



West Lodge Primary School Weekly Bulletin

Respecting each other, learning creatively, challenging all.

1st October 2021

Dear Parents/Carers,

I hope you are well. It has been another busy, enjoyable week full of learning at West Lodge. The children have been enjoying playing with the variety of loose parts now available at lunchtime – thank you for your donations. A reminder – please remember to stick to the start times that we outlined at the beginning of term for your year group – each year group has a ten minute window and the children should arrive at school during this time – here is a link to the timings: [Staggered Start and End Times](#)

Thank you to FOWLS for organising a very successful Autumn Soiree last Friday – it is wonderful to have our first face to face event since before the pandemic – almost £4000 was raised for the school. The money raised will go towards the continued development of our new peace garden – you can see an initial [design for the peace garden](#) by clicking the link. The school council have been looking at the design and giving their input. FOWLS will send out more details of upcoming events next week – money raised from these events will support the development of the peace garden and other outdoor spaces.

The children enjoyed the fun run at the end of last week – the pictures below show some of the children taking part. We raised over £700 for the UNICEF Crisis Fund – well done to Zakariya, Myan and Jaivish for inspiring this effort. Mr Beckwith has his very own fun run on the weekend – we wish him good luck for his first attempt at the London Marathon!



Oliver from Green Class worked hard using coins to make different amounts of money. The children from Y6 who had to isolate at the end of the last academic year were lucky to have the opportunity to visit the Gordon Brown Centre this week. They had lots of fun working through their survival day, where they learnt many skills including: den building (and protecting themselves from rain); building campfires and even cooking popcorn! West Lodge are part of a new **Harrow Schools' partnership with Barnet FC** – as part of this partnership we are able to offer many exciting opportunities to our community in the future. We have been matched with two members of the Barnet FC squad and they will be carrying out regular visits to the school throughout the year: taking part in assemblies, hosting question and answer sessions and supporting PE lessons. We had our first meeting with them this week where they had separate meetings with Y4, Y5 and Y6 and discussed life as a professional sportsman. They will aim to inspire as many children as possible to lead healthy lives and will explain what possibilities this can open up for them in the future. We are also able to offer free tickets to children from West Lodge to any Barnet F.C home game and tickets for adults at the reduced price of £5. If you are interested in attending any of Barnet's home games, please contact Mr Khalfi. Here is a picture of Mason from Year 6, who attended the game last weekend with his family.

Sustainable Living Tip

Increase biodiversity by bringing a touch of wild to your garden, on the lawn, in a border, or in a pot. Now is a great time to sow wildflower seeds. The seeds need poor soil and we have plenty of that in Pinner!

How to create a mini meadow: <https://www.youtube.com/watch?v=IajPcLLhLpM>

Well-being Tip

At West Lodge, we strongly believe in the power of, and importance of mindful moments, and we try to incorporate it into our daily school routine. Regular brain breaks in class as well as yoga sessions are just a couple of ways that we try to encourage our children (and staff) to be in the present. Practising regular mindfulness activities with children can help regulate emotions, reduce anxiety, increase focus and encourage positive thoughts and feelings. Why not practise at home with your children, even if it's just a few simple breathing techniques. There are loads of resources available online, or check out these handy guides:

<https://www.nytimes.com/guides/well/mindfulness-for-children> <https://www.mindful.org/mindfulness-for-kids/>

“Mindfulness isn't difficult, we just need to remember to do it.” Sharon Salzberg

Have a lovely weekend!

Jim Dees

Autumn 1 Date Grid					
	Monday	Tuesday	Wednesday	Thursday	Friday
4 th – 8 th Oct	Sewa Week Early Reading Session for Rec & Y1 - parents –9:00am & 2:00pm	Parents’ Virtual Tour	Y5 Chiltern Open Air Trip Y2 Southend Trip	Census Day Y6 Residential Information Session for Parents (Zoom) Quality and Standards Committee 7:00pm	Diamond Class Assembly
11 th – 15 th Oct		Harvest Celebrations		Parents’ Tour Just One Tree Day – fundraiser, dress in tree colours Full Board of Governors 7:00pm	FOWLS Donation Day – Crazy Hair Day RM Pay Committee 9:30am Amethyst Class Assembly
18 th – 22 nd	Yr1 Bracknell Discovery Centre		Parents’ Tour Parents Consultations (online) 4:00 – 7:00pm	Parents Consultations (online) 4:00 – 7:00pm RMC Committee 7:00pm	Staff Inset Day
25 th – 29 th Oct	Half-term				