



MAPLE WALK PREP SCHOOL

Friday 19th May 2023



We've had a wonderfully positive week at school, kicking off with **mindfulness sessions** across the school on Monday to help up-skill the children (and staff) with the tools they may need when feeling upset, anxious or overwhelmed. Do ask your child about these as they may well come in handy at home as well!

Meanwhile, the children have been at Forest School and Kew Gardens, in Gymnastics competitions and Football fixtures. All these activities take a lot of planning and are so important for the children's wellbeing. I'm really grateful to the staff we have who do all the work behind the scenes to make them happen.

Next week, it's Art Week! We have Darcy Turner in to work with some year groups to create a new sculpture. He is the artist who made the metal figures on our lobby roof, so it will be exciting for the children to see all the machinery and tools needed for a big construction, and help build something new!

We also have a **photographer in on Monday** to take photos for our new website. The children just need to be in their full Maple Walk uniform and looking smart please. If they have PE, it must (as always) be Maple Walk kit.

News & Updates

INTERNATIONAL EVENING!

We aim to have a celebration of all the different cultures at MW on 27th June.

We plan on having a concert/performance, encouraging acts from parents, staff and pupils or hopefully a combination of both- this could be dancing or songs from home countries. Following this, a bring-a-national-dish supper, aiming to finish by later in yeti evening. We really hope you'll sign up and join us! Sign up on the Google form.



Photographer

On Monday 22nd May there will be a photographer in school taking photos for the the new school website.

Please ensure the children come dressed in their correct Maple Walk uniform.

Correct School Uniform

It should look like this please.



Stars of The Week

Reception to Year 6
CARNIVAL DAY
Tuesday 11th July
Roundwood Park

This half term, children (and parents) should begin designing and making headaddresses, costumes and props for our summer carnival!
The theme this year is
Coast to Coast

Ideas and designs will be shared on our return to school w/c 12th June

UPPER SCHOOL
PUBLIC SPEAKING
ROUND ONE
W/C MONDAY 5TH JUNE
FINALS
WEDNESDAY 14TH JUNE 9AM

CHOOSE ANY TOPIC,
BE READY TO PERFORM,
ENJOY!

THE FRIENDS OF MAPLE WALK PRESENT
15 JUNE 7.30PM - 11PM

PARENTS' SUMMER SOCIAL

MORTY & BOB'S COLLEGE RD, NW10 5HD
FOOD | MUSIC | AUCTION & MORE!
RAISING FUNDS FOR THE MAPLE WALK SECRET GARDEN

TICKETS ON SALE SOON!
PLEASE CONTACT YOUR REP WITH ALL AUCTION DONATIONS

MUSIC STAR OF THE WEEK
Proudly Presented To

ETOILES DE LA SEMAINE
Proudly Presented To

SPORTSPERSON OF THE WEEK
Proudly Presented To

In the lower school...

Reception



This week the focus has been on being mindful and calm. We enjoyed a wonderful workshop where we learned about some different breathing techniques and talked about different feelings and emotions. We have also been busy doing lots of independent writing - we are really interested in creating our own books and writing interesting stories. In maths we have been working on counting on when adding groups of objects and used ten frames and counters to create our own first, then and now number stories. Our outdoor area has been buzzing with activity; we have been dressing up in wonderful costumes, experimenting with water and sand, painting wonderful pictures and building our own dens. We are really looking forward to more sunshine and happy smiles next week!

Year 1

This week in Y1 we have been enjoying creating our own innovated plans of Avocado Baby in preparation for writing our stories next week. In Maths, we have enjoyed looking at fractions, identifying halves and quarters as well as looking considering the numerator and denominator. We enjoyed studying the life cycle of the plant as well as working hard on our handwriting. In 1AW we very much enjoyed all of the play practise this week. Well done Y1!



Year 2

This week we got to deepen our understanding of fractions in Maths. We learnt about quarters and thirds and are now able to find fractions of numbers. We also have been looking at direction and position, using a number of resources to help with our understanding. In Science, we wrote our own conclusions about our boats and suitable materials to use. In English we worked so hard on our independent writing. We produced amazing hot tasks that included lots of exciting language. Some of us competed in a gymnastics competition too, where we won some medals! Thank you to our mystery readers, we really enjoyed hearing you read. See you next week for our last week before half term.



Year 3



We had an amazing time at Kew Gardens yesterday in the beautiful Spring weather. The children explored the parts of the vast gardens, especially noticing the types of plants in varying climates. Our session with the Kew botanist led the children to consolidate their knowledge of key plant vocabulary, plant life cycles, parts of a flower and identified plants with various unique features.

Meeting up with their Faraday colleagues the children enjoyed developing their friendships as they have on each of our trips this year. Next week, we look forward to Art Week and our next workshop with Kate.

Year 4

In 4FL we have been working on decimals and money this week. We are hoping parents can give a little pocket money so that they can practise handling and calculating change! They have reported on Michael being missing from the family yacht, and the search that ensued. In art they have started their Take One Picture entries and have been adding jungles and tigers to their dioramas. Today we celebrated Mila's name day, otherwise known as a Imieniny. Thank you Mrs Mythen for the doughnuts!



Year 5

In Year 5, we have been continuing to develop our ideas for the textile landscapes. This week we were trying out ways of marbling on paper using oil and food colour. The next step will be to try marbling some fabric to look like the sky for the background of our landscapes. In English, we have carried on our journey through Macbeth, and have been practicing our Shakespearean insults like Lady Macbeth used towards her husband!



Year 6

We settled back into learning in class very quickly this week. In Science, we used glass tumblers and straws to explore how light slows and bends when it moves from air into a dense substance such as water. We also investigated how light rays are affected by shaped lenses and managed to make an arrow appear to face the opposite direction when held behind a glass tumbler. We have enjoyed learning about Florence Nightingale and the improvements she made to public health and were amazed to find out that fellow nurse Mary Seacole is actually buried in Kensal Green Cemetery! In

Maths, we calculated and measured out the internal angle of segments in a pie chart to represent some colourful data we had collated. It has been a joyful and slightly wistful experience this week as we began to gather together our memories of our time at Maple Walk. We still have plenty to look forward to though, and are feeling particularly energised about next week's art activities and our trip to the British Film Institute next Wednesday.



Sports and PE

This week in PE we have had different fixtures and so much fun. On Tuesday, our Y6 represented MW at the Brent Cricket Competition. Special shout-out to Gail Hepburn who came and supported the players during the event. Her experience and knowledge inspired all of us. Thank you for coming. On Wednesday we had the Gymnastics competition (Y1-6) and Football fixture v Furness School. Fantastic effort and well done to all of you!

In our PE lessons, we have continued practicing for Sports Day. Our fantastic Y6 girls helped lower school, showing them how to perform some of their exercises. Many thanks! Only 3 more weeks until sports day. We are all looking forward to it!



French

Year 1 did some listening work and diligently completed the section in their book.

In **Year 4** we played loto and they reached the end of the programme. Now we shall discover who has won the prize for the best kept book, they've been working through it for two years!

Year 5 completed written work as consolidation of their topic of classroom objects.

In **Reception** the children were learning the words for some vegetables: une pomme de terre, une carotte et un oignon!

Year 6 did some listening to complex amounts of Euros and centimes, quite challenging but with impressive results.

Year 2 were excited to receive their new French work books which they will use until they are in Year 4. We looked at a map of Europe to show how close we are to France and so that is why we learn French.



SHOUTS OUTS

Congratulations to the following Maple Walkers for their hard work and effort this week.
The value for the week was **thoughtfulness, caring and calm!**

RAC	Ivy	For her wonderful writing, using tricky words and digraphs.
	Reza	Reza always thinks about others and is always gentle and calm.
RAM	Jack	For writing some super sentences independently using digraphs and tricky words.
	Zayn	For always showing kindness and having a caring attitude to his friends and teachers.
1AW	Nico	For his super story box up to summarise 'Avocado Baby'.
	Cal	for always being considerate of other people's feelings!
1MW	Dora	For her awesome science diagram!
	Ziad	For always offering a helping hand to others in the class and having a calm presence!
2EC	Flynn	For his amazing drawing work in Art club. Ms Kate was very impressed, well done Flynn!
	Arya	Arya is always mindful and thoughtful. Her calm presence helps others feel the same.
2EM	Leonardo	For amazing effort with his writing all week; his handwriting has never looked better and he is making an effort to get as much written as possible. Well done Leo!
	Azaria	For being a super example of someone who is always calm, thoughtful and caring.
3CA	Marnie	Good descriptive writing about the painting Surprise! Using the DADWAVERS frame.
	Xanthe	For being thoughtful and caring to others.
3MH	William	For his great attitude to learning and always trying his best
	Olivia	For being so thoughtful and caring with her friends and always trying to help them
4FL	The whole class!	For their amazing efforts, preparation and performance in our assembly last week.
	Isla	For always being thoughtful, empathetic and reflective.
5RG	Arto	For an incredibly descriptive retelling of the opening scenes of 'Macbeth'. You have made sure to include many areas of the success criteria - especially some fantastic figurative language.
	Audrey	For showing great knowledge and application of mindfulness.
5GS	Roshan	For his great vocabulary choices and accurately punctuated direct speech in his retelling of the opening scenes of 'Macbeth'.
	Eeshan	For excellent focus during our Mindfulness workshop.
6SH	Valey	For joining in safely and enthusiastically with climbing, scrambling, exploring, dancing and rowing on our residential trip despite having her arm in plaster.



Gymnastics

With only 2 weeks to learn their routines the children competed against 4 other schools. They all embraced the challenge and performed wonderfully. They represented the school excellently and Miss Thurlow is a very proud coach.

Floor

1st - Roc / 2nd - Emma

Floor + Body

1st - Erin

Floor 1st Overall Team YRS 1, 2, 3 & 4

1st Aidan - Boys Floor / 3rd Aidan - Boys Body

Girls Body Manage

2nd - Olivia / 3rd - Serena

Floor

2nd - Olivia / 3rd Serena

Overall - 2nd place YRS 5&6

Overall - 3rd place



Dates for your Diaries...

May	
Monday 22nd May to Friday 26th May	Art Week Walk to school week
Monday 22nd May	Art Workshops with Darcy Turner
Tuesday 23rd May	Y5 - TFL Interactive Workshop
Wednesday 24th May	Y6 - French Trip to BFI
Friday 26th May	Y1MW - Class Assembly Thank a Teacher Day International Arts Show Reception - Forest School
	Art Exhibition Reception - 3:15pm YRS 1-2 - 3:20pm YRS 3-4 - 3:30pm YRS 5-6 - 3:40pm
Monday 29th May to Friday 2nd June	Summer Break (school closed)
June	
Monday 5th June	School opens Y6 - Trip to Parliament
Tuesday 6th June	Green up Your Act Workshop
Thursday 8th June	World Oceans Day
Friday 9th June	SPORTS DAY at WILLESDEN SPORTS CENTRE - Finish at 12:00pm, pickup from venue
Tuesday 13th June	YRS 5 & 6 - Brent Athletics
Wednesday 14th June	Y2 - Multi Skills Festival
Friday 16th June	Y6 - Sleepover Y4 - Forest School
Monday 19th - Wednesday 21st June	Y4 - Hindleap Warren, Surrey
Friday 23rd June	Reception - Forest School
Tuesday 27th June	YRS 3-6 - Girls football Festival International Evening of Entertainment - 5:00pm - 7:00pm Y2 - Mountfitchet Trip
Thursday 29th June	Immersive Theatre Shows
Friday 30th June	Reception visit - WWT London Y4 - Forest School
July	
Tuesday 4th July	YRS 3-6 Girls Football Festival
Wednesday 5th July	Dance Spectacular - 2:30pm - 3:30pm
Friday 7th July	Reception Graduation Reception - Forest School
Monday 10th July	Y6 - Play
Wednesday 12th July	Half Day - 12:00pm
Thursday 13th July to Monday 4th September	Summer Break (school closed)

Spring

Mental Health Awareness Week

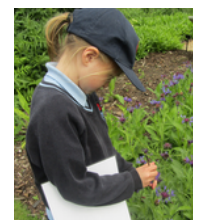
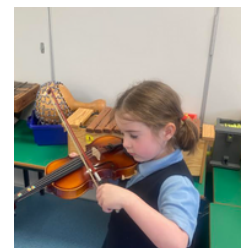
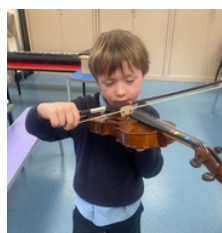
Mindfulness Sessions for the Children

"I delivered mindfulness sessions at Maple Walk School at the beginning of Mental Health Awareness Week and I was delighted to notice that most of the children already knew about the importance of taking care of their mental health and practicing mindfulness. I was really happy to see how well the children engaged in the lessons and impressed by how easily they learnt about emotion regulation, the brain, and how our thoughts work. The children were curious and open to learning. It was also wonderful to see that they are being introduced from a very young age to the Arts and given the space to cultivate them alongside the rest of the curriculum."

Asia, Mindfulness Coach

Asia's tips on how parents can work with their children using mindfulness:

- Reminding the child of the petal breathing exercise (as you close your hand and make a fist, you inhale, and when you open it, you exhale, imagining that the fingers are like the petals of a flower).
- Reminding them of the mountain breathing exercise (tracing each finger of one hand with a finger of the opposite hand. As the finger traces the side of a finger, going up, and climbs the 'mountain', you inhale until you reach the top of the finger and then exhale when you go down the finger/mountain. Do that for all 5 fingers).
- Gratitude, asking them what they are grateful for/happy about every day and helping the child to take in the experience.
- Reminding them to be kind to themselves the way they would be kind to their best friend or a pet.
- Reminding them of the concept of thought buses. The parent might ask: "What thought bus did you get on?" and the child might say "I got on a number 7 going to 'When can I play my game'". Whenever a child gets distracted, can't focus, or doesn't do what they are meant to be doing, they might be caught up in their head/thoughts. As a parent, you could encourage them to get off the bus and just watch it pass by.
- A more concrete example: A student shared that they usually read a book before going to bed. However, sometimes, it gets really late and they need to go to bed, as they might have school the next day. The student said that whenever he's reading a really good book he gets on a thought bus number 8 going to 'What's next?'. When he needs to go to school the following day he can't get on it, or else he won't get enough sleep, but when he doesn't have school, he might get on the thought bus and carry on reading.
- Whenever the child is experiencing lots of feelings, they might be experiencing like a 'snow storm' inside (like when you shake a snow globe) and the best thing to do at that point is breathing, while waiting for the snow to settle, so that they may think more clearly (the snow globe is clear) and make better decisions.
- For the older children, it might be helpful to remind them that, whenever their emotional buttons have been pushed and can't think properly, that means that they have 'flipped their lids', meaning that their prefrontal cortex has gone offline. To get their prefrontal cortex back on board, they can practice some mindfulness.



Mental health matters