

WHOLE SCHOOL INFORMATION

Health Week

A big thank you to everyone that made last week's Health and Well-being week go so smoothly. We had some super parent experts. Thank you to Mrs Coopamootoo, Mrs Sessions and Mrs Meharg.

Thank you to Winchester city council for providing interesting Sugar Swap information and sporting fun.

A huge thank you goes to Julia from Relax Kids for great mindfulness yoga sessions. The kids thoroughly enjoyed their experience.

The biggest thanks go to all the children and teachers for throwing themselves into it so enthusiastically; it was a great success.
Mrs Bannister (PHSE Coordinator)

Year 3 and 4 talked about ways in which to keep their minds and bodies fit and healthy. They did this with the help of the many visitors who encouraged them to become aware of strategies to use for self-care.

We learnt why a healthy lifestyle is important, how bacteria can affect their health and simple routines to reduce the risk of bacteria and viruses. Our children now love to use new breathing techniques to remain calm. This has helped us to make links with our science topic, where we have taken up the role of personal trainers and helped our 'clients' to plan balanced meals and exercise regimes as well as using their routines to generate data.

Year 1 and 2 were very lucky to have visitors in to talk about keeping ourselves safe. We watched a video about a friendly dinosaur named Pantosaurus and learned a song about the 'underwear' rule. To find out more about PANTS, you can access the NSPCC website for Pantosaurus. We were shown how to take a temperature and apply a bandage. There are some budding Nurses amongst us!

Wednesday began with a Yoga session, 'Relax Kids'. The children enjoyed taking part in activities to raise their heart beat and then learn how to control their breathing to relax.

Friday ended the week being active with Winchester Sports who taught us a little bit of golf and how to use a putter and practise skills to get the ball close to a target. We also learned about healthy and non-healthy sugars and fats in our diet. It was a very enjoyable and informative week.

Last week **Dolphin class, with Panther and Panda classes** too, completed a series of activities on tips on how to stay in good shape and mentally healthy.

On Monday 7th we started Health week and the first activity was a task about keeping fit then later we had a mental health nurse, who came in to talk about mental health and what her job is about.

On Wednesday the 9th we had a lady called Julia who came in to talk about online safety and what we should do when we get a message from someone we don't know and also how long we should be staying on the internet. Later we did a Q&A about how safe we are on the internet and one of them was how safe are passwords are.

Harestock's Updated Packed Lunch Policy

As last week was health week, we thought it would be a great time to launch our newly updated food policy which includes new packed lunch guidelines. You will have seen in the leaflet sent home last week, that we have used the government guidelines traffic light system to highlight foods that should and should not be included in children's packed lunches. This is to help ensure that all children are provided with healthy and nutritious food that will help them to be fit to learn and able to concentrate in school.

To promote this new policy, Mrs Sankey and I have been giving out stickers to children whose packed lunches were in-keeping with the green & amber sections of the packed lunch traffic lights. Lunchtime supervisors are also awarding stickers daily to help to motivate children to make healthy food choices as much as possible. We have seen some fantastic selections of healthy food - thank you!

School council feel strongly about this cause and are busy making a giant traffic light poster to go in the hall to remind children which foods are the healthy choices and which foods should not be eaten too often.

Harestock Newspaper

The newspaper club has started the Spring term edition of the newspaper. They are very excited about starting to write the articles. If you would like to know about anything specifically, please let the office know and your idea will be passed on.

INFANT CLASSES INFORMATION (Year R, 1 and 2)

SeaCity Museum trip

Last week, a very excited group of children from Ladybirds, Owls and Woodpeckers boarded a double decker coach for the Sea City Museum. With a whole day planned to learn all about the Titanic, the children braced themselves for plenty of learning... and fun.

From steering the ship and sending Morse Code to stoking the boilers, the children learnt about the ship and how it worked. They also had an opportunity to get hands-on in the workshop, trying to identify artefacts from the period as well as deepening their understanding of why it sank so quickly through an investigation. We all learnt many new facts and got to know more about the crew and passengers on the Titanic's fateful journey.

On our return journey we were able to take a detour via the docks to enable us to see the cruise ships that were in port, including the Queen Mary 2. The children that were lucky enough to be on the top of the coach got a great view!

JUNIOR CLASSES INFORMATION

Year 5 Swimming

Year 5 started their swimming lessons on Thursday. The children tried their very best and some children made an amazing amount of progress with their water confidence in only one lesson. Please can Year 5 remember their healthy break snack each week and also goggles, if they need them.

Change of date for the Year 6 Osmington Bay meeting and curriculum meeting for SATs.

It is now WEDNESDAY 13th Feb 5pm - 6pm.

Year 6 Houses of Parliament trip

Last week, Year 6 travelled all the way up to London. This was because we were very fortunate to go on a trip to the Houses of Parliament, as well as the Art Gallery, the Calvary museum and much more.

When we first arrived to London, our first stop was the Wellington Barracks; here, we learnt about the army and their royal parades. We dressed in soldier uniforms and had a tour from Mr Bailey, (he is a Warrant Officer class II) all around Wellington Barracks; it truly was inspirational for all of us!

One of Year 6s highlights from Wellington Barracks was when we found a hysterical plaque that held a broken trombone on it; apparently this happened by an unfortunate accident when a soldier, in a parade, suddenly fainted and fell on his trombone. Poor fella!

Soon afterwards, Year 6 split into two groups which would lead on to our desired destination; one of which would go to the Art Gallery, the other would lead to the Calvary Museum. We split up and on the way to the Art Gallery, one of the groups passed 10 Downing Street, which is famously known as the street that holds the home to our current Prime Minister, Theresa May!

When the first group entered the Gallery, we looked around numerous rooms which held varieties upon varieties of unique artworks, all of which were either amazingly small or incredibly big, ones that would take up even the whole entire wall in the art exhibition! Many art pieces were created by world-wide famous artists, such as Vincent Van Gogh, Henri Rousseau, Giovanni Bellini, Raphael, Canaletto, Claude and Leonardo da Vinci, all of which made art that really stood out to us Year 6s!

Meanwhile, group two explored the Calvary Museum, which held many interesting artefacts such as medals, parade instruments and weaponry. We were very lucky to meet one of London's best horse sentinels at the museum, he told us what it is like to be a guard and caring for horses around London. Interestingly, this man told us why many of their horses were black. This was because of the war which KING HAROLD II led. He said, and quoted, "We'll need the scariest creature yet!" and that foretold legacy has lived ever since as a gratitude to Harold. Lots of us performed various quizzes on an ipad which included questions that asked about horses and their jobs.

We then arrived to the Houses of Parliament where we had a tour from two very knowledgeable tour guides, who gave us the chance to see a live debate in the House of Commons! Unfortunately, there was no Theresa May, but there were very famous and successful MPs, along with our MP, Steve Brine! Talking about Steve Brine, we later on -after exploring many rooms within the Houses of Parliament- took part in a workshop where we took a quiz about the Houses of Parliament, and even got to make our own laws within our debate! Our debate was about having a 4-day weekend and therefore we discussed about how that may affect many people and their daily lives. Luckily, at the end of this workshop, Steve Brine entered with his assistant and told us all about his life as an MP and the various tasks he undertakes. He lives in London Monday morning to Thursday afternoon and travels back to Winchester on Thursday evening each week. He told us about his role in the Health department in the government.

Thank you to everyone who took us and especially to Mr Bailey for showing us around Wellington Barracks and showing us his uniform and his shiny parade shoes.
Max and Marta

FOS

Friday 25th January - Film Night in the hall after school. Please return forms and money by Wednesday 23rd January so we know numbers. Anyone who is able to come along and help FOS at the film night please email harestockfos@gmail.com

Friday 8th February Alfred and Walker bake sale

Friday 22nd March Infant and Junior Discos 5.15pm - 6.15pm and 6.30pm - 7.30pm

WEBSITE UPDATE

Owl class blog; Ladybird class blog;

REMINDERS

Please check the Spring term events through the year or see the school website.