



Calmore Infant School

Spring Newsletter 6 – Thursday 13th February 2025

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Dear Parents and Carers,

This week as part of E-Safety week we have also incorporated Mental Health Awareness Week. We have reflected on our feelings, talking about what makes us feel happy and sad and what we can do if we are not feeling ourselves.

We have thought about focussing on our breathing as well as taking note of what has gone well in a day, as even on a tricky day there will be little things that have gone well. We use Mindfulness to support our children, this reminds us to take notice of our thoughts, feelings, body sensations and the world around us. We notice the sensations of things, the food we eat, the air moving as we walk past. All this may sound very small but helps us to make small changes and be more present in the world around us and what is happening now, rather than worrying about what has happened or might happen. There is lots of information on Mindfulness but here are a few steps you can take if you want to make the change.

Notice the Everyday– Keep it Regular– Try Something new– Watch your thoughts– Name Thoughts and Feelings– Free Yourself from the Past and Future worries.



Attendance

This academic years whole school attendance is 95.7%. Expected national school attendance is at least 95%. So a big well done to everyone! This week the class with the best attendance is the Ducklings class with 97.9% they really enjoyed the biscuits.

As it was the last week of half term, we did our lucky dip for the children that had been in everyday this half term. Well done to all the children that have been every day this half term.

We start a new lucky dip again after the half term so everyone has a chance to be in it again. As well as our new children being able to enter!



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Dates for the Diary

Tuesday 25th February– Year 2 to Testwood Lakes

Thursday 27th March– FCIS meeting, 9am– all welcome

Week of 17th March– Parents Evenings– please see email from the office

Friday 21st March– Rock your Socks Day (Down Syndrome Awareness Day– see info)

Thursday 27th March– Year R trip to Hillier's Gardens

For more dates please look under trips on Arbor!

After School Clubs:

You will have received information on the after school clubs that are running after school after the half term holiday.

We have listened to feedback and tried to expand places for the clubs that are most popular.

Places need to be booked and paid in advance. School run clubs are on Arbor and Team Spirit clubs are booked directly with Team Spirit.



Newspapers

If you have any collections of old newspapers we would love to have them for our art lessons.

Please send in with your child to their class.



This has been a tricky week with illness, with lots of children having temperatures and headaches. We hope that those children that have been poorly are soon on the mend. Have a super half term holiday with your families and friends, we look forward to seeing you on Monday 25th February.

Mrs Willes and Mrs Weaver