

# Parent Update Week beginning Monday 12<sup>th</sup> September to Friday 23<sup>rd</sup> September 2022!

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# Quote of the Week!

*“From whatever cause the restless and the unsteady mind wanders away, from that let him restrain it and bring it back under the control of self alone”. (6.26 BG)*

Children across the school have been practicing to self regulate their behaviour. They have been reflecting on their current learning behaviour both in the classroom and in the playground. To help them with specific strategies, we have planned a series of assemblies to support. One strategy we have been learning is how to breath with deep inhalations and exhaling slowly. This technique not only builds capacity in the lungs, but also helps to release any negative energy we may be harvesting.

# Curriculum Meetings

Thank you to all our parents who were able to attend our curriculum meetings. I hope this was an opportunity for you to see the expectations for the year group your child/ren are in and an opportunity for you to meet class teachers and ask questions.

For parents, who were unable to attend, we will ensure the presentation slides are uploaded to the school's website.

The next workshops to take place are Maths strategy sessions. These sessions are designed to support you, as parents, to better understand the strategies taught in school.

KS1: Tuesday 27<sup>th</sup> September 08:15am to 09:30am

LKS2: Thursday 29<sup>th</sup> September 08:15am to 09:30am

UKS2: Thursday 6<sup>th</sup> October 08:15am to 09:30am

We look forward to seeing many of you then!







# Year 3 Educational Visit to Celtic Harmony

Year 3 have been busy learning about how people lived during the Stone Age period as part of their history topic. They had the opportunity to be hunter-gatherers and cooking with prehistoric herbs as well as build their own woodland shelter. They watched the friction fire lighting display which amazed them! We also had a go at hunting the mammoth using stone tools!

This has been a wonderful learning experience as it has brought the children closer to understanding how people's way of living has changed over time – starting from the Stone Age period!

Here are some pictures from our visit!







## Year 3 Educational Visit to Celtic Harmony cont...

When children returned to school their enthusiasm continued and they demonstrated their learning during their break time. They gathered natural materials and worked together to make tools made of "flint and stone", and another child made a Stone Age shelter!







# Radhastami celebrations at KAPSH

*Tapta-kanchana-gaurangi  
Radhe vrndavanesvari  
Vrsabhanu-sute devi*

*Pranamami hari-priye*

*On Friday 16<sup>th</sup> September Year 6 Kurma Class presented an assembly celebrating Srimati Radharani. They began with the verse above glorifying the importance of the Queen of Vrindavan who Radharani is. Radahstami (which was on Sunday 4<sup>th</sup> September 2022) celebrates the appearance day of Krsna's beloved Radharani. The children learnt about this divine personality and were able to show some of her powerful qualities through song and drama.*

*Srila Prabhupada says: "Radharani is hari-priya, very dear to Krishna so, if we approach Krishna through the mercy of Radharani, then it becomes very easy. If Radharani recommends that, "This devotee is very nice," then Krishna immediately accepts, because Radharani recommends it, Krishna accepts. Therefore, in Vrndavana you'll find all the devotees chanting Radharani's name more than Krishna's. Wherever you'll go, you'll find the devotees are addressing one another, "Jaya Radhe." They are glorifying Radharani. They're more interested in worshiping Her. This is because, however fallen I may be, if somehow or other I can please Radharani, then it is very easy for me to understand Krishna. "*

*With this in mind may the merciful Radharani help us to remember God in all our actions!*





# Highlights from EYFS

- The children in Reception have been demonstrating our school value of courage, as they completed their first week at school! The children have all been very busy engaging in their learning, exploring capacity, practising their fine motor skills, and getting creative whilst using paint as well as designing and building Lego models. In addition to this, the children really enjoyed their first lunch at KAPSH, independently choosing what they wanted to eat and selecting different fruits and vegetables at our healthy salad bar!
- At the end of the week, the children had a visit from 'The Colour Monster' who had also started school in his story! The children investigated the clues the Colour Monster had left behind to see how he was feeling. They looked at different colours and how they might link to our emotions. At the end of the week, all the children left school with a smile on their face, ready to do it all again on Tuesday Morning!







# Highlights from EYFS cont...

The Nursery children have had a fantastic start to school and have settled in really well. They have thoroughly enjoyed all the learning in their new classroom and are becoming familiar with their new school routines.



In Nursery, we began our week by going on a special treasure hunt around the school. The children learnt about all the different learning environments at school, such as the temple, prasadam hall, toilets, playground, outdoor classroom and many more! At the end of the hunt, there was a treasure chest waiting for them, and inside was a special treat! The children had lots of fun and felt more confident when navigating around the setting. Finally, the children really enjoyed lunches at KAPSH, with most plates clear or heading to get seconds!



# National Fitness Day

Children and staff at KAPSH celebrated National Fitness Day on Wednesday 21<sup>st</sup> September. Amongst many activities, children came to school dressed in their most colourful sports wear and took part in a circuit of activities!

This was an opportunity to highlight the role physical activity plays in our school, while helping us raise awareness of its importance in assisting each one of us lead healthier lifestyles through being physically active.

***See below to hear our children's testaments:***

**Year 5** - Keira: *'It was fun and helped us in our exercises and showed us how we could be more flexible. All the things that stress us out from the day, it cooled us down and made us think more positively.'*

Jai-Om: *'I felt warmed up and more focused. It was like a small break from learning. I felt more concentrated.'*

**Year 1** - Akshar: *'I felt excited. The running ladder was the most fun because of jumping. I had so much fun doing all of them.'*

Anaya: *'I felt happy and had so much fun doing them. Jumping over the hurdles was my favourite because I like jumping and it was fun.'*



## Use of scooters and bikes on school site



It is absolutely lovely to see so many children come to school on their scooters or riding their bikes. Could I ask you to remind your child/ren to come off their scooters and bikes while on school site. Children are riding very fast, to and from the school gates, which can become dangerous, particularly for those walking.