



Gold badge awards



**Wellington
Primary**

**100% Attendance
Diamond Class
Sycamore Class**



The week at Wellington!

Parents' Evening

Thank you to all the parents who attended our parents' evening this week. We value working together with you to help your child and hopefully you took away some development areas and successes from the term so far.

The new online appointment system seemed to work well across the two sites. Any feedback on this new system would be appreciated.

Christmas Lunch

Just another reminder that we are holding our Christmas lunch this year on Friday, 15th December. The school lunch will be £2.35 for junior pupils. A letter will be distributed next week for you to order your child's lunch. Please top up your junior child's lunch account if they wish to have lunch that day.

Website Calendar

Please remember to check our school website for the dates of all the events coming up this year.

<http://www.wellington.hounslow.sch.uk>

Old Wellington Boots

The Nursery and Reception children love their outdoor learning and especially the water! We could do with some more wellington boots please. If you have any old wellington boots in the following sizes, 11-1 for Reception and some smaller sizes, such as 7-8 for nursery please donate them to the school. Thank you.



Question of the week

If you could invent a robot, what would it be called and what would it do?



Try to use a Thinking Map.

Send your answers to Mrs Berryman



@wellipri

wellington.hounslow.sch.uk

Building Resilience with Children

Teach your child self- care

Is your child eating properly, exercising and getting enough sleep? Primary school aged children need 10 hours of sleep a night, without any mobile phones, tablets and computers to distract them. Some of the children tell me they have a mobile or a tablet in their bedrooms at night and play on them when they should be asleep. Talk to your child about sensible screen time and how to keep safe online.

Do they have time to relax without having every moment scheduled or do they have too much time to relax on their xbox and not enough physical activity, try and help your child stay balanced and better able to deal with stressful times.

Teach them to keep a positive self- view

Do you talk about times they have handled setbacks successfully and help them build the strength to handle future challenges? Help them to trust themselves to solve problems and make appropriate decisions. This takes time and practice, the adult brain is not fully mature until 25 years old. Help your child to maintain and build an optimistic and positive outlook that enables your child to appreciate the good things in life and keep going in the hardest times.

Help them accept change as a part of life

We have seen a lot of change this year with the new building and this can be scary for some children. Help your child see changes as part of life and discuss how these changes can be dealt with or celebrated as they grow.



Dates for your diary

- 08.12.17 KS1 & EYFS Panto
- 14.12.17 Infant Christmas Concert
- 14.12.17 Junior Snowball
- 15.12.17 Christmas Lunch & Jumper day
- 19.12.17 Xmas Factor
- 20.12.17 – 01.01.18 Christmas Holidays
- 02.01.18 Back to school