



Aston Rowant C+E Primary School
School Lane, Aston Rowant, Oxon OX49 5SU
01844 351671

office@aston-rowant.oxon.sch.uk

Headteacher: Mrs Helen France

6th October 2023

From the Headteacher

School Trips Near and Far

This week we had the privilege of taking Years 4/5/6 to The Tower of London. The children have been writing about this landmark and its history in English, and this was an exciting chance to see its power and impact up close. It was a full and fun day. Among other things we: viewed the crown jewels; walked the wharf and walls of the castle and the battlements; marvelled at the moat; visited the Fusilier Museum; examined the Tower's Mint exhibition; explored the Medieval Palace; counted the chapels and towers; investigated Traitors' Gate and the Torture Tower; met sentries, Yeoman Wardens and Ravens... we fitted a lot in! We know that the children had an incredible day and we are very proud of how the children conducted themselves and represented the school.

Squirrel Class went to explore Aston Rowant parish church. The children were inquisitive but respectful, they asked some thoughtful questions and made insightful observations. A fun morning learning about the history and community of the church and what worship looks like on a Sunday and throughout the week.

Mental Health in Children

On Tuesday 10th October it is World Mental Health Day which aims to increase awareness about mental health and the importance of looking after it. The day is a chance for everybody to talk about mental health and emphasise how important it is to reach out if you're struggling. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.

We will focus again on this with our Children's Mental Health Week in February. However, it is a conversation woven throughout the year. We discuss mental health regularly in PSHE, we have a Growth Mindset attitude in all of our lessons and a time to reflect on our Wellbeing Wednesdays.

As part of our commitment to this vital topic all teachers have recently undertaken Mental Health Training by Oxford Health to help us as front-line staff become more aware of mental health issues that affect children. We covered a number of key topics and have accessed new resources but two key issues, whilst well-known, are worth highlighting.

It is alarming that just 5 nights of sleep deprivation can lead to mild or moderate depression, learning difficulties and self-esteem issues. There are a number of excellent websites about 'sleep hygiene' - the lead-up to and routine around a child's bedtime including the NSPCC and Great Ormond Street's [Sleep hygiene](#). Having good sleep hygiene can help a child to settle to sleep and to stay asleep. Children aged 3 to 5 years need on average 10 to 13 hours (including naps) and children aged 6 to 12 years need 9 to 12 hours of sleep.

We also looked at the impact of diet on children and how evidence suggests that adequate intake of micronutrients (metals and vitamins) is crucial to brain development. It is timely to remind parents that children are only allowed healthy snacks at breaktime and crisps and chocolate bars are not permitted.

Don't forget Oxfordshire Youth delivers online Mental Health Awareness Sessions for Parents and Carers of children and young people. The sessions are FREE for Oxfordshire residents. The Mental Health Awareness Training for parents and carers aims to aid understanding of relevant topics surrounding young people's mental health today. The link is: <https://www.eventbrite.com/e/an-online-mental-health-awareness-session-for-parents-and-carers-tickets-296940455897>.

Make a Difference Day

Chinnor Community Church (High Street, Chinnor) is running a Make a Difference Day on Saturday 7th October 10:00-2:30 with a variety of stalls and crafts, fun activities for children and tea/ coffee and lunches also available. All proceeds go to Operation Christmas Child. Help them make a difference to children around the world if you can pop along.

Kind regards

Mrs France

GRATITUDE RESILIENCE OUTREACH WONDER TRUST HARMONY

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Teaching and Learning in the Classrooms this week:



Hedgehog Class

We have been consolidating our understanding of traditional fairy tales this week in Hedgehog. We have really enjoyed putting on puppet shows to tell the story and making tickets for each seat. On Thursday we made Gingerbread men as we rehearsed our lines from the story. The children were a little worried they might jump out of the oven and run down the road! We enjoyed our RE inspired session learning about the story of The Lost Sheep. We have been working very hard to practice our good manners this week by waiting our turn to talk and being patient when our needs are not immediately met. We hope you are noticing at home!



Squirrel Class

We have been busy squirrels again this week, working hard on our stories. We are almost finished, and the children have much to be proud of. In addition, the neat and joined handwriting that is being produced is amazing! It's so brilliant to see this being applied outside of handwriting lessons and across all subjects. Well done Squirrels! Our maths learning on place value has come to an end this week and we begin a new topic on addition and subtraction next week. In science this week we conducted an experiment on the best type of material for an umbrella and our geography lesson saw the children checking their rain gauges for measurements. There were some surprises in store for us, with some gauges being used as bug hotels! We had a calming mindfulness walk on Thursday morning, with a chance to worship as a class, immersed in nature. Finally, we went to the parish church to explore what it means to belong to the community of the church. A lovely way to finish off another amazing week!



Fox Class

Another 'Wonder' filled week in Fox Class. We started the week off ensuring we were able to identify past and present tense and this was a theme for the homework too as children were tasked with writing about what they did on Wednesday. Our Geography skills were further enhanced by studying maps and learning about grid references. We looked at 4-figure references and even a few 6-figure references too! The Year 4's looked at a map of the city of London to see what they could identify in preparation for their trip. Thank you for providing the children with torches for Tuesday as we learnt what causes shadows and what material is opaque, translucent or transparent. It gave the children the opportunity to investigate for themselves and the classroom was alive with discussion! Wednesday was a very different sort of day: our Year 4's headed off to the Tower (!) whilst the Year 3's were tasked with making a 3D map of Aston Rowant. We discussed what key features should be included before they set to work in their groups. They were able to make their own playdough to model features and had access to a range of materials. Some also made an OS map of their model and they all had a go at filming themselves as they discussed what they had made. I was extremely proud of how well they worked together, and what they managed to achieve.



Owl Class

What a fantastic week this has been. We began our week by making sure that we could pinpoint an exact location on an OS Map as accurately as possible, using first four, then six, then eight figure grid references. They had to identify locations from given co-ordinates, which led to a clue, which lastly they had to unscramble, which was the last location they needed to find. I think each Owl could find their way back home from anywhere now, given a compass, map and grid reference! In English, we focused on the coming trip to the Tower Of London, writing about what we hoped to see and how we imagined it might feel to be there. Nothing really prepared us for the visit though: the children had an incredible day, speaking to Yeoman Warders about life in the Tower today, travelling at the Crown Jewels, counting the ravens that hopped about the cobbles and shuddering in horror at the torture chambers. The children were excellently behaved and showed such curiosity and wonder. I am very much looking forward to seeing how this first hand experience will shape and inform their writing next week. In Maths, Year 6 are recapping the four essential operations using their reasoning skills, whilst Year 5 are about to explore multiplication in further depth. Well done for a busy and exciting week Owl Class. Enjoy your weekend!

GRATITUDE RESILIENCE OUTREACH WONDER TRUST HARMONY

'Let your roots grow down into him, and let your lives be built on him.' Colossians 2:7

Photo Diary of the Week



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Whole School Topic - Autumn Term: Who Do You Think You Are?

Values: Wonder

This week, following the naming of our Rainbow Room, we have been looking at the story of Noah's Ark. Before God flooded the earth as a sign of judgement Noah was told by God to build a huge boat, or ark. Every kind of animal and bird was given a safe home in the ark as it rained for 40 days and nights. When it stopped raining the land had begun to dry and trees and plants to grow again. God sent a rainbow as a sign of his covenant promise to never flood the earth again. We all remembered an occasion when we have seen a rainbow. We know that rainbows are seen when the sun shines through rain. They often appear after a storm. They are a sign of hope, of trust and of growth. The values demonstrated by all who use our new room.

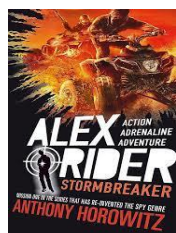
'I have set my rainbow in the clouds, and it will be the sign of the covenant between me and the earth. Whenever I bring clouds over the earth and the rainbow appears in the clouds, I will remember my covenant between me and you and all living creatures.'
 Genesis 9:13-15

Climate Warriors Challenge

This week we're thinking 'APPLES' - choosing local fruit over imported fruit, and 'HARVESTS' - our reliance on nature's harvest to enable us to eat, and the unexpected curveballs that farmers are having to deal with as a result of human-induced climate change. You may like to find out more about [British Apples](#), and older children may be interested in the annual report produced by the Met Office - '[The State of the UK Climate](#)'. This year we have had a cold spring and very dry June, followed by a wet, dull, and cool summer, have left sun- and heat-loving crops struggling'. Farmers have to live with conditions imposed on them by the climate, and also recent human-induced climate change is throwing them some unexpected curveballs as seen in [A farmer's view: '2023](#)

Book Review by Connie, Year 6.

Alex Rider 2: Stormbreaker, by Anthony Horowitz.



I recommend this book because it is filled with action, adrenaline and, of course, adventure! I personally think this is a fantastic book to read because you can't put it down. It is full of daring cliff-hangers that make you want to read on, and they are full of amazing descriptions. After this, you will want to read all of the Alex Rider series.

Happiness Calendar: Optimistic October

October is a great time to focus on the positive and set yourself goals. This month's happiness calendar is [here](#).

Housepoints

<i>House</i>	<i>This Week</i>	<i>Total</i>
Bethlehem	59	280
Eden	52	283
Galilee	60	294
Jerusalem	45	262

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Fmails and letters sent this Week

Date	Email/Letter	For	From	Concerning
04-10-23	Email	Hedgehog	Office	Photo Permission
04-10-23	Email	Y4 and Owl	Office	Late return from Trip
04-10-23	Email	All	Office	School Health Nurse Newsletter

October	
1 st – 31 st October	Black History Month – 'Before Windrush'
Tuesday 10 th October	World Mental Health Day - 'Mental health is a universal human right'
Wednesday 11 th	Open Morning at LWS for Year 7 intake 2024 (NB Taster Day Friday 5 th July 24)
Thursday 12 th	Flu vaccinations all years
Wednesday 18 th	Open Morning for Reception 2024
Friday 20 th	INSET Day
November	
Wednesday 1 st	Governor Strategy Meeting
Friday 3 rd	Open Morning for Reception 2024
Mon 6 th and Wed 8 th	Parents' Evenings
Friday 10 th	H&S Inspection
Friday 10 th	KS2 Service at War Memorial 11am
Mon 13 th – Fri 17 th	Anti Bullying Week – Make a Noise
Friday 17 th	Children in Need (wear spots and dots and make a donation to this charity)
Mon 20 th – 24 th	Road Safety Week inc Be Bright Be Seen Day on Friday (wear your brightest clothes)
Friday 24 th	Bags2School
Wednesday 29 th	Governor Business Meeting
December	
Monday 4 th	Open Day for Reception 2-3pm
Wed 13 th and Thurs 14 th	EYFS Nativity
Tuesday 19 th	Christmas Lunch at The Lambert Arms (organised by PTA)
Tuesday 19 th	Christingle in church
Wednesday 20 th	Pantomime in school funded by PTA
Wednesday 20 th	Christmas Party School ends 1:30

Academic Year Calendar 2023-24

Autumn 23	
Tues 5 th Sept – Thurs 19 th Oct	Autumn Term (1)
Mon 23 rd – Fri 27 th October	HALF TERM
Mon 30 th Oct – Wed 20 th Dec	Autumn Term (2)
Spring 24	
Tue 9 th Jan – Fri 9 th Feb	Spring Term (1)
Monday 12 th – Fri 16 th February	HALF TERM
Mon 19 th Feb – Thurs 28 th March	Spring Term (2)
Summer 24	
Mon 15 th April - Thu 24 th May	Summer Term (1)
Mon 27 th May – Fri 31 st May	HALF TERM
Mon 3 rd June – Wed 24 th July	Summer Term (2)

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