

Newsletter May

Welcome



I hope you have enjoyed this last term; I cannot believe that we are at the end of it already. It has been lovely to see some sun and the children have thoroughly enjoyed being on the field, in the wildlife garden and on the play equipment. I am so proud of all our Year 6 children for taking their SATS also. They were (as always) truly wonderful in their attitude and behaviour. You are a credit to us Year 6!

Collective Worship

We have continued with the value of forgiveness. We have looked at more bible stories that show forgiveness as well as thinking about how we can forgive and forget. Our most recent story was from Jonah Chapter 1 verse 2. God forgave Jonah for not obeying him. God wanted Jonah to give the people in Nineveh a message to seek forgiveness of their sins. We linked it to how we can seek forgiveness if we have made the wrong choice.



Spirituality

As I mentioned in my last newsletter, we have been looking at what spirituality means to us as a school.

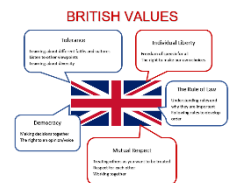
- Mirror Moments: Thinking about myself
- Door Moments: Thinking about others
- Window Moments: Thinking about the beauty of the world
- Candle Moments: Thinking beyond the things we can see



As a staff team, we have been mapping out the many ways we teach spirituality in school and have ensured we have planned in times to stop and look around us, as well as address spiritual times as they happen. This will be launched further in September. Please take the time at home to stop and find the wonder in life.

British Values

We have continued with the British Value of 'The Rule of Law' this term. The children were posed with the question 'What if we didn't have any rules?' They agreed whilst it may be fun to start with, the rules and laws are there to keep everyone safe. We have explored what the bible says about laws also.



Safeguarding

As it is mental health week, the staff in school have been training on children's mental health and the internet. With technology moving at such a rapid pace there is now more than ever before a greater need to keep people safe online. The internet is a rich resource and provides an array of benefits but also poses a number of risks to people. We must remember that "Technology is not the problem. It is how we use it". With social media being part of our everyday lives the level off addictiveness can cause distress, anxiety, rising concerns around body image, self-esteem, poor sleep and cyber bullying. However it is important to remember the relationship between the internet and mental health is complex.

**Safeguarding is
Everyone's
Responsibility**

What's the concern?

- Social media has been described as more addictive than cigarettes and alcohol;
- Young people posting about self-harming or self-harming and posting the images;
- 7 out of 10 young people have experienced cyberbullying;
- Rates of anxiety and depression in young people have risen by 70% in the past 25 years;
- The average young person takes 12 selfies before finding the right one;

- The average young person wants 30 to 40 likes on each photo posted on Instagram and will find techniques to make sure they get a high number of likes; and
- Girls feel pressured to look 'pretty' online lads feel pressured to look 'cool'.

What can professionals do?

- Remember to challenge online behaviour and not technology. E.g. Snapchat does not send out bullying messages or sexting images by itself.
- Building a child's digital resilience is vital. A child needs to understand when they are at risk online and to know what to do, to keep themselves safe.
- From an early age teach young people to problem solve for themselves. Making decisions for children and wrapping them up in "cotton wool" can fuel anxieties.
- Now more than ever do young people need to think critically online. A lot of what we see online is not real. Always check the validity of the author or source online, look for facts not opinions, social media and YouTube is often full of opinions, check the date of when the article, vlog, blog or website was written or published and check the information on websites matches up to other sources online.
- Remind adults and children regularly that comparing yourself, relationships and lifestyle to online friends or celebrities is very un-realistic and people only put the best parts of their lives online. Try and get children to focus on other attributes rather than their appearance.
- Encourage young people and adults to have breaks or time outs from social media. Go into settings on the phone or tablet and turn off notifications for social media.
- From as young as possible children need time limits on devices, technology and bedrooms need to be digital free zones.
- When posting or vlogging go with quality over quantity. The more you post the less likely you are to comments or likes.

Mental Health Awareness Week

From 13th-19th May, we celebrated Mental Health Awareness Week in school. year the theme, as set by the Mental Health Foundation, was "Movement: moving for our mental health." This year, the aim was to 'move your way, by finding something that moves your body and mind'.



This

We have been encouraging our children to think about all the different ways they already incorporate movement into their daily lives, as well as ideas they might have to help increase their physical activity. The NHS recommends that children are active for 60 minutes daily, but why exercise?

Whether it's joining a netball team, doing street-dance or just running around the park, there are more benefits to exercise than you might think –

- Of course, activity helps make our bodies physically fitter, stronger and healthier – it can even help us avoid getting ill!
- But did you know exercise can also increase our overall happiness, improve our mood and make us feel more relaxed?
- Physical activity releases chemicals in our brains and bodies which help us deal with stress and reduce anxious feelings
- Exercise can even boost our brain power and help our ability to concentrate on things like school work

So it's all good – for body and mind!

New PE kit

The PE t-shirt and jumper will be changing to navy colours. The new uniform will be available to purchase from Karlsports after half term. Pupils will be able to wear the current colours (white t-shirt and royal blue jumper) until September 2025 and then everyone will be expected to wear the new styles.



Sport

PE Kit

As you are aware pupils in Years 1-6 are required to attend school wearing PE kit on their designated PE days. With the weather getting warmer, we advise children to bring in a sun hat, sun cream, and ensure they have a water bottle with them.



Earrings must be removed, and long hair tied back, children need to be able to do this themselves or arrive at school prepared.

Please note PE kit is a part of our uniform policy and should only include:

- Trainers or plimsolls – these must be appropriate for PE and have grip for indoor & outdoor activity
- Plain navy T-shirt (school logo optional)
- Plain navy jumper (school logo optional)
- Plain royal blue or navy shorts
- Plain royal blue or navy leggings or jogging bottoms.

PE is a valued part of our Pupil's education; we thank you for your support in ensuring they are suitably prepared for their physical education. If you are unsure which days your child will be completing their PE lessons, please contact their class teacher.

Healthy School Ethos

With the weather improving the children have enjoyed accessing the field at lunchtimes and breaktimes.

This additional space will allow us to provide more optional physical activity for children to enjoy at lunchtimes such as football matches, as well as skip to be fit, swing ball and a games area organised by young leaders.

The daily mile will also reconvene on the field instead of being restricted to solely around the playground.

School Sports Competitions

Our aim is to attend a wide variety of inter school competitions and festivals (minimum of 5 events each term) to allow as opportunities for as many pupils as possible to attend and experience a variety of sports in both competitive and non-competitive environments.



We cannot deny that winning always provides a great feeling and sense of achievement, however more importantly we hope pupils who attend gain a sense of pride, awareness of varying sports and

the benefit physical activity provides, increased self-esteem and a desire to continue participating in sport. We promote our schools and school games values at these events which include Respect, Determination, Honesty, Passion, Self-Belief and Teamwork, our motto is "win, draw or lose we always show our values."

Since our last newsletter we have participated in a further 3 inter school Year 3/4 Tennis, Year 5/6 Tennis, Year 5/6 mixed Netball. Providing 'competitive' sporting experiences to a further 30 children.

Year 5/6 enjoyed attending another Netball tournament. The children did really well in demonstrating their knowledge of finding space, defending, shooting and various passing techniques. They won two games and narrowly lost two games and finished mid table in their league, but we were proud of our performances and it was great to see the children learning and improving with each game.

We attended a year 3/4 Tennis festival last week, children worked through 6 different activities, focussing on hand eye co-ordination, serving, volleying, forehand and backhand returns, agility runs as well as multiskills based skills such as throwing accuracy and catching. Each activity allowed us to score points for our team. We finished 9th overall.

Year 5/6 Tennis took a more game related approach with children playing in doubles and singles matches against other schools. St Marys did very well winning most of their matches. We finished 3rd overall.

Forthcoming Competitions

Next term we look forward to attending Year 5/6 Girls Cricket, Year 5/6 mixed Cricket, KS2 Invasion Games Festival, Year 5/6 Football, Year 3/4 Athletics (quadkicks), Year 5/6 Athletics (quadkicks) and Years 2-4 PDET Going for Gold Multiskills Festival.

Attendance of extra curricular clubs will aid us in selecting/inviting pupils to attend the competitions.

We hope this will help to allow pupils to feel more confident, prepared, and knowledgeable when attending competitions.

Before and After School Sports Clubs

Next term the following sports clubs are taking place: KS2 Tag Rugby has replaced KS2 Netball on a Thursday.

Sport Club	Day / Time	Year Groups
Cricket	Monday AM - 8:00-8:45am	All Years
KS1 Football	Monday PM - 3:15-4:15pm	EYFS, Years 1 & 2
Gymnastics	Tuesday PM - 3:15-4:15pm	All Years
Tennis	Wednesday AM - 8:00-8:45am	All Years
Dodgeball	Wednesday PM - 3:15-4:15pm	Years 4-6
<u>KS2 Tag Rugby</u>	<u>Thursday AM – 8:00-8:45pm</u>	<u>Years 3-6</u>
Karate	Thursday PM - 3:15-4:15pm	All Years
Athletics	Friday AM - 8:00-8:45am	All Years
Dodgeball	Friday PM - 3:15-4:15pm	Years 1-3



PTFA News

Please like, share, and keep an eye on our [Facebook Page](#)

Email: stmarys.ptfa@yahoo.co.uk



❖ **Rags2Riches clothing collection**

- ❖ Next collection is 18th June
- ❖ We welcome all clothing & accessories donations into the wheelie bin outside reception

❖ **Lending library**

- ❖ Located in the year 5/6 area
- ❖ More donations are welcome of children and adult books
- ❖ More info to follow about the grand opening shortly

❖ **Outdoor disco**

- ❖ Provisional date - 14th June on the school field
- ❖ Volunteers are very much welcome, particularly any First Aiders! Please contact the PTFA if you are able to help!
- ❖ More info to follow...

❖ **Wildlife & garden areas maintenance**

- ❖ If anyone can spare a hand from time to time to help us maintain the wildlife & garden areas please let us know!
- ❖ All & any help welcome...

Next Meeting – 10th July at 7pm

We are an Inclusive school, so everyone is always welcome to read, attend or access anything listed in this section of the newsletter.

Special Educational Needs and Disabilities (SEND)

Individual Support Plans



Thank you to those of you who attended our review meetings this half term. It was great to hear about the fantastic progress the children are making and for our Year 6's, to review their plans for the last time!

Thank you for your continued support and engagement with these meetings. We hope you find them as helpful as we do!

These reviews will then inform your child's next ISP which will be sent home on **Tuesday 25th June 2024**. These plans will then be reviewed again in **October 2024**, except for our Year 6 children, whose plans will run until **23rd July 2024**, due to them leaving us for secondary school.

Spotlight

At St. Mary's, we have children with a wealth of different needs. This section of the newsletter will highlight a particular area of need and explore how you can help to support your child at home. Each newsletter, we will explore a different area of need. If you have a specific area you would like us to cover, please send your suggestions into the school office.

Spotlight on...Transition → to new schools

We know that the transition period can be an anxious and exciting time for lots of our children. Whether children are starting primary school for the first time, moving on to secondary school or moving year groups within the same school, children with special educational needs and disabilities (SEND) may need more support with transition than their peers.

How can you prepare them for this change and how can you look after yourself during this transition, too? All children are different and may express how they are feeling in unique ways. It's a new stage of growing independence and separation. Fears and worries are normal as well as excitement, as with each stage of childhood development. As parents, your role is to help children cope with and overcome their fears, to nurture them to feel brave and capable. New resources created by psychologists and primary schools are now available at <https://inourplace.co.uk/moving-up/> to promote connected relationships between parents and children to help children to learn and thrive as they grow in independence. (Taken from **NHS Solihull Approach**).

This spotlight will focus on transition to new schools. Look out for the next newsletter, which will focus on supporting transition within the same school, e.g. to new year groups.

Moving Up to Primary School

Children aged 3 and 4 years old may not express their thoughts in the same way as an older child. They may be more aware of how primary school may be different to nursery compared to having "worries" about it. Watch the video here for more tips and advice:

https://www.youtube.com/watch?v=JS2_kCJhoMk

Moving Up to Secondary School

Children aged between 9 and 11 years old are growing in independence while their emotional development is also maturing. As a result, they are likely to feel emotions more deeply and a move to a new school can therefore naturally bring a range of emotions to be processed.

Watch the video here for more tips and advice:

<https://www.youtube.com/watch?v=L70If2UJ0F4>



UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

You can find out more information about the **NHS Solihull Approach** and the courses that they provide for parents here:

<https://www.youtube.com/watch?v=nyUGe090q7k&t=0s>

WE OFFER SUPPORT WITH:

- Preparing for and attending meetings
- Writing letters
- Understanding reports
- The EHCP process and reviews
- Appeals and Tribunals
- Admissions and Exclusions
- POST 16 provision
- Working in partnership with schools and the Local Authority to develop positive relationships



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