



Stoke Hill Federation

NEWS



It was lovely to see so many of you at 'Dads to Lunch' on Wednesday.

Summer in the City

We live in the fantastic city of Exeter with so much going on, often for FREE and so with this in mind we would like to collect as much summer holiday information as we can to put on the website and in an information leaflet.

So, we are asking everyone to start collecting and dropping into us details of local events for children 3-11 (free and paid for). Publicity material is very welcome too.

Drop anything you think we'd find useful into a clear yellow envelope which you'll find in the window of either office.

Whatever you know and wherever you go might be new information for someone, so please contribute whatever information you can.

~ thank you ~

❖ We help children to discover their unique interests and talents

10 a Day Choices

This week some of our teachers have been learning about 'Normal Magic' – a strategy for helping children to become more aware of their own mental health. The idea is that everyone can make 10 choices every day that will help repair, recover and maintain good mental health. **How many of these choices can you make today?**

Talk about your feelings

Ask for help when you need it

Take a break

Stay hydrated

Eat well

Keep in touch with people you care about

Stay active in mind and body

Do something you are good at and enjoy

Be proud of your very being

Actively care for others



An interview with artist Sam Cannon

Last week Year 2 welcomed Sam Cannon into school. She taught us more about painting with watercolours and how to combine them with lettering. Sam's writing breaks the normal lettering rules and we had fun discovering how to write our names in this style. We mixed colours and experimented on the paper.

Here is an extract from the interview:

How long have you been an artist? *I have been an artist and illustrator for over 20 years.*

Did you go to University? *Yes, I went to University for 4 years.*

Why do you paint lots of animals? *I care about animals and think it's important that humans look after animals that need protecting.*

Do you draw things before you paint them? *I always draw light lines with a pencil and 'tickle' the paper so lines are easy to paint over. I get it wrong lots of times so I never give up and keep trying until I've done my best.*

How many paintings do you paint? *I paint about 60 paintings a year. Some take a few hours and some take a whole week.*

Is it easy being a painter? *I love my job but it is hard work. Painting takes a long time and I put lots of detail in my paintings. It was my dream to become a painter and I enjoy my work. It's hard work but worth it! You have to practise to keep getting better and I enjoy learning new things.*

Extreme Reading

To get ready for the Book Fair we are encouraging children to bring in a picture of themselves reading in an unusual place – you can add these to the display in the entrance hall.

Accelerated Reader

This week I've looked at the classes where **most children have read at least one book:**

Year 3 – 3B and 3E

Year 4 – 4HM

Year 5 – 5J

Year 6 – 6SP

Junior School Sports Days

Our Junior School Sports Days are nearly upon us! As last year, the focus has been on making sure the children get to take part in as many athletics events as they want to, and it would be great if you can come along and support them.

We have split the school into three teams for the day. If possible, please could your child wear something with their team colour for the event. This allows the spectators to get involved with supporting their team. The teams are:

Harriers (blue) – 3B, 4O, 5J and 6M

Grecians (red) – 3E, 4HM, 5Mc and 6SP

Chiefs (white) – 3MA, 4M, 5PW and

Year 3 and 4 Spots Day is on Tuesday 4th July, 1.30pm

Year 5 and 6 Sports Day is on Monday 3rd July, 1.30pm

Junior School Summer Fair and Stoke Hill Bake Off 3

Friday 23rd June 4:30pm – 6:00pm ~ NEXT WEEK

There will be a non-uniform day on the day of the fair in return for donations of books, games, toys and bric-a-brac and items for the tombola. **Entries for the Great Stoke Hill Bake Off** need to be into school on Thursday 22nd. The three categories are cakes, biscuits and fairy cakes.