



Monday 5th May 2025

Dear Families,

The Grand Opening of our FOSS Sensory Garden

Thank you to all of the families who joined us for the planting of Singlegate's first-ever time capsule last week, as part of the Sensory Garden opening. It was lovely to have a number of you with us to commemorate this special moment together. A HUGE thank you to the FOSS community, who have worked so hard in rejuvenating this area. We already have a large number of children wanting to be part of the maintenance and development team, which is exciting. Watch this space!



Class	Overall Weekly %
Paddington AM	96%
Paddington PM	72%
Paddington Full Time	99%
Archway	96%
Bank	95%
Angel	100%
Oval	98%
Knightsbridge	94%
Borough	96%
Monument	99%
Victoria	98%
Pimlico	99%
Wimbledon	96%
Balham	97%
Southwark	97%
Kennington	98%
Piccadilly	99%
Euston	96%

Edgware	98%
Temple	99%
Barbican	98%
Westminster	98%
Embankment	98%
Colliers Wood	96%

Proud Pizza Party Participants!

Our weekly attendance pizza parties continue to be a real HIT with children across the school. Conversations in classes encourage individuals to all that they can to be in school all week so that their class may be awarded with the Wednesday treat! Colliers Wood won the first party this term and it's their first this year!



BeDifferent
Federation



Eco Warrior ACTION

Our dedicated Eco Warrior team planned for Barbican Class to visit Southwark's recycling facility plant. The children eagerly explored the different stages of the recycling process and reflected on what more we can do at school to be environmentally friendly.



PE within Merton Local Authority

Our children have taken part in a number of borough PE events recently. They continue to demonstrate excellent collaborative skills and the ability to work as a team. Well done!

This term, we have organised for a number of additional sessions for the children to enjoy to include hockey in Year Three and Chelsea Football coaching in Year Six. We welcome back Sports Focus Coach, Dominic Smart, who will be leading multi sports training across Key Stage One.



HUGE congratulations yet again to our Mrs Bull, who completed the gruelling 26.2 miles last week as part of the London Marathon. She successfully raised £4,064 for Macmillan Cancer Support. Mrs Bull – you are an absolute inspiration to us all!



Our Year 2 children thoroughly enjoyed their ENGAGE beachcombers event on Tuesday!



Thank you to Mrs Newman and her team for organising such a super morning.


Late last year, Maddie did an author interview with bestselling British crime writer Elly Griffiths. Elly writes 'Justice Jones' mystery series alongside her popular adult crime and thriller books.

Maddie's author interview, along with her review of one of the Justice Jones books, was published in the February 2025 issue of *Good Reading*, a highly regarded monthly books magazine in Australia. She has since had other reviews published, and in the Easter school holidays interviewed another children's author - that interview will be published in the upcoming June issue. The editor of the magazine, Rowena Morcom, is very impressed by Maddie's contributions, and she's received some great feedback from authors that she has met at festivals when her article and review were shared online, including the likes of Vaseem Khan, the Chair of the esteemed Crime Writers Association.



Physical activity, exercise and mental health What are the benefits?

Physical activity has many benefits for mental health, here are some of the key ways it can positively impact mental well-being:

<p>Improves Mood: Physical activity elevate your mood and promote feelings of well-being.</p>	<p>Improves Sleep: Regular physical activity helps to regulate sleep patterns, making it easier to fall asleep and stay asleep.</p>	<p>Builds Self-Esteem and Confidence: Regular exercise can help improve physical health and fitness, which often leads to increased self-esteem and confidence.</p>
<p>Social Interaction: Engaging in group sports can provide a sense of community which is beneficial for mental health.</p> 		<p>Provides a Sense of Accomplishment: Setting and achieving fitness goals, whether they're big or small, can help boost your sense of accomplishment and improve overall mental resilience</p>

Physical Activity for Children

NHS guidance states children need to complete an average of at least 60 minutes of moderate or vigorous physical activity a day across the week, through a variety of types and intensities of activities. This not only benefits children's physical health but also improves their mental health and wellbeing.

Let's Get Physical in Colliers Wood: Figges Marsh junior parkrun. A free, fun, and friendly weekly 2k event for juniors (4 – 14-year-olds). <https://www.parkrun.org.uk/figgesmarsh-juniors/>

Free swimming for kids: Under-16s can swim for free at Canons, Morden and Wimbledon leisure centres at certain times each week. <https://www.merton.gov.uk/healthy-living/sport-and-healthy-living/kidsswimfree>