



# Southborough Church of England Primary School

Weekly Newsletter – 8th March 2019

Value of the Term  
**Forgiveness**

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I hope you enjoyed reading our year group newsletters last week and found them useful and informative. As you know, World Book Day was held yesterday and it was lovely to see so many children looking fabulous as characters from the texts that they are enjoying this term.

### Diary Dates – next week

11 <sup>th</sup> March - Y5 The Observatory Science Centre Trip
12 <sup>th</sup> March - Netball Match A + B away at SKA
13 <sup>th</sup> March - A&B Football Teams away at St Johns
13 <sup>th</sup> March – Cross Country at Mascalls

### Mrs Lusher – Thank you

As you know our lovely Mrs Lusher left us at the end of last term, please see below her message:

“A huge thank you to all those families for the lovely bracelet, necklace and rose bush. It was very kind of you. Thank you too for all the lovely cards, personal gifts and thoughtful messages I have received. I am very touched by your kindness and generosity. With warmest wishes and love to you all. Carol Lusher xx “

### Life and Soul

Life and Soul, a local Christian charity, came to lead Collective Worship with our Reception and Infant Children last week. This was the first in a series of 3 collective worship sessions. The children met a robot and his master who were having some difficulty in deciding how to spend their time. This helped the children to explore how Christians believe that they should lead a fruitful life for God. The presentation was very funny and we are looking forward to the next two instalments of the story to help us think about how we might want to use our lives.

Mr Kersey

### West Kent MIND Visit

On Wednesday 27<sup>th</sup> February, West Kent MIND visited us to teach us about Mental Health. They began by asking us all “Who here has Mental Health?”, very few hands went up. We then discussed that in fact everyone in our school, everyone in the world has Mental Health. This is

our ability to respond to situations, feel emotions and how we deal with everyday life. We then used some fun games to demonstrate what positive Mental Health looks like. Katie, from MIND, shook up a bottle of fizzy drink and handed it to Mrs Latty. This represented how sometimes we might feel worried or nervous about something. Mrs Latty then had to slowly release the lid so as not to soak the entire front row! This represented how talking to someone, when you are worried or nervous, can help ease that “fizzed up” feeling inside. We discovered how we can help ourselves to have good wellbeing by using the Wheel of Well-being (below). This is what some of our children thought about the assembly:

**Tommy** says “When she shook up the coke bottle it showed us how it feels when we are nervous and to stop that, and be happy, we have to open the bottle carefully and slowly”

**Finley** says “Three people came up and they were given balloons and then one of the women walked around and said “I might to pop a balloon”. This made them feel nervous and anxious. The balloon was then popped and they stopped feeling so anxious anymore which is like when we go and find someone to talk to”.

**Ivy** says “When I look at the Wheel of Well-being, I know that to be happy we have to connect with people, we can do this by having friends and talking to them about our problems and worries”

Ryan says “The assembly was about keeping us healthy and they said our brain can be like a fizzy bottle. We need to let out the fizz sometimes by talking to someone. Don’t let your brain explode, sit down and have a rest!”



## Wheel of Well-being

Miss Towler

### Southborough B vs St James:

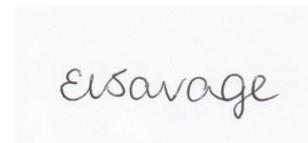
Last week, we played away at St James. After many good chances for both teams across the first half, it remained goalless at half-time. However, not long into the second half, St James got lucky with a deflection and the ball snuck in to the bottom corner. It was a tight match and we had many chances to score but just couldn’t find that final touch, the match ending 1-0.

### Thomas C and Fin J

### Southborough B vs Bishops Down:

This week we played at Bishops Down, and we were really fortunate to get to play on Rose Hill’s Astro pitch which enabled some great play from both teams. In a really open game, both teams had plenty of chances but it was us who managed to score 2 goals through Leighton and Mason. Finley made some fantastic fingertip saves to also go on and secure himself a clean sheet in our 2-0 victory. The team played really well together and it was really pleasing to see our hard work pay off in securing a win.

### Harry F and Ben T



**Mrs E Savage**  
Headteacher