, particularly when it becomes a primary coping mechanism for real-world challenges. Over time, this can affect self-esteem and emotional resilience.
- 3. Social isolation:** While many games offer online interactions, too much gaming can sometimes replace face-to-face friendships and family time. Children may choose gaming over in-person socialising, leading to feelings of loneliness.
- 4. Exposure to inappropriate content:** Numerous games feature violence, strong language, or mature themes. Even titles marketed for younger audiences can expose children to content that may not be suitable. Multiplayer games might also subject kids to negative behaviours from others, such as cyberbullying or inappropriate remarks.
- 5. Sleep disruption and health issues:** Gaming late into the night can disrupt sleep patterns, resulting in fatigue, poor focus, and irritability. Prolonged periods of sitting can also impact physical health, leading to issues like eye strain, headaches, and a lack of exercise.



How to keep your child safe whilst gaming



01
Get to know the games they play to understand why they enjoy them.



02
Enable 'airplane' mode for young children's devices to prevent online interactions.



03
Refer to the PEGI ratings as a reference to determine if the content is age appropriate.



04
Teach them how they can block and report other users, should they need to.



05
Monitor who they are connecting with whilst they are playing.



06
Establish boundaries like setting daily time limits and screen-free activities.



07
Teach them how to behave positively whilst gaming.

Poster competition - Jude and Isla are organising a poster competition.

They would like you to design a poster to help look after the health and well-being of children and their families walking to and from school. There has been an increase in the amount of dog faeces on the pavements around school and we would like you to create a poster to try and combat this. Entries to be returned to school by Friday 7th February.



Hair - There have been some lovely hairstyles this week. Thank you to those of you who have tied back your child's hair and made sure to clip it back out of their faces - we appreciate your support.



Read Easy

Do you know someone who struggles to read? Read Easy provides free and confidential one-to-one coaching for adults.

Go to readeasy.org.uk



or contact Lynn, who is the Read Easy South Worcestershire coordinator on swcoordinator3@readeasy.org.uk

This Week in Severn Class...

This month in PE, Severn class have been developing their gymnastics skills, with a strong focus on core strength and stability. These foundational elements are key to improving balance, control, and overall movement confidence.



Children have been working hard on perfecting their arabesques, using their core muscles to maintain balance and hold their position with poise. We have also introduced weighted bunny hops, which not only build leg strength but also help develop coordination and explosive power.



A key challenge has been the shoulder stand, requiring both core engagement and body awareness. Many children have shown fantastic progress in controlling their movements and maintaining a steady posture. They have also been practicing over-shoulder rolls, which help with flexibility, safety in movement, and confidence in controlled tumbling.

It has been fantastic to see the determination and enthusiasm from all our young gymnasts! These skills not only enhance their gymnastics ability but also contribute to overall fitness and coordination. I encourage children to continue practicing core stability exercises at home to further develop their strength and confidence.



I look forward to seeing even more progress as the term continues!

Jude and Isla's weekly top three well-being tips:

Each week Jude and Isla will be sharing three tips with us to help our well-being. Here are the tips for this week -



- Eat healthy food that nourishes you today
- Get outside and notice 5 things that are beautiful
- Try out something new and get outside your comfort zone

Year 4 children will have received a letter today about a trip to the Houses of Parliament which takes place on 17th March. Please return the consent forms next week.



KEY STAGE 2 TRIP TO CBSO

10th February.

Children are to wear their school uniforms and bring a lunch box and plenty of water.

Please return your consent forms asap if you haven't already done so.



Birmingham Symphony Hall

Please send in your facebook consent form on Monday if you haven't already done so.





WAKE UP WEDNESDAY



Please take a look at the Wake Up Wednesday article for this week which is about Emotional Literacy.

Dates for your Diary

11th February - Safer Internet Day

6th March - World Book Day - Pyjama day - *more details to follow.*

17th March - Year 4- Houses of Parliament Trip

18th March - KS1 trip to CBSO

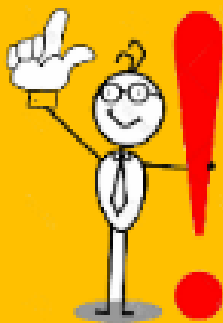
2nd April - Music showcase 2pm - Mrs Wilde's students, our newly formed music ensemble and singing club (*cornet concert at a later date*)

14-16th May - Residential

21st May - Brass Concert 2pm

22nd May - Sports Day

5th June - Reserve Sports Day



Benefice

Messy Church

16 February

4.00pm to 6.00pm
St. James Church
Badsey

Free Fun for Families
Crafts Activities Fun Games

Free Tea

Contact pennyanne68@gmail.com ☎ 01386 830367

Music of the Week

This week, in our assemblies, we've been listening to Cavatina by Stanley Meyers.

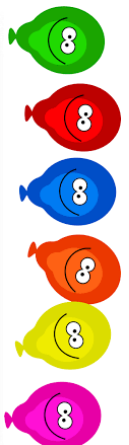
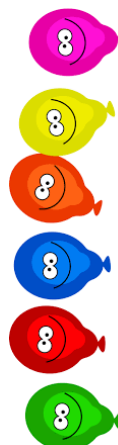
<https://www.youtube.com/watch?v=lkxVJcrO2s>



Thought of the Week

This week, one of our assemblies was about joy. We used the film 'Inside out' to help us in our thinking. Here are some words from Joy, one of the cartoon characters.

"You can't focus on what's going wrong. There's always a way to turn things around, to find the fun."



SCHOOL DIARY DATES



- KS2 Trip to CBSO.....Monday 10th February
- Safer Internet Day.....Tuesday 11th February
- HALF TERM15th - 23rd February
- Messy Church - BadseySunday 16th February
- World Book Day.....(pyjama day) Thursday 6th March
- Y4 Houses of Parliament Trip.....Monday 17th March
- KS1 trip to CBSOTuesday 18th March
- Music Showcase 2pm.....Wednesday 2nd April
- Easter Holidays.....14th - 27th April
- May Day.....Monday 6th May
- Y4 Y5 Residential.....14th - 16th May
- Spring Fayre.... 1-5pm.....Saturday 17th May
- Last Swim.....Monday 19th May
- Brass Concert...2pm.....Wednesday 21st May
- Sports DayThursday 22nd May
- Reserve Sports Day..... Thursday 5th June
- Photographs class leavers.....Wednesday 18th June
- Y5 Leavers Trip.....Friday 27th June
- Last Day of Term.....Friday 18th July

Awards This Week:

Golden Apples

Avon – Freddie & Noah

Malvern – Anjuna & Lacie

Cotswold – Elsie & Leon

Severn – Mason, Lucy & Jack P



Stars of the Week

Avon – Sebastian

Malvern – Hayden

Cotswold – Emmy

Severn – Leah



Viv – Jasper

Cheer Bear – Summer

Sports Star - Pippa

Attendance

Avon –97.5% **Malvern** –96.1%

Cotswold –95.7% **Severn** –97.3%

Overall–96.6% ✓

Birthdays

This week we celebrate the birthday of Alberta, Emily, Maya, Esme LA & Archie

Father God, today we celebrate the birthdays of Alberta, Emily, Maya, Esme and Archie and we say thank you that they are part of our school family. We pray that they may grow in wisdom and grace; give dignity and respect to others and that they may know your hope and joy every day. Strengthen and bless them on their birthday and every day throughout the next year. Amen.

Housepoints

1st - **Emeralds** – 306 housepoints

2nd - **Rubies** –300 housepoints

3rd - **Sapphires**– 299 housepoints

REMINDERS

RECYCLING - We have a recycling drop-off point in our entrance area for pens, batteries and empty crisp packets.

REMINDER – SCHOOL MEALS

School meals must be ordered on ParentPay by Thursday of the week before.

ANY ORDERS LATER THAN THAT CANNOT BE PROCESSED.

HATS & COATS in SCHOOL - Please make sure that your child has a coat in school every day regardless of the weather in the morning.

Water bottles - Children should bring a water bottle with them each day. If your child would like juice at lunch time, please send another bottle. **ONLY WATER IN CLASS.**

Safeguarding - Please could we ask that if your child has hurt themselves at home and has a scratch, bruise or bump that you email the office alerting us to this.

Reader Helpers - If you can spare an hour or so to come and listen to children read, please speak to a member of staff. You will then be provided with all the required safeguarding forms to complete.

Health and Safety

Just a reminder that bikes and scooters should not be ridden across the playground. Please make sure to dismount and push them across the playground so that everyone remains safe.

Offenham Baby and Toddler Group (NGT) takes place every Friday @ Offenham Village Hall 10 – 11.30am.