



'Make Every Minute Meaningful'

Dear parents and carers,

We hope you have had a wonderful half term break and are ready for the busy Autumn 2 term.

We are excited to announce that from 4th December, we will be federated with Marlborough Infant School and Talavera Junior School. We will operate as 'Bold Futures', reflecting our commitment to phenomenal life chances.

Please rest assured that this simply means that we will be working with other fantastic professionals to ensure we deliver the best possible provision to all.



Best wishes, Mrs Mark-Richards and Mrs Webb

Electronic Gate System

A new electronic gate system has been added to the school gate (the grey gate from the car park into school). This gate will be unlocked at the start and end of the school day.

In the morning the gate will open at 8.35am and close at 8.55am

At the end of the school day the gate will open at 3.05pm

If you need access to the office at other times, you will need to buzz the office at the gate to request access.

Behaviour

At Wellington, we are



Respectful



Ready



Safe

We are excited to introduce our new school-wide rules: **Ready, Respectful, Safe**. These simple yet powerful guidelines are designed to create a positive learning environment for all children.

Ready means being prepared to learn, both mentally and physically. This includes arriving on time, having necessary materials, actively listening and being open to new ideas.

Respectful encourages children to treat themselves, their peers, their environment and staff with kindness. This fosters a supportive community where everyone feels valued.

Safe emphasises the importance of a secure environment, where children can express themselves without fear. This includes following safety protocols and being mindful of others' well-being.

Consistency is key; all classes will follow these rules, and staff will use the same language to reinforce them. Together, we can help our children thrive!

Hampshire Courses

A reminder that these Hampshire run courses are still available during November.

Hampshire County Council are offering free* courses for parents this autumn term. To book, visit the website: <https://shop.hants.gov.uk/collections/learning-in-libraries>

Emergency Paediatric First Aid	Havant Library	Monday 21 Oct, or Friday 22 Nov or Friday 6 Dec	9:15am - 4:30pm
Makaton Signing with Babies and Families	Gosport Discovery Centre	Thursdays 7 Nov - 12 Dec	10am - 11am
Listen Chatter and Learn	Petersfield Library	Mondays 11 Nov - 2 Dec	10am - 11:30am
Positive Parenting	Online	Mondays 11 Nov - 9 Dec	7pm - 8:30pm
Emergency Paediatric First Aid	Bridgemary Library	Friday 29 Nov	9:15am - 4:30pm

If a course you are interested in is full please email learninginlibraries@hants.gov.uk to be added to the waiting list.

Key Dates for your Diary

November:

Thursday 7th: Year 5 Living Rainforest Trip

Thursday 7th: Year 1 & Year 4 visit to Longest Yarn Garrison Church

Friday 8th: Year 2 Fort Nelson Trip

Monday 11th: Whole School Remembrance Day

Tuesday 12th: Year 4 Greek Day

Tuesday 12th & Wednesday 13th: Parent Consultation Evenings

Monday 18th: Year 4 Dogs Trust workshops

Tuesday 19th: Year 5 Dogs Trust workshops

Tuesday 19th: Prospective Parents Tour—Reception 2025

Tuesday 26th: Year 5 Emotional Wellbeing Programme begins (3 consecutive weeks)

December:

Monday 2nd and Tuesday 3rd: Santa's Grotto

Monday 9th: Year 1 Candlelight Concert

Tuesday 10th: Year 1 Candlelight Concert

Friday 13th: Year 6 at the Panto

Monday 16th: Year R & Year 2 Nativity am

Tuesday 17th: Year R & Year 2 Nativity pm

Thursday 19th: Church Service—whole school

Thursday 19th: Christmas Lunch

Friday 20th: Last day of Autumn Term



Clubs

Wellington offers a wide and varied programme of after-school clubs throughout the year. These range from netball club to book club and from allotment club to choir!

Our clubs usually run for a 6-week programme each term and the school office will send out a letter to all parents with the necessary information when a new set of clubs are starting, so that children can sign up. We will be releasing the next round of clubs in January.

Here are a few pictures from our popular Boardgames Club:



Online Safety

Please think carefully about the apps and sites you allow your children to use. It's vital that children understand that one of the biggest risks to their wellbeing when online is actually their communications with friends. Please make sure you are monitoring your child's interactions regularly, checking that they are neither sending nor receiving inappropriate messages.



We recommend talking about online safety regularly and openly, helping children to learn from any mistakes they make online without shame. If you need any support with this, please do contact us.

Thank you, as ever, for your support.

Hot Chocolate Friday

We love to celebrate at Wellington.

We are so proud of all our children and love an excuse to celebrate them. We have arranged as a reward, for children who are consistently modelling the Wellington Values and always adhering to the new Wellington Rules, to have a celebratory Hot Chocolate. One child from each class per week is chosen by their class teacher.

Cheers!



You will also start to receive messages on Arbor celebrating extra special successes.



Top Tips for BIG FEELINGS



 <h2>Deep Breathing</h2> <p>Deep Breaths help to slow our heart and calm our minds.</p> <p>Try some exercises - scan the QR code for some ideas</p> 	  <h2>Mindfulness</h2> <p>Practicing Mindfulness helps to calm our minds and focus on something different</p> <p>Scan the QR above to take you to an exercise to try</p>	 <h2>Grounding Exercises</h2> <p>Grounding exercises help to focus our attention on what is happening around us.</p> <p>Scan the QR code to try one</p> 
 <h2>Get Active!</h2> <p>Exercise is a great way to help ourselves feel better. It lets our energy out and clears our minds.</p>	 <h2>Muscle Relaxation</h2> <p>Big feelings make us tense. Relaxing our muscles helps us feel better.</p> <p>Scan the QR code to try</p> 	 <h2>Music</h2> <p>Listening to our favourite music is always a great way to lift our mood and helps us to feel better</p>
<h2>Positive Affirmations</h2>  <p>When you notice a negative thought, swap it for a positive affirmation!</p> <p>find out more here....</p> 	<h2>Do something you enjoy</h2>  <p>Doing something that we know we like can help us to forget about whatever made us feel our big emotion.</p>	 <h2>Self-Soothe Box</h2> <p>Create your own box of things to help you calm.</p> <p>find out more here....</p> 
 <h2>Drawing & Colouring</h2> <p>Drawing and colouring are great activities for helping us to relax!</p> <p>Why not try some mindful colouring?</p>	 <h2>Be kind to yourself!</h2>  <p>Its easy to get stuck thinking about stuff we're not good at. Take a moment to remind yourself of the good stuff too!</p>	<h2>Talk about it!</h2>  <p>Tell a friend or trusted adult how you feel - they will help you feel better!</p> <p>Remember you can call ChildLine too.</p>





Hampshire and Isle of Wight



Think Pharmacy First!

Did you know that you can take your child to your local pharmacy and get treatment for five medical conditions?

These are:

- Ear ache (children aged 1-17)
- Sore throat (over 5s)
- Infected insect bites (over 1s)
- Impetigo (over 1s)
- Sinusitis (aged 12 and over)



If your child is poorly with any of the above conditions, by going straight to your local pharmacy you can have a consultation with a trained pharmacist and receive advice and even medication (if appropriate) and your child can get back to school sooner.



Visit our Pharmacy First website to find out more.

