



Newsletter No. 3

Pride in ourselves, pride in our school, pride in our community.
Friday 27th September



YEAR 1

Year 1 have been making geometrical patterns using watercolours. They worked carefully to trace around 2D shapes and created some beautiful pieces of work.



MINDFULNESS

At Gothic Mede Academy we have introduced some **mindfulness practices** into our daily school routine. Mindfulness helps students develop focus, manage stress, and build emotional resilience—skills that are essential for their academic success and overall well-being. Please click on the link to learn more about mindfulness:

<https://www.bbc.co.uk/bitesize/articles/zhmtg2p>

INTRODUCTION TO MINDFUL MAGIC!

I'm Allie and I've been holding mindfulness sessions at Gothic Mede Academy for nearly 4 years. Mindful Magic introduces children to mindfulness in a fun and engaging way. Each session has a different theme based on different areas of mindfulness and wellbeing, such as noticing and understanding our feelings, building self-esteem and confidence, gratitude, embracing our differences, or working through specific emotions such as anger or jealousy.

At each session we practice mindful breathing and explore that week's theme through discussion, meditation, reading together, playing games and creating a lovely craft to bring home!

I run three after-school clubs each week for Year 2, 3 and 4, and also hold one to one sessions during the school day, to work with individual children who may benefit from a little bit of extra support.

If you are interested, do get in touch as I currently have a few remaining spaces for one to one sessions - mmcentralbeds@gmail.com

Mindful Magic
after school sessions
pick up at 4.30pm
Year 2, 3 and 4
Tuesday, Wednesday or Thursday

For more information and see what we do, use the facebook page @mindfulmagiccentralbeds

CENSUS DAY
3 October 2024

MENU

Chicken Nuggets OR Vegetable Nuggets
Oven Baked Fries with Ketchup
Baked Beans OR Garden Peas

Strawberry Mousse
OR
Biscuit
OR
Fresh Fruit

CENSUS DAY – THURSDAY 3RD OCTOBER

Census Day will take place next Thursday, 3rd October. This is an important day for schools nationwide, as it helps determine future funding and resources for our school. Participation in school meals is also a key factor in the census. Therefore, the kitchen has prepared a special lunch menu for the occasion.

We would encourage all children to try the census menu next Thursday. Years 3 & 4 please visit the shop on ParentMail to book a school dinner. Reception, Year 1 and Year 2 pupils are all eligible for Universal Infant Free School Meals, please complete this form to reserve a Census Day school dinner.

<https://forms.gle/fcsSMVh6PSwfPDvX6>

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	Hallie for her excellent concentration, care and attention to her work and for being a kind and caring friend.
Oak	Carter for being an excellent role model, always listening carefully and for being a good friend.
Beech	Leon for settling into Beech class and for taking pride in his work when creating a geometrical art painting.
Elm	Harper for being an excellent role model in school. Harper actively participates in lessons, sharing her ideas and following instructions. She has made a great start to Year 1, well done Harper!
Willow	Corey for working really hard to solve problems in maths and for explaining your reasoning so well to the class.
Maple	Carter for showing fantastic focus in class and for always thinking carefully about his answers and the contributions he makes in lessons.
Chestnut	Alyssa for demonstrating wonderful creativity in our art lesson using different techniques to make a 3D shape.
Sycamore	Ellis for his imaginative and aspirational contributions to our poetry writing.
Birch	Ella for her focus during art. She worked hard to include lots of detail, taking pride in her work.
Hazel	Freddie for always modelling the school values and class expectations, and taking great care in his work.



OTHER AWARDS TO MENTION

Joel (Chestnut) – awarded a Tag Rugby Trophy

Lily (Sycamore) – awarded two Football medals.

Poppy (Hazel) – awarded a Player of The Match Football Trophy

Jackson (Hazel) – awarded the Parents Player of The Match Football Trophy



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