



Godwin Newsletter - 25th November 2022

preparing pupils for lifelong success



Head Teacher's Message

It's been another busy week - how quickly the term is speeding by. There is less than a month until the Christmas holidays begin!

The school calendar, included with this week's newsletter and also available on our website; <https://www.godwin.newham.sch.uk/term-dates> has been updated to reflect the additional Bank Holiday on Monday 8th May for the coronation of King Charles III. Next week we will share with you dates of short Christmas performances which each class will be presenting just before we break up.

This week we have spoken in assemblies about how each of us has a role to play in helping every child in the world achieve the rights enshrined in the United Nations Convention on the Rights of the Child. UNICEF has produced a fantastically powerful video on how children just like ours have changed the world: <https://www.unicef.org/eca/crc30-every-child-every-right> Please take two minutes to watch it. We also reflected on small acts which we could each carry out to help this vision of a fairer future become a reality.

Thank you to everyone who entered our competition to design a Christmas Card to be used by The Arch Company. The standard is exceptionally high and we have been delighted with the number of entries. Today was officially the closing date but, just in case anyone forgot to enter (or wants to submit another entry!), we will extend this deadline to Monday. The Arch Company will be judging the entries next week and we will announce the winner and award the fantastic art prize in next Friday's celebration assembly.

Our Hilarious Hair Day in support of Children in Need has now raised a grand total of £329.01 (I'm not sure where the 1p came from, but every penny counts!) Thank you to everyone who made this such a fun day!

Thank you to everyone who made today's cake sale such a success. A special 'thank you' to those parents/carers and staff who helped sell the cakes - always a busy time!

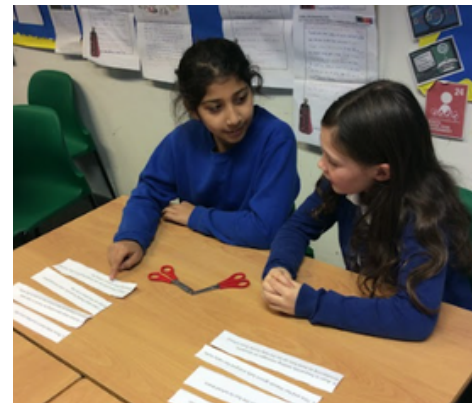
Best wishes for the weekend

Pupil Wellbeing

Children's happiness and mental health has rightly been in the spotlight in recent years. The difficulties of growing up in an increasingly fast-paced and interconnected world have been exacerbated by the pandemic and other troubling global concerns. Schools need to consider how they can develop their pupils' emotional resilience and support them to maintain healthy minds.

PSHE and Mindfulness

Children have an hour-long PSHE (Personal, Social and Health Education) session each week. These lessons cover six key areas: being me in my world, celebrating differences, dreams and goals, healthy me, relationships and changing me.



These topics can help children to express their thoughts and opinions about societal issues. They also provide opportunities for children to rehearse how they would act when faced with difficult situations such as bullying or being approached by strangers.

Each lesson also includes 'calm-me-time', where children have an opportunity to learn mindfulness techniques which they can then use to aid emotional regulation.



"Calm-me-time really helps me a lot because when I'm getting sad it makes the sadness go away and I feel a lot happier." *Marnie*
(Year 3)

Enjoying Nature

Spending time in green space or bringing nature into your everyday life can benefit both mental and physical wellbeing. Activities like growing food or flowers, exercising outdoors or being around animals can have positive effects such as improved mood, reduced stress, increased relaxation and greater self-esteem.



In addition to gardening lessons in Years 3 and 4, all our pupils take part in wellbeing workshops on Wanstead Flats each term, where they can interact with nature through team-building challenges, artistic activities and crafts with found materials.



"Being outside definitely helps. It makes us happier." *Mia (Year 5)*

"Having fresh air makes people happier and healthier. I liked our wellbeing trip because we got to make things using nature."

Caspar (Year 3)



The Importance of Lunchtime

Children have a right to play, which supports mental as well as physical health. We provide a variety of playground equipment for activities and sports, coaches running supervised games in the MUGA and play leaders helping their peers to join in with games. We want to encourage the children to be as active as possible at this time because we know they need this physical outlet.



The right to eat well is no less important. In addition to three daily meal options, we have a fully-stocked salad bar and baskets of bread on each table to help pupils fuel themselves for the afternoon with food which they have chosen.



"Our lunches are tasty because you get a variety of things to choose from." *Kiyaan (Year 4)*

"I like that there are choices for vegetarian people. My favourite school lunch is baked sausage and mash." *Reyad (Year 4)*

"Lunchtime is exciting because you can do lots of activities like games in the MUGA and having fun with your friends." *Arham (Year 4)*

"Lunchtime is incredible because you can run around and play. I like the basketball court." *Jayden (Year 4)*



"Wellbeing is just like dominoes. One small thing changes everything." *Alilah (Year 5)*

EasyFundraising



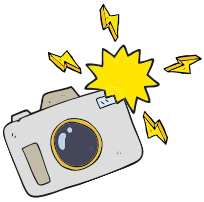
Please consider raising funds for the school when you shop online. Just go through the Easyfundraising website or App and we'll receive a % of your spend as a free donation. Best of all, this will cost you nothing.

One parent has already raised £102 this year. Imagine what we could do if everyone took part!!

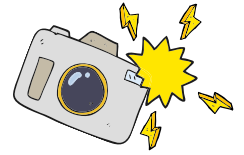
https://www.easyfundraising.org.uk/causes/friendsofgodwinpta/?utm_campaign=raise-more&utm_content=en-e1

We use this money for enrichment activities such as educational visits and special guests, so every penny benefits the children directly.





Get Caught Reading



Thank you for the many entries this week! Our winner is Tobi from 3B who read in a very strange place indeed!



If your child would like to enter, simply snap a photo of them reading in an unusual place and email it to: info@godwin.newham.sch.uk All entries will be uploaded to twitter, and the winner will receive a book of their choice.

Article of the Week



*World Children's Day is UNICEF's annual day of action for children, by children. It takes place each year on the **20th November**, the date when world leaders adopted the Convention in 1989. From climate change, education and mental health, to ending racism and discrimination, children and young people are raising their voices on the issues that matter to their generation and calling for adults to **create a better future**.*



*Talk to your parents/carers about their childhood. **What was different when they were growing up? How has the Convention impacted on children's lives? Draw, write or produce a resource to show a comparison of a young person's experience then and now.***

Year 2 and Reception Tours

We will be welcoming and touring the school with prospective parents and carers of Year 2 and nursery-aged children over the next few weeks. This will give them the opportunity to see at firsthand what a fantastic experience Godwin children have.



Please share the following dates: 29th November, 13th December and 10th January.

WE NEED YOU!

As you can imagine, school budgets are very squeezed but at Godwin we firmly believe in providing a rich learning experience with lots of opportunities to make our curriculum 'come alive'. We desperately need to raise additional funding to ensure that we can continue to do this.



We would love to have an active PTA, with people giving as much or as little time as they are able to. Please don't feel that you need to make a huge commitment – many hands make light work and everything makes a difference.

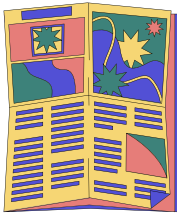


Could you help with:

- selling cakes?
- designing fliers?
- selling raffle tickets?
- asking for raffle prize donations?



All help would be greatly appreciated – our children deserve the very best and we want to give it to them! Please email info@godwin.newham.sch.uk



Children's Books and Magazines



Are you ready for a clear out? Looking to make space ahead of the festive period? If you have children's books and magazines which your children no longer want, please consider donating these to the school library. You can enjoy less clutter while supporting our pupils.

Any magazines and books in reasonably good condition can be handed to school staff at the gates.

A Request from our Garden

We are looking for some large plant pots and terracotta pots of all sizes to help the children make the most of the school garden. If you have some to donate, or any other garden equipment which might help us, please email info@godwin.newham.sch.uk.



Resources for Autism

PARENT GROUP

Thursday 1st December 10am - 12.30pm

Guest Speaker

REENA ANAND

WRITER, SPEAKER, TRAINER

**EMPOWERED AUTISM
PARENTING**

From victim to advocate
Impact of culture on parenting

Talking about autism
within our community

BOOK NOW

*You're
Invited!*

**Autism support group for Black & Asian
parents to learn, share and connect
with other families.**

East Ham Town Hall - 328 Barking Rd. London E6 2RP

Contact: vesna@resourcesforautism.org.uk 07891476369
or kenny@resourcesforautism.org.uk

COATS



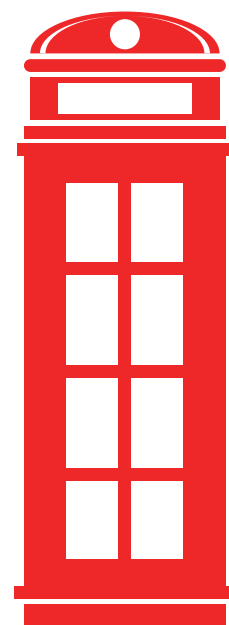
The weather is now very cold and rainy. Please make sure your child always brings a coat to school so that they can enjoy their time outside - a hoodie is not sufficient. Please ensure the coat is labelled with your child's name.



WRITING COMPETITION



Do you love London? Do you like to write? If so, you could win £500 from The London Society. Enter their writing competition this month. You can write up to 500 words on any part of London's past, present or future - the theme is 'making connections'. It can be a report, an historical essay, a 'think piece', a story or even a poem. Visit <https://www.londonsociety.org.uk/page/loveletters> for more details.



Help Required



Two of the vinyl seating cubes in our library are in need of cosmetic repair so that we can continue to use them safely. If you would be able to help, please let us know at: info@godwin.newham.sch.uk



Well Done!



Lining Up Cup

This week's winners are:

3B, 3I and 4Y

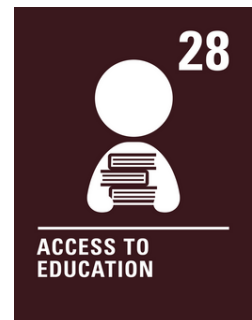
Congratulations!

Punctuality Cup

This week's winners are:

3B, 4Y, 4Z and 6K

What a fantastic effort!



Mindfulness Corner

Every Friday this half term we will be sharing with you a link to a different group or organisation that have resources for mental health and wellbeing.

(Please Note: we are not endorsing any particular site nor are we ambassadors for it - but we are merely providing pointers towards sites that might be interesting/helpful).



This week we feature the charity Young Minds:
[click here.](#)

"Never give up on the things that make you smile."

Heath Ledger

Learning Disability Services in Newham



What you think

People with a Learning Disability in Newham told us how we could make services better

Come and tell us more and listen to what we learnt at East London NHS Foundation Trust

Wednesday

November

30

Start



1:30

Finish



3:30



Forest Gate Library
Woodgrange Road
Forest Gate E7 0QH

Please email Simon.Bedeau@nhs.net or G.Fysh@nhs.net to book or call Simon on 07554 373 161 or Grace on 07971 124 208



Achievement Awards

3B – Ahmad: for persevering in his learning and considering his choices.

3K – Alex: for working collaboratively and supporting his classmates during science

3I – Yahya: for persevering with his learning, especially in maths

3Z – Asim: for working collaboratively in maths this week

4K – Anghelina: persevering and improving her handwriting and presentation

4T – Rita: for settling into Godwin with ease, showing collaboration and perseverance with tasks

4Y – Mie Mie: for always considering her choices in class and on the playground

4Z – Shamoth: for persevering with his spellings.

5J – Alexia: for embracing mistakes that have allowed her to be an even better learner

5M – Mia: for articulately explaining her reasoning in all subjects

5V – Beau: for persevering and collaborating by maintaining excellent reading records

6B – Suzie: for demonstrating perseverance in maths and challenging herself to improve

6K – Guste: for displaying excellent curiosity in science

6O – Shantay: for perseverance in maths

6W – Rudi: for evaluating his learning to focus on his writing



Godwin Junior School 2022-23



School Holiday	Bank Holiday	INSET Day
Pupil Day	Pupil Day	Pupil Day

SEPTEMBER 2022							OCTOBER 2022							NOVEMBER 2022							DECEMBER 2022						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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26	27	28	29	30			24	25	26	27	28	29	30	28	29	30				26	27	28	29	30	31		
							31																				
19 pupil days 22 staff days							16 pupil days 16 staff days							22 pupil days 22 staff pupils							15 pupil days 15 staff pupils						

JANUARY 2023							FEBRUARY 2023							MARCH 2023							APRIL 2023							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
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30	31																											
17 pupil days 19 staff days							15 pupil days 15 staff days							23 pupil days 23 staff days							10 pupil days 10 staff days							

MAY 2023							JUNE 2023							JULY 2023							AUGUST 2023						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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29	30	31																									
19 pupil days 19 staff days							20 pupil days 20 staff pupils							14 pupil days 14 staff days							10 pupil days 10 staff days						