

Headteacher:
Mrs Ahluwalia

**Deputy
Headteacher:**
Mrs Malik

**Assistant
Headteacher:**
Mrs Cheema

Headteachers' Message

Welcome to the January edition of the newsletter. Our term started with some arctic weather but that did not stop children and families starting 2026 with enthusiasm! Children settled back into school routines of learning and behaviour quickly and productively. In only a month there is a renewed sense of independence that the children are applying to all aspects of school life including their homework. We look forward to seeing all at the Parents evening after half term from 9th February – 13th March. Please do remember to sign up for a slot to book an appointment.

I have been thrilled to see many outstanding pieces of Discovery homework that the children have shared with me. Equally delighted to learn that the whole family has been involved in creating these masterpieces. Wraparound care is being offered in its third month. We are receiving great feedback and have spaces available. If you are in need of after school care for your child, we are offering Wraparound until 6.00pm everyday. Please

News in brief....

Remember to be punctual at school! It is important to be present early in your classroom so that children don't miss out on their learning. Children who don't miss any school and have 100% attendance will receive a certificate at the end of the term. Lets see if we can all get one!

contact the school office for more information.

The term is off to a great start and we are thrilled to be able to share all of the wonderful learning happening at Yeading. Lots of children are showing us the 5Rs (Resilience, Reasoning, Reflectivity, Responsibility and Resourcefulness) that help them be independent learners for life. Some children who have shown exceptional behaviour and learning have had the opportunity to have Coffee Morning with me in my office.

We are delighted to be taking part in the London wide RISE open education fortnight in March 2026. On the 10th March we will be asking If you know of any teachers who would find visiting our school useful please do send them the link so they can sign up [here](#).

Year 2 have thoroughly enjoyed taking part in Sports tasters of Pickle Ball. We will be following

this through with more American sports that the children can take part in. Look out for more information in future newsletters.

Finally I must remind parents about being respectful when parking on Carlyon Road. Please refrain from parking in front of resident driveways and holding up traffic by turning the car round in the middle of the road. We must all work together as a school community to keep all children and families safe from harm. I sincerely thank you for your ongoing support and understanding on this important issue. Please remember to keep safe and look out for each other.

Mrs Ahluwalia



Medical and Dentist Appointments

Please could we remind parents and carers to book medical and dental appointments after school and in holidays wherever possible. Taking time off school will affect your child's attendance and they miss out on their learning. Thank you.

Celebrating Birthdays in school:

We are a Gold Healthy School and if you would like your child to celebrate in school, please feel free to donate a class book to the class library. Thank you for your co-operation.

Support for Parents!

We are so fortunate at Yeadon to have such a committed and supportive group of parents. Being involved in your child's learning gets them excited about developing their skills and showing everything that they have learnt. We are also committed in supporting you by sharing resources that will benefit an interactive learning experience at home. You may have seen in one of our recent newsletters we shared glossaries from the Oxford Owl website. If you have not yet had a chance to take a look, please do! Here are the links once more: [English](#) [Maths](#)



Let's get them flying!



Teeth Brushing

At Yeadon we have been really trying our best to keep our teeth and gums really healthy! We have been sharing some really important information about how to brush teeth properly and how fluoride treat-

ments can really help keep teeth and gums healthy. We have been practicing correct brushing in the classroom so that the children learn how important this is. In February we are fortunate to

be able to invite school nurse Sally to speak to parents in EYFS and KSI. We look forward to seeing you there.



Yeading





At Yeading Infant and Nursery School, we are proud and fortunate to have a very dedicated and supportive School community. The staff, governors, parents and carers all understand that the education of all the children is a result of dedicated partnership between us all.

We are all aware of the importance of good working relationships and welcome and encourage parents and carers to participate fully in the life of our School. Members of our School community are requested to set a good example through their own behaviour both on School premises and with our neighbours on Carlyon Road . We ask our parents, carers and visitors to keep the children safe by adhering to the School's request to park safely, and with consideration for our neighbours, outside and nearby to School everyday. We are committed to ensuring a positive relationship with everyone and we understand that everyday misunderstandings can cause frustrations and have a negative impact on our relationships.

We therefore strongly support all our parents, carers and visitors to remain courteous and polite at all times.



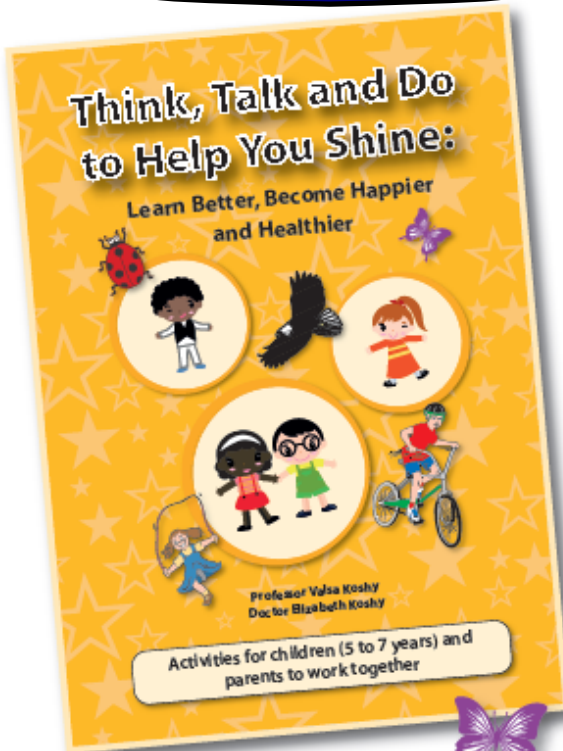
Think, Talk and Do to Help You Shine: Learn Better, Become Happier and Healthier

(For Ages 5 to 7 Years)

Authors: Professor Valsa Koshy and Dr Elizabeth Koshy



Please continue to work on the Rainbow Book with your child. There are lots of lovely activities which will support positive mental health and wellbeing.



This book contains 35 activities for parents and carers to work with their children. The activities have been carefully chosen to help children to become better learners and, at the same time, to become healthier and happier. All parents want their children to be happy, healthy and successful and as our own research and experience show, parents have an important role to make this happen.

The activities in the book takes into account the latest research and government policy documents which tells us:

- Finding children's special interests, passions and gifts and letting them know what their particular strengths are encourage children to make more effort and want to succeed. As well as finding children's individual interests and passions, we must provide opportunities to develop them.

- Working with adults and being guided by them, children enjoy learning more and achieve better results.
- We must encourage children to think about their future plans and aspirations as early as possible.
- Talking and discussion help children to make stronger connections in their brain and can make them more effective learners.
- Eating the right foods contributes to children's good health, energy levels and overall wellbeing.





How to use this pack

The activities provide parents with the knowledge they need to guide the children. They give them the tools to think and talk with.

Ideally, parents, grandparents or other adults should introduce each of the activities and discuss what is expected of them. Each activity is free-standing and can be used over many sessions. Many of the activities could be repeated both inside and outside the home. It is very useful to re-visit activities to make sure that children understand and practise what they have been introduced to previously.

Children should be encouraged to share their thoughts orally and their written comments about what they have learnt from an activity and other thoughts can be recorded in the pages provided at the back of the pack. **Promoting active discussions is an important part of using the activities.**

While working through the activities parents will be able to find out very useful information about your children's special interests, gifts, knowledge, understanding of issues and attitudes. There will also be opportunities for noticing aspects of your children's lives which may be causing them anxiety, stress, fear or lack of motivation. Prompt action can be taken where necessary. Share your findings with the child's class teacher.

You don't need expensive equipment to do these activities. Talking and enjoying working together is the most important aim of this book. All you need are: pencils, paper, colour pencils or/felt tips and dice, most of which can be bought from shops quite cheaply.

The Authors

Professor Valsa Koshy MBE, PhD is a professor of education. She founded the first University-based Talent Development Centre in the UK, at Brunel University. Her interests include: the enhancement of the quality of children's learning, the search and fulfilment of talents of children who live in challenging circumstances and mathematics education.

Dr Elizabeth Koshy, MRCGP (Distinction), PhD has worked as a general practitioner, a course leader (teaching undergraduate medical students) and as a medical researcher at Imperial College London. She has a passion for supporting parents on aspects of children's physical health and wellbeing and helping to create the right foundations to boost children's wellbeing and potential.



MINDFUL Moments

Trace and Breathe

Trace along the rainbow with your finger
as you breathe in and out



5-4-3-2-1 Mindfulness

List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

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<https://parentingsmart.place2be.org.uk/>



Headteacher Tea Party



TENNIS COACHING



Resourceful
 Everyone is included
 Saying positive words
 Playing together
 Encouraging people
 Caring for everyone
 togetherness



Respect is all around
 Doing things right
 Listening to each other
 Cheering the whole school

Respect is about being kind
 Respect is being nice
 Respect is included in everything
 Respect is following the golden rules
 Respect is positive mind set
 Respect is rising above

Headphones Workshop

