

Headteacher message

Thank you to those of you who have completed and submitted volunteer application forms. If we have not been in contact with you, we will be making contact with you shortly.



Do you work in or own a café/ restaurant/bakery?

Nursery and Reception are currently reading 'Goldilocks and the Three Bears' and 'The Three Billy Goats Gruff'. Both stories contain characters who are greedy! If you have experience of working in cafes/restaurants/bakeries, or even just love to cook, we would like you to invite you to speak to the children about cooking! You could talk to them about your job, what you cook and the type of ingredients you use. You could even share a simple recipe for the children to try at home with their parents/carers. Please speak to Miss Pitter or Miss Kazmi if you are able to support.

ONLINE PARENT/CARER WORKSHOPS

Jointly run by Off The Record and Croydon Drop In

Join us online for the following workshops. Sign up via Eventbrite by scanning the QR code below. Cameras and microphones can be turned off.



Helping your Child's Behaviour (Primary age)

Wed 1st November 1-2 pm

Helping your Child with Anxiety and Worries

Wed 8th November 1-2 pm

Looking After Yourself for Parents

Wed 15th November 1-2 pm

Introduction to Autism

Wed 22nd November 1-2 pm

Introduction to ADHD

Wed 29th November 1-2 pm



Off The Record also run workshops for parents for support with **Self Harm** and **Emotionally Based School Avoidance** scan the QR code to the left to find out dates, times and how to sign up.



Dates for diary

Monday 16th October

Jasmine class trip to Mitcham clock Tower and library

Wednesday 18th October

Year 2 walk around the local area

Thursday 19th October

Year 6 trip to V and A museum

Friday 20th October

Individual/siblings photograph

Monday 23rd October– Friday 27th October

Half term

Attendance Stars



Classes with the best attendance this week:

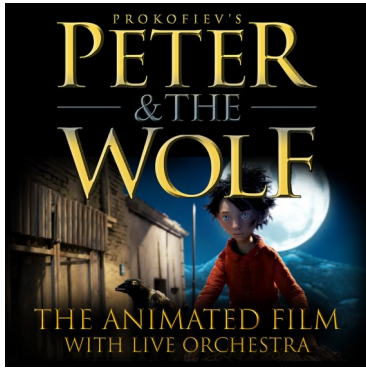
Jasmine: 96.7%

Hibiscus: 99.3%

Whole school attendance: 94.9%

Well done to everyone!

Remember our whole school target is 96%!



Following the success of my *We're Going On A Bear Hunt Live In Concert* last November, Regent Hall (Oxford Street) will be hosting an event on Saturday November 18th, with three performances at 1pm, 3pm and 5pm of **Peter & The Wolf**. **Peter & The Wolf** will be set beautifully to Prokofiev's famous music. St Paul's Sinfonia will be live on-stage in front of the big screen, and the film's director Suzie Templeton together with some of the actual puppets that star in the film will be there as part of the extended introduction section. And the performance will open with an exclusive preview of **Kensuke's Kingdom** - the new animated feature film adaptation of the Michael Morpurgo book of the same name.

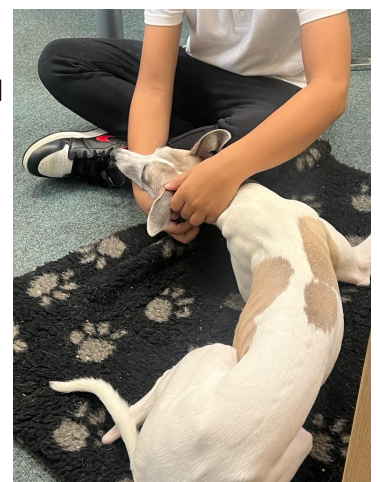


All profits from the event will benefit the excellent music education charity Music Masters - <https://musicmasters.org.uk> - empowering children to reach their creative potential through music, no matter their background. A promo code "**MERTONPETER**", giving a 10% discount on ticket purchases here: <https://www.eventbrite.com/e/peter-the-wolf-live-tickets-706749666277>



Nelly's Back!

A warm welcome back to Nelly! She enjoyed being taken for a walk around the school and had a great time on the field at lunchtime. She was exhausted by the end of her visit today. Rest up Nelly and we'll see you soon.



Well being



mertonwellbeing@swlstg.nhs.uk



October Wellbeing News

Welcome to October's edition of NHS Merton Talking Therapies Wellbeing News

Wellbeing

We have started running monthly workshops with **V-I-A - Merton**, giving their clients more information about how they can look after their mental wellbeing.

We would also like to extend a warm welcome to our new interns joining the wellbeing team, we wish them all the best!

Wellbeing football

Are you a football fan? Do you enjoy playing football to stay active? In Merton there are lots of opportunities to engage in football training and improve both your physical and mental wellbeing. **Motspur Park FC** and **Fulham FC** are offering **free adult football sessions** for all abilities.

For more information contact:

Motspur F.C "Football for Wellbeing":
<https://academy.motspurparkyouthfc.com>

Fulham F.C "More than a game":
<https://www.fulhamfc.com/foundation/what-we-do/more-than-a-game/>

Our Partners

October equals **Stoptober!**

One You Merton will be busy this month encouraging and supporting residents to stop smoking. The experienced and friendly team have a range of tools they can offer to make the important step to quit and start improving health immediately.

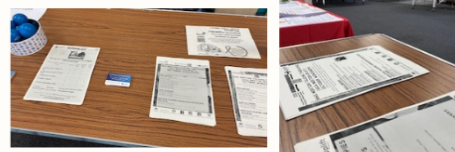
They can also visit workplaces and community organisations to promote their services. **Call 020 8973 3545** to find out more

Community & Partners



It was great to return to the **Ukrainian Hub** run by **Polish Family Association** at the New Horizon Centre (pictured above) to discuss mental health support and managing stress. It was lovely to hear how the Hub has provided a feeling of family and safety.

On September 23rd, we joined the **Merton Council's "Cost of Living" event** at Pollards Hill Library. Alongside other local organisations we shared information about the wellbeing and mental health support that is available in the community.



Our stall at September's cost-of-living fair, Pollards Hill Library

Sunday 24th saw Merton Uplift join hundreds of families, wellbeing services and community sports clubs at the Borough's **Big Sports Day** organised by the Council. Sport can be a great way to de-stress and connect with others. We will be sharing local sports opportunities on our social media channels.



UPCOMING OCTOBER WORKSHOPS

- **Reaching your Potential (Wimbledon Library) Weds 4th October**
- **Relaxation & mindful walking (Morden Hall Park) Weds 11th October**
- **Work, Stress & Burnout (online) Thurs 12th October**
- **Self-care and compassion (Wilson Wellbeing) Tues 17th October**
- **Menopause & Mood (online) Wednesday 18th October**
- **Getting back to work (online) Thurs 19th & 25th October**
- **Managing Sleep (Online) Fri 20th & 27th October**
- **Living well with Diabetes (online) Thurs 26th October**
- **Coping with Stress (online) Tues 31st October**

Scan the QR code or visit our Eventbrite page: Merton Uplift.



Follow us on
[Facebook](#), [Instagram](#),
[Twitter](#) & [NextDoor](#)

October 2023

@MertonUplift

Written by Sarah, Harriet, Carys, and Stamatia



Year 4 Writing Project

This week, Protea class really knuckled down to complete their writing project (writing short stories, about their very own superheroes). This grand project culminated in a 'Reading Party' on Friday morning, where all of the children shared their work with each other, the adults and a few VIP guests. Well done to each and every one of you for doing your absolute best.

It is a great honour to introduce our School Councillors for the 2023–2024 academic year. These children have been voted for by their peers in a democratic election to represent their classes in all matters and decision making within the school. This is an important job which is held in high stead. They will lead the way in "Pupil Voice" across the school as well as being the driving force behind raising funds, raising awareness surrounding various matters and setting a good example and being a good role model. Here's wishing these children the best year ahead!

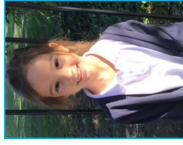
Year 3



Nanushan



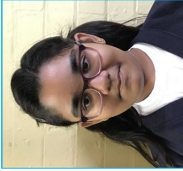
Ayesha



Layla



Leon



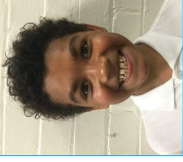
Avanthika



Andrew



Drew



Ashley

Year 5

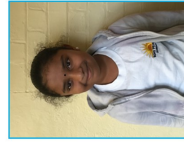
Year 4



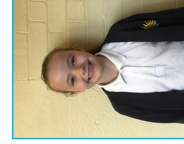
Ashley



Jacob



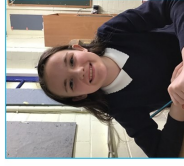
Keesha



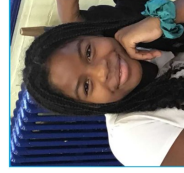
Tammy



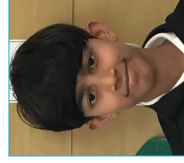
Andrei



Alissia-Rae



Zarah



Mithun

Year 6

Keeping Safe

On Thursday, our local officer visited Bond to speak to Y6 to discuss, amongst other things, how to keep safe on the streets; safety around carrying mobile phones; stranger danger and how to avoid/manage difficult situations.

Children also discussed how to keep safe on their journeys to secondary schools (walking on main roads and safety on public transport). Children asked lots of questions around how to become a police officer, what they would do during a crime and what they could do now as children.

They also found out about police cadets and how they can become a part of it.



Reading

This week the children have been reading the story called 'The Three Goats Gruff'. The children enacted the story and spoke about how the goats and the troll felt. They discussed about how they could help the Troll.

Today parents attended the Phonics workshop. The parents joined in on the children's learning and applauded the children at the end of session. Overall a positive session!



This week in nursery children read the book 'The Colour Monster'. We talked about different feelings and what colour they were. We made play dough cakes for the monsters and build them a house in our construction area.

