

JANUARY 2023

ISSUE 022

VINELINES

YOUR WEEKLY VINEHALL NEWSLETTER



Vinehall
A REPTON SCHOOL



MESSAGE FROM THE HEADMASTER

Welcome to the Lent Term. I hope by now you have managed to pick up your copy of the school calendar and have had a chance to digest the exceptional spread of events on offer over the next couple of months. All bodes well for a busy and exciting term.

The theme of the week has been 'Inspiration' and the children have been asked to consider who they can inspire as well as where they may find their own inspiration this term.

In our assembly, I also asked them to think about the little things and how these shape how people view us; perhaps the very simple every day acts of kindness that may seem quite ordinary make such an impact on those around us. This is why we continue to put such a huge emphasis on kindness to others at Vinehall.

As Mother Teresa said,

*'Kind words can be short and are easy to speak,
but their echoes are truly endless'.*

I feel our children really do understand that message and are desperate to give of their best.



Joff Powis

UPCOMING EVENTS



Rushton Charity Event

Monday 16th January

Talk for Early Years Parents - The Importance of Good Routines

Monday 16th January, 6.30pm

'Moving up to Year 3' Open Morning

Tuesday 17th January

Nursery Woodland Walk

Tuesday 17th January, 8.45am

School Council, Academic 7 Eco committee Meetings (Yr 2-8)

Wednesday 18th January, 10.45am

Girls' Netball v Claremont (1st, 2nd, 3rd, U11AB, U10)

Boys' Rugby v Skippers Hill (U13, U12, U11 & U10)

Wednesday 18th January

Flu Vaccinations for Years 7&8

Thursday 19th January

Boys' Rugby v Skippers Hill (U8 & U9)

Girls' Hockey v Marlborough House (U8 & U9)

Thursday 19th January

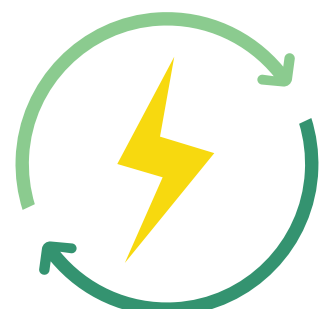
Writers' Workshop for Years 1 & 2

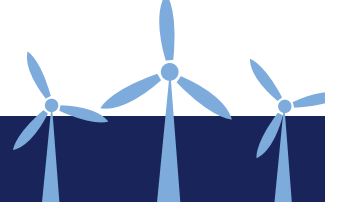
Friday 20th January

Exeat begins after School

BIG ENERGY SAVING WEEK

Monday 16th - 20th January





TRIPS

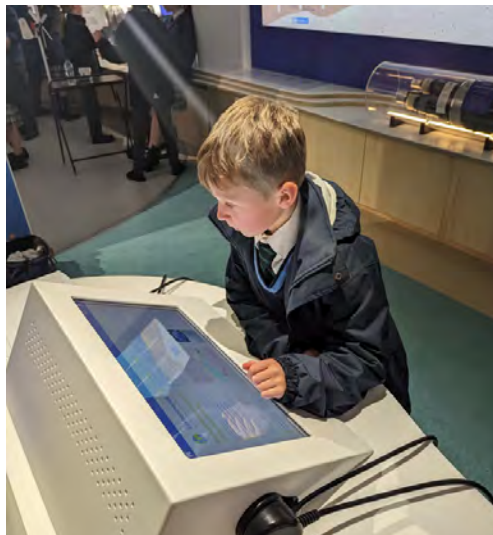
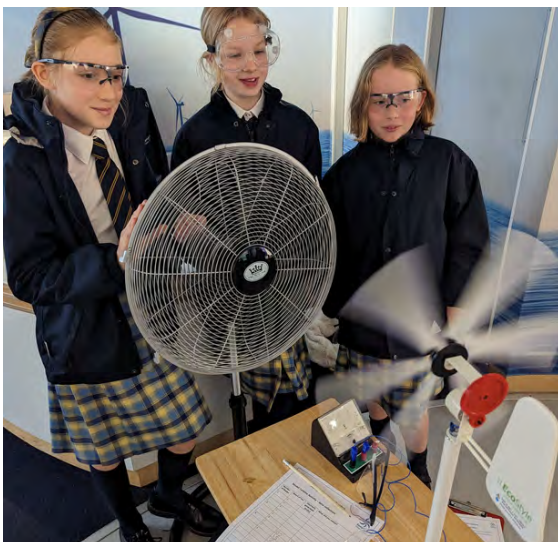
Rampion Wind Farm Visitor Centre

On Thursday morning, the Year 6s enjoyed a fantastic morning at Rampion Wind Farm Visitor Centre in Brighton (it seemed an appropriate day to visit, with the wind along the promenade blowing us along!) The children learnt about how the wind farm was constructed and the talk and displays included some fascinating details.

For example, did you know that they use ships on legs when they are erecting the wind turbines? The children also learnt that the ladders within the turbines (allowing the technicians to climb to the very top to complete maintenance work) are attached to the tower with magnets, as using bolts would result in the tower rusting.

The Year 6s also had the opportunity to use model turbines to generate electricity. They experimented with different numbers of blades, as well as varying the pitch of the blades, and used a voltmeter to record the amount of electricity generated. For most of the children, the highlight was undoubtedly the 360o Virtual Reality experience that takes you out to the wind farm itself! (Almost as much as fun as putting on the VR headsets is watching the children with the headsets on waving their arms around in front of their faces!)

The Visitor Centre is well worth a visit if you are ever in Brighton with a spare hour or two, and we shall certainly be returning next year.



FOCUS OF THE WEEK – LIFE SKILLS

For Parents

Whilst the vast majority of Vinehall pupils have bounced back to school life with enormous enthusiasm and absolutely delighted to see their friends and teachers, we know that others sometimes struggle. Ally Linney, Assistant Head Pastoral, offers the following article to support parents and therefore pupils:

While many approach the New Year with target-setting and aspirations for the good things to come, for some children the prospect of returning to school after a holiday can be daunting. Back-to-school anxiety is very common and understandable. Throughout holidays, children settle into home routines and, for many, the thought of early mornings, constant socialisation and high levels of stimulation is challenging. Even grown-ups experience return-to-work anxiety!

Why might my child be feeling anxious?

Anxiety is a feeling of unease, experienced by everyone at some point in their lives. Feelings of anxiety trigger an innate 'fight or flight' response and can result from a range of factors. Facing the unknown is one of them.

Children may worry or feel over-excited about seeing certain children in their peer group or how they feel about engaging in a particular lesson. Children may be recovering from illness or have to deal with spending time away from family and pets. Returning to school after time away can be tough.

What does back-to-school anxiety look like?

Everyone expresses their innermost feelings in different ways. Children may not be fully able to verbalise their emotions (as they may not completely understand them just yet), so reluctance in returning to school may look like:

- Not wanting to get up or get ready for school;
- Feeling unwell or complaining of stomach aches or headaches;
- Not sleeping well;
- Appearing more clingy than usual;
- Expressing themselves angrily, seeming upset or acting out;
- Having bouts of unexplained crying;
- Struggling to concentrate;
- Beginning to worry about small issues;
- Beginning to withdraw, seem down, or quiet.

How can I support my child?

School is experienced differently for everyone. Trying a few new strategies at home leading up to the return to school (or building them into the nightly routine) may help your child with their self-regulation.

View our Tips on support below



HOW TO

support my child



Get Ready

Helping your child to organise their personal belongings ahead of time may reduce stress in the morning. Encourage your child to have their school bag packed with necessary equipment and clothing, and keeping it near the front door, ready for the morning will help keep mornings running smoothly.

1



Open Discussion

Talk to your child about how they are feeling. If they are seeming a little reluctant, try drawing 'the Anxiety Iceberg' listed in the resources below. Understanding what is troubling your child can welcome healthy discourse about their worries and can help them to release built-up tension. Talking about school in a positive light can help as well. That leads to ...

2



Finding something good

Look through your child's timetable with them and help highlight something they are looking forward to in each day. If they have a tough time identifying something, suggest a lesson in which they received positive feedback in a school report or that they have previously talked about in a positive way. Help your child to realise their potential each day

3



Healthy Routines

Ensure your child has a calming bedtime routine. Avoid screen time for at least one hour before bed. If returning from a school holiday, try to re-establish school night routines at least two to three days prior to the return to school. Children thrive from routine so helping to ensure they are having a healthy diet and they are getting enough sleep will help them to feel safe, relaxed and regulated.

4



Acknowledge & Keep Calm

Be sure to acknowledge your child's feelings, rather than dismissing them or simply telling them that everything will be 'okay'. Even if you have your own concerns about your child's return to school, ensure your commentary remains positive or neutral. If your child is having a problem at school, support them with tips and strategies for problem-solving while taking a gentle step back (where appropriate) allowing them space to work through what is troubling them.

5

Feeling worried, stressed or anxious are unpleasant feelings, but all emotions have their value. We cannot feel happy all the time. Remember that your child will not always feel this way and helping them to accept their feelings as valid and valuable experiences will help to develop their emotional resilience.

Finally, remember, we are here for you. Your child's Form Tutor and I are only a quick email or phone call away. At school, we keep a watchful eye over them and support them on their path to becoming confident, resilient young people.

'Hey Warrior', K Young

(Recommended by a Prep School family).

'It's Okay to not be Okay', T Ray

(Available in our Prep School Library and the Life Skills Room).

'The Anxiety Iceberg' - How to support your child if they are struggling with school anxiety.

[Click here to watch](#)

Going back to school

[Click to find out more](#)

Tips For Dealing With Back-to-school Anxiety

[Click to find out more](#)

ART

As an initial but important part of the Year 5 textile project, the pupils have been experimenting with paper strips to create a colourful checkerboard woven piece. We talked about opposing forces and thought about to make a common piece of paper stronger. The warp and weft are the opposing forces. Art and Science at play.



ACADEMIC

Year 3

Egyptian Banquet

After Games, Year 3 were excited to find an Egyptian banquet prepared for them in their classroom! They sat on the floor and sampled grapes, pomegranates, melon, flatbreads and honey. This was their first lesson of the term on their new topic, 'Ancient Egypt', in Humanities. The honey went down very well!



Rock Stars

Year 3 have shown great focus in Science this week; they tackled observational drawings of a variety of rocks before matching each rock to its description.

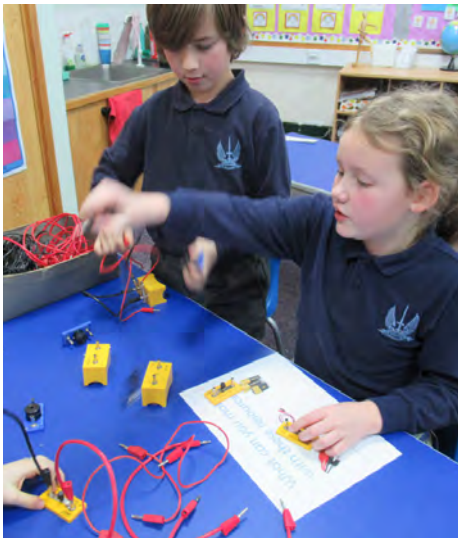


ACADEMIC

Year 4

Cuckmere Haven

Year 4 pupils travelled to Cuckmere Haven for the start of their Humanities topic, 'Mountains High, Rivers Low'. The children studied the features of the river but were horrified by the amount of rubbish. As committed Ecowarriors, they sprang into action but soon realised the litter-picking was a never-ending job!



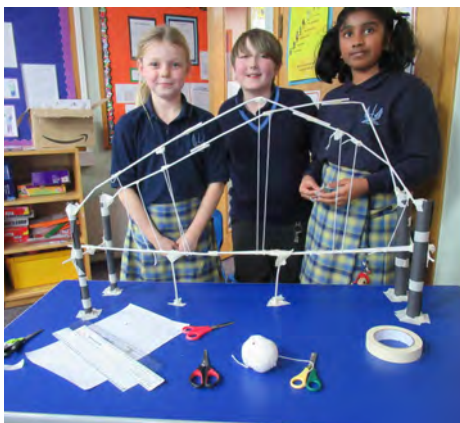
Science

The children played with electrical games to start our new topic. We talked about where our energy comes from and how we use and store it.

Year 5

The Victorians

Year 5 have been learning about Isambard Kingdom Brunel as part of their topic. The children were challenged with designing and making suspension bridges. They didn't quite get the idea of a suspension bridge, but were certainly collaborative. All the bridges managed to hold 400g of weight - very well done!



SPORTS & EVENTS

Year 8 Dinner Dance Gallery



[Click here](#)
[for all the photos](#)

The full gallery is now available.



For Match Reports

via Mobile

Please follow these instructions - [click here](#)

(then click sport tab > select sport >

Select team > select the fixture > select report)

via Desktop or Tablet

please [click here](#)

MESSAGE FROM THE HEAD OF PRE-PREP

VINEHALL EMBRACES THE CELTIC HARP!

This week Year 2 had their first collective lesson on a set of beautifully crafted Celtic harps. Sue Glossop, our wonderful Director of Music, was the inspiration for the inception of these lessons and I was incredibly proud of the way that Year 2 rose to the occasion and took part with extraordinary dedication and enthusiasm in the very first lesson of collective harp playing ever seen at Vinehall!

Their new harp teacher, Sarah Dejeay, explained the basics of how a harp works. The strings are the most important part of the harp and the soundbox (a series of holes in the end of the box) lets out the sound. George S spotted the different colours of the strings and told us that the "different strings are the different notes". We learnt that the red string is always C. Vivi L was captivated by the mellifluous sound Sarah made when she demonstrated playing a scale and correctly commented that "the strings are going in order."

Then it was the moment for which the children had been waiting – each of them was given a harp and allowed to experiment with their fingers to make a sound. They quickly learned that they must use their fingertip (not a nail!) to pluck the strings, and they practised playing a glissando scale – which is a finger slide. Sarah explained that the longer the string, the lower the note and Barnaby P instantly told us that "the string at the top is the highest." We finished the lesson by learning "Hot Cross Buns", using the red string of C as the anchor note. What a truly wonderful half hour; I am unsure who is more excited about our next lesson – me or the children!



Nicky Whittaker



LITTLE VINES NURSERY

Magical Music Box

What an exciting start to this Lent term, with a visit to Vinehall's Music School. Studies in neuroscience show that music can enhance brain function in children. Giving children exposure and opportunities to access and be involved with music happens every day here at Little Vines.

Mrs Glossop, our Director of Music, kindly gathered some of her wonderful musicians to show the children their instruments and how they play them; and what amazing musicians they are. The children listened attentively to the Prep pupils playing the violin, cello, tuba and flute.

We then created a Vinehall band to sing 'If You're Happy and You Know it', with the Little Vines playing drums or tambourines.



Kindergarten

Collaboration

This week we have been focusing on the life skill of collaboration. We worked together like Billy Bee to make Gruffalo pies.

We then went on a story trail and worked as a team to find the characters from 'The Gruffalo's Child'. After finding the characters, we enjoyed exploring the woodland environment with our friends.

After all of this fun, it was time to settle down to enjoy our Gruffalo pies and Gruffalo tea.

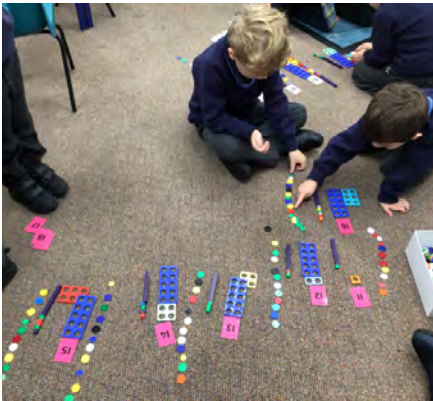


RECEPTION



Superhero Training with Supertato

Reception have had a wonderful first full week back after Christmas. On Monday we took part in some Superhero training around the school grounds. The children showed off their running, climbing and jumping skills and we then sent photos to the Superleague to see if they thought we were ready for a mission. The next day a surprise arrived in the post full of certificates for their training and asking the children to help on a mission which no one else could solve. There was a strange code the children had to break to find an ancient artefact. We are waiting to see if another mission will arrive. Our core text for this week has been Supertato, which we used as inspiration to create super-fruit and veg. We turned our superfood into a comic book strip to share with Kindergarten next week.



YEAR ONE

Dinosaur Discovery

Year 1 went back to the time of the dinosaurs this week and met a dinosaur in our school theatre! He taught us how to move and groove like the dinosaurs did in the past and the children learnt many fascinating facts about these magical creatures. We had our first visit to the IT suite in the Prep School and printed out information on the dinosaur we had chosen to research this term. When we arrived back at the Pre-Prep, we discovered that 'Dollie the Dinosaur' had left boxes of clues for us to discover. What an exciting introduction to our new topic of "Dinosaur Discovery"!



YEAR TWO

Discovery

There was great excitement on Monday morning when we found a message in a bottle. We discovered it was from a boy called Ben, who had been shipwrecked on a desert island. We wrote a list of questions for him and then put Mrs Hawtin in the hot-seat so that she could pretend to be Ben, answering everyone's thoughtful questions.

This week we have also worked like Billy Bee to find different ways to make given amounts of money. Using coins and notes, we tried different combinations and realised there were numerous possibilities.

In our Learning Journey we looked at properties of materials and thought about what the different materials are used for and why.



CELEBRATIONS

Pre-Prep

STARS OF THE WEEK

Nursery

Maeva

Harriet

Kindergarten

Rupert

Reception

Albert

Zephan

Year 1

Shahaan

Year 2

Sia

Ned

Happy Birthday

PRE-PREP

TASHFEEN K, AAYAT K, SHAHAAN K, & RUPERT J

PREP

GUILLAUME BD, CHARLIE C, ARYA E,
CORALIE F & MATILDA B

