



Henniker Road, Bolton BL3 3TP  
Telephone: 01204 333595  
Email: [office@heathfield.bolton.sch.uk](mailto:office@heathfield.bolton.sch.uk)  
Headteacher: Mr. M. D Thornley BSC (Hons)

**Thursday 14<sup>th</sup> October**

**RE: NEWSLETTER**

Dear Parent/Carer,

I hope you are having a lovely week and you are well.

**PHOTOGRAPHS**

A reminder that tomorrow children will be having their individual and family photographs taken. If you wish to have a group photo taken of your children with any preschool siblings that do not attend Heathfield, please come to school between 8.15am and 8.30am.

**MONSTER BALL**

**Tickets are selling fast!**

Come and join us for some scary fun at our Monster ball. Children should attend in their scariest costumes! Tickets are available via parent pay.



Raffle tickets can be purchased via parent pay also - £1 a ticket. The raffle will be drawn on the night.

If you would like to help on the night, please email [parents@heathfield.bolton.sch.uk](mailto:parents@heathfield.bolton.sch.uk). We would very much appreciate your support!

### FIRST STEPS AND NURSERY – MONSTER DAY

On Wednesday 20<sup>th</sup> October, Children in First Steps and Nursery will be having their own Monster ball. Children can come to school in their scariest costumes. To support school in purchasing *spooky* supplies, we are asking for a £1 donation to be paid via parent pay. Thank you.

### MINDFULNESS BREATHING ACTIVITIES

Throughout our Heathfield Heart curriculum, we use breathing techniques to relax the body and focus the mind. Below is a two-week calendar with daily mindfulness activity suggestions you could also use at home. The activities within the calendar will take approximately five minutes. An explanation of each of the activities can be found [here](#).

MINDFULNESS CALENDAR				
MON	TUES	WED	THURS	FRI
COUNTING BREATHS 1-2-3	 ATTITUDE OF GRATITUDE	 USING THE SENSES	COLOUR BREATHING 	 BIRTHDAY CAKE BREATHING
MON	TUES	WED	THURS	FRI
FEATHER BREATHING 	 FINGER COUNTING	SLIMY HANDS 	RISE AND FALL 	RELAXING MUSCLES 

### PARKING

Thank you so much to all parents/carers that drive to school that have avoided parking on Henniker road. It makes it so much safer for all children. We have had some complaints from local residents about their drives/garages being blocked, particularly in the back street off Henniker Road. Please can I ask that parents/carers park responsibly? Thank you.

We are still doing our 'Walk to School' scheme – children can earn badges the more often they walk to school.

#### **KEY DATES**

**Friday 15<sup>th</sup> October** Individual and family photographs

**Monday 18<sup>th</sup> and Tuesday 19<sup>th</sup> October** Design and Technology days Year 4

**Tuesday 19<sup>th</sup> October** Flu vaccinations (for children whose parents/carers have given consent)

**Wednesday 20<sup>th</sup> October** Monster Ball

**Thursday 21<sup>st</sup> and Friday 22<sup>nd</sup> October** Design and Technology days (Not Year 5)

**Thursday 21<sup>st</sup> and Friday 22<sup>nd</sup> October** Year 5 Art days working with artist

**Friday 2<sup>nd</sup> October** Final day of the Autumn 1 half term

**Tuesday 2<sup>nd</sup> November** Autumn 2 begins

**Yours sincerely,**

**Mr. M D Thornley**

**Headteacher**

