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Collaboration **Confidence** Craftsmanship **Communication** **Curiosity** **Creativity** **Commitment**



Skipping Mad a Morgans!

This week we have run skipping mornings across the school. Using our 'skip to be fit' ropes the children and teachers have shown great **commitment** as they skipped and skipped, and tried to beat their own best score of how many skips they can do in 2 minutes. It has been wonderful seeing such joy on the faces of the children as they exerted themselves skipping faster and faster with more and more skill!

In this current digital world where children are spending more and more time looking at screens and less time playing outdoors, the problem of childhood obesity is becoming a growing concern in the UK. It is therefore extremely important to encourage a healthy and active lifestyle from a young age to try and reduce inactivity and sedentary in children. At Morgans we offer as many different activities and opportunities to our children so that they can see how important activity is, how good it makes you feel and how much fun can be had. We encourage **confidence** and **curiosity** in our pupils to try out new things.

As well as skipping this week, Mr Palmer organises skipping club on the playground to encourage children to participate at lunchtimes. In addition to skipping, teachers across the school take their classes outside during the day to run around the field or playground in order to help improve focus in lessons as well as physical fitness. We continue to offer a wide range of sporting opportunities at Morgans from football, and netball to cheerleading and gymnastics. Dodge-ball, hockey and basketball are all on offer at different times during lunchtimes too.

Do your children do enough physical activity?

What we can offer at Morgans is just the beginning. The chief medical officer guidelines recommend that children between 5-18 years old should be physically active for at least 60 minutes every day! This refers to moderate-vigorous intensity physical activity, from light cycling on a bike to swimming laps in a pool. Primary school is an ideal setting for engaging children in daily exercise and teaching them how to adopt and maintain a healthy active lifestyle, but keeping children active after school is also important too. This can mean playing in the park, swimming in the local pool or just going for a long walk.

So why is physical activity so important for children?

Physical activity has so many health benefits for children. Exercise improves a child's overall health and fitness, but it can also help to improve their mental health and cognitive development as well. At Morgans we take physical exercise and activity seriously from Nursery to Y6.

Here are some the key benefits from the chief medical officer:

Builds confidence and improves social skills

Gives children the opportunity to learn new skills and teaches them important life skills

Strengthens muscles and bones

Helps to develop coordination

Enhances concentration and learning, which increases productivity and success

Makes children feel good and elevates their mood

Inspires positivity and encourages tolerance

Helps to relieve stress and maintain mental and emotional wellbeing

Improves sleep and energy levels

Reduces the risk of morbidity and mortality from chronic non-communicable diseases

Improves overall health and fitness and helps children maintain a healthy weight to prevent childhood obesity

Have a lovely, active weekend.

Alis Rocca.

Christmas Fair 2018: One Week To Go!

Thank you to those of you who brought in chocolate bars for the Chocolate Tombola today! If you forgot, you can still bring in your chocolate bar next week, along with quality second-hand children's books on Monday and Raffle Ticket monies and stubs by Thursday.

Don't forget, Friday 7th December is Non-Uniform Day! Wear your Christmas Fancy Dress or Christmas Jumper to school (you can wear your normal clothes underneath your jumpers but, please, no football kits!). In return, please bring in a bottle for the Bottle Tombola, and cakes for the Cake Stall and/or Cake Competition (please, no nuts). Please take them all straight to the Queens Hall Fire Exit at drop-off.

Friday 7th December - Key Timings:

From 8.15am - Cakes and Bottles to Queens Fire Exit

3.20pm - Fair Opens (please use the Queens Hall Fire Exit)

4.00pm - Christmas Fancy Dress Competition, judged by Father Christmas! (on the stage)

4.15pm - Choir Performance (in the Dining Hall)

4.30pm - Raffle (on the stage)

5.00pm - Fair Closes

We look forward to seeing you all there!

FOMS

These tips are **re-posted** from our sister site, ConnectSafely.org

A strong password is your first line of defense against intruders and imposters.

Never give out your password to anyone (except your parents). Never give it to friends, even if they're really good friends. A friend can – accidentally, we hope – pass your password along to others or even become an ex-friend and abuse it.

Don't just use one password. It's possible that someone working at a site where you use that password could pass it on or use it to break into your accounts at other sites.

Create passwords that are easy to remember but hard for others to guess. When possible, use a phrase such as "I started 7th grade at Lincoln Middle School in 2004" and use the initial of each word like this: "Is7gaLMSi2004."

Make the password at least 8 characters long. The longer the better. Longer passwords are harder for thieves to crack.

Include numbers, capital letters and symbols. Consider using a \$ instead of an S or a 1 instead of an L, or including an & or % – but note that \$1ngle is NOT a good password. Password thieves are onto this. But Mf\$1avng (short for "My friend Sam is a very nice guy) is an excellent password.

Year 5 Pear talk about Space with Spruce Class

Spruce Class were very excited to have 4 children from Pear class come and visit us to talk about Space, our new topic of learning. The Year 5's brought with them their own solar system models that were each very different and they told us lots of information. Spruce Class asked some great questions to find out what they wanted to learn about. Thank you Pear Class, you were amazing!





Cherry class skip to be fit



PIC • COLLAGE

Five Minutes of Fame



Mr Andreone

Year 2 Maple Class Teacher

My favourite children's book is: Horrible Histories

My favourite colours is: Green

My favourite food is: Sough dough pizza

My favourite film is: Spirited away

The latest book I have read is: Prisons of Geography

Describe yourself in 5 words: Nerdy, Quiet, Happy, Quirky and Kind



Nurture Bite

Playing games is a fantastic way for children to build resilience, develop a growth mindset and work on their collaboration, communication, curiosity, craftsmanship, commitment, confidence and creativity skills.

Here are some of the games that we play in school that are really popular with the adults and the children, just in case you wanted some ideas for presents!

We always shake hands at the end of a game and say "Good game" to each other.

Charity shops are a great place to pick up some fabulous games for very little money, and you never know what you might find.

Please let me know if you have any popular games that you play at home that you would like to recommend, as I'm always on the lookout for new games.

Mrs Hanham :0)



Weekly Attendance

	Last Week	This Week		Last Week	This Week
R Spruce	9.25%	82.9%	4 Ash	96.6%	94.8%
R Birch	90.0%	97.9%	4 Whitebeam	95.7%	94.7%
1 Cherry	99.2%	92.1%	4 Lime	98.7%	93.7%
1 Walnut	97.9%	95.0%	5 Elder	97.0%	97.7%
2 Maple	97.9%	95.6%	5 Pear	98.3%	96.3%
2 Sycamore	98.1%	85.9%	6 Pine	95.7%	92.0%
3 Fir	95.6%	94.3%	6 Hornbeam	94.0%	95.0%
3 Rowan	98.5%	96.9%	Whole School	96.6%	94.4%