



## **Moss Lane School Newsletter**

### **Friday 7<sup>th</sup> February 2025**



Dear Families,

We have had a busy week in school with some lovely productive learning going on.

This week we have recognised National Mental Health Week with the focus being 'Know Yourself and Grow Yourself'. Classes have done lots of learning, lessons and activities linked to this. It's been a fantastic opportunity for us to shine a spotlight on the importance of children and young people's mental health. We wanted the children to embrace self-awareness and explore what it means to them. This will help them to grow and develop resilience to cope with what life throws at them.

If you want to find out more, please go to: -

<http://www.childrensmentalhealthweek.org.uk/families/>

Here are some online resources that can help support your child's learning

<https://www.bbc.co.uk/teach/articles/zk37bdm#zsby9ty>

Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense purpose Some children may share with grown-ups at home their learning.

We look forward to welcoming parents after half-term for parents' evenings and we hope you find the updates on your child's progress helpful.

Enjoy and have a relaxing and restful weekend.

Mrs Abbott  
Headteacher

## Thai Chai

Year One thoroughly enjoyed exploring the ancient art of Tai Chi. Their focus was amazing when learning a number of moves. They have been able to use the new breathing techniques they learnt to help bring moments of calm to their busy school days.



## Resilience Doodlebugs workshops

This week, each class had a workshop combining drawing skills and resilience as part of Children's Mental Health Week. We learnt about having a 'fixed mindset' versus having a 'growth mindset' and learnt that making mistakes is a very important part of acquiring new skills. The children enjoyed carefully creating cartoon artwork whilst finding out how to train our brains to not give up when something is too tricky.

If you are interested in learning more about how to encourage growth mindsets at home, please visit this helpful

website: <https://www.mindsetworks.com/parents/growth-mindsetparenting>



## Charterhouse Music

This week, Year 2 had the opportunity to visit Charterhouse School to both watch and take part in a concert. They were introduced to the many different instruments of the orchestra, listened to various classical and whimsical pieces of music, and enjoyed a musical retelling of Rudyard Kipling's How the Whale Got His Throat.

Year 2 even got the opportunity to partake in some singing themselves alongside the orchestra, which was definitely the highlight of the visit! Many thanks to Mrs Leggett, Charterhouse, and the orchestra for organising a musical midd



## What's coming up....

**Monday 10<sup>th</sup> February**  
Otters Woodland School

**Tuesday 11<sup>th</sup> February**  
Safer Internet Day  
Zone of regulation training for  
Parents at 5pm  
Honeybees Woodland School

**Wednesday 12<sup>th</sup> February**  
Zone of Regulation Training for  
Parents at 9am

**Half Term**  
17<sup>th</sup> – 23<sup>rd</sup> February

**Monday 24<sup>th</sup> February**  
Children return to school  
Hedgehogs Woodland School

**Tuesday 25<sup>th</sup> February**  
Parents Evening  
3.40pm – 7pm

**Thursday 27<sup>th</sup> February**  
Parent Evening  
3.34pm – 5.30pm

**Monday 3<sup>rd</sup> March**  
Squirrels Woodland School

## Medication at School...

We wanted to remind you that we can only administer prescribed medicine to your child at school when four doses are required, e.g., three doses are given at home and one at school, usually given at lunchtime. The medicine should be in the original container with a prescription label clearly stating the child's name, medication name, date of issue, expiry date and dosage required. We request that you come to the office to complete a permission form detailing the dosage and frequency of medicine. Medicines cannot be handed into class or via the child. An adult should deposit and collect these medicines each day as we cannot give them back to your child.

## Uniform

Please can we remind you that visible base layers are not part of our school uniform. Children are encouraged to wear vests, polo shirts and jumpers/cardigans in colder weather. Thank you for your support.

## Woodland School

Thank you to all the parents that have helped out at woodland school. We really appreciate your time and dedication. Just a reminder that if you are attending as a helper, please do not take any photographs or have your phone out whilst there. This is due to GDPR and safeguarding reasons. Thank you for your continued cooperation.

## Healthy lunches

At Moss Lane, we regularly talk to the children about the benefits of a healthy lifestyle and staying active. One part of 'being healthy' is the food we eat and we know that when children eat healthily, they are more able to learn and take part in our daily school activities. If your child brings a packed lunch to school, please remember to offer healthy choices and remember that we are a 'no nuts' school.



## GODALMING LEARNING PARTNERSHIP's GET TEACHING PROGRAMME

Why not GET Teaching with the Godalming Learning Partnership and Winchester University? The Godalming Learning Partnership is a large group of schools serving the children and families of the Godalming area. We are a strong collaborative group with a long history of working closely together to achieve more for our young people, schools and community. We run an exciting opportunity to train as a teacher in partnership with Winchester University and are inviting applications to start in Sept 2025.

### TRAIN TO TEACH in Godalming schools with Winchester University and the GLP



Join our hour-long webinar to learn all about starting your teaching career, training in local schools, with an outstanding PGCE provider.

The Godalming Learning Partnership has partnered with Winchester University and its outstanding PGCE programme for the last 7 years and maintained a 100% pass rate. Many of our graduates work in GLP schools and are already reaching middle and senior leadership positions. Our school-led model combines practical, hands-on, real world experience with cutting edge academic study to set trainees up to succeed so that our children make excellent progress in their learning. Our philosophy ensures trainees are supported and encouraged to become resilient and reflective teachers who manage their workload effectively and understand the importance of good mental and emotional well-being in themselves and in their pupils.

We are running an information webinar on **Wednesday 15 January 2025 at 7.00pm** for anyone interested in finding out more about our distinctive teacher training programme which starts in September 2025.

Register on Eventbrite for this online event using the QR code or link below:



[Train to Teach with the GLP](#)

For more info in the meantime, see our [GET Teaching](#) website and our [GET Teaching](#) information evening flier.

We look forward to meeting you.

The one-year school-led GET Teaching PGCE programme provides the perfect combination of immersive classroom experience in our local schools and academic study at Winchester University. Our current trainees are teaching and training across all our schools ensuring they gain invaluable experience of a wide range of settings.

If you are interested and want to know more e-mail Rachel on: [coordinator@godalminglearning.org](mailto:coordinator@godalminglearning.org)  
APPLY NOW TO START THIS SEPTEMBER Find out more about the course and how to apply at:  
<https://find-teacher-training-courses.service.gov.uk/course/2JT/3F9B>

## Communicating with the school

The wellbeing of our teachers is a top priority, and we believe it is crucial to provide them with the opportunity to relax and recharge outside of their working hours. Therefore, we kindly request that you refrain from emailing the class email between 5:30pm and 8:00am or over the weekend.

We understand that communication between parents and teachers is essential, and we value your involvement and engagement in your child's education. However, by respecting these boundaries, we can collectively create a healthy work-life balance for our educators, enabling them to continue providing the high-quality education our school.

We encourage you to plan your communications accordingly, aiming to send any non-urgent emails during the school day, ideally between 8:30am and 4:30pm from Monday to Friday. By doing so, we can ensure that our teaching staff have the necessary time to respond to your queries and concerns effectively, while also striking a balance between their personal and professional lives.

We sincerely thank you for your understanding, cooperation, and ongoing support in implementing this policy. It is through our collaborative efforts that we can safeguard the wellbeing of our entire school community. If you have any urgent matters that require immediate attention outside the designated email hours, please do not hesitate to contact the school office directly.

# Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY  
MILK

## GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

## TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

## GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

## LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

## AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

## HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

## BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

## 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

## SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

## TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

## SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

## WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

## Meet Our Expert

Minda Ahmad design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE  
BOX

The National  
College



National  
Online  
Safety  
#WakeUpWednesday



Changing childhoods.  
Changing lives.



## Cygnet in Surrey

A support programme for parents and carers of children and young people, aged 5-18, who are autistic.

Parents of autistic children face the usual positives and challenges of parenting and quite a few more. Attending a Cygnet autism support programme gives parents and carers an opportunity to develop their understanding of autism and consider ways to support their child. It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

### When and where is Cygnet delivered?

Courses will be taking place all over Surrey at a range of times and locations. Some courses will be delivered online. When you complete the application form, tell us what you would prefer and we will contact you when a suitable course becomes available.

### Who can attend cygnet sessions?

Parents, carers or other family members who have responsibility for your child. Your child needs to be between the ages of 5-18 and live in Surrey. They may have a diagnosis of autism, or be waiting for one.

### What does Cygnet involve?

The core Cygnet programme is delivered over six two and a half to three-hour sessions which include:

- Introductory session
- An overview of autism with parent and carer experience
- Thinking & Sensory
- Social Interaction & Communication
- Understanding and supporting behaviour
- Analysing behaviour

### Who will deliver my Cygnet course?

Surrey's Cygnet offer is coordinated through the Autism Outreach team, based at Freemantles school, but our team of trainers are made up from professionals working across Surrey in education, health and charity organisations.

### How do I sign up?

Complete the application form and we will get in contact when a suitable course becomes available for you. You can download the form from

<https://www.autismoutreachforschools.uk/Cygnet-Parent-Programme/>

### Can I ask some questions?

Email us on [parenttraining@freemantles.surrey.sch.uk](mailto:parenttraining@freemantles.surrey.sch.uk)

