



Gooderstone Church of England Primary Academy

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Welcome Back.

Dear Parents/Carers,

Welcome back to school, everyone! I hope you all had a really restful half term with family and friends. This half term is jammed packed full of fun days, activity weeks and much more!

Worrying and Anxiety.

We are continuing our work with children on developing emotional intelligence. We have focused a lot on how our brain works over the last two years from using the learning pit to developing an attitude of gratitude (just by reframing the sentence starter 'I have to' to 'I get to' has a huge impact on developing a positive mindset). As part of our half termly assemblies, we will be exploring the different parts of our brain with focus on the emotional and logical parts and the impact they have on each other. Understanding our brain and why we react the way we do is key in learning how to regulate our behaviours. This is especially true when it comes to worry and anxiety. In assembly next week we will be exploring the difference between worry and anxiety:

<https://www.youtube.com/watch?v=16EoZOsCJgs>. Anxiety is your body's natural threat response system. When your brain believes you are in danger, it sends out a series of signals to your body, resulting in the fight-or-flight response. Anxiety has three main components: emotional, physiological, and cognitive.

An example; Imagine you have a presentation coming up at work. You might notice feelings of fear and dread, two examples of the emotional component. You may also notice bodily sensations, such as heart palpitations, sweating, or a tightness in your stomach, which represent the physiological component. Finally, you might be thinking, "I can't do it," or "I'm going to embarrass myself." Worries and negative thoughts like these about what might happen in the future are the cognitive component. So, while worry is an important part of anxiety, it is only one of the three main building blocks.

In school our mantras of 'practice makes progress', 'I can't do it... yet!' and 'owning their own part' of any negative behaviours have really developed. These in turn are helping children to understand why we behave and react the way we do in situations. Alongside this work we teach the children lots of coping strategies to try to help them recognise their triggers, when they are overwhelmed and what to do when they feel like this. We will be using this resource to calm our minds:

<https://www.youtube.com/watch?v=70j3xyu7OGw>

Parent Survey.

This week we will be sending out our annual Parent Survey. We are always keen to hear how we are doing from our families. We have composed the questions to try and capture your thoughts on all areas of school life. There are comment boxes under each section if you wish to add to your answers and an overall comment box at the end. We are keen for as many parents to fill it out as possible, you will find the form here: <https://forms.gle/773zAK1J1Yn82sEN6> . The survey will close at 12pm on Friday 7th April.

We ask that you please be mindful that the staff at school are people too, so whilst we encourage you to be honest in your feedback we ask you to be kind.

Ambassador Badges.

As you know our children are so proud to be subject ambassadors for the Federation and they play a vital role in help shaping the subjects taught in both schools. As part of this role we have had special badges that the children can wear to show that they are doing an important job and the children LOVE wearing them. However, quite often these badges go missing at home and are not returned to us and unfortunately they are not cheap to keep replacing. We have now purchased a new stock of badges and we will be giving them to the ambassadors to wear in their sweatshirt or t-shirt for the remainder of the academic year. We will talk to the children about how important it is to look after the badges and it is their responsibility to keep it safe. Moving forward, if these badges are lost we will be asking for parents to cover the cost of the lost badge at the price of £1.50 each.

Science Week.

March is a super busy month for themed days and weeks, with that in mind it is British Science Week on the 10th – 14th March. We LOVE science here at Mundford and will be taking part in lots of fun activities and experiments in the theme of Change & Adapt. On Friday 14th March the children can finish the week in style and come dressed as 'Mad Scientists'. If you would like to know more about science week here is the link for the website: <https://www.britishscienceweek.org/>

World Book Day.

Continuing with the busy themed weeks and days we will be celebrating World Book day on Friday 7th March. Children can come to school dressed as their favourite book character and bring their favourite book or they can be cosy and come in their PJs with their favourite book, it is their choice. During the day the children will take part in lots of book related activities and spend time sharing their favourite books together.

Key dates:

- Friday 7th March 12pm- Parental survey ends.
- Friday 7th March: World Book day – PJs or Book Character costumes.
- 10th- 14th March: Science week
- Friday 14th March: Mad Scientist Week.

Thank you all for your support.

Best wishes,



Mrs Godbold.