



# Calmore Infant School

Autumn Newsletter II – Friday 28th November 2025

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Dear Parents,

This week we have starting to think a lot more about Christmas! The FCIS craft and wreath evenings were really popular, thank you to those that supported and organised them. The nativity rehearsals are really coming on well and the children and staff are loving the singing and Makaton signing. We know that you will love the performances too. Thank you to those that have already sent their named costumes into school. The Robins class also got to meet their new teacher, which was very exciting.

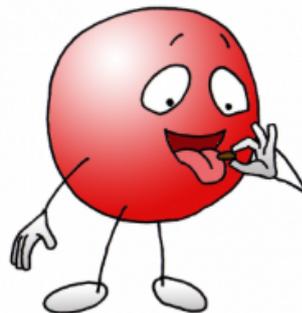
## Dots

Year One have started their 'dots' sessions with Mrs McDevitt, dots is based around three key interconnecting themes: Awareness, Connection and Emotion.



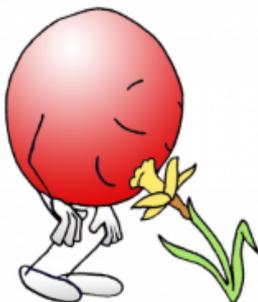
### Awareness

- Awareness and attention
  - Metacognition
- Anchoring/Grounding/Being Present
  - Calm
  - Curiosity
- Embodiment/Focus/Concentration
  - Body (Senses, Movement, Stillness, Breath)



### Connection

- Connection/Interconnectedness
  - Awareness of others/Social awareness
    - Relationship skills
    - Developing empathy
  - Awareness of World
    - "Awe and Wonder"
  - Compassion - for self and for others (Care, Kindness, Gratitude, Wellbeing)



### Emotion

- Emotional Balance/Emotional Regulation
  - Recognise/Reframe
- Emotional Literacy (Recognising emotions)
- Working with distractions
- Self-management
- Self-regulation
- Self-awareness
- Choices



The aim of this session is to help children learn and develop the life skills needed to live confident lives.

All year groups will have the opportunity to take part in these sessions. We know how much the children enjoy these sessions. Hopefully they will tell you all about them!

They will spend time in the sessions, thinking of ways to settle, calm themselves and how gratitude can really help to feel more content.

## Nativity Performances

Please remember that our dress rehearsal is next Friday at 9:15 am for our KSI (Yr 1 & Yr 2) performances. This is the only Year 1 and 2 performance that younger siblings are able to come to as children are not able to attend the main performances. Please see the board outside the main gate for details of all performances.

## Attendance

This weeks whole school attendance is 94.4%. Robins again won the biscuit break this week with attendance of 97.2%. Well done Robins!



## Well Done Certificates and Thank you Stars:



Ducklings: Johnny, Milo & Henry

Penguins: Zayn, Rosie & Vinnie

Owls: Stanley, Harper & Carter

Goldfinches: Noah H, Penelope & Mia

Robins: Annabelle, Austin, Liv & Nevaeh

Swallows: Phoebe D, Archie & Louis



## School Website

We know that we send lots of information home, it can be hard to keep on top of all the organisation. There is lots of information on our school website, do not forget to look at the calendar or news section (including the details of the 4 day 'Black Friday' promotion of 15% reduction on school uniform costs).

## Illness

Please remember it is a 48 hour period off school if your child has sickness or diarrhoea (since last episode). Sending your child into school when still unwell spreads the illness to staff, children and families.

It is really hard to cover staff when they are ill and disrupts learning for all children. We appreciate your help in keeping our school community well.

If your child has a temperature they cannot come to school even after calpol.

We hope you have a super weekend, please make sure that the children get lots of sleep as we have a lot of things planned for the next few weeks!

Mrs Willes and Mrs Weaver