

## Highlights from the Desk of the Head of School

This week the school has focused on Anti-bullying particularly focusing on **"One Kind Word"**. We all started the week in our Odd Socks and an assembly discussing how we could show kindness to everyone in school, no matter who they are. It has been lovely walking around school this week seeing children:

- \* Holding doors open for each other,
- \* Inviting other children to join in with their games,
- \* Making bracelets for their friends,
- \* Helping others and saying "Thank you" when others have helped them,
- \* Telling each other what they like about them,
- \* Welcoming guests and visitors in school with a beautiful Heathcote smile!

The list could go on and on with all the kindness being shown in school! Yesterday the children took part in Anti-bullying workshops. The focus in Key Stage 1 was for children to explore what it takes to be a good friend through the use of a puppet show and the children decide what characters should do to be a good friend. The focus in Key Stage 2 was to help children recognise the power of language and how we can use words to support and help others. The workshop supported children with understanding what verbal bullying is and how to tackle bullying by using language in a positive way. The children were all asked what their message from Anti-bullying week would be:

**Butterflies**—"Having a smiley face, make them laugh and always being kind when we play by sharing".

**Ivy (Foxes)** - "Listen to your friends when they are trying to tell you something as they might be trying to tell you something important".

**Junior (Hazel)** - "Bullying is bad and you shouldn't do it. If people are hurting you shouldn't laugh, you should tell a teacher".

**Sienna (Beech)** - "Always tell an adult if you feel like someone is being unkind. They will be able to help you and stop it. It's important that we say Stop it please"

What kind word or act will you do today to make someone smile?

Hope you all have a lovely weekend,

Mrs Abernethy



## Key Dates

**Tuesday 23rd November** —Flu immunisation

**Monday 29th November** — re-arranged Diwali workshop

**Tuesday 30th November**—re-arranged Diwali workshop

**Friday 3rd December** — Elf day—Alzheimer's Society

The school calendar is also available on the school website



## Scribbles' Thought of the Week

### Ask for help

When your dog doesn't know what to do, she looks at you to ask what to do next. Dogs are relaxed about not knowing all the answers. You should be, too. You don't need to have all the answers!

**TESCO**  
Bags of Help

**GROUNDWORK**  
CHANGING PLACES  
CHANGING LIVES

A huge thank you to everyone who helped with Tesco's Bags of Help who have donated:

**£500 to Heathcote.**

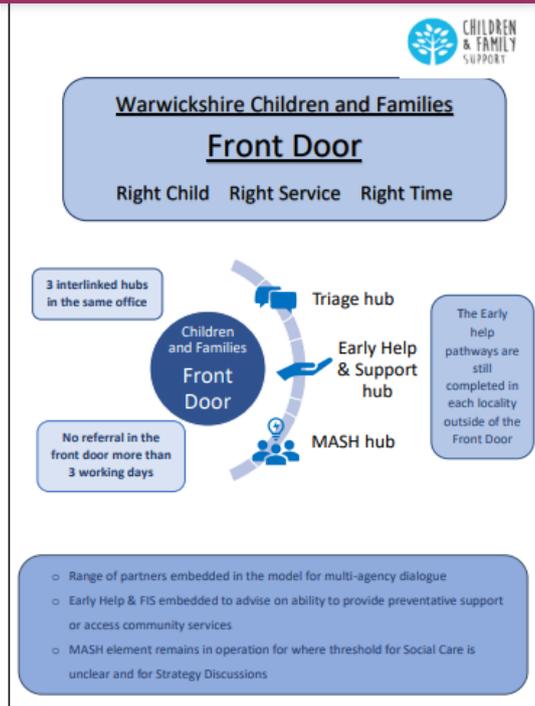
We look forward to putting this towards our allotments and sensory garden.

# Safeguarding corner

Warwickshire MASH is now known as 'Front Door', please see the information below explaining the different areas of help to support you. If

you ever have any safeguarding concerns or need help, please come and speak to a member of the DSL team at school:

- Mrs Abernethy
- Mrs Humphriss
- Mrs Shirley
- Mr Harwood
- Miss Cowcher
- Miss Bradburn



**Triage Hub**  
[triagehub@warwickshire.gov.uk](mailto:triagehub@warwickshire.gov.uk)

- Aim to piece everything together in 24 hours
- make a decision in one working day (reflecting Working Together to Safeguard Children 2018)

**The Team**

- Children and Families advisors
- 2 Social Work Lead Practitioners
- Social Work Team Leader

**Early Help and Support Hub**

- Engaging with families and starting the work there and then
- To prevent delay in responding to needs
- Consider a range of support
- Talk to the child and families

**The Team**

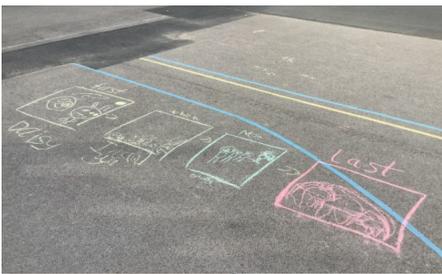
- Early Help Team Leader
- Early Help Targeted Support Officers
- Social Work Team leader
- Qualified Social Workers
- Children and Families Advisers
- Refuge
- Change, Grow, Live
- Compass

**Multi Agency Safeguarding hub**

- Information sharing
- Request for lateral checks
- Make risk assessment
- Level up to initial response team for assessment

**The Team**

- Social Work Team leader
- Lead Practitioner
- Qualified Social Workers
- Police
- Education Lead
- Health
- LADO



## SPOTLIGHT

### Otters and Kingfishers



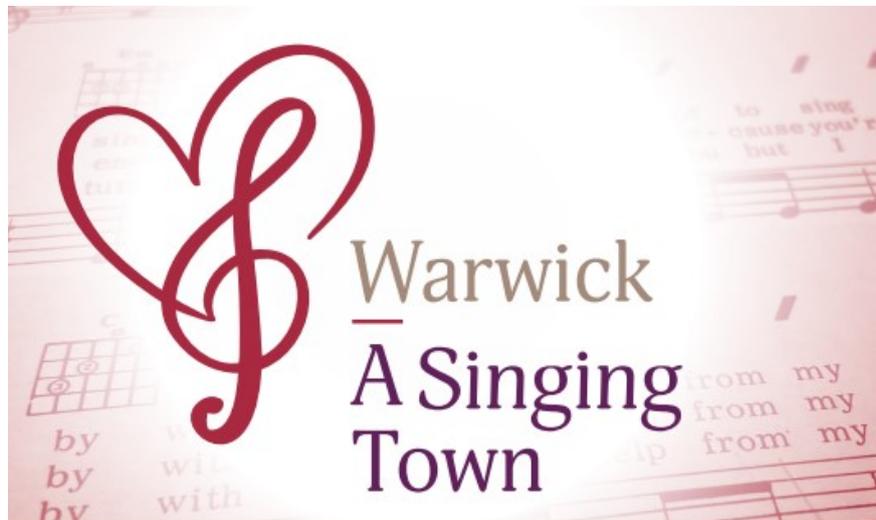
We've had a very productive week in Year 1 this week. We've been really enjoying learning about our space themed book, Beegu. This week we were able to enjoy some outdoor learning as part of our English sessions. We used chalk to sequence and retell key parts of the story of Beegu in our own creative way. This really helped us with our independent writing that we then produced the following day.

In maths we have been learning all about subtraction. We have been using different methods to help us solve subtraction problems, including using number lines to help us count back. We had lots of practical opportunities to help us do this both inside and outside of the classroom.

For Anit-Bullying week we spoke all about how important it is to be kind to one another. We had a great assembly with Mrs Abernethy which made us think about how we are all different. We then designed our very own odd socks on Monday to represent our wonderful differences.

Another brilliantly busy week Year 1, well done!





We are proud and excited to be working in collaboration with the "Warwick-a singing town" project which started in September. Most children in school have now had the opportunity to work with Mrs Rosas who leads singing workshops within school. The children are so enthusiastic and eager to learn in these sessions. This is part of a larger community project which aims to celebrate the joy of singing and for singing to become part of the artistic and cultural post-pandemic renewal in Warwick. If your child's class is currently working with Mrs Rosas, they will bring home a flyer with information about the wider aims of the project today. Please also check out the Warwick singing town newsletter and benefits of singing information which can be accessed through our website.

## Why singing is so important for us



**Dr Anita Collins**  
Educator



- Listening to music stimulates multiple areas of the brain
- Motor, visual and auditory areas of the brain are all stimulated by music
- Music education raises general cognitive capacity

**Smart Start programme**  
Royal Conservatory of Music, Toronto – Canada

- Music speeds the development of speech and reading skills
- Music trains children to focus their attention for sustained periods
- Music helps children gain a sense of empathy for others

**Dr. Oliver Sacks**  
Neurologist



- Musical memory and involuntary musical imagery tend to be very strong
- Musical memory is very tenacious

**Dixons Music Primary School, Bradford**  
(Needs improvement to Outstanding in two years)

- We use music to raise standards of achievement in reading, writing and mathematics
- Music is at the heart of a joyful and disciplined school culture
- Singing is used to develop oracy
- Performance is used to develop confidence and character
- Learning to read music helps to accelerate literacy and numeracy
- Ensemble is used to promote interaction and co-operation
- Instrumental work develops co-ordination and fine motor skills

**Dr. Alan Harvey**  
Neuroscientist and Musician



- Music helps us come together and work together
- Music has an extraordinary capacity to evoke memories
- Music stimulates regions in the front part of the cortex also activated by cooperative activities
- Music is a social communication system

## S.I.N.G. – The Wonder Drug

### Social

Singing and music are found in all cultures:

- National anthems
- Opera
- Music Theatre
- Sports events
- Songs – love – protest – oppression – story telling
- Popular culture
- Shared experience
- Social cohesion.

“  
Music therapy research shows that music can:  
• Reduce pain  
• Decrease anxiety, withdrawal, depression  
• Improve speech/language rehabilitation  
• Improve physical and motor rehabilitation  
• Increase respiratory capability  
• Facilitate expression of feelings, fears, hope  
• Increase socialization, acceptance of disability, mood elevation.  
”

**Dr. Deforia Lane**  
Director of Music Therapy

### Intellectual

Most of the brain is used in processing music including:

- the frontal cortex
- left and right hemispheres
- motor cortex
- auditory cortex
- limbic system.

“  
The chemical release of dopamine supports social interaction, empathy and cooperation.  
”

**Dr. Alan Harvey**  
Neuroscientist and musician

- “
- Musicians solve puzzles and problems more effectively and creatively.
  - Musicians have higher levels of executive function.
  - Musicians have highly developed memory systems.

**Dr. Anita Collins**  
Educator and researcher

- “  
Music manipulates the brain through neuro-plasticity by the:  
• Regulation of neurotransmitters  
• Clear signals  
• Synchrony of neural firing (through rhythm)  
• Engagement of multiple brain areas.  
”

**Dr. Elizabeth Stegemöller**

### Nature/Nurture

Music and language processing are closely connected.

“  
Response to music begins in the womb.  
”  
**Dr. Kathleen Howland**

Music supports 'learning to learn':

- Cooperation
- Creativity
- Questioning
- Sharing
- Strategic thinking
- Self discipline
- Flexibility
- Motivation
- Self directed learning
- Curiosity
- Interest
- Community
- Joy of learning.

“  
Not everything that counts can be counted, and not everything that can be counted counts.  
”  
On the wall in the office of **Albert Einstein** at Princeton university

### Gifts

Music and singing are free medicine.  
Musical activity is now a crucial part of 'social prescribing'.

“  
Working songs enable higher levels of achievement.  
”

“  
Music increases blood flow, dopamine uptake and blood oxygen levels.  
”

**Dr. Robert Zatorre**  
Cognitive neuroscientist

“  
Music and rhythm increases movement and flow of dopamine to support mobility for Parkinson sufferers.  
”

**Dr. Jessica Grahn**  
Assistant professor psychology

“  
After performing at a care home a patient who had stopped responding after the death of his wife a year ago – asked to see his family again.  
The patient sang along to Moon River which was played at his wedding.  
”

**Robin Spielberg**  
Musician and composer