



Manford News

Dear Parents, Carers and Friends of Manford,

It has been a busy start to the year and even though it has been a short term there has been lots going on in school. This week was 'Our Right to be Safe Week' where the focus has been on children's mental health and Internet Safe Day where the children have been learning how to stay safe online. They have taken part in a range of activities and workshops this week and have explored different ways in which we connect.

Across the school, pupils have demonstrated their understanding of why it is important to develop healthy relationships with family and friends, the importance of setting boundaries and knowing when and how to ask for support if they have worries or concerns whether it is in school, at home or online.

On Thursday, Reception parents were treated to a wonderful Valentines Day performance. They consolidated the messages that have been taught throughout the week about how we show kindness and care to each other and the people in our lives that matter to us. It was also lovely that they had many rehearsals where they were able to share their performance with pupils across the school – a stellar job!

In school, we use the Zones of Regulation programme to teach children about how to name their feelings and emotions. Once children know how to identify this, we provide strategies and tools to help them self-regulate effectively. If you have concerns about your child's social, emotional or mental health please contact your child's class teacher or myself via the school office.

The following link on the school website is also useful. It provides tips on how to implement the Zones of Regulation at home.

<https://www.manfordprimary.co.uk/zones-of-regulation-behaviour-and-emotional-wellbe/>

I wish you all a healthy and joyous half term break and will look forward to seeing you on Monday 20th February.

Miss Osei



**We are celebrating the following birthdays
1st January-10th February**

Reception

**Minahil A Zara A Chlèa L Maya T
Harper M Rayan M Laith N**

Year 1

**Ahmad A Naby A Harshiv H Ayla H
Faith O Nathaniel O Ayesha R**

Year 2

**Rahaf C Karla I Ridhwan I Tawheed K
Artur B Daisy-Star N Ingrid P Vasile S**

Year 3

**Sienna A Alejandro H Ilinca P
Reina S Patrick W**



Wishing you all many happy returns!

Year 4

Gabriel B Lola C Tianie L Usman P

Year 5

Lacey C Kirit G

Year 6

**Maris B Ishaan B Yudhir D
Berkay G Timur I Dominic M**

New Starters

**We would like to welcome
Almaha A, Christian C, Amelia
T, Leonardo T and their families
to Manford Primary, we hope
your time with us is happy and
memorable.**

ATTENDANCE matters



Week ending 10/02/2023

6L – 95.35%

6C – 94.39%

4W – 94.13%

Whole School – 91.91%



EVERY CHILD, EVERY SEAT, EVERY DAY, ON TIME



Attend Today, Achieve Tomorrow

©AttendanceFlorida

Children's Mental Health Week 2023

Reception and Year 1

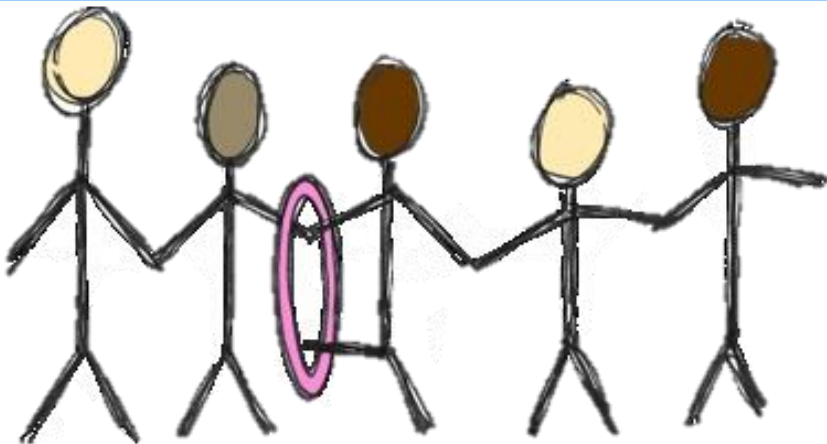
All year groups had a conversation about **Mental Health** - understanding the emotions inside our **mind** and **body**. And how this is different to physical health.

KS1 watched the YouTube read along of 'Room on The Broom'

<https://www.youtube.com/watch?v=TCILkmLW4Mw>

To understand how we make friends and connect with one another.

Reception and Year 1 then got into circles and had to pass a **hula hoop** around the circle whilst **holding hands**, each time we passed it round we had to say what we had in common with the person next to us!



The theme this year is **'LET'S CONNECT'**.
The importance of having people around you to support your mental health!

Children's Mental Health Week 2023

Year 2 and Year 3

After their conversations about Mental Health - and watching YouTube read along of 'Room on The Broom'

Year 2 created Gingerbread Men filled with everything about them: their favourite colour, favourite food, how many siblings they have... They then had to talk in their circles and find things they had in common with others that connected them together.

Year 3 read the book 'Invisible String' to help them understand that even when we are not around people we can still feel connected to them. They then created their own invisible string drawings.

The theme this year is 'LET'S CONNECT'.

The importance of having people around you to support your mental health!



Children's Mental Health Week 2023



Year 4 and Year 5

After their conversations about **Mental Health** - the children listened to us to share some inspirational stories of young people who have made a difference in this world by connecting people together:

Thandiwe Abdullah, Jaylen Arnold, Malala Yousafzai, Greta Thunberg

Year 4 then did a group dance which was so **wholesome**. All coming together to non-verbally connect. Every child had a bop!

Year 5 each had a blank bingo card that they filled with facts about them. They then had to walk around the hall and find other people who had the same facts in their boxes. **They were surprised by how much they had in common with those in their class who aren't their best friends.**

The theme this year is **'LETS CONNECT'**.

The importance of having people around you to support your mental health!

Year 6 After their conversations about Mental Health - the children listened to us to share some inspirational stories of young people who have made a difference in this world by connecting people together:

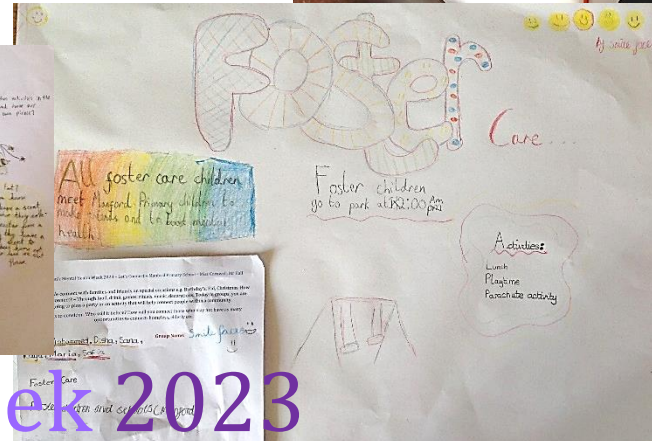
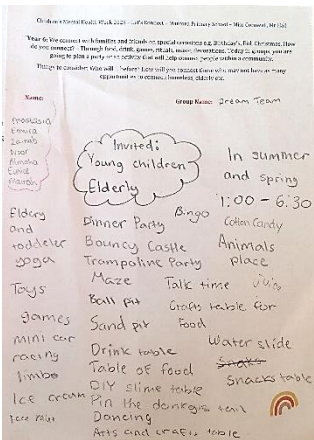
Thandiwe Abdullah, Jaylen Arnold, Malala Yousafzai,
Greta Thunberg

Year 6 then got into groups to create an event that would bring people who may be lonely together, to connect.

Some created events for Elderly,
some for foster children. We had fun
fairs, scavenger hunts in a forest,
Easter egg hunts and tea parties
organised!

The theme this year is 'LETS CONNECT'.

The importance of having people around you to support your mental health!



Children's Mental Health Week 2023

Children's Mental Health Week 2023

Our Whole School Mental Health Display!



Thank you to all members of staff who supported the children this week in their workshops with Miss Cornwell and Mr Hall. The joy in the children's faces has been unforgettable, we have had all of the children's work in the staffroom for all to look at and some children's work has gone onto our whole school display outside the Rainbow Room. Please always take care of yourselves, reach out and connect with us at school if you need us.

Miss Cornwell ☺



Nichita 1A



Isobel 4W



Aayan 1S

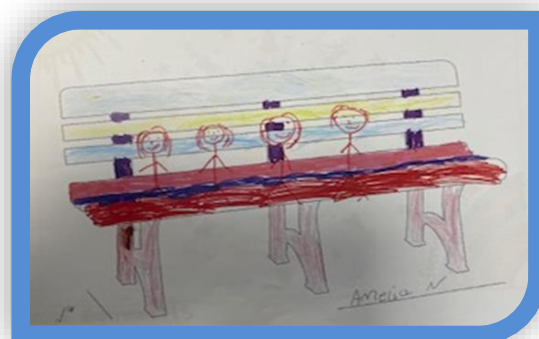


Sophia L 2S

Mrs. Allaway and the children have been thinking about ways in which the playground can be a more inviting place for children who are sometimes lonely during their breaktimes. Following their Smart School Council class meetings, the children decided that it would be a good idea to introduce a 'Buddy Bench' where the children could go and sit and hopefully make new friends. A competition was held and these are the final entries. Well done to all the children who entered.



Zoya 1S



Amelia N Y1



Amelia 2S



Tianie Lima Y4



Usman 2S

Dear Miss Osei
 yesterday a big red
 helicopter landed on the
 school playground very
 close
 we had their photo taken
 with the helicopter
 from Leo

Year 2



Our News



Dear Ms Osei

Yesterday during our English we
 was doing a story. We had a character
 we had at the part when Cinderella
 had a ride on a magic carpet. We
 heard a noise it was a helicopter.
 I thought it was going over the
 school but instead it landed
 in the school grounds. We had to
 turn the lights on and we sat
 quietly. It was really scary.
 After a while the blades turned on.
 Before that happened Mrs. Schooling
 blew a whistle and all the other
 whistles started to blow along with
 and as the helicopter landed
 the blades on the grass grass
 waved across the sky and dust
 blew up in the air.
 Mrs. Schooling finally told us
 that we could go back to learning
 but not go outside. We went
 back to learning. Well, he was
 doing English. Mrs. Clark asked

if we could go outside and see
 the helicopter and Mrs. James
 said yes so we went out side
 but we could not touch anything.
 We got to ask questions. I was
 the first one to ask a question.
 We had lunch after and we
 finished our English and when
 it took us we got to come down.

**The day the
 London
 Ambulance
 helicopter landed**



★ ★ Extra! Extra! ★ ★
 Read All About It!

Are you a parent or carer of a child or young person with special educational needs or a disability aged 0-25 living in Redbridge?

Do you want your voice heard?

Upcoming COFFEE MORNINGS

Time: 10am – 12noon

~~**DATE: FRIDAY 3RD FEBRUARY 2023**~~

~~**VENUE: GEARIES CHILDREN'S CENTRE**~~

~~**GUEST: PAUL ALLEN, CHIEF EXECUTIVE OF VIBRANCE
(Short breaks, Outreach, Residential, & Day Services)**~~

DATE: THURSDAY 23RD FEBRUARY 2023

VENUE: ALBERT ROAD CHILDREN'S CENTRE

GUEST: AUTISM SPECIALIST TEACHER

DATE: WEDNESDAY 1ST MARCH 2023

VENUE: HAINAULT CHILDREN'S CENTRE

DATE: THURSDAY 16TH MARCH 2023

VENUE: ALBERT ROAD CHILDREN'S CENTRE

DATE: WEDNESDAY 22ND MARCH 2023

VENUE: GEARIES CHILDREN'S CENTRE

GUEST: AUTISM SPECIALIST TEACHER

FREE MEMBERSHIP

Open to family members and carers of any child or young person with SEND up to the age of 25 years who live in or receive services from Redbridge. Associate membership is available for practitioners.

MEMBERSHIP FORMS AVAILABLE FROM:

**www.empoweringparentstogether.org.uk
info@empoweringparentstogether.org.uk**



**07486 880 799
07486 880 646**

FOLLOW US ON FACEBOOK: Empowering Parents Together – Redbridge

FOLLOW US ON TWITTER: @EPT_Redbridge

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Unlocking Hidden Potential & Ability

