

## Head's blog

by Mr Naismith

In ancient Greece, Socrates (the famous philosopher) was visited by an acquaintance of his. Eager to share some juicy gossip, the man asked if Socrates would like to know the story he'd just heard about a friend of theirs. Socrates replied that before the man spoke, he needed to pass the "Triple-Filter" test.

The first filter, he explained, is Truth. *"Have you made absolutely sure that what you are about to say is true?"* The man shook his head. *"No, I actually just heard about it, and..."*

Socrates cut him off. *"You don't know for certain that it is true, then. Is what you want to say something good or kind?"* Again, the man shook his head. *"No! Actually, just the opposite. You see..."*

Socrates lifted his hand to stop the man speaking. *"So you are not certain that what you want to say is true, and it isn't good or kind. One filter still remains, though, so you may yet still tell me. That is Usefulness or Necessity. Is this information useful or necessary to me?"* A little defeated, the man replied, *"No, not really."*

*"Well, then,"* Socrates said, turning on his heel. *"If what you want to say is neither true, nor good or kind, nor useful or necessary, please don't say anything at all."*

Before you answer a question or voice your opinion, ask yourself: Is it true? Is it good? Is it kind? Is it useful? Is it necessary? If it passes these filters, speak up. If not, either find a tactful way to make it pass or better still, keep it to yourself.

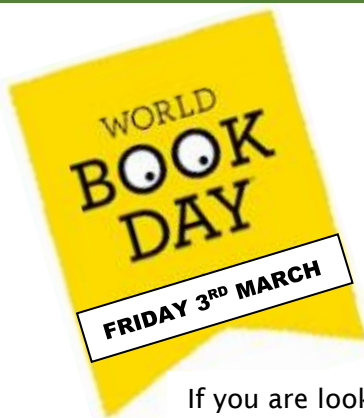
Most people leave it at that and assume that the story is just about the information we spread. What if the real truth behind it, however, is about the information we seek and create. Imagine how different the world would be if we only chose to seek or create information that was true, good, or useful.

The moral of this story is even more pertinent in this day and age, particularly with the use of social media. Just like idle talk, the messages you send online are out there forever, regardless of whether they are true... they cannot be retracted and I feel this is something that we must all continue to be mindful of.

By the same token, if you are hoping to know facts rather than opinions or personal interpretations, the ONLY way to obtain them is from the primary source. Rumours circulated on social media and WhatsApp are not facts!

## Value Award Winners

Nursery – Saffi  
Rec – Jay Jay & Zuber  
Year 1 – Mouad  
Year 2 – Kayden  
Year 3 – Jabril  
Year 4 – Ruby-Lily  
Year 5 – Kye  
Year 6 – Kiyah & Samira  
Sport – Lujain Y6  
Music – Francisco Y2



To celebrate World Book Day on Friday 3<sup>rd</sup> March, pupils can come to school dressed as their favourite book character.

Be sure to get creative as there will be lots of house points awarded!

If you are looking for inspiration for a World Book Day costume, have a look at one of these links:

<https://www.worldbookday.com/dressing-up-ideas/>

<https://www.madeformums.com/toddler-and-preschool/lastminute-easy-world-book-day-costume>

<https://www.madeformums.com/toddler-and-preschool/last-minute-easy-world-book-day-costumes/>

## Class Attendance

Reception – 86.2%  
Year 1 – 92.5%  
Year 2 – 93.6%  
Year 3 – 90.9%  
Year 4 – 93.0%  
Year 5 – 94.3%  
Year 6 – 94.7%

*Well done Year 6*



Our Year 3/4 girl's football team had a fantastic day at the annual London Youth Games qualification tournament. The girls won 1 game, drew 1 and lost 1.

They demonstrated outstanding teamwork, playing really positively, and committed across all phases of each game.

Special shout out to Sofia E, who scored her first goal for Flora Gardens!

## Dates for the Diary

Friday 3<sup>rd</sup> March  
World Book Day



TBC  
Cinema Night

Thursday 9<sup>th</sup> March  
Year 5 Cake Sale



Thursday 30<sup>th</sup> March  
Easter Egg Hunt

Easter Break  
MON 3<sup>RD</sup> APR – FRI 14<sup>TH</sup> APR



Thursday 20<sup>th</sup> April  
Year 2 Cake Sale

Monday 24<sup>th</sup> April  
PTA Coffee Morning



Thursday 4<sup>th</sup> May  
Year 4 Cake Sale

Thursday 25<sup>th</sup> May  
School Disco



Nursery have been reading Little Red Riding Hood. They have been learning about the characters and acting out scenes from the book.



Dear Parents of Reception and Year 6 pupils,

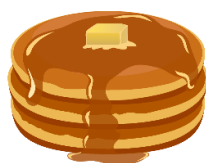
The Nursing Team will be visiting the school on **Monday 20<sup>th</sup> March** to weigh and measure the **Reception** and **Y6** children only, as part of the National Child Measurement Programme (NCMP). An email and letter has been sent to parents on how to register on the portal to receive information and results from health screenings carried out in school.

It's a quick process and all you need is an email address to which you have access. Once registered, you can log into the Parent Portal and access additional information on this year's National Child Measurement Programme (NCMP) and Health Screening Programme. The parent Portal is GDPR compliant, so personal data is kept safe. Please sign up today.



Reception have been learning about The Three Little Pigs.

The children have been practising retelling the story using a story map!



The Pancake Day sale raised £117.50.  
A big thank you to everyone who helped.

## Donations Please!

Flora Gardens Early Years are continually looking to add resources to our provision. Can you provide any of these items please? If so, please email [reception@fgschool.uk](mailto:reception@fgschool.uk) or speak to Miss E Kelly at the gate!



Year 1 had a great time at Ravenscourt Park, performing role play and freeze frames for our English text, 'The Storm Whale'.

