



MALDON COURT

PREPARATORY SCHOOL

Spring Term 2021

Weekly Newsletter

5th February 2021



Headteacher's Award	
Nursery	Samuel Newman
Pre-Reception	George Barnett
Reception	Megan Kitterhing-Best
Form 1	Emily Tsai
Form 2	Emily Blacknall
Form 3	Jessica Strong
Form 4	Freddy Bruce
Form 5	Harry Mason
Form 6	Aden Karimi

Dear Parents,

This week, we have had a whole school focus on Mental Health week and the children have been completing many activities throughout the course of the week which focus on thoughts and emotions. There have been some lovely activities that have taken place such as gratitude jars, flower mood trackers, yoga activities and relaxation activities. To finish the week, all children have been invited to 'Dress to Express' today. I have seen some lovely pictures of the children on their Zoom calls with their teacher's today and the Nursery and Pre-Reception children have also embraced the 'Dressing to Express' incentive. We have seen children in their John Deere farmer outfits, as well as some beautiful fairies and princesses. Thank you to everyone for highlighting such an important week to our children.

Over the course of the week, I have been dropping in to many of the class zoom lessons and listening to the children's lessons. The children, as always, surpass expectations and are applying themselves to the input from the teachers. I know that the Reception children had great fun with their 'Pirate' theme this week. Form 5 are also continuing to work exceptionally hard and are also taking on extra Zoom lessons to ensure that they keep on track with the Eleven Plus. Well done children. You are all working so hard.

Finally, congratulations to the Venus-Bishop family on the birth of their baby girl, Beatrice Florence. Our next addition to the Maldon Court Family. I look forward to meeting her as soon as we can. Also, an additional congratulations to Mr Venus Bishop who gained the first ever parent Headteacher's award! Please do have a look at the MCPS Learning at Home video to see his superb efforts!

Finally, MCPS wishes Finn, Scarlett and Mathilda a very Happy Birthday!

Have a lovely weekend - Mrs Mason

NURSERY - The Nursery children really enjoyed 'Food Week'. We have been reading and enjoying some activities related to The Hungry Caterpillar. The children cut out their own food to colour in and glue to a paper plate and also painted the fruit that is in the story. The tuff tray had pebble food in. The children discussed their favourite foods as they played and explored with the different textures. The children enjoyed playing in our role play Pizza Parlour; we discussed the 'whole' pizza and how we can cut it in 'half' and into a 'quarter'. The children were excited to add toppings to pitta bread to make their own pizza. They then got to taste them at snack time. Next week our topic is Chinese New Year. For optional homework, please encourage your child to create a collage picture to represent The Year of the Ox.

Mrs Kim Callaghan



PRE-RECEPTION - This week, Pre-Reception having been learning how to use a hockey stick within their PE lesson. The children loved taking their hockey ball on a journey whilst learning the basic dribbling skills. All the children listened extremely well to the instructions and were very sensible when using the hockey stick. They also enjoyed shooting their ball into a goal. Well done Pre-Reception!

Miss Broadbridge



 **ISI** Independent Schools Inspectorate
 **Ofsted** Outstanding Provider
 **ARTS COUNCIL ENGLAND**
 **Artsmark** Silver Award Awarded by Arts Council England
 **Healthy School**
 **Eco-Schools**
 **aps**
 independent schools council
 **FOOD HYGIENE RATING**
 0 1 2 3 4 **5**
 VERY GOOD

Below are some tips for parents for promoting your child's mental health and recognising when there may be early signs of difficulties.

If you are concerned about your child or need advice, please email Mrs Wilkins at jeni.wilkins@maldoncourtschool.org or your child's teacher.

Connect with your child every day.

Try to have time every day for an activity where you can connect with your child without distractions that enables comfortable conversation (such as completing a puzzle together, drawing or colouring, going for a walk, completing a household task together). We all lead busy lives, but doing an activity together will offer your child the opportunity for them to feel secure and express how they are doing / feeling;

Have quiet time together.

This is a great way to connect with your child and takes no planning! Uninterrupted quiet time provides an ideal environment for your child to focus and build their attention span. When things are overwhelming, quiet time can help your child reset their thoughts and avoid behaviour escalation to meltdowns;

Praise your child when they do well.

Recognise their efforts as well as achievements - praise the small steps. For example, say your child has difficulty sitting quietly and calmly at the dinner table. Although desired, it would be unrealistic to initially expect them to do this for half an hour. So small steps might be praising that they achieved 5 -10 minutes. At the next meal this could be built on by reminding them of their previous achievement and setting a new goal of 15 minutes;

Foster your child's self-esteem.

Self-esteem is how they feel about themselves, both inside and out. Children with good self-esteem generally have a positive outlook, accept themselves and feel confident. Fostering self-esteem includes showing love and acceptance, asking questions about their activities and interests and helping them to set realistic goals;

Actively listen to your child.

That's really listening to what they are saying and how they are feeling. Often the way children feel may seem unrealistic or disproportionate to adults but remember, children do not have the wisdom of experience and they may need help and direction to make sense of situations and feelings. Try to answer your child's questions and reassure them in an age-appropriate manner. Whilst you may not be able to answer all their questions, talking things through can help them feel calmer;

Wherever possible stick to commitments and routines.

Following through on commitments and routines builds trust and continuity, important relationship factors. Try to keep to as many regular routines as possible to help your child feel safe and secure. This includes having regular times for going to bed, waking up, eating meals and doing activities / hobbies;

Keep your promises.

Should the need to break a commitment or routine occur make sure there is a valid reason and take the time to explain why to your child. Remember success comes from keeping your promises to your child;

Find opportunities to play together.

Play is a fantastic way for children to learn new things and develop problem solving skills. It also offers great opportunities for them to learn how to express their feelings;

Be a positive role model.

Look after your own mental health and wellbeing. Children are intuitive and will readily pick up on feelings such as stress, anxiety, hopelessness and fear.

Help your child to develop a language of feelings.

Teaching children about feelings can be hard as it's an abstract concept but if they can understand and express their emotions, they will be less likely to 'act out'. For example, you can discuss how characters in a book are feeling and the



SAFER INTERNET DAY - On Tuesday 9th February it is Safer Internet Day. Every year we register with [UK Safer Internet Centre](https://www.saferinternet.org.uk) to support Safer Internet Day. The website has a wealth of information schools and parents can use to ensure children stay safe while they are online. Throughout next week, the class teachers will be sharing various activities with the children.



We are supporting
Safer Internet Day 2021!



Safer
Internet
Day 2021 | Tuesday
9 February

saferinternetday.org.uk

Have a look at the tips and links below with some suggestions on how to get you started and help you to stay safe and positive online.

Talk together

Communication is the key to identifying online misinformation....

Talk regularly with your child about how they use technology and where they go for information online. Discuss who they follow, what types of adverts they see, and what stories they find surprising or suspicious. Listening to your child will give you the best possible idea of how you can support them. Not sure where to begin? Have a look at our suggested '[Conversation Starters](#)' for parents and carers.

Set an example

Show your child how you question and evaluate online content....

If you come across a fake news story, or get sent a phishing email, discuss with your child how you spotted it and what you did. Why not ask them for a second opinion? Your child may have already heard about it or seen something similar, and if not, it's a learning opportunity for both of you. Seeing a parent actively question and evaluate online content teaches young people the importance of doing the same.

Think before you share

Fact-check and reflect before sharing content, posts or pictures....

It can be tempting to share surprising or attention-grabbing online content with your child or your family group chats, but make sure to fact-check these links before you do. As it's come from a parent, some children may believe it without questioning it, and older children may find it difficult or awkward to point out if it is false or misleading. This is another chance to set a good example in how to share information responsibly online.

Check in with your child

How does misleading information they see online make them feel?

False and misleading content online can be upsetting and confusing, e.g. harmful claims that target specific groups, or unhealthy lifestyle tips. Young people may feel powerless when faced with the amount of unreliable content they see. Regularly check-in with your child about their online life and ask them how what they see makes them feel. This is an issue that affects all of us. Reassure your child that you are there to talk about things that upset them and to support them with how they feel.

Seek help and support

Ask other parents how they address misleading online content....

Just as we ask young people to talk about what they are unsure of, make sure you do too! Chances are that you'll find other parents or carers who are trying to figure out how to help their family avoid false information and get the most out of the internet.

Find out how to get more support by visiting [Childnet's 'Need Help?' page](#). You can take steps to support your child online by using features such as making a report on a range of apps, games and services, and using privacy settings on social media.

