

Message from Mrs Ohene

Dear Parents and Carers,

What a wet and wind-swept week we've had! Nonetheless, our January Joy Day set the tone for the week and the children have enjoyed some wonderful learning and joyful opportunities, including making Joy bracelets, Rice Krispie cakes, a dance session and much more! Thank you to all of you who attended. The children love having you to stay and play/ learn with them! Play is so important- read our feature to find out why.

In our, 'I am safe, I feel safe' assembly we talked about how our site is safe and secure and where the children feel safe/ unsafe. Children reported feeling safe anywhere where the adults are which is good news!

Today, Andy and Emily from the Bumblebee Conservation Trust came to talk to children about how important bees are the different types and what they need to thrive. Year 1 and 2 children also took part in bee workshops. Later in the year we hope to carry out a bee safari in our grounds! If you have some spare time on Monday then why not join us for our Big-Dig-Plant-a-thon event from 12.15-1.00pm to help turn over the soil in our pond area, ready for planting by the children? You will need gloves, wellies and a pitchfork if you have one! We want to create and sustain key eco-systems that attract pollinators, including birds, bees and butterflies. Soon, our wildflower meadow will also be planted so watch our for beautiful flowers in the Spring and Summer.

Please keep an eye on school dates as we have class assemblies coming up soon.

Have a wonderful weekend.





CELEBRATION

Happy Birthday

- Alfie - Oak
- Leo - Beech
- Faras - Beech

Well Done Certificate

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Headteacher Award

- Jasper - Oak
- Alfie-Jack - Maple



Attendance

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

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

Champion Year Group: Year 1

This weeks attendance

Reception - 96%



Year 1 - 98%



Year 2 - 94%



Remember that **#MomentsMatter**

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



ATTENDANCE
EVERY DAY COUNTS!

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

Attendance matters!



**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



Dates for the diary

27th January Big dig plant a thon—Parent helpers needed 12.15-1pm please

29th EFF AGM 8pm via Zoom details will be sent out shortly

5th February Maple Class Assembly 9am

6th February Maple to Chesham Library 1.30-2.30 Parent volunteers needed

10th February Oak to Chesham Library 1.30-2.30 Parent volunteers needed

12th February Cherry Class Assembly 9am

17th February—21st February Half Term

24th February Return to School





January Joy Day

Dancing

Junk modelling

Bracelet making

Baking

Lego



The Power of Play

On Monday, we had our January Joy Day celebration. Children took part in a range of play-based activities throughout the day. I'm sure you were met with junk models and Rice Krispie cakes along with chatter about Lego activities and Joy bracelets.

Play is fundamental to brain development in children. Play offers children opportunities to create, to think critically and problem solve, to play actively and explore. They can try new things, get better at other things, keep trying until they master a skill. It's a chance to be really involved in a task, concentrating and trying out their ideas.

In our staff inset day earlier this month, we focused on play- deliberate and purposeful play interactions with children to encourage and expand language, and the importance of play for brain development (based on the work of Ben Kingston-Hughes). Did you know that when children play, feel-good chemicals are released in the body? When they play, their brains tell them, 'I like this, I want to do more of it.' The limbic system is a very old part of our brain shared with all other mammals. It is responsible for many of our more primitive drives such as eating and sleeping. This system is important because it deals with the essential drives for survival. Play is one of those essential survival processes. Here's a little bit of science. Play produces:

- Oxytocin**

(anti-depressant, promotes bonding- like a warm hug!)

- Opioids**

(similar effect to morphine- pain relief, ever wondered why children fall over and sometimes don't feel pain?)

- GABA**

(anti-depressant, feel-good factor!)

- Benzodiazepines**

(anti-anxiety - brain's natural valium, for helping to relax)

Curiosity also sits within the Limbic System and just like play is a biological and evolutionary survival process. Play is vital for promoting learning, memory, and higher thinking because it activates key chemicals in the brain. Conversely, when cortisol (stress hormone) is released in the body, it produces stress responses of fear, anxiety, aggression or even depression. For some this is demonstrated in fight, flight, freeze or fawn responses that we may be familiar with.

Did you know...?

- Humiliation is the most biochemically toxic emotion a child can experience.
- Excessive cortisol causes physical damage to the hippocampus causing it to degenerate which impairs learning and development.
- It has been suggested that increased feel-good chemicals released through play can help mitigate this damage.

At Elmtree, we are committed to children living out the spirit of childhood, not least in their learning but also through play. Monday was a prime example of children (and staff) enjoying play-based activities. One child was asked, 'What are you making?' His response: 'A Mess!' The sheer fun of the day brought out the playful spirit for all involved and although it may well have been exhausting for our little people, they certainly had a joyful day.

Watch out for some play-based learning at Elmtree in future. We want to activate all those feel-good chemicals so that our children have the best chance to be successful in their learning



FEB
HALF-TERM

PREMIER HOLIDAY CAMPS

ADVENTURE

FENCING

ORIENTEERING

ARCHERY

DEN BUILDING

NERF

SPORTS

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BASKETBALL

TENNIS

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ENRICHMENT

CRAFTS

PAINTING

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YOGA

DANCE

AND MUCH MUCH MORE..



Premier
Education

INSPIRING
ACTIVITY

YOUR NEAREST HOLIDAY CAMPS

Venue: **THOMAS HARDING JUNIOR,
HP5 1LR**

Dates: Monday 17th - Thursday 20th February

Ages: 5 - 12 year olds

Cost:	FULL DAY	EXTENDED DAY
	9:00am - 3:30pm	8:30am - 5:30pm
	£26.00 a day	£34.61 a day

Additional info: Please note that we can only accept children in current year 1 - 6 classes as per our Ofsted guidelines. As an Ofsted registered site, you can also book online using childcare vouchers!

Our 5* Holiday Camps are the perfect place to keep your kids entertained over the February half-term.

Children can meet new friends, have lots of fun, and create wonderful memories! Every day is different, with a mix of fun activities that children may not have tried before - from dodgeball to cricket, basketball to archery.

Book now for a half-term full of fun!

CAMPS ARE BETTER WITH FRIENDS!



TREAT YOUR FRIENDS TO 20% OFF...AND GET 20% OFF TOO!

*Ts&Cs apply. Refer a Friend discount on new bookings only.

Contact: office-11@premier-education.com

PLEASE BRING

- A packed lunch
- Plenty of water
- Suitable clothing
- Loads of energy!



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Have
your
say

Spring Roadshow 25



CHESHAM

**Come and talk to us about your
experience of local health and
social care services**

Thursday 6 March 2025



**Chesham Library
1 - 3pm**



Whether it is GPs, hospitals, pharmacies, care homes, dentists, 111, or any other health and social care service, we want to hear from you to help make improvements



Contact us :

Web: www.healthwatchbucks.co.uk **Email:** info@healthwatchbucks.co.uk **Call:** 01494 324832



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