

# Weekly Newsletter

30th January 2026



## Message from the Head

### Wellbeing week—Spirituality at Long Marston

As part of our Wellbeing Week next week, we will be focusing on spirituality and what this means for our children. At Long Marston, we use the Diocese of Gloucester’s OWS, WOWS and NOWS approach to help pupils explore spirituality in an inclusive and accessible way.



We think of spirituality as the golden glue used in Japanese Kintsugi bowls, where cracks are repaired with gold. These cracks represent the OWS, WOWS and NOWS of life. The OWS are the tough times, and how children learn and grow through these experiences. The WOWS are found in moments of awe, wonder and joy in the world around us. The NOWS are discovered in stillness and the ordinary, when children are encouraged to reflect and think about big questions and what really matters.

This approach supports children’s emotional wellbeing, helping them to develop self-awareness, empathy and resilience, while giving them space to reflect in a calm and meaningful way.

On Monday, children will be working in their family groups, moving around the school to experience moments of WOWS and NOWS together. To help children cope with the OWS in life, teachers are also planning focused, class-based activities throughout the week to support mental health and wellbeing.

On Thursday, Key Stage 2 pupils will take part in an online author visit with Rob Bidulph — a great opportunity to inspire a love of reading and creativity. Please see further information in the newsletter about how to purchase his book.

On Friday, we are excited to share that the children will be taking part in circus skills workshops throughout the day. To celebrate children’s uniqueness, we are inviting pupils to come to school in mufti on Friday. We kindly ask for a £2 donation to support the activities taking place throughout the week.

Kind regards,

*Mrs Laura Whateley*

### Author Event - KS2

A friendly reminder that children in KS2 will be attending a virtual Author event with Rob Bidulph on Thursday 5th February. Rob Bidulph will be signing books for the children at the event.

IMPORTANT – Parents, you can order a signed copy from Our Bookshop - click links below...

<https://www.ourbookshoptring.co.uk/product/the-last-wolf-schools-hybrid-event/>

The signed books will be boxed up and sent to our school to arrive the following week.

### Values Award

Rewarding all those who demonstrate our values of kindness, respect and resilience.

#### Class 1

**Harper** for demonstrating resilience and always having a go at all the learning on offer.

#### Class 2

**Harlow** for being an amazing member of Class 2, always kind and respectful.

#### Class 3

**Rowan** for showing resilience when working really hard on his handwriting.

#### Class 4

**Eliza** for great resilience in her learning and some fabulous pieces of work produced.

#### Class 5

**Alice** for always being polite, respectful and ready to learn.

### House Points

Larks 201

Martins 209

Swifts 194

Congratulations to the **Martins!**

### Attendance this week

Class 1 96.4%

Class 2 95.0%

Class 3 98.4% **Well Done!**

Class 4 90.0%

Class 5 93.8%

### Whole School Attendance this year: 95.0%

Target for the Year: 95.3%

## Coming Up

### Tuesday 3rd February

- Summer Sports - lunchtime
- Mini Olympics (KS1)

### Wednesday 4th February

- Gardening Club - lunchtime

### Thursday 5th February

- Girls Football - lunchtime
- Cheerleading
- Game on Football Club (KS2)
- French (KS1&KS2)
- Drums / Guitar Lessons

### Friday 6th February

- Piano Lessons
- Spanish Lessons



## Changes to ordering school dinners

From Monday 23rd February, after half term, we will be changing how parents order school dinners. This will be done through the Arbor app. School dinners will be pay as you go. This will avoid any debts in dinner money building up and less food waste as the cook will cook exactly what the children have ordered and more freedom of choice for your child. Dinner choices will have to be booked the evening before, at the latest, we encourage you to make these choices with your child. We will not be able to add last minute dinner requests. Thank you very much for your support as we transition to this new process. Anyone with an outstanding meals debt will be unable to order hot school meals from 23rd February so please ensure that these accounts are cleared.

## Pound Meadow junior parkrun! A free, weekly 2k event for children aged 4–14, taking place every Sunday morning at 9:00am at Pound Meadow in Tring.

Junior parkrun is all about fun, confidence, and encouraging children to be active in a friendly, inclusive environment. Walking, jogging and cheering are all very welcome.

Alongside this, we would love to invite Long Marston School to consider becoming a parkrun Primary. This is a free programme designed to help schools promote physical activity, wellbeing, and community connection. There is no requirement for competitive running — the focus is simply on encouraging children and families to be active together in a positive and supportive way.

Becoming a parkrun Primary can include:

- Sharing junior parkrun information with families (for example via newsletters)
- Encouraging pupils to take part in walking, jogging or volunteering
- Celebrating participation and personal achievements rather than times or positions

Please find attached to the newsletter, a poster and further information.

## Dates for Spring Half Term

Date and time	Event
Mon 2nd Feb	Wellbeing week - spirituality focus
<b>Thurs 5th Feb</b>	<b>KS2 online author visit - Rob Biddulph</b>
<b>Fri 6th Feb</b>	<b>Mufti - £2 donation</b>
	<b>Circus skills workshop - whole school</b>
Tues 10th Feb 9.00	SEND and PPG coffee morning Headteacher afternoon tea
Weds 11th Feb 9.15	Ash Wednesday service in Church Perform workshop Classes 1 and 2
Fri 13th Feb	Last day of half term
Mon 23rd Feb	Children return to school
<b>Thurs 5th March</b>	<b>World Book Day - Children welcome to dress up in their favourite book character and bring the book their character is from</b>
Mon 9th March 3.30-6.00	Parent teacher consultations
Weds 11th Mar 9.15	Mothering Sunday service in church
Weds 11th Mar 5-7.30	Parent teacher consultations evening
Weds 18th Mar eve	Year 6 SATs information evening with Mrs Soar
Thurs 19th Mar	Class 2 Cake sale
Sat 21st Mar	Bridgewater Cross Country KS2
Mon 23rd Mar	Lacrosse taster sessions
Tues 24th Mar	Lacrosse taster sessions
Weds 25th Mar 9.15	Easter Service in Church
Fri 27th Mar 1.30	End of term



## Forest school volunteers

After half term Class 3 will be taking part in Forest School. If any parents are able to volunteer on a Thursday even if its just for one session it would be much appreciated. If you are interested please contact the school office.

## World Book Day Menu

HCL will be providing a special menu on 5th March for World book day.

Please see the poster in this weeks letters. If you would like your child to have this you will be able to sign up on Arbor after half term.



**World Book Day**  
**Thursday 5th March**

