



Newsletter No. 6

Pride in ourselves, pride in our school, pride in our community.

Friday 11th February 2022



Mindfulness

This week Gothic Mede have been really lucky to have the wonderful Ali from Mindful Magic joining us for class sessions. The children have really enjoyed learning about Mindfulness and finding ways to calm.



A lovely version of the week from Ali Nuttall

This week I've had the absolute joy of going into the classes at Gothic Mede Academy, for 10 fabulous Mindful Magic sessions!

What a wonderful school that wants to support their student's wellbeing, and invited me in as part of Children's Mental health week 💖 We are so incredibly lucky that this is our school in Arlesey!

✨ Every class was introduced to what Mindfulness is (Being Present, Noticing and Acceptance) and we started to explore our different emotions. The main message of our sessions was to understand that every feeling we have is absolutely valid, important and OK! 🙏

💖 The children started to relax their bodies and minds doing some mindful breathing with the 'breathe ball', listened to and engaged with the book 'The Colour Monster' by Anna Llenas, enjoyed some mindful movement and then spent some time crafting some beautiful Feelings Spinners 🎨

They were so thoughtful with these, choosing a different colour for each feeling -like in the book, thinking about the facial expressions we use to express our emotions, and also lots of children drew symbols and pictures to represent how it feels in our bodies, like butterflies 🦋 in their tummies when nervous, fireworks 💣 for excitement and lightning ⚡ for anger.

They were so pleased to use them to think about and show each other how they feel right now in the present moment 💖

😊 We ended with a lovely meditation, relaxing and imagining a 🌈 rainbow of emotions, remembering each colour and feeling is important, and absolutely OK! 💖



Reading corner

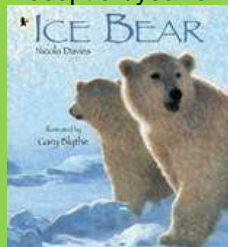
Why read with your children?

It has astonishing benefits for children: comfort and reassurance, confidence and security, relaxation, happiness and fun. Giving a child time and full attention when reading them a story tells them they matter. It builds self-esteem, vocabulary, feeds imagination and even improves their sleeping patterns. (Alison David/National Literacy Trust)

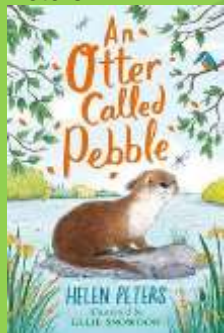
Our book recommendations this week

This week's theme: Our Planet

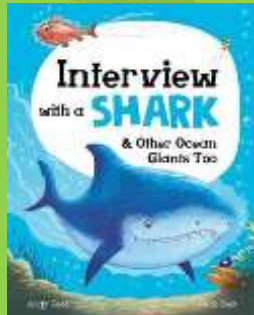
Reception/year one - Ice Bear - Nicola Davies



Year two/three - An Otter called Pebble - Helen Peters



Year three/four - Interview With A Shark and Other Ocean Giants Too - Andy Seed



Bike and scooter area

The first playground that you enter through the double gates, and the fenced off area where children leave their scooters, does not belong to Gothic Mede Academy. These belong to Central Bedfordshire Council and is used for the Village Hall and Youth Club. CBC very kindly agree to us using this areas during the school day but they are not secure outside of school hours. Please make sure that all scooters and bikes are taken home each evening to avoid any damage or loss from occurring.

Uniform price increase.

We have had news from Total Clothing our uniform supplier that there will be a price increase which will come into effect on Thursday 31st March 2022. They have only made price increases where absolutely necessary and in most cases are less than expected due to the current situation and the increase in shipping costs.

Polo shirt	£7.45 / £7.85
Sweatshirt	£12.20 / £12.75
Cardigan	£13.25 / £13.80
Fleece	£15.90
Cap	£6.35
PE T-shirt	£6.35
Book bag	£7.90
PE bag	£6.35

Learning opportunities

Our Early Years team really get to know the children and lead activities that appeal to their interests. During lunch play yesterday, a group of Acorn children began collecting sticks with a view to making a house. They discovered this was a challenge and, with some discussion with the adult, it became a fire. They warmed their hands, being careful not to touch the fire and discussed how hot fires are. They then all found a stick and pretended to toast marshmallows and talked about what they taste like. This lead on to talking about s'mores which most children hadn't tried before so the adult led a role play pretending to make them. Some children then carried this learning forward by helping to make a tent for Acorn Class to camp in. They enjoyed their camp and were very careful of the night time animals! Just one example of how the children's interests lead to vocabulary rich discussion and learning opportunities.



Active Teach

Weekly fitness Challenge



Choose an exercise that you love to do and have a go at doing it for 10 minutes without stopping this week.

Kipsy Day!

Today Gothic Mede was covered in bright colours

This week we have been looking at Children's Mental Health week with a variety of activities.



Golden Book

Children are nominated by Teaching Assistants and Teachers for a Principal's award which is entered in the Golden Book. The award can be for living one of our Values or special achievement. Sporting awards/achievements gained through a regular commitment to a club or group are also celebrated.

Ash	Ronnie	for his enthusiasm, enjoyment and contagious smile.
Oak	Alyssa	for her enthusiasm in phonics lessons and for being a 'Go for it Gorilla' with her writing. She often uses her phonic knowledge to sound out words and write sentences when she is choosing.
Elm	Jackson	for his general enthusiasm for learning and his friendly personality in class.
Beech	Delilah	for her determination in demonstrating her knowledge in phonics, English and maths and her helpfulness around the classroom.
Maple	Islagh-Belle	for making a brilliant 17th century style house for our history topic, The Great Fire of London. Islagh-Belle took so much care when painting all the different features.
Willow	Blake	for his enthusiasm towards all of his learning and "can do" attitude in class.
Chestnut	Lily	for concentrating so well in her maths lessons and using what she knows in multiplication and division to solve trickier problems.
Sycamore	Elodie	for always showing the values of respect and responsibility with regard to her learning by always being ready, listening carefully and working hard in all lessons.
Birch	Lilly	for her engagement, effort and pride when creating a bar graph to represent the seven tallest mountains on the seven continents.
Hazel	Alek	for his hard work in geography, producing an outstanding bar graph.



Other awards to mention

Premier	Daniel	Chestnut
Yr 3	Salma	Chestnut
Yr 4	Lucas	Hazel
Gymnastics	Darcey	Willow
	Frankie-Leigh	Willow
Theatretrain	Lily	Elm
Disco Ducks	Leah	Elm
Tidy Ted	Maple - although used by different teachers, Maple has clean desks and cupboards	

Job Vacancies

Great opportunities to work with our wonderful team.

<https://www.mynewterm.com/school/Gothic-Mede-Academy/140281>

- Midday supervisor
- Learning support assistant

Web Site: www.gothicmede.org.uk

Email: GMA-Office@bestacademies.org.uk

Facebook: [@gothicmede](https://www.facebook.com/gothicmede)

Twitter: [@GothicMede](https://twitter.com/GothicMede)