

# MANGO Afternoon

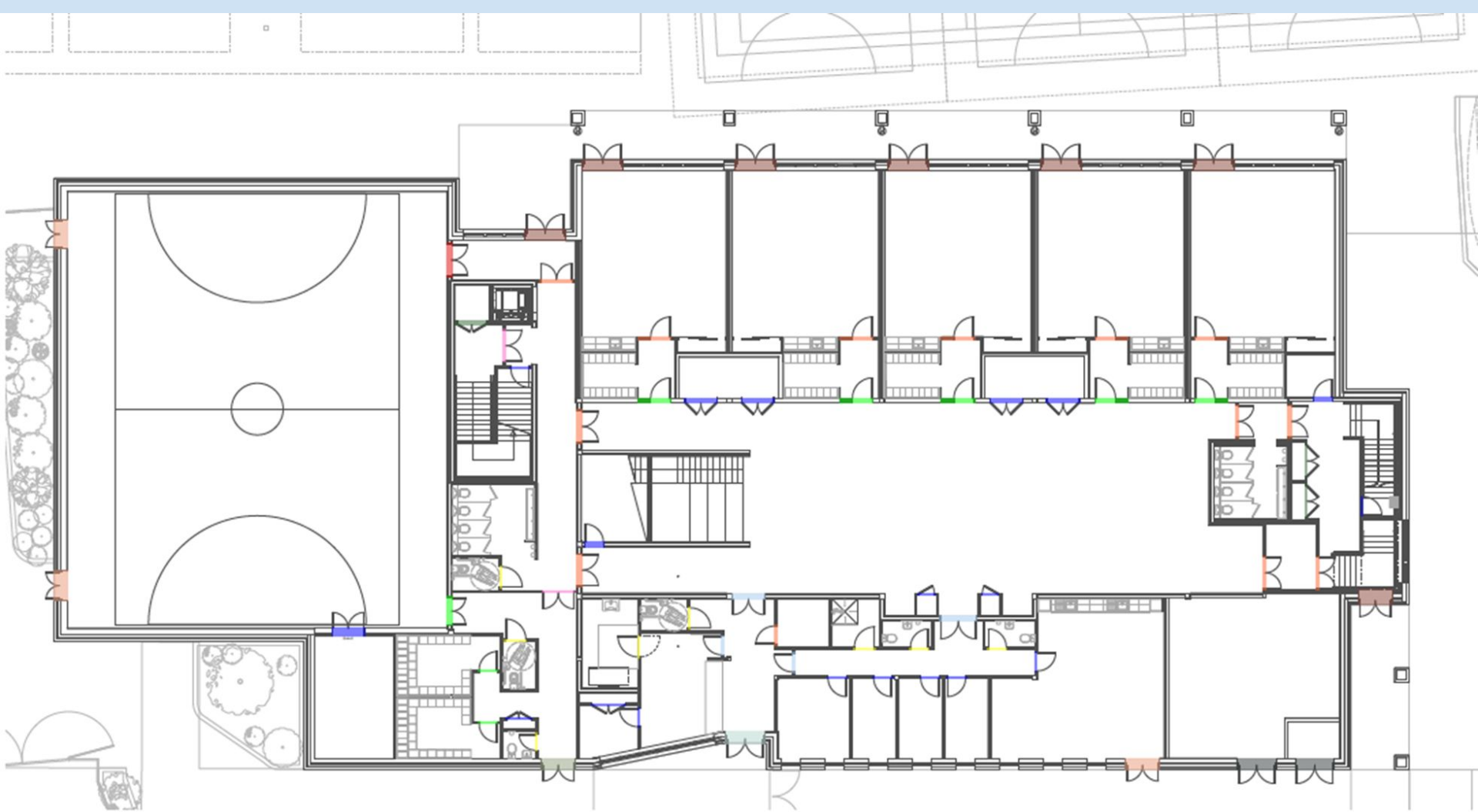
Visitors will arrive and come into the hall.

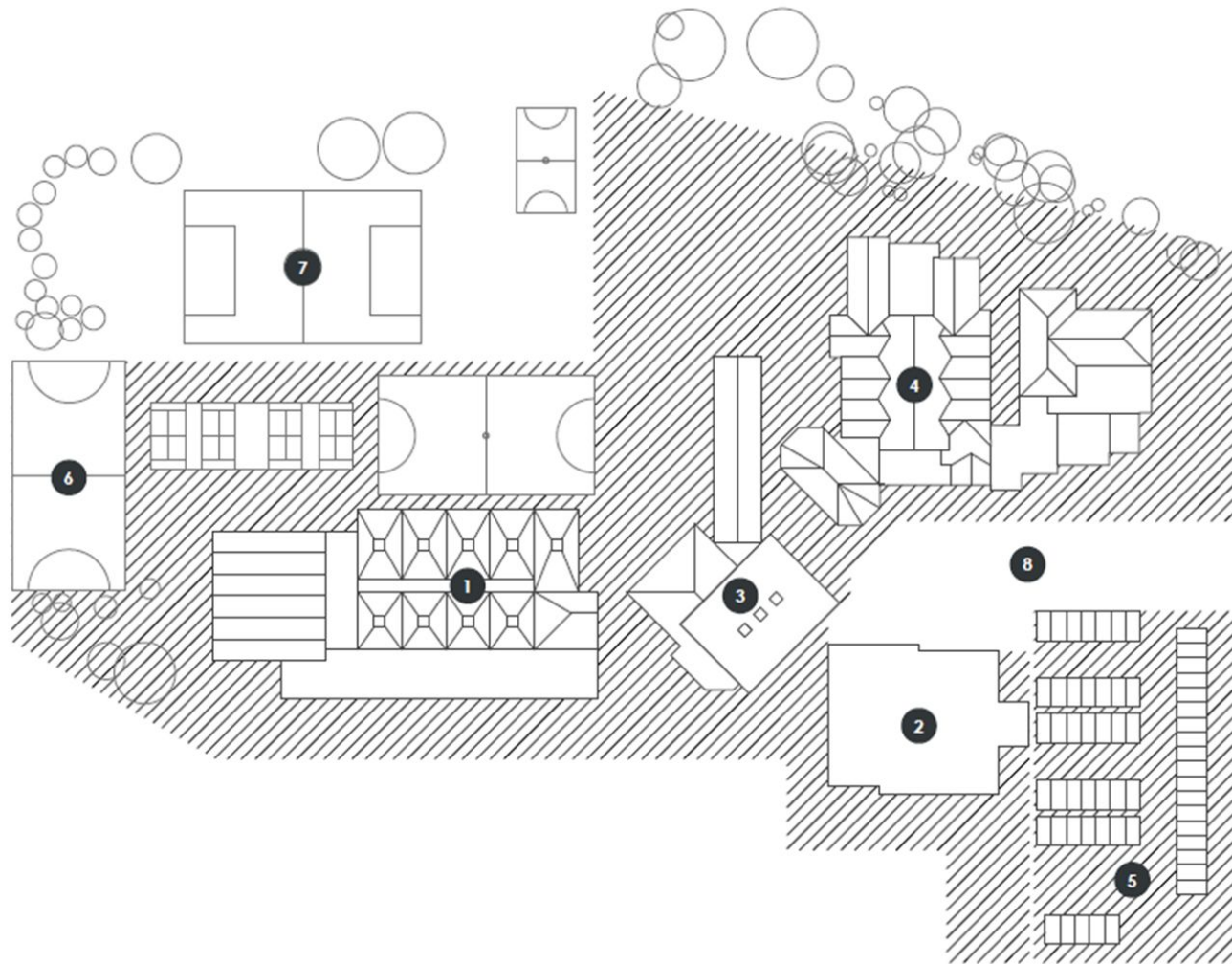
Y5/6 visitors will come to classes about 2.10pm. Please show them your books in a shared space. You can then take them outside to have a tour of the playground to see all the OPAL activities and a view of the new build from the field. At 2.30 the visitors come back into the Junior Hall for a talk with Mrs Utting and Mr Blow. After this talk there is a chance for the visitors to come and get you from class.

Y3/4 visitors arrive and stay in the Junior Hall until about 2.30pm. They will then come to your classes. Please show them your books and sit together in the Great Hall or a shared area. You can show them all the OPAL activities and also upto the field to have a tour.

# Building Updates







Completion site plan. The CLASP building is now demolished (this is where the Y3/5 classrooms, offices and Junior Hall are.) This provides a larger back playground shown as number 8 and a new staff car part shown as number 5. Works to add extra toilets and a new entrance to the Victorian Block completed, shown as number 2.

Burlington Junior School -  
Play Equipment Plan



Plan of the rear extended playground and staff parking for both schools. New entrance to the Victorian Block and extra toilets.



# Smart Phones - Schools- Pupil Mental Health.

- *Parent Pact*

<https://parentpactresults.smartphonefreechildhood.co.uk/londonsouthwest>

- *Parents against phone addition in adolescents.*

<https://www.papayaparents.com/>

- *Smartphone free Whatsapp group* - click the image below (phones only)



Discussions in our next parent forum about the school stance and beginning to reduce Smartphones for children in Burlington. Friday 7th Feb at 9am.

Play improves the cognitive, physical, social, and emotional well-being of children and young people. Through play, children learn about the world and themselves. They also learn skills they need for study, work and relationships such as: confidence.

Lack of play can lead to isolation, depression, reduced self-control and poor resilience.

# Childhood has changed... Children have not



UK Children screen time average 6 hours per day

# Resilience and emotional regulation



Children build resilience by overcoming challenges and fear

Resilience isn't a biological gift from great parents

It is something we need to gain through experience



## What is play?

Play is a process that is...  
Freely chosen

Intrinsically motivated

Self-directed by the child



# Benefits of Play



- strength and endurance
- whole body co-ordination
- emotional attachment
- emotional and social skills
- hand-eye co-ordination
- thinking, reasoning, problem-solving and creativity
- early language development
- self-regulation – emotions, actions
- mental representation
- communication skills
- literacy
- numeracy
- artistic creativity
- narrative skills
- social and group work skills
- understanding rules
- social skills
- discussion skills
- resilience

**RISK** MEANS Going beyond what is already known or easily accomplished





Symbolic Play



Locomotor Play



Recapitulative Play



Creative Play



Exploratory Play



Communication Play



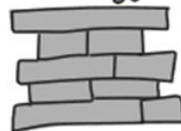
Socio-dramatic Play



Role Play



Fantasy Play



Deep Play



Object Play



Mastery Play



Rough and Tumble Play



Dramatic Play



Social Play



Imaginative Play

# Please join in and try the activities

## Front and Back Playgrounds.

Mud writing

Wobble cars

Den building

Tyres

Buggies and pushcairs

Table tennis

Dress up area

## Field and Arena.

Trim trails

Have a play on the Muga

Tyre rolling or balancing

Den building

Mud kitchens

Scooters and cars

# Useful things

- o suitcases
- o cable drums
- o wooden pallets
- o fabric (sheets/saris/curtains)
- o plastic crates, bins or boxes (any size)
- o old keyboards/mobile phones/torches/ calculators/laptops/kettles
- o anything made from foam (not polystyrene)

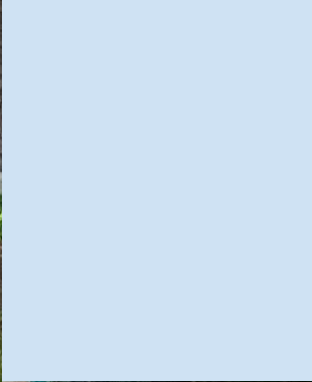
PLEASE CAN YOU MAKE SURE THE CHILDREN HAVE A SPARE PAIR OF MUDDY SHOES.



Unintentional outcomes.

Children making mud prints on the walkway- now removed.





Dens



Art and  
craft  
activites