

Happiness, Health and Wellbeing

Pupil Edition 20 – Autumn Term 2024



Welcome to the Autumn Newsletter! What a busy term it's been, filled with exciting events and activities. We're thrilled to share some highlights and updates with you as we reflect on the achievements and growth of the past few months. Thank you for your continued support – there's still so much more to come! Wishing you all a fantastic holiday and all the best things that 2025 has in store!



At Marsh Green, we place a high priority on the wellbeing of our pupils, recognising that happy and healthy children are more likely to thrive, achieve and develop the skills necessary to pursue their dreams. We take pride in providing a rich variety of experiences and a creative curriculum that serves as an incredible springboard for their growth. This term, we would like to showcase some of the exciting events that have taken place at our school which promote happiness, health and wellbeing for all...



Odd Socks Day!





Umoja 2024

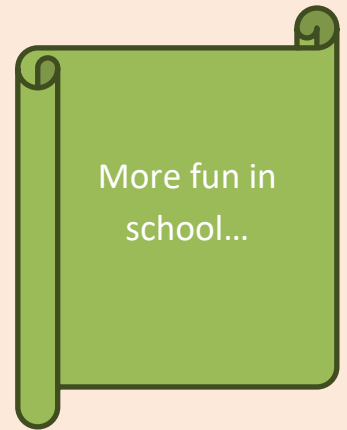


World Mental Health Day – ‘Hello Yellow’



Remembrance Day





Five-a-day Digital Campaign!

Children in Year 2 have been learning about the Digital 5-a-day campaign. It provides practical steps to achieve a healthy and balanced digital diet...



Be Active

Take some time off and get active - movement helps boost emotional wellbeing



Connect

Message, have fun and play with friends and family both online and offline

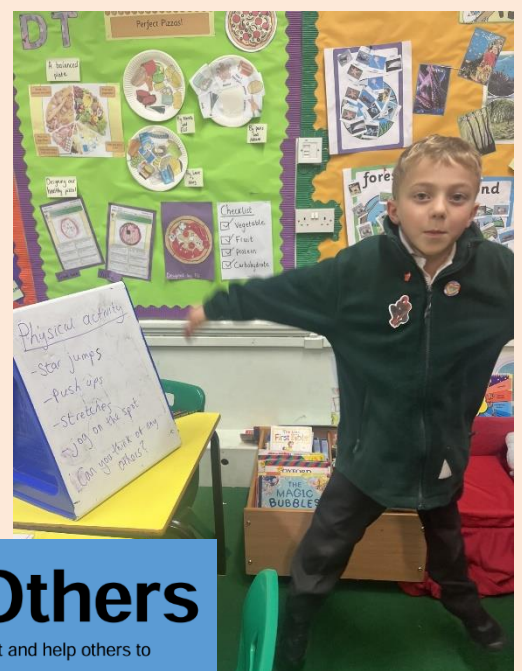
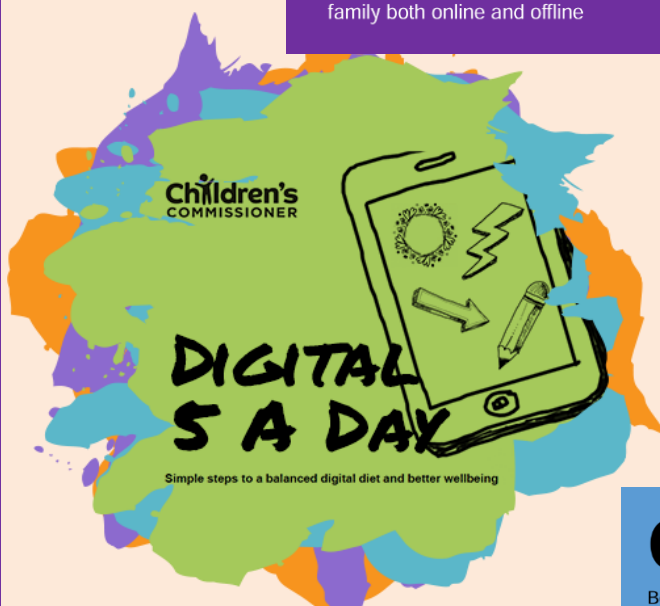


Be Mindful

If time online is causing stress or tiredness then take some time off and ask for help when you need it

Get Creative

Don't just browse the internet but use digital tools to create content, to build new skills and discover new passions



Give to Others

Be positive online, report bad content and help others to balance their own 5-a-day

More fun in Early Years...



Diversity Corner

The diversity of our school is truly amazing and makes it an exciting place to learn!

A Caribbean Christmas Carol!

This week, we're spotlighting a fascinating tradition from the Caribbean: a Christmas carol called "**Christmas a Come.**" This song has deep historical roots, dating back to slavery days, and is part of the Jonkunnu tradition.

At Christmas time, people in the Caribbean would dress in masks representing various characters—such as horses, cows, the devil, and a bride—and parade through the streets, dancing. In the days of slavery, these Jonkunnu merrymakers would collect money from onlookers to fund their own Christmas celebrations. The lyrics of "Christmas a Come" were a way of highlighting their lack of finery.

Today, Jonkunnu parades are still celebrated, but they are purely for fun, and no money is collected from spectators.

Lyrics: Christmas a Come

*Christmas a come, me wan me lama,
Christmas a come, me wan me lama,
Christmas a come, me wan me deggeday,
Christmas a come, me wan me deggeday.*

*Pretty, pretty gal, me wan me lama,
Pretty, pretty gal, me wan me lama,
Pretty, pretty gal, me wan me deggeday,
Pretty, pretty gal, me wan me deggeday.*

*Not a shoe to me foot, me wan me lama,
Not a shoe to me foot, me wan me lama,
Pretty, pretty gal, me wan me deggeday,
Pretty, pretty gal, me wan me deggeday.*

*Not a frock to me back...
Not a hat to me head...
Not a bangle to me han'...*

Note: 'Lama' means presents, and 'deggeday' means finery.



Looking for fun learning resources over the Christmas holidays? Check out **Gracie's Corner**!

<https://www.youtube.com/@graciescorner>



Upcoming Dates to Remember:



- **6th January 2025:** Birthday of Guru Gobind Singh (Sikhism)
- **20th January 2025:** Martin Luther King Jr. Day
- **27th January 2025:** Holocaust Memorial Day



Christmas Fundraising Week 2024



KS2 Movie Night was a huge success!



Thank you so much to everyone who took part in Fundraising Week and to the staff who worked their Christmas magic! We had lots of fun and raised over £2000! 💜💜💜

The Chocolate Christmas Roll!

Each class competed with each other to win a Christmas chocolate selection box! Everyone who took part rolled their coin across the floor and the winner was the person who rolled their coin the closest to the prize! We had a lot of fun...



Thank you for
taking part
everyone!



Ideas to keep you busy at home!

How many of these things can you do?

- Write a letter to Santa's elves, it's usually Santa that gets all the post!
- Design a Christmas card and send it to your favourite person.
- Make a festive decoration for around the house or to hang on the tree.
- Create a homemade gift and give to a friend or family member.
- Make a list of things you really want to learn or achieve in the New Year.
- Have a dance party in the living room to your favourite festive songs!
- Can you find out about Christmas in another country? How does it differ from Christmas in your house?
- Can you make a Christmas tree out of something different? Lego, plasticine, the choice is yours!
- Can you write your own Christmas song or rap, and perform it to your family?
- Have a meal with your family and talk about your favourite memories of this year and the best things that happened to you.
- If you are lucky enough to receive Christmas presents, write thank you notes and send them. Can you include something you loved about the gift?
- Birds can get very hungry at this time of year. Can you make a festive bird feeder out of a milk carton, box or bottle and hang it outside?
- Have a family Christmas movie night, get cosy and tune in to a Christmas classic.
- Can you help to bake some Christmas cookies? Or a Christmas cake?



Autumn Clubs!

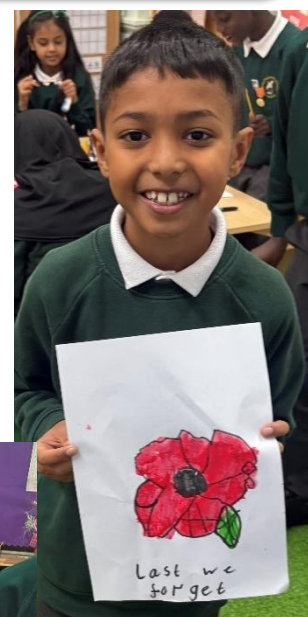
This term has been jam packed with lots of exciting after school clubs! Remember to sign up before the deadline when you receive the ParentMail form about clubs for the Spring Term.



Netball Club

Have you learnt a new skill recently?

Tell us all about it and send in some photos for the next newsletter! Please email parentenquiry@marshgreen.bardaglea.org.uk

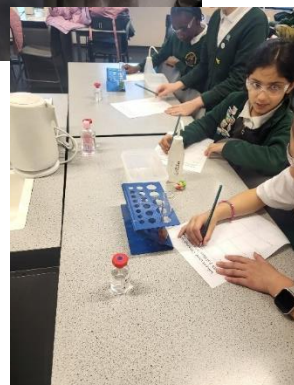
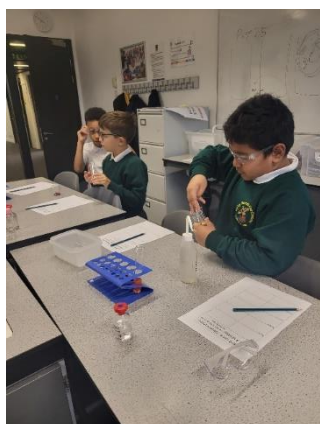
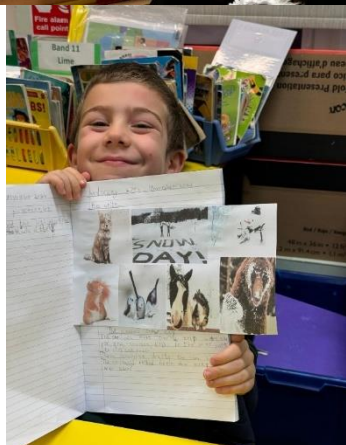


Y3/4 Art Club





Literacy Fun Club



KS1 Lego Club



STEM Club

Amalia in 3GC loved lego club so much that she busied herself at home making lots of fantastic models – thank you for sharing them with us!



Amalia said “My favourite model is the café because the inside is gorgeous and it’s like a bakery. I followed instructions and it took a long time to make. I love Lego and games like Roblox. Hopefully Father Christmas will bring me more Lego this year!”

Children In Need Awareness Day!



Things to look forward to next term...

The next talent show will be on
Wednesday 12th February 2025!



Keep practising and perfecting your talents 😊
Think of a name for your act and prepare a start pose!

- Mental Health Awareness Week starting 2.2.25 with Dress to Express!
- Safer Internet Day – 11.2.25
- Class photos – 25.2.25
- Bedtime story day – 3.3.25 (Wear your pyjamas to school!)
- World Book Day – 5.3.25 (Dressing up day)
- Easter Fundraising week - 31.3.25 - 4.4.25
- Easter bonnet parade – 4.4.25 (Spring coloured clothes and decorated hats!)

More information
before each event!



Thank you to everyone for
supporting the foodbank appeal

<https://rainham.foodbank.org.uk/get-help/how-to-get-help>



Thank you!

Thank you to everyone who bought raffle tickets and also to all the kind people who donated prizes...



Congratulations to the main winners...

Yannis (scooter), Kruz (£50 voucher) & Daniel S (Cadbury hamper)

All the other prizes will be delivered to the winners in class on Friday.

3 reasons I am grateful for 2024

by Kadaybannie, Sports and Health Ambassador at Marsh Green in 5KB



I am really grateful that I could take part in the talent show this year. It was so much fun! I especially enjoyed parading around the playground with my Easter bonnet – I won an Easter egg for my creative design! 😊 I am pleased to end the year with a fabulous Christmas performance by Year 5 and 6. We

have rehearsed a lot and we are looking forward to wowing all our parents and carers on Wednesday evening!



Thank you to everyone who has helped contribute to this newsletter! I am looking forward to the next edition already! Please send in any photos of family fun and celebrations to parentenquiry@marshgreen.bardaglea.org.uk.

Remember to keep safe and make your own fun when you are at home. If you need any help or want to talk please see an adult in school. Wishing you all a very Merry Christmas and a happy, healthy New Year! See you all on the 6th January 2025

Best wishes, Mrs Weekes xxx