

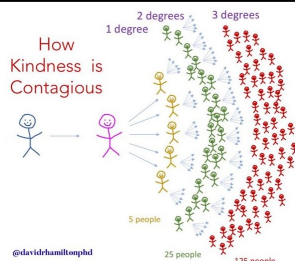
# EMERSONS GREEN NEWS

Today  
is the day  
we  
learn  
something  
new

Issue 18  
January 26th 2024

## THE SCHOOL OF KINDNESS

**Kindness is contagious and spreads wide and fast!**



We were visited on Monday by The School of Kindness, which is part of the 52 Lives charity. 52 Lives aims to change people's lives and spread kindness with the help of almost 100,000 supporters around the world. The School of Kindness aims to spread kindness and empower children by helping them to realise that the little choices they make every day have the power to change people's lives, improve their own health and well-being, and ultimately change the world. We just need to choose kindness at every opportunity.

This fits perfectly with our school values and we had a wonderful morning showing our kindness and other values to Greig. He was very impressed with our children's knowledge and understanding of empathy, a key component to being kind.

The children learnt all about the health benefits of kindness:

- ◆ **Helps us feel happier**—dopamine is released in our brain and this lifts our mood.
- ◆ **Is good for the heart**—the hormone oxytocin is produced when you feel emotional warmth. Oxytocin causes the release of a chemical called nitric oxide, which expands our blood vessels, reduces blood pressure and protects our heart.
- ◆ **Slows down aging**—oxytocin can reduce levels of free radicals and inflammation (two main culprits of ageing) in our cardiovascular system, which slows ageing at the source.
- ◆ **Improves relationships**—kindness reduces the emotional distance between two people and makes us feel more 'bonded'.

We are going to apply for a School of Kindness award in the coming months because our MIGHTY school is one filled with kindness.

**Parent Survey**—Our annual parent survey is now live

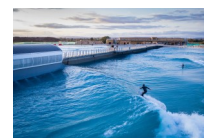
<https://forms.office.com/e/UtiSuRyPUM>

We are always appreciative of your feedback so please do take some time to follow the link and consider your experience over the year when completing the form. The survey will remain open for one month and we will share the outcomes and planned actions once results have been collated and considered.



## Kindness abound

One of our Mighty Learners has thought about kindness beyond our school. He has benefitted from The Wave's Project Surf therapy sessions <https://www.waveproject.co.uk/what-we-do/surf-therapy-2/> and now would like to raise money for the charity in the hope that others may benefit from the project too.



We would like everyone to wear blue on Friday 2nd February and donate to the charity via their [Just Giving](#) page. We have added a donation section for EGPS. Please donate whatever you can; their therapy surf project is supporting the well being of children across the South West!

## Call the Fire Brigade

**Year 1 called the fire brigade to school on Tuesday—just to learn more about what they do.**

As part of their learning this term, Year 1 have been thinking about heroes both now and in the past.

On Tuesday the fire brigade came to talk to Year 1 about their job, the things they use to keep themselves safe when helping others, and what we can do to help ourselves avoid needing their help in the future.

Year 1 are going to be visited by a vet, a midwife, a nurse, a navy helicopter engineer and a counsellor later this term.



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FORGING MIGHTY FUTURES

## The Green Team

**Are you passionate about the planet? Are you ready to be respectful to our environment? Do you want to influence others and support them to be kinder to our world? Then maybe a spot on The Green Team is for you!**

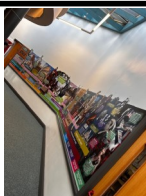
We were pleased to be awarded our Bronze Modeshift award for active travel in September and are now keen to earn our Silver award. To support this work we are forming The Green Team!

Each class are choosing their Green Team representative to help us with this goal. The Green Team will meet with Miss Hawker once a term and will encourage as many of us as possible to come to school on feet, wheels, or parking and striding, plan ways for the school to be more sustainable, and develop our school grounds to promote biodiversity.

Children can apply for the role by speaking to their class teacher. Look out for more updates and Green Team reps in future newsletters.

### Timeline Winner

Mrs Morson has been blown away by the historical knowledge shared and exceptionally presented as part of the timeline competition. HUGE congratulations to all who took the time to enter. Sadly there can be only one winner, well done **Fleur Dowling!**



### Diary dates—TERM 3

#### Week 5

Thursday 1<sup>st</sup> February—Y1 Superhero Day

Thursday 1<sup>st</sup>—YR NCMP Screening

Friday 2<sup>nd</sup>—**The Wave Fundraising Day**

#### Week 6

Tuesday 6<sup>th</sup>—Y2 Great Fire of London Day

Thursday 8<sup>th</sup>—**PTFA Valentines Disco**

YR, Y1, Y2 3.45pm-4.45pm

Y3, Y4, Y5, 6 5pm-6pm

Thursday 8<sup>th</sup>—last day to order toast for beginning of Term 4

Friday 9<sup>th</sup>—**PTFA Sweet sale after school**

Friday 9<sup>th</sup>—Last day of Term 3

### TERM 4

#### Week 1

**Travelling Book Fair All week**

Monday 19<sup>th</sup>—First day of term

Tuesday 20<sup>th</sup>—Y6 Life Skills Trip

**Quick announcements-** It is now possible to order toast & fruit for the beginning of Term 4.



We have shaved another few hundredths off our school average studio speed thanks to the efforts of;

**Year 6**—Logan, Amberley, Albie, Ruby, James, Charlene, Olivia J and Isaac

**Year 5**—Sophia, James, Toby, Rory, Erin, Kyle, Dilraj, Esmae, Evie and Riley

**Year 4**—Alice, Natalie, Charlie and Jayden

**Year 3**—William, Lawson, Dylan, Heath, Sophie and Charlie

HUGE congratulations to Toby who has joined the MIGHTY 1 Second Club, we are all very proud of your effort and determination.

Year Group	Number completing weekly sessions
Year R	5
Year 1	23
Year 2	17
Year 3	27
Year 4	26
Year 5	22
Year 6	28

## FORGING MIGHTY FUTURES

We firmly believe that everyone has the potential to be MIGHTY.

Emerson mouse believes that though he is but small, he has the might of a LION inside. All these children have shown their

Red Class

Orange Class

Yellow Class

Green Class

Blue Class

Indigo Class

Violet Class

Beatrice

Zachary

Darcey

Sophie

Natalie

Kyle

Penny





As the new PTFA committee we're looking forward to helping fundraise for the school and bring the wider school community together. We're keen for as many parents, carers, teachers and friends as possible to be included. We have some events already penciled in but we'd like new ideas for ways to fundraise and things to fund.

Please come along to our next meeting which will be held at school on

## Wednesday 28th February at 7pm

We have several event teams who will help plan and run events. We hope this will enable more people to be involved. So far we have the following teams:

- First day of school/Gifts for someone special
- Tea and coffee at performances
- Second hand uniform sales
- Book Fair
- Sweet stalls
- Discos
- Treasure/Easter Egg hunts
- Christmas events (Santa/Secret room)

These are open to everyone so please let us know via email [ptfa@egps.org.uk](mailto:ptfa@egps.org.uk) or the Facebook page [here](#) if you'd like to be added to one of these. By putting your name forward you are only showing an interest, not committing to run the event!

### Valentine's Disco

#### Thursday 8th February

15:45 - 16:45 Reception and KS1

17:00 - 18:00 KS2

Tickets are £3.50 and available now on ParentPay. Please drop your children to the hall. Adult supervision is provided by teachers and the PTFA.

There will be a tuck shop before entry to the disco. Please bring small change.

### Sweet stall

#### Friday 9th February

This will be in the playground after school.  
Please bring cash.

Sweets will be 50p a bag.

#### Upcoming events...

On Monday we raised **£40** at the secondhand uniform sale. Thank you for all of your donations to date. We're always on the look out for more however, so if you have any uniform that you no longer need please consider donating it via the school office. We make 100% profit at these events!

And last but definitely not least, **please join our Facebook page** [here](#) where we will keep you up to date with events and ways you can help support the PTFA.

Melody, Joanne and Anneka

#### More dates...

February

Mon 19th - Fri 23rd: Book Fair

March

Mon 25th: Easter Egg hunt

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FORGING MIGHTY FUTURES