



South Lee Prep School & Nursery Newsletter

Lent Term

9 February 2024

Dates for your Diary - February 2024

- Tuesday, 13th: Shrove Tuesday
Parent Online Safety Talk (*Childcare Provided*) at 4.45pm
- Wednesday, 14th: U13 Netball v Stoke College (A) at 2.30pm
U12 Football v Brookes UK & Stoke College (H) at 2.30pm
U11B Girls Netball v Ipswich School (A) at 2.30pm
U11 Football v Ipswich High (A) at 2.30pm
- Thursday, 15th: PTA Valentine's Disco from 5.30pm to 7.00pm
- Friday, 16th: U9 Rugby v Brookes UK (A) at 2.30pm

Monday, 19th - Friday, 23rd February (Inclusive Half Term)

- Tuesday, 27th: Reception Coffee Morning at 8.30am
Catchpole Club Lunch
- Wednesday, 28th: U1 Netball v OBH & Orwell Park (A) at 2.00pm
U13 Netball v OBH & Orwell Park (A) at 2.30pm
U11 Hockey v Framlingham Prep (A) at 2.30pm
- Thursday, 29th: The Benefits of Year 7 & 8 in a Prep School at 5.00pm

Dates for your Diary - March 2024

- Friday, 1st: U9 Rugby v St Joseph's College (A) at 2.30pm
U9 Hockey v Culford (TBC) at 2.30pm
- Monday, 4th: Year 3 Viking Day (*Year 3 Costumes needed*)
Pre-Prep Verse Speaking (Heats) in Class
Reception - Year 8 Parents' Evening (Academic)
- Tuesday, 5th: U11 Netball Tournament (H) at 3.00pm
Reception - Year 8 Parents' Evening (Academic)
- Wednesday, 6th: U13 Netball v Kings Ely (A) at 2.30pm
U12 Football v Thetford Grammar (H) at 2.30pm
U11 Netball v Kings Ely (A) at 2.30pm
- Thursday, 7th: World Book Day 2024 (*Author Emma Young visits*)
- Friday, 8th: Usborne Book Fair
International Women's Day
U9 Hockey v OBH & Ipswich High (H) at 2.00pm
PTA Mothers Day Flower Sale from 3.40pm to 5.20pm
- Saturday, 9th & Sunday 10th: Suffolk Arts Festival

Celebration Assembly Awards



PUPIL OF THE WEEK

Mollie P for continuing to impress us with her authenticity and sense of community spirit

Head's Awards



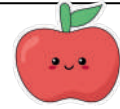
Nursery- Swans: Maxim W for remembering lots of information about his trip to the Natural History Museum | **Reception:** Lincoln T for having the confidence to write independently (**ACHIEVEMENT**) | **Year 1:** Jack J-W for always being his authentic self | **Year 2:** Zuri J for creating her own kindness posters and for thinking of ways to make other people smile | **Year 3:** Beau G for working so hard with great perseverance in his lessons this week | **Year 5:** Iris C for sense of adventure with delivering animals into the world | **Year 5:** Freddie C for having a focussed approach to lessons, and his confidence to use prepositional sentence openers in English | **Year 6:** Ivanna K for always trying her best | **Year 7:** Luke S for his progressive and determined attitude in Maths including an excellent piece of homework | **Year 8:** Pip F for trying hard this week in displaying leadership qualities



Celebration Assembly Awards



Apple Awards (Pre-Prep)



Nursery: Arlo S for colouring his Chinese New Year dragon with so much care and Lily M for pushing through her comfort zone and becoming so confident | **Reception:** Wyatt C for showing such excitement in his P.E. lesson (**ZEST**) and Olivia P for speaking so expressively in our New Year Race story (**COMMUNICATION**) | **Year 1:** Akira P for her excellent subtraction work and Frida A-W for working really hard on her pencil grip and letter formations | **Year 2:** Dominic B for improvement in reading and Ezmai B for great work on arrays in Maths | **Year 3:** Albert B for excellent work in English with our class book and Michael H-A for his fantastic efforts in Maths with fractions



Artist of the Week

Jameson T for his creative black and white photography



Players of the Week

Football
Tommy B

Netball
Evie D



Musicians of the Week

Shia W-B and Ethan T for fantastic performances in Tea Time Tunes



Useful Reminders

Mary Poppins Production

Pupils in years 4, 5, 6, 7, and 8 who participate in the dance troupe, ensemble, or as vocalists are required to attend rehearsals every Thursday until 5.20pm. The weekly timetable is displayed on the Mary Poppins notice board every Monday, and we would appreciate it if pupils could take a moment to check it weekly. Additionally, all songs that pupils are currently rehearsing are conveniently uploaded onto Teams for their practice.

French Club

On Monday 12th Feb, we will be celebrating “MARDI GRAS” with our very own “CARNAVAL”. We invite children who attend this club to bring in a fancy dress costume, if they would like to dress up after 4.15pm on the 12th. We will also be making masks to take home (the children are welcome to bring in their own feathers or gems to adorn their masks).

Reception Coffee Morning

Join us for our Reception coffee morning on Tuesday, 27 February at 8.30am. Please sign in at the office. We look forward to seeing you all!

Year 3 Food Tech

The children will be exploring the ratio of ingredients in a Victoria sponge in their lesson on Wednesday. They will need a **clean apron** and a **container** in which to take home their baking.

Year 4 Enrichment

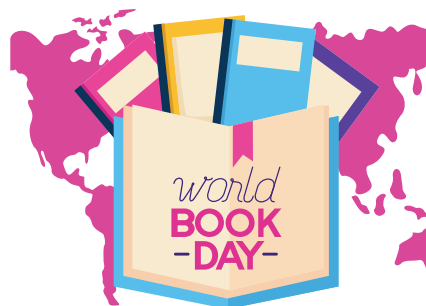
During our Enrichment session, we will be making French Toast. The children should bring a **clean apron** and a **suitable container**. This activity also counts towards one of their Junior Duke challenges!

Year 5 Enrichment

During our Enrichment session on Thursday, we'll be making brie and cranberry filo parcels. The children will require a **clean apron** and a **container** to bring their baked goods home.

World Book Day

World Book Day is scheduled for **Thursday, 7th March**. Your child will have the opportunity to dress up as their favourite book character, with the freedom to choose a flamboyant or a more understated look. Following World Book Day, the Book Fair will be with us on **Friday, 8th March**.

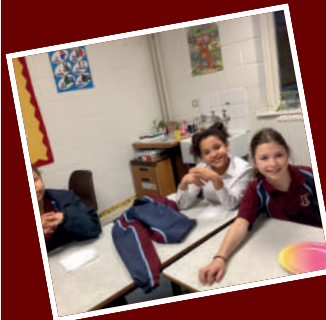


Our Journey in Images



Year 7 & 8 pupils bonding with the adorable Reception children over a heart-warming story time session! The joy of shared tales knows no age limit, and it's heartening to witness the magic of literature bringing our school community together.

#StorytimeMagic
#SchoolCommunity
#BondingOverBooks



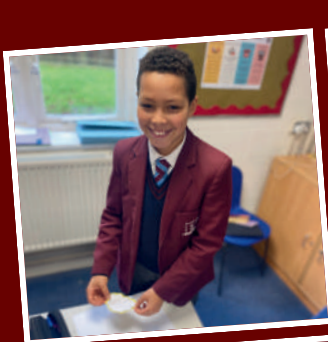
In STEM, Year 2 took on the challenge of building a bridge for the Billy Goats Gruff. Their impressive creation stretched a whopping 8.30m! Well done, boys and girls!
#STEMchallenge

We celebrated La Chandeleur with French pancake orders from the children, a song dedicated to the occasion, and French board and card games!
#LaChandeleur

Our Journey in Images



The children had been working hard to prepare for Tea Time Tunes! We had a diverse range of performers - both vocal and instrumental - from the classical to the contemporary: enchanting melodies to vibrant rhythms. Well done everyone!
#TeaTimeTunes
#InspiringTunes



This week, we're joining hands to celebrate Children's Mental Health Week! ❤️ It's the perfect time to shine a light on the importance of supporting our young ones' emotional well-being.

From fostering resilience to promoting kindness, let's empower our children with the tools they need to thrive mentally and emotionally.
#ChildrensMentalHealthWeek



Tiny Explorers Take on the Wild! Nursery's Forest School Adventure: Smiles, Stories, and more!

#OutdoorLearning #NatureExplorers
#ForestFun #HappyFaces

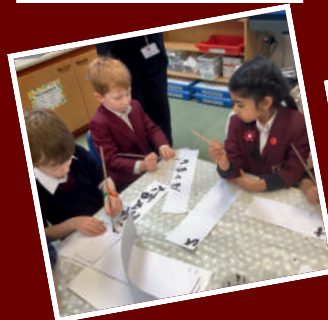
Our Journey in Images



Exciting times in Year 3 as we dive into the world of Chinese culture!

Our little maestros are creating magical music inspired by the majestic Chinese dragon.

#MusicalMagic
#Year3Adventures
#CulturalExploration



What an adventure our children had navigating through challenging obstacle courses! Filled with opportunities to explore, balance, and climb, it was Creative Play at its finest! Guaranteed smiles, laughter, and unforgettable memories were made!

#CreativePlay #ObstacleCourseFun
#SmilesAndLaughter

A huge thank you to the Fang family for bringing the spirit of Chinese New Year to our school with their beautiful decorations and delicious treats! The children had a fantastic time immersing themselves in the culture and festivities, learning all about this special celebration. #ChineseNewYear #CulturalLearning #CommunitySpirit

INTERVIEW WITH MRS MACFARLANE



It's Mental Health Awareness Week this week, so we thought it would be splendid to gather insights from our Mental Health Lead, our very own legend Mrs. Macfarlane, our school nurse.

(1) Mrs Macfarlane, tell us a little bit about your career so far and how long have you been at South Lee Prep school?

I was born in Manchester, you may have noticed the accent. My student nurse training was based within the Salford NHS trust, the 3 years training was very diverse and I spent time in Royal Manchester Childrens hospital, Salford Royal hospitals, Ladywell and Hope hospitals. The names of these hospitals has changed and they now reside on a large central site.

(2) Can you tell us what a typical day looks like as a South Lee Prep school nurse and how you help young people?

At South Lee, there's hardly ever a typical day – each one is wonderfully different, and that's what makes it so enjoyable. I greet our children as they arrive from their cars on the driveway, providing a chance for fresh air and to address any concerns or worries they or their parents may have. I always have my phone with me, ensuring I can be contacted wherever I am on site. Additionally, I have my own little first aid room where children often pop in to say hello or seek assistance if they've had a tumble or are feeling anxious.

(3) What are some common signs or symptoms that might suggest a child is struggling with their mental health?

We are very familiar with our South Lee Children, which enables us to quickly notice if something seems amiss. Parents regularly share with us both the highs and lows of their child's life, allowing us to keep a watchful eye if things are feeling turbulent. As a staff, we discuss the children's well-being twice a week, where teachers can raise any concerns about behaviour or friendship issues. We also observe if a child's concentration levels in lessons are different than usual, or if their behaviour has changed in any noticeable way.

Having teachers at the head of lunch tables provides valuable insight into what children are eating or if they're not eating at all. We encourage parents to approach us promptly with any concerns they may have, as we are committed to reciprocating their trust. When school and parents work together, it creates a powerful alliance for promoting positive mental health.

INTERVIEW WITH MRS MACFARLANE

(4) How can parents and caregivers support a child who may be experiencing mental health challenges?

Children may express feeling unheard at school, and sometimes the same sentiment is shared about home. The most practical approach for all of us is to be attentive and listen. At our school, we emphasize safety through various methods, especially in the use of technology. While technology is fantastic, discussions revolve around staying safe and having acceptable screen time. We take a unique stance by not allowing phones in school – these devices, when used correctly, are amazing and useful. However, we're concerned about the potential mismanagement of phones and their potentially disastrous impact on the mental health of young owners who have very little downtime, being available 24/7.

(5) What strategies do you use to help children feel comfortable and open up about their feelings?

The children often see me around school, where my open door and welcoming room encourage them to drop in, say hello, or borrow a toy. I've added the Children's Bristol stool chart on my notice board - a playful way to discuss important topics like diet and constipation. Collaborating on PHSE with Mrs Catchpole, I aim to be approachable and create trust. Using funny voices and faces with younger pupils adds a touch of fun to our interactions. Kindness is fundamental to our discussions, and I hope the children see me as embodying that value.

(6) In your experience, what are some effective ways for children to cope with stress or anxiety?

Growing up can be challenging, so at South Lee, we focus on resilience and preparation. Each child has a safety circle of trusted individuals to turn to when they feel sad or unhappy. We teach First Aid and Mental Health First Aid daily, and we celebrate each child's strengths, ensuring they feel positive about themselves. Alongside support and reassurance, we set clear expectations and boundaries. Our goal is to impart 'Golden Values' and equip our young people for life's challenges. From Nursery to the day they leave us, our family approach remains steadfast.

(7) Can you share a success story or memorable experience where you've seen significant positive changes in a child's mental health through your work?

If I were to tell you what has made me happy and feel successful here it would be pages long. One thing that made me glow was when Year 8 left last Summer, each one had hand drawn and then written me a little card. These are displayed in my office and the sentiments they expressed made me feel pleased that what I do here is very worth while. I smile on my way in and mainly smile on my way home, I am very lucky to have a work place where staff and children are so wonderful to spend the day with.
