



Issue: 21

9th February 2018



Dear Parents/Carers

MENTAL HEALTH WEEK

Thank you for sending your children into school in their tracksuits on Wednesday.

We all had a great time, learnt about how healthy brains work, exercised to music in the morning and chose favourite activities in the afternoon. I think it's true to say that we all had a really enjoyable day and felt better for it.

I recently came across a parenting website whose introduction was:

What does it take to be a good parent?

Literature on parenting identifies four main styles: Authoritative, Authoritarian, Permissive and Uninvolved. These are based on the extent to which parents are responsive (offer warmth and support) and demanding (level of behavioural control). Research has shown that a failure to balance these two key aspects of parenting can have very harmful effects on children and their future conduct. Children who grow up in households where there is too much or too little of one trait (or even worse, no recognizable presence of either), tend to have difficulty with social adjustment and often show poor academic performance. Furthermore, they are at risk of developing low self-esteem and disciplinary problems, which often filter into more serious conditions when they reach adulthood in the form of depression and anxiety.

With the apparent rise in stress on young people, it is becoming increasingly important that the way we parent supports our children. So if you can, this week, spend some time listening to your children's hopes, fears and worries, find ways to de-stress, sort out calm boundaries - and I wish you all quality and happy family time over the half term break.

OFSTED 2018 I hope that you have read the recent report - if not it is on our website and will shortly be uploaded to the government's OFSTED website and be available to people the world over. I hope you enjoyed reading it and felt it was a good reflection of The Bishops' that you and your children experience each day.

THE BISHOPS' SCHOOL NEWS

Live Fully, Laugh Often, Learn Deeply,
Love as God Loves You and Let Your Light Shine

Here are some of the activities your children enjoyed on Wednesday:



The choir have performed in The Barbican - and congratulations to Amelia who sang a beautiful solo.



The Art Club have been preparing for Valentine's Day...



Revs Jane and Susan came in to talk to Yr 4s about their ministries, what they found hard and what they loved in their work.



Dear Parents/Carers,

We are looking forward to celebrating World Book Day on **Thursday 1st March**. As part of the celebration, we will be asking all children to come to school dressed as a book character. We would kindly ask that a donation of £1 is provided. This money will be going towards new books for the school.

Prior to the day, there will be a 'Get Caught Reading' competition for all children to take part in. Details of this will be sent out before half term. Winners will be announced on World Book Day. Good luck!

After half term, all children will be provided with a £1 World Book Day token. We hope that they will be able to exchange it for a special World Book Day Book or use it towards buying themselves a special new book.

There will be other fun activities happening on World Book Day as we celebrate the wonderful world of books.

Kind Regards,

Mrs Mann and Mrs Hayward-Windsor



Thank you to all the parents who were able to

come and enjoy their children's learning journeys in FS this week.

Mrs Coote has been on a mission to make lunchtimes better, and got a group of children re-painting a bench to use as a calming space.

Thank you all!



Please see e-newsletter for competition details.

PTA AGM







The PTA AGM was held on Tuesday 7th Feb. The officers for 2018 are as follows:

- Chairperson - Jane Ship
- Vice Chair - Becci Higgs
- Secretary - Kirsty Mountain
- Vice Secretary - Nicole Davenport
- Treasurer - Angela Green
- Vice Treasurer - Carolina Zoia

We are really excited about the year ahead and thank the officers of 2017 for all their hard work. Details to follow soon of the events coming up.

Find us @BishopsPta or The Bishops' School PTA on Facebook.
Or contact at: thebishopspta@hotmail.com

Lunchtime Menu—Week beginning Monday 19th February 2018

MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A Hearty Slice of Homemade Cheese and Tomato Pizza 	Southern Crumbed Chicken Fillet	Local Butcher's Roast Pork served with a Yorkshire Pudding and Gravy	Sausages 	Oven Baked Young's Omega 3 Fish Fingers
	Southern Fried Quorn Fillet	Linda McCartney Vegetarian Sausage		Omelette
NEW! Warm Italian Couscous Sweetcorn	Wraps Mayo, Shredded Lettuce and Tomato Slices	Roast Potatoes Fresh Carrots Whole Green Beans	Potatoes Wedges Baked Beans Garden Peas	Chips Garden Peas and Sweetcorn Medley
Jacket Potato with Tuna Mayo			Jacket Potato with Baked Beans or Tuna Mayo	
Muller Corner Yoghurt or Organic Yeo Valley Yoghurt or Selection of Fresh Fruit	Homemade Chocolate Cake or Muller Corner Yoghurt or Organic Yeo Valley Yoghurt or Selection of Fresh Fruit	Angel Delight or Muller Corner Yoghurt or Organic Yeo Valley Yoghurt or Selection of Fresh Fruit	Muller Corner Yoghurt or Organic Yeo Valley Yoghurt or Selection of Fresh Fruit 	NEW! Frozen Yoghurt Pots Or Fruit Smoothies or Muller Corner Yoghurt or Organic Yeo Valley Yoghurt or Selection of Fresh Fruit

Salad Bar and Fresh Bread available everyday

Looking Ahead ...

Monday 19th February - Back to school

Tuesday 20th February - Church Service for Grp 2 (Bdgrs, 1H, 2M, 3F, 4YS, 5B, 6FT) led by 6FT; Year 4 Superstars event at CSAC, 1-2.45pm

Wednesday 21st February - Year 3/4 Orienteering Challenge (selected children) at CSAC, 1-3pm

**Friday 23rd February - 4YS's Class Assembly in the School Hall, 9.15am (doors open 9am);
Wednesday 28th February - Bedtime Stories 6.00pm to 6.45pm**

On Sunday 4th March, Miss French and I are taking part in the Colchester Zoo 10km Stampede and then 2 weeks later I am taking part in the London Landmarks Half Marathon. I am doing both events to raise money for a charity that I have been supporting for the past 6 years, The Matt Hampson Foundation. In 2005, Matt suffered an accident whilst training with the England Rugby U21 squad, which changed his life, so Matt set up the foundation to support others who have also been injured through sport. I would love your prayers and support and if possible a donation to help continue their wonderful work. My Justgiving page is: <https://www.justgiving.com/fundraising/sarah-hinchcliffe6>

For more information please come and speak to me or you can visit:
<https://www.matthampsonfoundation.org/>

Get Caught Reading



To celebrate World Book Day 2018, we have an exciting competition for you to take part in.

The aim of the 'Get Caught Reading'

competition is to be photographed reading in an interesting, unusual or wacky place!

Just follow these easy steps:

1. Find an interesting place to read a book.
2. Take a photograph.
3. Print out the photograph and write your name and class on the back.
4. Bring it back to school and hand it in to your teacher **by Friday 23rd February.**

There will be two winners from FS/KS1 and two winners from KS2.
We are hoping to display all of your wonderful photos around the school.

Good Luck!

JU-JITSU

THE ART OF SELF DEFENCE

FIRST LESSON FREE

COME ALONG AND TRY JU-JITSU AT ONE OF OUR
MANY CLUBS THROUGHOUT ESSEX & LONDON

WE TEACH ADULTS & CHILDREN FROM AGE 4

FULL DETAILS OF ALL OUR CLUBS & CLASS TIMES CAN BE FOUND
ON OUR WEBSITE

www.wakarishin-jujitsu.com

OR

CONTACT US ON 07559 506493
WE ARE ALSO ON



THE 'KIDS WHO LUNCH' CLUB



**Wednesday 14th and Thursday 15th February 2018
10.30am - 1pm**

Each FREE session is run by Kids Inspire staff and volunteers.

Sessions include:

Art / Snacks / Crafts / Drinks
Fitness / Lunch / Friendship

TO BOOK: PLEASE CONTACT DEE OR GEORGIE ON 01295 348707
OR EMAIL: RECEPTION@KIDINSPIRE.ORG.UK

PRIORITY IS GIVEN TO THOSE IN RECEIPT OF PUPIL PREMIUM FUND



Kids Inspire HQ
Fox Crescent
Chelmsford
Essex
CM1 2BN



Funded by:
Euroclear, W G Stacey Family Fund and Diana Tinson Fund

Essex Wildlife Trust February Half Term



Forest School with Essex Wildlife Trust



Abbotts Hall Farm

- Group 0H Day
- 9.00am - 4.00pm
- Drop off and pick up
- Adult fee required in advance
- £20 per child per session



February Half Term

- Tuesday 13th February (over 5's)
- **Tuesday 13th February (over 5's)***
- **Monday 12th February (over 5's)***
- **Friday 16th February***

Tiptree Heath

Family Morning

- 10.00am - 12.30pm
- All ages welcome (Adults and under 18 months free)
- £8 per child per session

Drop Off Afternoon

- 1.30pm - 4.00pm
- Drop off and pick up
- £10 per child per session



February Half Term

- Monday 12th February (family)
- Monday 12th February (over 5's)

Little Foxes

Forest School

- Abbotts Hall Farm
- 10.00am - 12.00pm
- Under 5's
- £7 per session

February Half Term
Wednesday 14th February
(under 5's)



To book contact:

reception@essexwt.org.uk
or 01631 682950

Facebook - Essex Wildlife Trust
Forest School and Outdoor Learning



MEGA
ACTIVITIES
FOR BOTH
BOYS & GIRLS

MEGA CAMPS

KIDS ACTIVITY DAY CAMPS

AGES
4 - 14

Ofsted

Childcare for
just £3 per hour!!

FEBRUARY CAMP 2018

12th - 16th February



NEW
HOVER
KARTS

WE ACCEPT
CHILDCARE
VOUCHERS

BILLERICAY
BRENTWOOD
CHELMSFORD
PLEASE CHECK WEBSITE FOR DATES & LOCATIONS

DARTFORD
GIDEA PARK

HORNCHURCH
LEIGH-ON-SEA
THURROCK

Ofsted

BOOK ONLINE NOW!
WWW.MEGACAMPS.NET
OR CALL 0333 012 4378

ALL OUR
STAFF ARE
DBS

Childcare for
just £3 per hour!!

FEBRUARY CAMP 2018

12th - 16th February

MEGA
CAMPS



EARLY BIRD DEALS

BOOK A WEEK AT MEGA CAMPS WITH EXTENDED HOURS
ONLY £150 - SAVE £55, AND GET A FREE
LIMITED EDITION MEGA CAMPS CAP, T-SHIRT OR BAG

3 DAY DEAL WITH EXTENDED HOURS
ONLY £80 - SAVE £37

SINGLE DAY WITH EXTENDED HOURS
ONLY £33 - SAVE £6

↑ OFFERS END 31ST JANUARY

SIBLING DISCOUNTS 2 KIDS £55
3 KIDS £66 PER DAY!



NEW
HOVER
KARTS



CAMP TIMES - NORMAL HOURS 9AM - 4PM
EXTENDED HOURS 8AM - 6PM

WE ACCEPT
CHILDCARE
VOUCHERS

Ofsted

BOOK ONLINE NOW!
WWW.MEGACAMPS.NET
OR CALL 0333 012 4378

ALL OUR
STAFF ARE
DBS



EVO HOCKEY

2 Day Camp 12-13 February 2018

Old Loughtonians HC, Chigwell, Essex
IG5 7AB

£65 1 day
£110 2 days

Players 6-17 yrs
Free EVO playing shirt



Specialist international
Outfield & GK coaches

Coaches include

Adnan Zakir
Pakistan international



Brad Logan
Canada international

Beginner to
High Performance
Groupings



Morgan Males
GB junior international

Tom Archer
GK & movement specialist



evo-hockey.com/bookings