



Rokesly Infant and Nursery School

bulletin

Spring Half Term break

13th-17th February 2023

TAD days (School closed)

Monday 5th June 2023

Bank Holidays (in term time)

Monday 1st May 2023 – May Day

Monday 8th May 2023 – King's
Coronation

Spring term | Issue 15 | January 2023

October gallery

This week our Reception classes visited the October Gallery in central London. Staff told us that the trip was really well organised and the activities were brilliant for the age range. Gallery staff told us that there are workshops on offer for families and all Rokesly children are very welcome to join in. find out more here:

<https://octobergallery.co.uk/>



Feathers and Flight

Today we launched our Theme Week with a special YouChoose assembly about Birds. Thanks to everyone who brought in their bird-related books, art and objects from home.

We are really looking forward to next week's Arts Theme Week.

Because of staff illness at Nite Owls, we have had to reschedule our owl presentation and photos to **Tuesday 31st January**. All the children will have their photo taken with an owl on the day. You will have an opportunity to buy your child's owl photo after the visit. Find out more about Nite Owls great work here

<https://www.niteowls.co.uk/>



Our Haringey Shed performing arts workshops will be on **Tuesday 31st January** and **Thursday 2nd February**. Haringey Shed are an inclusive theatre company for young people based in Tottenham. In the sessions they will be exploring birds and flight through drama-based games and exercises. Children will embody different types of birds and open their imaginations to understand a bird's daily routine. They aim to build confidence and offer young people a way of expressing themselves through dance, drama, music and art. If you are interested in what they do, contact:

info@haringeyshed.org

After the Arts Theme Week, we will be showing the children's work in the hall at our Parents evenings on **Wednesday 8th** and **Thursday 9th February** and you are all invited for a special viewing!

COMPETITION. The competition will be for the children to design and make some wings at home. These could be for themselves, a Lego model, a fairy, a spaceship, a soft toy, anything really! They could be made out of cardboard, fabric, paper, plastic or any other recycled materials

We will judge the competition on **Monday 6th February**.

Big Garden Birdwatch long weekend is here! There's still time to sign-up and take part. Just spend one hour between Friday 27 and Sunday 29 January counting the birds, and help monitor how birds are faring. It's free, fun and a great way to keep an eye on your local wildlife. Wherever you are, whatever you see, it counts!

Get involved here: <https://www.rspb.org.uk/get-involved/activities/birdwatch/birdwatch-take-part/>

Occupational Therapy

The Haringey Occupational Therapy team are offering a free virtual Parent information session, discussing sensory differences and behaviour.; understanding why children have sensory differences and what can be done to support them. This is for all parents who live in the borough of Haringey, and you do not need to have a referral with occupational therapy to access this seminar.

Parents who wish to attend will need to send an email with the date you require to makela.foster1@nhs.net to be booked onto the seminar.

These are the sessions they have available:

Friday 10th March 2023

Friday 12th May 2023

Friday 14th July 2023

Friday 15th September 2023

Friday 10th November 2023

Anchor approach – I Belong

Our Anchor theme this week was I Belong. Belonging is a sense of fitting in or feeling like you are an important member of a group. Feeling that we belong helps us to relax, concentrate, feel safe and get on with others. Having a sense of belonging is something we highly value for our children at Rokesly. Feeling we belong helps us to trust others and forms a buffer against shame if something difficult happens. In assembly we read the book 'Stellaluna'. You can see an animated version of the story here: https://www.youtube.com/watch?v=tctS84dIO_Q
Here are this week's tips and ideas on building resilience for you and your family to try.

Building Belonging

Ideas for ADULTS & CHILDREN to try...

Did you know...

The more places we feel that we belong, the safer we feel.

It helps to belong at:



To help yourself, try:

Thinking about your relationships at home, at work and in the community.

Are they strong in all areas?

Could some areas be strengthened for you and your family?

To help your child, try:

Talking with your child about who they go to at school when they need help

- *who is good at listening?*

- *who helps them when they have a worry or a problem?* Encourage them to connect with that person - make a card for them, talk about things they are both interested in.

Haringey
LONDON



Building Belonging

Ideas for ADULTS & CHILDREN to try...

Did you know...

Being connected to others allows us to feel more safe, happy and relaxed.

This helps us to take on new opportunities and risk making mistakes.

To help yourself, try:

Smiling & talking with people you see regularly - *a neighbour, parents at school, people in community groups.*

Talking to someone who looks sad, lonely or distracted can help them to keep well.

To help your child, try:

Speaking with them about who their friends are at school...

- *what they like about them and*

- *what they have in common*

- *think about other people they might be friends with & how they could make friends*

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Building Belonging

Ideas for ADULTS & CHILDREN to try...

Did you know...

Being actively involved in school and community activity gives us roots in the place and a sense of belonging.

To help yourself, try:

Taking opportunities for your whole family to volunteer to support community groups or help organise events at school or in the community.

To help your child, try:

Encouraging your child to try new things such as joining school teams, after school clubs or community activities.

- *It will broaden their experiences, and give them a better understanding of the world.*

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You belong to a fantastic Rokesly Community and we want you to be involved as much as you can. Our PSA organises events that help bring families and children together and also raise funds for Rokesly schools. Here is a quick update from the PSA Committee.

The year so far...

Thank you to everyone who helped organise, volunteer and attend our events last year. All the events have been super successful & fun. Thank you, we couldn't do it without everyone getting involved!

Our first event in 2023 was the **Infant Disco** on Saturday and it raised just over £2300, which is amazing! Thank you very much to everyone who attended and volunteered!

Poetry Books

Massive thank you to our infant school parents Bex, Barry & Scott who organised the poetry book this year. It looks amazing and is a wonderful keepsake. A few are still available here -

<https://rokesly-psa-shop.company.site/>

Neon Hoodies are Back!

Everyone hopefully knows now, but neon is back! Please order your neon hoodie here - <https://rokesly-psa-shop.company.site/>

Matched Giving

Another Crouch End school received £15,000 from Netflix in matching giving last year! Do you work for a company that does match giving? Would they support us? They could match an individual event or donation? If you think your company might and you would like to discuss it further, please contact rokeslypsachair@gmail.com

Quiz Night

We're so happy the Rokesly Quiz is back this year, please don't forget to buy your tickets. It's on Friday 3 Feb at 19:30 - <https://www.ticketsource.co.uk/rokeslyevents>

Fun Run

Please save the date for this year's fun run, Saturday 11 March at 9am. Training sessions will be available on 25 Feb and 4 March too! More information and sign up details available very soon.

Auction

We're looking for lots - big and small! In previous years we've had some smashing lots - from special experiences such as VIP tickets to music festivals, behind the scenes access to TV shows such as The Last Leg and signed Oasis albums, and also smaller but winning items like beauty manicures, food hampers and 1-1 masterclasses.

If you'd be happy to donate something special or know someone who can, please drop us a line at rokeslyauction@outlook.com Thanks in advance! Look forward to seeing you on the night too - Friday 12 May!

Amazon Smile & Easy Fundraising

Please don't forget about Rokesly PSA when doing your online shopping! It's a very simple way to raise money for the schools. More information here - <https://rokeslypsa.org.uk/fundraise-and-donate/>

Next year's committee

Ruth is stepping down as Chair at the end of this academic year. If someone, or two people, are interested in taking over as Chair, please do get in touch. The PSA cannot continue without a Chair and so we do need someone to volunteer.

Simon, our long-standing Treasurer, is also stepping down after 6 years! If anyone is interested in taking on that role alongside our other super Treasurer, Siobhan, please let us know too.

It would be good to recruit the new Chair/s and Treasurer early to enable some 'shadowing' and a full handover. Please email rokeslypsachair@gmail.com if you'd like to have a chat about either role.

Save the Dates

Quiz Night - Friday 3 Feb

Cake Sale - Friday 10 Feb

PSA Meeting - Wednesday 8 March

Fun Run - Saturday 11 March

Car Boot - Sunday 26 March

Cake Sale - Friday 31 March

PSA Coffee Morning - Wednesday 3 May

Auction - Friday 12 May

Cake Sale - Friday 26 May

PSA Meeting - Wednesday 14 June

Summer Fair - Saturday 24 June

Outdoor Cinema - Friday 7 July

Cake Sale - Friday 21 July



Thank you very much for your continued support of the PSA. School staff and governors are really proud of the work you all do to support the schools and help bring our community together to make school even better for all our children. Thank you

Dates for your Diary

Monday 30 th January	Arts week – Feathers and Flight
Tuesday 31st January	Owls assembly and photos – change of date Haringey Shed performing arts workshops
Wednesday 1 st February	School closed all day for strike action
Thursday 2 nd February	Haringey Shed performing arts workshops
Friday 3 rd February	Rokesly PSA Quiz Night
Wednesday 8 th February	4-7pm Parents evening – Art gallery in the Infant hall
Thursday 9 th February	3.40-6pm Parents evening – Art gallery in the Infant hall
Friday 10 th February	3.15 Cake sale
Monday 13th – Friday 17th February 2023 SCHOOL CLOSED for Half-term BREAK	
Monday 20 th February	8.55am Spring 2 begins