

Malvern Wells CE Primary



Newsletter

JANUARY 2025



Weekly note from, Mrs Alford...

What a fantastic first week back we have had as we step into 2026. The excitement was made even greater by the snowfall, which created such a special atmosphere across our schools. It was a joy to see children inspired by their surroundings, engaging in creative thinking, mark making and imaginative play as they explored and learned through the snow. Despite the wintry conditions, it has been a busy week, with everyone jumping straight back into learning with enthusiasm.

On Monday, I had the privilege of leading our federation INSET day, where we focused on the cognitive science behind learning. Together, we explored the importance of understanding learning as an alteration in long-term memory, and what this means for our teaching practice. Staff worked thoughtfully to ensure our curriculum is carefully layered, with meaningful opportunities for retrieval of knowledge throughout a child's learning journey in each subject during their time with us. It was wonderful to see how motivated and committed everyone was to embedding this consistently across all subjects, and I have already seen many excellent examples of this in classrooms throughout the week.

I would also like to take this opportunity to share some very exciting news from New Year's Day. Reuben, supported by his dad, took on the incredible challenge of walking the full length of the Malvern Hills to raise funds for our outdoor play project. This was Reuben's own initiative, encouraged and enabled by his family, and we are absolutely delighted to share that he raised a remarkable £1,210. We are extremely grateful for this generous contribution, which will make a real difference to our outdoor provision. Most importantly, we want to celebrate Reuben's dedication to our school. His determination, kindness and willingness to help others are a wonderful example of the values we aim to nurture in all our children.

Thank you, as always, for your continued support. We are very much looking forward to the term ahead.

Best Seats

**Rolled over to next week*

Class 1, Reception:
Gracie & Arthur

Class 2, Y1 & Y2:
Amelia & Charlie

Class 3: Y3 & Y4
Reuben, Alice L & Matilda

Class 4: Y5 & Y6
Wesley & Diana



Attendance this week

Whole School Target: 96%

School attendance this week: **97.6%**

Class 1, Reception: **100%**

Class 2, Y1 & Y2: **96.3%**

Class 3: Y3 & Y4: **98.9%**

Class 4: Y5 & Y6: **95.3%**





MALVERN WELLS
C.E. PRIMARY SCHOOL

This Week 12-16 January 2026:

Monday, 12 - (Choir starts NEXT week Monday)

Tuesday, 13 -

Swimming lessons for Class 4 12:35-14:00 (Malvern Splash)

Swimming lessons for Class 3 13:05-14:30 (Malvern Splash)

-Packed lunch

Sign Language Club: All Years with Mrs Sharrock (Lunchtime)

Wednesday, 14 -

PE for all students

Malvern Wells football after school club (4yrs - 11yrs):

3:15pm - 4:15pm, £3.50 weekly with Mr. Tilley

Community Club: Mrs Hernandez Cox: (Lunchtime-Y4-6)

Thursday, 15

Coding Club 15:30-16:30

Messy Church at All Saints Church 3:30pm for a 3:50pm start



Friday, 16 -

Best Seats Café 08:40AM

Sustainability Club: Mrs Morgan (Lunchtime-Y4-6):

CLUBS
start

Sign up today,
confirmation will be
sent early next week



February:

- 2-6 - Mental Health Week
- 6 - PTA Event more info. closer to the time
- wb 9 - Class 4, Geography walk to St Wulstans
- 13 - Last Day of Term, £1 Non uniform Day
- 23 - Pupils return for Spring 2

Reminders:

Forest School – KS1 (Class 1 and Class 2)

Forest School for KS1 will continue from next Monday. Please ensure children come to school with appropriate waterproof clothing and suitable footwear, as sessions will take place outdoors in all weathers.

PE

PE takes place on Wednesdays. All children should come to school dressed in their PE kit and appropriate shoes on this day.

Upcoming Trips and Dates to Remember

- Monday 9th March: Class 2 school trip to Worcester Royal Infirmary Museum
- Wednesday 25th March: Easter Service at All Saints Church (all students)
- Thursday 26th March: Class 1 school trip to Cotswold Wildlife Park
- Class 3 school trip to Lower Smite Farm

IMPORTANT

Classroom Highlights:

Class 1

The children explored ice and snow through exciting hands-on activities, using their gross motor skills to break ice and create their own ice cakes, helping to build strength and coordination. They scooped, hammered, mixed, printed, and painted with natural materials, showing wonderful curiosity and creativity. A fantastic learning-through-play experience supporting both physical development and imaginative thinking!

Class 2

We have been busy experimenting with colour in their artwork. They explored how different colours made them feel, linking art with emotions and self-expression. The children showed great thoughtfulness and creativity as they discussed and reflected on their feelings through their work.

Class 3

Class 3 have been diving into their Science unit on living things and their habitats, learning about the world around them and how living things depend on their environments. In RE, they have been exploring the question "What kind of world would Jesus want?", encouraging thoughtful discussion and reflection about values, kindness, and responsibility.

Class 4

Our Year 6 pupils completed their NHS height and weight measurements and health questionnaires, behaving sensibly and maturely throughout. Whilst in Maths, Year 5 pupils have been learning all about prime numbers, while Year 6 have been developing their understanding of angles, including identifying and calculating missing angles. We also enjoyed learning how flowering plants reproduce.



Celebrating 25 Years of Mrs Groves



This year we proudly celebrate a very special milestone, Mrs Groves receiving her 25 years of service badge, and what a 25 years it has been! Dedicated, consistent, and permanently accompanied by a warm smile, Mrs Groves is one of those people who quietly makes Malvern Wells the wonderful place it is.

She is always the first to spot a grazed knee, a wobbly moment on the playground, or a child in need of reassurance often appearing before the whistle has even finished blowing. Her moral compass is second to none, her kindness limitless, and her willingness to help unwavering (even when it probably means extra steps before lunchtime!).

Mrs Groves brings calm, care, and a touch of humour to every day, and we honestly don't know how we'd manage without her. We are incredibly lucky to have her as part of the Malvern Wells family. Congratulations, Mrs Groves – and thank you for everything you do!



£1,210 RAISED!

A Huge Well Done to Reuben!!



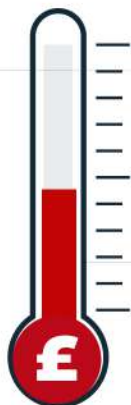
We are incredibly proud of Reuben for his fantastic fundraising effort to support Malvern Wells CE Primary School. As part of our goal to raise £15,000 to improve the Early Years outdoor learning space, Reuben took on an amazing challenge and smashed it!

On New Year's Day, Reuben walked the full length of the Malvern Hills with his dad: around 10 miles, 17 peaks, and an impressive 30,000 steps. Originally aiming to raise £500, he has so far raised a brilliant £1,210, thanks to his determination and the generosity of his supporters.

Finishing just before 4.30pm, Reuben celebrated with a well-earned drink at The Nags Head, coke for him, cider for Dad!

Thank you, Reuben, for making such a difference to our school community.

£15000



£6960

Thank you!

BEAVERS

TIME FOR FUN AT BEAVERS, SCOUTS 1ST MALVERN WELLS

For fun, friendship and activities that get you thinking as well as doing.

We have a few places left for boys and girls aged 6 and 7 years, and we'd love you to come along!

We meet on Tuesdays 5.30 - 6.30pm at The Scout Hut, Assarts Lane Playing Fields, WR14 4JR.

Just email heretohelp@scoutshw.org.uk or call 07774 667074 to arrange a free taster session.



Health & Wellbeing Support: For youth and students



Kooth is a free website that helps with feelings and mental health. Young people can talk to a trained adult (called a counsellor) using live chat. They can also find help for big worries and read tips to feel better

Visit: www.kooth.com



If you are 11 or older, you can text 07507 331750 to speak to a School Nurse. You can get support with any worries you have. Your messages are kept private unless someone needs help to stay safe.

Visit: www.hacw.nhs.uk/chathealth



Lumi Nova is a fun app that helps you with your worries and fears. You can play games and learn ways to feel calmer and more confident. It helps children understand their feelings and to feel better.

To sign up, visit: luminova.app/handw

The Childline logo features the word 'childline' in a blue, lowercase, sans-serif font.

ONLINE, ON THE PHONE, ANYTIME

Childline can help with whatever is on your mind. Go to their website and search for the topic you need help with.

Visit: www.childline.org.uk

The Health for Kids website helps children learn about their health and feelings. It has simple information to help understand your mood, mental health, and physical health.

Visit: www.healthforkids.co.uk

The Health for Kids logo features the words 'Health for Kids!' in a colorful, playful font. 'Health' is in blue, 'for' is in green, and 'Kids!' is in red with a star.A yellow circle with a black outline containing the text 'Scan me!' in a handwritten style.

Student App: Chat Health



ChatHealth
Starling Well Partnership
EVERY CONTACT SHAPES A LIFE

If you're aged 11-19 you can get in touch with a school nurse confidentially by texting:

07507331750



Available: Monday - Friday 9am - 5pm

NHS

Providing support with health and wellbeing issues including:

- Exam Stress
- Relationships
- Drugs and Alcohol
- Sleep Problems
- Depression
- Sexual Health
- Healthy Eating
- Self-harm
- Anxiety
- Bullying

11-19 years of age



Free SEND Training Workshops




Information, Advice and Support Service
Herefordshire & Worcestershire

Training and Development

Inform • Empower • Improve

Free SEND Training Workshops for Parent Carers & Professionals



Do you have a child/young person with a Special Educational Need or Disability (SEND)?

Join one of our workshops across Worcestershire to increase your knowledge and understanding of Special Educational Needs and Disabilities (SEND).

Workshops available include

- Autism and Me
- What does a good Education, Health and Care Plan (EHCP) look like?
- SEND- what you need to know
- SEND-Preparing for Adulthood



Visit our website www.sendiass.co.uk or scan the QR code to find out the next available sessions

Information, Advice and Support Service
Herefordshire & Worcestershire
www.hwsendiass.co.uk

ADULT LEARNING
WORCESTERSHIRE

worcestershire
county council

Lumina Nova: Helping Students to Manage Their Worries

Lumi Nova

Use Lumi Nova to help your child:

- » Learn **life long skills** to self manage their worries
- » Learn how to **break down big worries** into smaller, manageable challenges
- » Increase **resilience & confidence**
- » **Better understand and talk about** worries through a playful experience
- » Get **instant access** to a highly effective evidence based therapy



Lumi Nova meets high standards of safety & security as a CE marked 'medical device' registered with the UK's Medicines and Healthcare products Regulatory Agency.

Their Worries



Get Access

Scan QR code for access or visit:

luminova.app/handw

In partnership with

Herefordshire
and Worcestershire



Who is Lumi Nova for?

Lumi Nova is for **7-12 year olds** facing difficulties with anxiety*, including:

- » **Phobias** e.g. Being afraid of spiders or insects, heights, being near dogs, or the dark.
- » **Social anxiety** e.g. Feeling worried about making new friends, going to social events.
- » **Separation anxiety** e.g. Unable to sleep alone, worried about being away from parents, going to school.



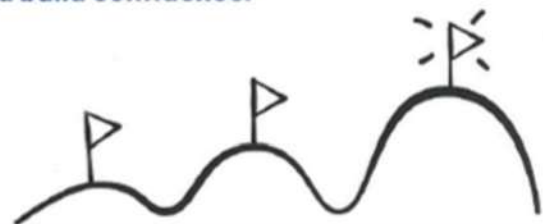
*Lumi Nova is for children aged 7-12 experiencing mild to moderate anxiety. It is not recommended for use by children with severe anxiety, in crisis, experiencing suicidal thoughts, or at risk of self-harm without the support of a mental health professional.

See instructions for use: bit.ly/luminova-ifu

Science behind Lumi Nova

Research shows that **exposure therapy is the most effective** component of Cognitive Behavioural Therapy (CBT), and highly effective for treating fears, worries or anxiety.

You start by setting goals, and then your child works their way through gradual steps which break their worry down - **learning that they can do it and build confidence.**



Lumi Nova's development was funded by the NHS, and co-created with clinicians, academics, teachers, parents and young people as well as award-winning game experts.