



The Stables Independent School Newsletter

26th April
2024

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Dates for your diary

Stress Awareness Month tips on page 2

- 6th May - Bank Holiday
- 13th May - International Nurses Day
- 18th - 20th May - Mental Health Week
- 24th May - Half Term
- 3rd June - Back to school

Hello everyone!

This week, Mr Spackman collated the results of our pupil survey on the curriculum. Miss Allen made it into a whizzy presentation and there are copies available in The Barn Reception, or on request.

It was great to hear the children's positive comments about the lessons they enjoy. They also told us what sort of support works best for them.

We're all very proud of their positive attitude to learning.

Mrs Porter, Headteacher



SURFING

Hedgehogs hit the surf this week in Cromer. Miss Mullally-Knight suited up too, to support the class in their first surfing lesson. Despite the rain and wind, the boys wore wet-suits, surf shoes, gloves and Glide Surf School t-shirts, so they were ready to take the plunge! Alfie told Miss Allen, "I can't wait to go next week!" Pictures of our surfers are on the right.



WORK OF THE WEEK

Charlie for his magnificent work in maths, this week!



Alfie for his wonderful independent maths work!



TJ for being terrific in tennis!



Lucas whose effort in art was amazing!



WOW!

Star of the Week **Rogan**

A week of outstanding behaviour from this Fox cub!!

Grrreat!



Stress Awareness Month

In our assemblies this term, we are learning about stress and how the brain works. There are lots of things that can bother us and make us stressed, but there are even more ways to combat it!



Things that make us stressed...

- Finding class work or home work tricky
- Falling out with friends
- Moving home or school
- Dealing with growing up
- Not being prepared
- Not getting enough sleep



Things that make us feel better...



Doing something we enjoy!



A big hug!



Talking to a trusted adult about it.



Think positively!
Stay calm!
Think before you act!
Take one step at a time.



Go outside!