



Newsletter No. 9

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

Friday 27th June



UPCYCLING TEAM

Here at GMA we are keen to promote sustainability and play our part in saving our planet. As part of a new "upcycling initiative" Jack became the first student to assist our Site Agent to build benches for the playground, using old car tyres and pallets.

Jack worked hard and showed he has great skills, soon completing our first bench. We look forward to other students joining the "upcycling team" for this type of activity.

SCHOOL FETE VOLUNTEERS

Our Summer Fete on Friday 11th July is fast approaching and we are in need of some parent helpers to help assist with setting up, running the stalls and tidying up. If you are interested in volunteering please click on the link and complete the form. Thank you!

<https://forms.gle/e9HkzXGmGEapWtiS6>



YEAR 3

Year 3 have continued their Design Technology learning about seasonal foods, by creating a 'mock-up' of a seasonal tart. They learnt about the nutritional contents of a range of different coloured vegetables and then incorporated them into their designs.



TOOTHBRUSHING PROGRAMME

We are delighted to share that our school has been awarded a certificate for successfully taking part in the Supervised Toothbrushing Programme! This initiative promotes the importance of good oral hygiene from an early age, helping children to develop healthy habits that will last a lifetime. Our pupils have embraced the programme with enthusiasm, showing great responsibility and care during brushing sessions.

UPCOMING EVENTS	
Monday 30 th June	Acorn A Sports Day
Tuesday 1 st July	Year 3 Roman Day
Wednesday 2 nd July	Recep – Yr 4 Sports Day 1:30pm – 3pm
Thursday 3 rd July	Acorn B Sports Day
Friday 4 th July	Transition Day





WELLBEING WEEK AT GMA



Our Wellbeing Week here at Gothic Mede has been a fantastic success, filled with activities that supported and celebrated the physical and emotional wellbeing of our whole school community.



For Wellbeing Week, Year 1 had a session of Mindful Magic. The focus was on transition and accepting change. The children made Koalas linked to a story Allie read to them, which was about a Koala who found change tricky but when it did happen, he realised it was great! Thank you to Allie for such a great session!

As part of Wellbeing Week, Year 2 and 3 really appreciated a yoga session delivered by Suzie from Happy Little Yogi. They learnt some new yoga poses and breathing techniques. They were particularly taken by the 'balancing birds' that they incorporated into their practice.



This morning pupils were greeted into school by Mr Clarke dressed as a fairy! With wings, a pink tutu and a big smile. The surprise made for a very fun way to start the day. A lovely reminder of how small gestures can make a big impact!



On Wednesday, Acorn and Reception classes enjoyed a fantastic Disco Ducks session delivered by Sarah. A fun-filled session that got everyone moving, giggling, and dancing!

Year 4 had the opportunity to take part in an exciting Street Dance session with Bex, a great way to promote physical activity and positive wellbeing through music and movement.

We would like to extend a heartfelt **THANK YOU** to everyone who visited our school to lead sessions and activities during Wellbeing Week. Your time, energy, and enthusiasm were greatly appreciated!

On Tuesday we had Will George, BEST's Mindfulness Coach, deliver an uplifting assembly all about looking after our mental and emotional wellbeing. Pupils were encouraged to explore simple ways to take care of themselves and support

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	Aria for joining in so beautifully every morning when we do our counting up to 100.
Oak	Ivy-Leigh for her fantastic focus and participation at carpet time.
Beech	Grayson for making great progress with his reading. Grayson is now using his phonics extremely well to sound out and blend words including words with split digraphs.
Elm	Peyton for showing a responsible and respectful attitude on the Year 1 trip to the Forest Centre. She showed great listening skills, followed adult instructions and was caring towards her peers.
Willow	Lara for living the value of respect on our visit to the kitchen for our Geography topic on food journeys and for living the value of responsibility, ensuring she is ready to learn with all the things she needs.
Maple	Quinn for showing respect and listening and observing so well when we visited the school kitchen for part of our Geography topic looking at food journeys.
Chestnut	Molly for being an excellent role model all week showing continuous respect and responsibility especially at the different places of worship on our Faith Tour.
Sycamore	Oliver for his consistently respectful and responsible attitude to school life. Oliver is an amazing role model for all.
Birch	Oliver for his outstanding effort while participating in the ETA sports event.
Hazel	Jessica for her hard work and determination during the ETA sports day.

CELEBRATIONS

- Willow (Birch) was awarded a cricket trophy for her participation and effort in cricket.
- Dougie (Sycamore) was awarded a certificate and medal for winning a football tournament played at Ipswich FC.
- Lunchtime Award awarded to Arthur (Ash) for always saying please and thank you.
- Lunchtime Award awarded to Bobby (Sycamore) for always showing appreciation to the kitchen staff by thanking them each day when he has finished his dinner.
- Jackson (Chestnut) wanted to show an award he received from his previous school, a certificate for winning a maths challenge.
- Jackson (Hazel) awarded 2 football trophies, one for completing the season and one for Coach's Player.

FROM THE KITCHEN

Next week, we are on Week 1 of the menu. Please click the link to view our menu.

<https://www.gothicmede.org.uk/schoolmeals>

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