



# Elmtree Echo

Issue 39



**Respect - Ambitious - Curious - Resilient - Inclusive**



## A Message from Mrs Ohene

Dear Parents and Carers,

As we approach the end of this academic year, this will be our last main newsletter. We want to sincerely thank you for all your support throughout the year—it's truly been a wonderful journey together! We've been delighted to hear so many positive comments about Elmtree, our dedicated staff, the children's learning, and how happy you are with the care and education we provide to your most-loved little ones. It is both an honour and a privilege to lead the 'hidden gem of Chesham' as one visitor put it!

It has been a year of incredible achievements together. Here are a few highlights:

**Healthy lunches-** children's lunches are much healthier than when we first began in September. THANK YOU.

**Celebrating our uniqueness-** Wonderful World Week, part one helped us to share cultures and traditions, food, dance and different traditional clothes. What a *wonderful* celebration indeed. We even featured in 'Your Chesham' for this in the February issue. THANK YOU for sharing your backgrounds and supporting the children to feel proud of who they are.

**Road safety-** more of you are walking on the pavements with your children and parking safely and considerately for the children and our neighbours. THANK YOU for keeping everyone safe.

**Ofsted-** who can forget? We were lucky to have such a dedicated inspector who took the time to learn about Elmtree and all the brilliant practice here. We are truly celebrated in the report which was published. THANK YOU for all your lovely comments in the parent survey.

**Increased numbers** for Reception 2025- your positivity and warm messages about Elmtree have helped us secure almost all 60 spaces for September. THANK YOU for helping us grow.

**Increased awareness of sustainability and biodiversity.** We have developed our grounds to attract birds, minibeasts, butterflies, pondlife, and other wildlife. The children have begun to learn about the importance of biodiversity for our environment and the impact of plastic pollution on the environment. Chesham in Bloom and Sustainable Chesham have both been impressed with our work. A huge thanks to Antonia and Chris from Chesham in Bloom for all their help and dedication to making our grounds more biodiverse. Many of you have helped with our grounds and donating things we need. THANK YOU.

**Community events-** we had seen so many of you time and again for our parent briefings, stay and play sessions, stay and learn sessions, Harvest and Christmas performances, class assemblies, Ladies We Love, Dads Behaving Dably, Rock Band concerts, the Chesham Schools Carnival, Summer fayre, EFF events and more! THANK YOU.

Elmtree Infant and Nursery School

July 2025



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## A Message from Mrs Ohene

What a wealth of achievements. The future looks very bright for Elmtree and with your continued support, we can do anything we set our minds and hearts to. Thank you again.

Please do keep an eye on messages from school, especially regarding key dates.

Here are some important end-of-year reminders and updates:

1. 🌸 **Stay and Play for New Nursery Children** Children joining Nursery in September are warmly invited to a 'Stay and Play' session with one grown-up on **Wednesday 23rd July, 9:30–10:30am**. We look forward to welcoming our newest little learners!
2. 🕒 **End of Term** School finishes for the summer break on **Wednesday 23rd July at 1:30pm**.
3. 📅 **Back to School in September** We return on **Friday 5th September**.
  - o Children in **Years 1 and 2** will be in school full time from this date.

For children **new to Nursery and Reception**, there are staggered start times—parents will have received these details via email.

Year 2 have been busy rehearsing for their end-of-year performance and assembly—we can't wait to see the show! We're sure it's going to be a real treat for everyone.

Reception enjoyed an amazing *Festival Day* today! The children had a blast with giant bubbles, a bouncy castle, face painting, t-shirt designing, and so much more. It was a day full of smiles and celebration!

This week, we've had a special focus on sustainability through our 'Wonderful World Week', inspired by Neal Layton's *A Planet Full of Plastic*. Children explored the impact of plastic on our environment and ways we can all help protect our planet.

In Monday's assembly, Miss Gettings shared powerful messages about reducing single-use plastics, and how these small changes can make a big difference in keeping plastic out of our oceans and landfills.

We're aiming for *Green Flag status* with Eco-Schools next year, and our whole school is working together to raise awareness and take action to support a healthier planet. Please do take a look at our safeguarding newsletter for more ideas on how you can support sustainability as a family.



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## A Message from Mrs Ohene

We bid a warm farewell to Mrs Akhtar this year, as she takes some time to focus on her family and consider her next steps in teaching. We thank her for all her hard work and dedication to Elmtree over the last three and a half years and wish her the very best for the future.

We're delighted to let you know that Oak Class will be taught by Mrs Martin (Tuesdays to Fridays) alongside Mrs Brewer (Mondays) from September. Mrs Martin is an experienced and passionate Early Years and Key Stage 1 practitioner who will be joining the Elmtree team. We're very excited to welcome her to our school community and are confident the children will enjoy learning with her as they start the new school year. The children will have the opportunity to meet Mrs Martin before the summer break. Mrs Brewer is returning to Elmtree as a permanent member of staff, three days a week.

There will be no home learning this week or updates from year groups. Instead, we will provide some activities as a school for you to take part in over the break. This will come out to you next week. Year 2 will be able to sign t-shirts on Wednesday- please provide a spare one for your child.

Lastly, we celebrated 15 birthdays in our celebration assembly today, including all those who have birthdays over the summer holidays! Several children have also earned a Headteacher's award.

Have a lovely weekend.

Kind regards,

Mrs Ohene

Headteacher



# CONGRATULATIONS



## CELEBRATION ASSEMBLY

Ava - Cherry  
 Maksym - Maple  
 Haris - Oak  
 Malik - Maple  
 Elizabeth - Maple  
 Khadijah - Oak  
 Franio - Cherry  
 Zainab - Beech  
 Haniya - Beech

## HAPPY BIRTHDAY

### *Summer Birthdays*

Mahnoor—Cherry	Eddy—Nursery
Aiza - Cherry	Aleeza - Nursery
Alishbah - Maple	Jimmy - Nursery
Jackson - Oak	Mazi - Nursery
Haris - Oak	Rameen - Nursery
Clementine -Oak	Tilly – Nursery
Roman - Birch	Harley - Nursery
Harvey - Oak	Freya - Oak
Noah - Birch	Deena -Birch
Emily - Birch	Yahya - Birch
Kaja - Beech	Haris -Beech
Ayat - Birch	Saoirse - Birch

## HEADTEACHER AWARD

Evie - Oak  
 Lenny - Oak  
 Evelyn - Oak  
 Robyn - Oak  
 Alfie—Jack - Maple  
 Raylee - Maple  
 Kleant - Cherry  
 Patryk - Maple  
 Ottie - Cherry  
 Violet - Cherry  
 JoJo - Maple  
 Kara - Cherry  
 Diana - Oak  
 Cleo - Oak  
 Ismah - Oak

# Attendance

School attendance over the last 7 days is **96%**

Let's aim to be in **#SchoolEveryDay** next week

The champion year group this week is Year 2

**Reception**

**94%**



**Year 1**

**95%**



**Year 2**

**97%**



Remember that **#MomentsMatter**

We expect all children to attend school for at least 96% of sessions across the year.

**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**



**ATTENDANCE**  
EVERY DAY COUNTS!

Expected attendance means having no more than seven days off in the school year!

**Attendance matters!**

**Below 90%**  
Serious Concern.  
Persistent absence.

**90 - 95.9%**  
Concern. Low  
Attendance.

**At least 96%**  
Expected  
attendance.





## Important Dates & Events



Elmtree Infant School - Term Dates & key Events



### → Key Dates

**\*\*\*22nd July - Year 2 Leavers Production and Assembly**

**9-10.15am Production**

**Break 10.15-10.30am drinks on the patio playground**

**10.30-11.15am Leavers Assembly \*\*\***

**Tuesday 22nd July** - Nursery last day

**Wednesday 23<sup>rd</sup> July**- We finish school at 1.30pm.

**Friday 5th September**— Reception, Year 1 and 2 return.

**Monday 8th September**— Nursery to return

### ● Important Reminders

- Please book school lunches on the Schoolbitez website.
- If you would like to volunteer for Wild Woods or Reading please do let the office know.

### 📌 Stay Updated!

Keep an eye on our **school website** and **social media pages** for any last-minute changes or additional events.

**Website:** [www.elmtreeschoolandnursery.co.uk](http://www.elmtreeschoolandnursery.co.uk)

**Contact:** [Office@elm.odbst.org](mailto:Office@elm.odbst.org) / 01494 771474



***The Reception Festival***

# The Reception Festival



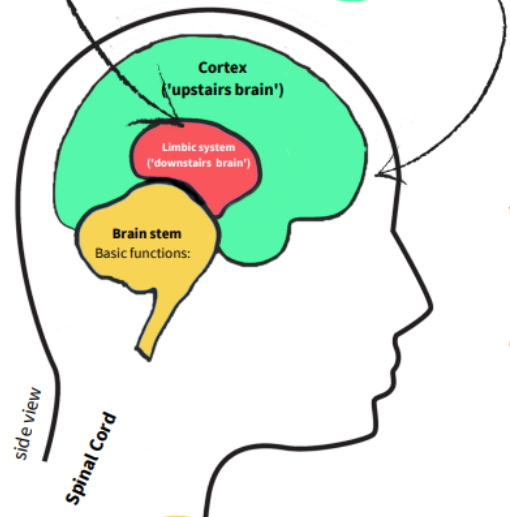


***The Reception Festival***

Emotions  
Big feelings  
Alarm Fight / Flight

Have a look at the videos on our "It's all about the brain" webpage to find out more about the hand model.

reflection  
thinking  
learning  
regulation  
planning  
decision-making



Breathing safety - e.g. pull your hand away when something is hot  
heart / circulation

## Upstairs / Downstairs Brain

Think of your brain in two parts; the **upstairs brain** and the **downstairs brain**. The **upstairs brain (cortex)** is the 'smart part' - thinking, planning, learning, decision-making, regulation and reflection.

The **downstairs brain (limbic system and brain stem)** the emotional part - feelings, and our **alarm system** which is meant to keep us safe from danger (like sabre-toothed tigers) by getting us ready to fight or run away.

Most of the time the upstairs and downstairs parts work well together with our 'smart part' keeping a lid on emotional stuff. Sometimes when we experience strong emotions or the alarm system goes off... we can flip our lids. The downstairs brain takes over and thinking / logic go and it's 'react, react, react'.

Sometimes the downstairs brain sets off a **false alarm**. No real danger (like STTs) but that makes us feel under attack; like being asked to tidy your room, speak in public or being told off by a teacher!

## Name it to tame it

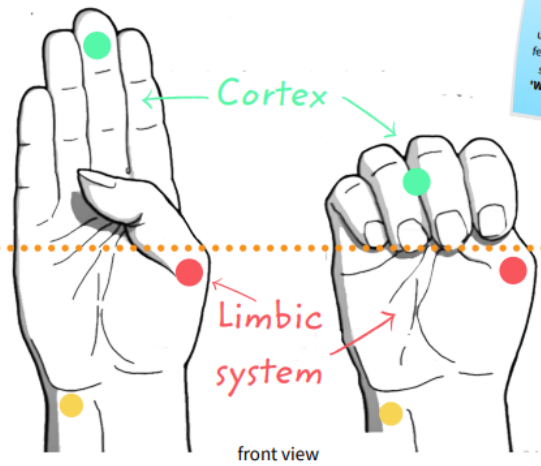
**Everyone flips their lids.** We can learn to "name it to tame it" - understand what happens and develop ways to help the 'upstairs brain' to get back in control\*.

Some people have had a tough time growing up or have had really stressful experiences in their lives (sometimes called 'trauma'). This means that their alarm system can get 'stuck' in the 'on' position and they can 'flip their lid' more quickly. It's not their 'fault' - their experiences have made them more alert and looking for danger. For those people it is often really helpful if they practice 'naming it and taming it' with another person like a trusted adult. This is called **co-regulation**.

**Try it.** Hold up your hand. Tuck your thumb (representing the downstairs brain) into your palm. Now wrap your fingers (representing the upstairs brain) over your thumb. This is a model of a brain working in harmony. The upstairs and downstairs are connected and communicating.

When **big emotions** come along the downstairs brain takes over and you 'flip your lid' (fingers up) and the connection is broken. It can be hard to 'control' emotions and make good decisions.

angry  
jealous  
scared  
sad  
anxious



\*You can find out about understanding our feelings and coping strategies in the 'Wellbeing Action Plan'.

## Hand Model of the Brain - Why we "flip our lid"

# Riddles you know

What has to be broken before you can use it?

**An egg**

What month of the year has 28 days?

**All of them**

What is full of holes but still holds water?

**A sponge**

What can you break, even if you never pick it up or touch it?

**A promise**

What goes up but never comes down?

**Your age**

What gets wet while drying?

**A towel**

What can you keep after giving to someone?

**A promise**

What gets wet while drying?

**A towel**

I shave every day, but my beard stays the same. What am I?

**A barber**

I have branches, but no fruit, trunk or leaves. What am I?

**A bank**

What can't talk but will reply when spoken to?

**An echo**

The more of this there is, the less you see. What is it?

**Darkness**

What has many keys but can't open a single lock?

**A piano**

What is black when it's clean and white when it's dirty?

**A blackboard**

What gets bigger when more is taken away?

**A hole**

What invention lets you look right through a wall?

**A window**

What can't be put in a saucepan?

**It's lid**

What has one eye, but can't see?

**A needle**

What has many needles, but doesn't sew?

**Christmas tree**

What has hands, but can't clap?

**A clock**

What can you catch, but not throw?

**A cold**

What kind of band never plays music?

**Rubber band**

What has a thumb and four fingers, but is not a hand?

**A glove**

What has a head and a tail but no body?

**A coin**

What is cut on a table, but is never eaten?

**A deck of cards**

What has words, but never speaks?

**A book**

Where does one wall meet the other wall?

**On the corner**

What building has the most stories?

**The library**

What runs all around a backyard, yet never moves?

**A fence**

What can travel all around the world without leaving its corner?

**A stamp**

What kind of coat is best put on wet?

**A coat of paint**

What is the end of everything?

**Letter g**

# 10 Easy and Fun Science Experiments For Kids

## 1. Magic Milk Experiment

- Pour milk onto a plate, add drops of food coloring. Use a cotton swab dipped in dish soap and watch the colors swirl!

## 2. Baking Soda and Vinegar Volcano

- Mix baking soda and vinegar in a small container (or a homemade volcano) and watch it fizz like lava!

## 3. Invisible Ink

- Write with lemon juice on paper, let it dry, then hold it up to a heat source (light bulb or iron) to reveal the message.

## 4. Dancing Raisins

- Drop raisins into a glass of soda (like sparkling water or clear soda) and watch them dance as bubbles lift them up and down.

## 5. Rainbow Walking Water

- Fill three cups with water (red, yellow, and blue food coloring). Place empty cups in between and connect them all with folded paper towels. Watch as colors mix and travel!

## 6. Balloon Baking Soda

- Fill a balloon with baking soda, attach it to a water bottle of vinegar, and drop the baking soda in to watch it inflate!

## 7. Static Electricity Balloon

- Rub a balloon on your hair and then hold it near small bits of paper or a soda can—it will attract and move them!

## 8. Bouncy Egg Experiment

Soak a raw egg in vinegar for 24-48 hours to dissolve the shell, leaving a squishy, bouncy egg.

## 9. Homemade Slime

- Mix glue, baking soda and contact lens solution to make stretchy slime.

## 10. Raincloud in a Jar

Fill a jar with water, top it with a shaving cream "cloud," then drop food coloring onto the cloud and watch it "rain" into the water below!

[hellowonderful.co](http://hellowonderful.co)



# 10 FUNNY SUMMER JOKES



1

**What did the pig say on a hot summer day?** *I'm bacon.*

2

**What do you get when you combine an elephant with a fish?** *Swimming trunks.*

3

**How can you tell that the ocean is friendly?** *It waves.*

4

**What did the sand say when the tide came in?** *I'm shore glad to sea you!*

5

**What do you call a snowman in July?** *A puddle.*

6

**What did the tree say when summer finally arrived?** *What a re-leaf.*

7

**Which letter of the alphabet is the coolest?** *Iced T.*

8

**What did the coconut say when it got stepped on?** *I'm cracking up!*

9

**Why can't basketball players go on vacation?** *They would get called for traveling.*

10

**How do you throw a party in space during summer?** *You planet.*



@weareteachers



# S U M M E R B U C K E T L I S T

- |   |  |   |
|---|--|---|
|  GO TO THE PARK             |  PAINT ROCKS                  |  MAKE S'MORES              |
|  MAKE POPSICLES             |  HAVE FAMILY MOVIE NIGHT      |  VISIT A WATER PARK        |
|  BLOW BUBBLES               |  WATCH FIREWORKS              |  GO FOR A HIKE             |
|  FIND SHAPES IN THE CLOUDS  |  PLAY VOLLEYBALL              |  RUN BAREFOOT IN GRASS     |
|  GO TO THE BEACH            |  MAKE ICE CREAM IN A BAG      |  MAKE WATER GUN ART        |
|  ROAST MARSHMALLOWS         |  PICK SOME BERRIES            |  USE A JUMP ROPE           |
|  HAVE A PICNIC              |  SEND A POSTCARD              |  RIDE A BOAT               |
|  DO SOME GARDENING          |  HAVE A SLEEPOVER             |  GAZE AT THE STARS         |
|  RIDE A BIKE                |  MAKE FRIENDSHIP BRACELETS    |  VISIT THE AQUARIUM        |
|  MAKE A CAMPFIRE            |  GO SWIMMING                  |  MAKE LEMONADE             |
|  READ A BOOK               |  COLLECT SEASHELLS           |  PLAY FRISBEE             |
|  GO TO THE LIBRARY        |  PAINT A RAINBOW            |  PLAY WITH SLIME         |
|  FLY A KITE               |  CATCH FIREFLIES            |  GO TO THE DRIVE-IN      |
|  EAT CORN ON THE COB      |  HAVE A DANCE PARTY         |  MAKE SPONGE WATER BOMBS |
|  GO FISHING               |  GO CAMPING                 |  DRAW WITH CHALK         |
|  VISIT THE ICE CREAM SHOP |  MAKE FRUIT GUMMIES         |  USE A HULA HOOP         |
|  MAKE PIZZA               |  HAVE A WATER BALLOON FIGHT |  VISIT A MUSEUM          |
|  PICK SOME FLOWERS        |  GO ROLLER SKATING          |  MAKE A BIRD FEEDER      |
|  GO TO THE ZOO            |  BUILD A FORT               |  BAKE COOKIES            |
|  MAKE A SUNCATCHER        |  PLAY IN THE SAND           |  GO ON A NATURE WALK     |



# GROWTH MINDSET SELF-TALK

**A**TTITUDE & EFFORT DETERMINE HOW MUCH I LEARN

I CAN **B**E BRAVE & STEP OUT OF MY COMFORT ZONE

**C**HALLENGES HELP ME GROW

I'LL TRY A **D**IFFERENT STRATEGY

**E**FFORT MAKES ME STRONGER

I CAN WELCOME **F**EEDBACK

**G**ETTING BETTER TAKES TIME

**H**OW CAN I BUILD ON MY STRENGTHS?

I CAN CHOOSE A GROWTH MINDSET

LEARNING IS A **J**OURNEY

I CAN **K**EEP AN OPEN MIND

**L**EARNING IS MY GOAL ... NOT PERFECTION

**M**ISTAKES HELP ME IMPROVE

**N**EW THINGS ARE OPPORTUNITIES FOR ME TO LEARN

IT'S **O**K TO NOT KNOW SOMETHING

WHEN I ASK **Q**UESTIONS, I LEARN

**S**UCCESS OF OTHERS INSPIRES ME

I CAN CHOOSE TO **T**RY AGAIN

**U**NSUCCESSFUL ATTEMPTS ARE ALL PART OF THE PROCESS

IT'S OKAY TO TAKE **R**ISKS

**W**HAT CAN I LEARN FROM THIS?

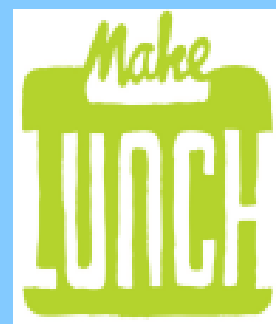
**X**YZ DIDN'T WORK I'LL TRY ABC

VALUABLE INFORMATION CAN BE FOUND IN EVERY FAILURE

**Z**ANY IDEAS CAN LEAD TO AMAZING THINGS

I DON'T KNOW HOW TO DO THIS... **Y**ET!

# Meet & Eat



## Meet & Eat, Chesham Free Family Lunch Club

*Sponsored by MakeLunch*

Open Tuesday & Thursday during the summer holidays from  
11.30am to 1.15pm. Lunch served at 12.30.

On the following dates:

July: 24<sup>th</sup>, 29<sup>th</sup> & 31<sup>st</sup>

August: 5<sup>th</sup> 7<sup>th</sup> 12<sup>th</sup> 14<sup>th</sup> 19<sup>th</sup> 21<sup>st</sup>

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United Reformed Church, The Broadway, Chesham, HP5 1BX



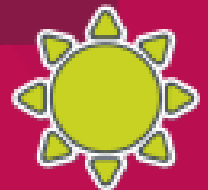
Take the pressure off this holiday and come along to Meet and Eat in Chesham. We are **free** and open to families in and around Chesham who would like a healthy hot meal and a place to relax during the holidays, with activities for children. Perhaps you're feeling a little isolated, trying to manage on a tight budget and the kids are bored and you have another day to fill, then come along and join in.

URC, The Broadway, Chesham, HP5 1BX  
Www.cheshamurc.org.uk rosemary@cheshamurc.org.uk  
07939 668271



# PREMIER HOLIDAY CLUBS

more fun, more friendships, more smiles  
DURING THE SUMMER HOLIDAYS!

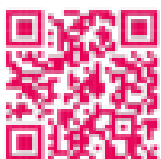


**SPORTS**  
HOCKEY  
ROUNDERS  
BASKETBALL  
TENNIS  
GYMNASTICS

**ADVENTURE**  
FENCING  
ORIENTEERING  
ARCHERY  
DEN BUILDING  
OBSTACLE COURSE

**ENRICHMENT**  
CRAFTS  
PAINTING  
EDIBLE ART  
YOGA  
DANCE

SPECIAL EVENTS ARE AVAILABLE THROUGHOUT THE SUMMER.  
FOLLOW OUR SOCIALS, @PREMEDCHILTERNS FOR ALL UPDATES



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