



MALDON COURT

PREPARATORY SCHOOL

Spring Term 2021

Weekly Newsletter

26th February 2021



DATES FOR THE DIARY

Please check the school diary on the website.

THURSDAY 4th MARCH

World Book Day

MONDAY 8th MARCH

Children Return to School
Clubs commence

TUESDAY 16th MARCH

Class Photographs

FRIDAY 19th MARCH

Red Nose Day

MONDAY 22nd MARCH

Danbury Outdoors - Form 4 TBC

FRIDAY 26th MARCH

Academic Reports sent to Parents

MONDAY 29th MARCH -

FRIDAY 9th APRIL

Easter Holidays

MONDAY 12th APRIL

INSET DAY

TUESDAY 13th APRIL

Children Return to School
Clubs Resume

WEDNESDAY 14th - FRIDAY 16th APRIL

Fellowship Afloat - Form 5 TBC

Dear Parents,

It was wonderful to hear this week that all children will be back at school next Monday. It is the news we have all been waiting for and I am so happy to be able to greet everyone at the gate again and to see all of the children. It will be lovely to get a sense of normality back into our everyday routine and I know that the children are looking forward to being back in school and seeing their friends.

I would like to congratulate Mr and Mrs Jones (Harrison and Rose's parents) for the latest addition to their family. I am sure that Harrison and Rose are relishing their role as the siblings to their little brother.

There are many events that we have diarised for the summer term. We are hopeful that all of these will continue but will keep you updated with the government guidance as we receive it. We already have our Class photographs and Red Nose Day booked and are hopeful for residential trips to be able to continue for Forms 4, 5 and 6.

Please see further on in the newsletter for an excellent [Wellness video](#) for the children from Mrs Wilkins. The emotional and mental wellbeing of the children is always at the forefront of our minds and this is another resource that we would love you to utilise.

Finally, may I ask that you like our Maldon Court Facebook and Instagram pages and like and share any of our posts. These platforms will be used more and more over the coming terms as we would love to share more of what we get up to at school with you and the wider community and you, the parents, can help us to do this. Thank you for your support.

★ HAPPY BIRTHDAY ★

Maldon Court wishes -
Lucas Chan and Alfie Hibbard
a very Happy Birthday

HEADTEACHER'S AWARD		Nursery	Tate Jacob
Pre-Reception	Alexandra Hayward	Reception	Lucas Day
Form 1	Mila Lopez	Form 2	Alfie Hibbard
Form 3	Daniel Baker	Form 4	Elijah Hawes
Form 5	Emely Dunkin	Form 6	Harry Dibben

NURSERY - The Nursery children had a lovely week learning about jungle animals. We have been working together to turn our role play zone into a jungle. The children have been making leaves and animals to add to the display. We have enjoyed making some collage animals this week, using a range of media that includes animal print tissue. The children have enjoyed the milder weather and we have been making good use of our outside area, which has been set up with the role play kitchen and a range of construction for the children to enjoy. Next week our jungle topic continues. For optional homework, please create a collage picture of your favourite jungle animal. *Mrs Kim Callaghan*



PRE-RECEPTION - This week Pre-Reception have been focusing on the topic 'We are all Different'. Over the week we have been reading stories and having lovely discussions. We have completed many fun activities along the way whilst looking at how we are all different.

The children have really enjoyed drawing around each other on the playground using the large chalks and looking for the differences between each drawing.

We also had lots of fun completing a cooking activity where we made pizza faces. We all worked together to make the dough, knead it into balls and then roll it out to make circles. Once our bases were ready, the children loved using all the yummy pizza toppings to decorate their pizza faces. We looked at the different ingredients that we could use to make our hair, eyes, and mouths. Pre-Reception did a fantastic job making their pizzas and they were very excited to take them home to share with their families. Well done Pre-Reception.

Our topic for the next two weeks will be Spring and Mothering Sunday. For our optional home activity, we would love to see you paint some wonderful spring rocks. To extend this activity, could you take a little spring walk to see where you could hide your rocks? *Miss Washbourne and Miss Denyer*



Mrs Wilkins has been continuing her wellbeing phone calls this week and will be having a post lockdown chats with every child when they return to school. Please click [here](#) to view a Wellness video that has been made with the help of some of our Pre-Reception children, it is a mindful breathing activity 'Teddy on my Tummy'. We often do this activity in the Wellness Room and it is always very popular and calms the children. We hope you all enjoy it. Please see some fun relaxation exercises below for you all to try.

Turtle



This exercise releases muscle tension.

Pretend you are a turtle going for a slow, relaxed turtle walk.

- Oh no, it's started to rain!
- Curl up tight under your shell for about ten seconds.
- The sun's out again, so come out of your shell and return to your relaxing walk.
- Repeat a few times, making sure to finish with a walk so that your body is relaxed.
- Repeat, making sure to finish with a walk.

Lazy Cat

This exercise releases muscle tension.

Pretend you are a lazy cat that just woke up from a lovely, long nap.

- Have a big yawn.
- And a meow.
- Now stretch out your arms, legs and back – slowly like a cat – and relax.



Flower and Candle

This is a simple exercise that encourages deep breathing – a way to relax.

Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.

- Breathe in slowly through your nose as you smell the flower.
- Breathe out slowly through your mouth as you blow out the candle.
- Repeat a few times.





Are you concerned about child's safety on the internet and would like advice and support on how to keep them safe?

**The Essex Child and Family Wellbeing Service presents
Virtual eSafety Parent Workshops with**



eSafety Training
'The 2 Johns'

**Wednesday 17th March 2021
8.00pm – 9.30pm**

These free parent's workshops will look at the online world and how our young people are using it. How they are navigating around restrictions and using the internet without the parent's knowledge.

This includes :

- Favourite apps and games.
- Dangers they face
- How young people are being influenced online
- Solutions that parents can adopt to help keep their children safe.
- Stranger Danger message that parents are familiar with and make it ready for 2021

To book your place now please call us on **0300 247 0014**
Monday – Friday 9am-5pm

www.essexfamilywellbeing.co.uk



PE Timetable - W/C 8th March

Wednesday	Thursday
On Site PE Lesson - Morning	
Pre-Reception	Reception
Form 1	Form 5
Form 2	Form 6
All Weather Pitch Lesson: 1-3pm	
Forms 5 and 6	Forms 3 and 4
KS2 Sports Club at the all-weather pitch for children in Forms 5 and 6 - Wednesday 10th March	

Have a lovely weekend

**Mrs E Mason
Headteacher**

FOMCS - We're looking forward to the children returning to school and hopefully getting back on track with some fundraising plans. *Mrs Lopez and Mrs Stevenson*

MENU W/C 8th MARCH

Day	Main	Dessert
Mon	Pasta Bolognese served with sweet corn and salad	Flapjack or fruit
Tues	Roast beef served with roast potatoes, broccoli, carrots	Strawberry mousse or fruit
Weds	Sweet and sour chicken served with rice, prawn crackers and salad	Chocolate chip cookies or fruit
Thurs	Sausages, chips and baked beans	Yoghurt or fruit
Fri	Young's fish fingers served with herbed potatoes, peas and salad	Arctic roll or fruit

