



November Newsletter 2024

Marlborough Infant School

Dear parents and carers,

We hope you had a wonderful half-term break and hope you are ready for a busy autumn two term!

We are excited to announce that, from 4th December, we will be federated with Wellington Community Primary School and Talavera Junior School. We will operate as Bold Futures, reflecting our commitment to phenomenal life chances.

Please rest assured that this simply means that we will be working with other fantastic professionals to ensure we deliver the best possible provision to all.

Mrs Webb and Mrs Pinto



At Marlborough, we are



Respectful



Ready



Safe

Behaviour

We are excited to introduce our new school-wide rules: **Ready, Respectful, Safe**. These simple yet powerful guidelines are designed to create a positive learning environment for all children.

Ready means being prepared to learn, both mentally and physically. This includes arriving on time, having necessary materials, actively listening and being open to new ideas.

Respectful encourages children to treat themselves, their peers, their environment and staff with kindness. This fosters a supportive community where everyone feels valued.

Safe emphasises the importance of a secure environment, where children can express themselves without fear. This includes following safety protocols and being mindful of others' well-being.

Consistency is key; all classes will follow these rules, and staff will use the same language to reinforce them. Together, we can help our children thrive!



Key Dates

November:

- 5/11/24** - Extra-curricular clubs commence
- 8/11/24** - Year 2 Fort Nelson Trip
- 11/11/24** - Remembrance Day
- 12/11/24** - Parents Evening 3:30pm—6pm
- 13/11/24** - Parents Evening 3:30pm—7pm
- 19/11/24** - Book Fair (all week)
- 22/11/24** - Extra-curricular clubs finish for the term



A reminder that these Hampshire run courses are still available during November.

Hampshire County Council are offering free* courses for parents this autumn term. To book, visit the website below:

Emergency Paediatric First Aid	Havant Library	Monday 21 Oct, or Friday 22 Nov or Friday 6 Dec	9:15am - 4:30pm
Makaton Signing with Babies and Families	Gosport Discovery Centre	Thursdays 7 Nov - 12 Dec	10am - 11am
Listen Chatter and Learn	Petersfield Library	Mondays 11 Nov - 2 Dec	10am - 11:30am
Positive Parenting	Online	Mondays 11 Nov - 9 Dec	7pm - 8:30pm
Emergency Paediatric First Aid	Bridgemary Library	Friday 29 Nov	9:15am - 4:30pm



<https://shop.hants.gov.uk/collections/learning-in-libraries>

*Tuition is free but some courses may have a certification or materials fee.

Online Safety

Please think carefully about the apps and sites you allow your children to use. It's vital that children understand that one of the biggest risks to their wellbeing when online is actually their communications with friends. Please make sure you are monitoring your child's interactions regularly, checking that they are neither sending nor receiving inappropriate messages. We recommend talking about online safety regularly and openly, helping children to learn from any mistakes they make online without shame. If you need any support with this, please do contact us. Thank you, as ever, for your support.





Hampshire and Isle of Wight

Think Pharmacy First!



Did you know that you can take your child to your local pharmacy and get treatment for five medical conditions?

These are:

- Ear ache (children aged 1-17)
- Sore throat (over 5s)
- Infected insect bites (over 1s)
- Impetigo (over 1s)
- Sinusitis (aged 12 and over)

If your child is poorly with any of the above conditions, by going straight to your local pharmacy you can have a consultation with a trained pharmacist and receive advice and even medication (if appropriate) and your child can get back to school sooner.



Visit our Pharmacy First website to find out more.



Top Tips for BIG FEELINGS



 <h2>Deep Breathing</h2> <p>Deep Breaths help to slow our heart and calm our minds.</p> <p>Try some exercises - scan the QR code for some ideas</p> 	  <h2>Mindfulness</h2> <p>Practicing Mindfulness helps to calm our minds and focus on something different</p> <p>Scan the QR above to take you to an exercise to try</p>	 <h2>Grounding Exercises</h2> <p>Grounding exercises help to focus our attention on what is happening around us.</p> <p>Scan the QR code to try one</p> 
  <h2>Get Active!</h2> <p>Exercise is a great way to help ourselves feel better. It lets our energy out and clears our minds.</p>	 <h2>Muscle Relaxation</h2> <p>Big feelings make us tense. Relaxing our muscles helps us feel better.</p> <p>Scan the QR code to try</p> 	 <h2>Music</h2> <p>Listening to our favourite music is always a great way to lift our mood and helps us to feel better</p>
<h2>Positive Affirmations</h2>  <p>When you notice a negative thought, swap it for a positive affirmation!</p> <p>find out more here....</p> 	<h2>Do something you enjoy</h2>  <p>Doing something that we know we like can help us to forget about whatever made us feel our big emotion.</p>	 <h2>Self-Soothe Box</h2> <p>Create your own box of things to help you calm.</p> <p>find out more here....</p> 
 <h2>Drawing & Colouring</h2> <p>Drawing and colouring are great activities for helping us to relax!</p> <p>Why not try some mindful colouring?</p>	 <h2>Be kind to yourself!</h2>  <p>Its easy to get stuck thinking about stuff we're not good at. Take a moment to remind yourself of the good stuff too!</p>	<h2>Talk about it!</h2>  <p>Tell a friend or trusted adult how you feel - they will help you feel better!</p> <p>Remember you can call ChildLine too.</p>

