

Safer Routes to School Eco Schools



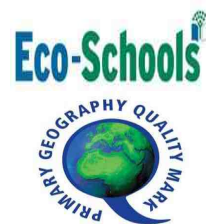
On Thursday, Jessi and Matthew met local councillor Helen Adkins to talk about sustainable transport. They shared their concerns regarding parking outside school during drop-off and pick-up times and asked about the traffic calming measures which we have been promised by the Local Authority.

Helen explained that we will receive the proposed plan for traffic calming in four to six week's time. There are fifty local schools awaiting work but she is pushing for Sydenham to be a priority due to the difficulties parents, carers and local residents are experiencing. Helen re-enforced the importance of walking, cycling or scooting to school in order to reduce the number of cars needing to park and was in agreement with the children that this is a fun and healthy start and end to the school day.

Helen was very impressed by Jessi and Matthew's articulate and confident manner and felt that they were both brilliant advocates for environmental awareness.



UN Convention on the Rights of the Child
Article 12: Respect for the Views of the





Eco-Schools

Eco-Schools Topic: Litter

Aims:

- To understand the impact of litter on the environment.
- To find practical solutions to reduce and minimise the amount of litter produced by school.



Wombles



Article 15 (freedom of association)

Every child has the right to meet with other children and to join groups and organisations.

Article 24 (health and health services)
Every child has the right to the best possible health, and a clean environment.

Article 29 (goals of education)
Encourage the child's respect for the environment.

Eco Ambassadors and Rights Respecting Ambassadors worked in partnership to carry out an environmental survey and agreed that there was litter on our school site from the boundary fence facing onto the public footpath. Children volunteered to become 'wombles' and there was a whole school competition to design anti-littering posters, with womble prizes. Pupils were given a budget and took responsibility for ordering the resources they needed to do their wombling job effectively, including litter pickers, gloves and hi-vis jackets.

The impact of their work is that there is less litter on the school site.



Year 4 Egyptologists



Just like the famous archaeologist Howard Carter, Year Four enjoyed excavating an Ancient Egyptian mummy from its burial tomb this week. Pupils discovered that the mummy, hidden inside a sarcophagus, was none other than the Pharaoh Tutankhamun. They went on to write newspaper reports detailing his sad demise at the very young age of 18.



UN Convention on the Rights of the Child

Article 29: Goals of Education

THE SPLAT FESTIVAL

Date: 13th July 2019

Location: Tephson Gardens

TIME: 11am - 4pm
Day: Saturday

FREE

ENTRY!

RUN BY CHILDREN

FOR ALL ages

WHAT WILL THERE BE?

arts of all sorts! We will have lots and lots in our
filled to the brim festival, from theatres to Circus
acts, we all hope you can co
to our action- packed experien

www.lillingtonjuniorsfc.co.uk

LILLINGTON JUNIORS FOOTBALL CLUB



SSE WILDCATS GIRLS' FOOTBALL CENTRES FROM THE FA

FOR GIRLS AGED 5-11



STARTING 11th/12th MAY

CHOOSE FROM:

EVERY SATURDAY - 9:15am until 10:15am
ST JOSEPH'S SCHOOL, WHITNASH

EVERY SUNDAY - 9:15am until 10:15am
NORTH LEAMINGTON SCHOOL

FUN
FOOTBALL
FOR
ALL

£2

PER WEEK

FIRST SESSION FREE

PAY AS YOU GO BASIS

OPPORTUNITY TO JOIN A TEAM

FA QUALIFIED COACHES

All Coaches are experienced and have a valid DBS check, emergency first aid certificate and safeguarding children qualification



TO BOOK A FREE SESSION
CALL/TEXT 07470 658255



Support for your Child Managing Anxiety

Anxiety

Overview

This booklet is a resource to give you some information about:

- What anxiety is
- How to spot the signs
- Tips for parents
- Tips for young people
- Where you can find more help

What is anxiety?

Anxiety is actually a perfectly normal human state – and despite its presence in the headlines as a major player in the mental ill-health of many people – it actually has its uses!

At moderate levels of anxiety, a person's performance and attention to detail can improve. However, it becomes a problem when the feelings become more intense, last for a long time and begin to negatively impact on how well you can do things, your enjoyment of things and family life.

In general, stress and fear are seen as responses to specific, external factors, whereas anxiety is often internal and is usually concerned with what could or might happen.



How to spot the signs

Anxiety has the same physiological response as stress or fear: fight, flight or freeze. It's in our circuitry.

These responses are instinctive and a result of evolution – they would have been pretty useful for keeping cave people alive! However, now these 3 things can be a sign that someone is struggling with high levels of anxiety.



Watch out for:

Fight – an aggressive response to simple requests or offers of help; maybe starting arguments with family members.

Flight – avoiding tasks they need to do by spending time scrolling through social media, watching Youtube videos or gaming.

Freeze – trying to study or complete the things they need to do, but instead spending ages looking at a blank page or reading the same page in a book over and over because it won't go in.

Yes, we realise some of these are typical tween & teen behaviours! But you know your child, and if their fight/flight/freeze response is activated, you will see a change in their behaviour.

Spot the Signs

Tips for Parents



Top Tips for Parents

If you feel that your child is constantly anxious and doesn't seem to improve with your support, it's important to make an appointment to see your GP. However, there are some things you can do to support your child:

1. **Avoid the temptation to rescue** Every time you help your child to avoid a situation that makes them anxious or step in to 'rescue' them, you inadvertently send the message that there is something to be worried about and/or that s/he can't handle the situation on their own.
2. **Help them to recognise and make sense of physical symptoms** Quite often young people don't realise that their fast heartbeat, quick breathing or that feeling in their stomach is anxiety. They may sometimes describe being anxious as having a 'stomach-ache'. These feelings can be worrying in themselves, so helping your child to recognise them and reassuring them that they will pass can be helpful.
3. **Make the most of drive time!** Just 5 minutes with your child each day where you don't give them any instructions or advice but allow them to 'take the lead' can boost their wellbeing and enable them to open up conversations. Children will often talk about tricky things when you can't make eye contact – like when you're driving!
4. **Encourage sleep!** Don't discuss worries at night. Teach kids that they can 'put their worries down' for a while by getting them to write them on bits of paper and put them in a box. You can then talk through them later.
5. **Family time** Being anxious can be lonely. Plan things to do as a family and encourage them to focus on the moment they're in.

Top Tips for Young People

If you feel that you are constantly anxious and it doesn't seem to improve no matter what you do, it's important to make an appointment to see your GP. However, there are some things you can do to try and manage your thoughts and feelings:

1. **Go through it!** It's normal to have anxious feelings from time to time, but quite often if you can push through, your confidence in yourself to manage difficult situations will grow. Every time you avoid a situation, your anxiety will grow.
2. **Recognise anxiety's 'voice' so you don't take it seriously** A lot of people name the voice in their head that pops up with all the unhelpful thoughts. Giving it a funny name can help you to challenge it. This is what they do in Harry Potter when they make the Boggart look ridiculous!
3. **Challenge the 'what ifs'** Sometimes that 'voice' has a 'what if...' answer for everything! But remember, thoughts are not real so reality check them. How many people has it happened to? What would you do if it did happen?
4. **Sleep!** You are more anxious when you're tired, but when you're anxious you can't sleep! Try just resting and trust your body to get the sleep it needs. No screens an hour before bed, close eyes and decide on a happy 'twilight-dream' to focus on.
5. **Activities** Being anxious can be lonely and you are focused on the future. Try doing things you enjoy with family/friends and focus on the moment you're in.



Tips for Teenagers

Where to Find Help

Where to Find Help

NHS Advice:
<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

Mind:
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks>

Young Minds:
<https://youngminds.org.uk/find-help-for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>

About Dragonfly

We champion the belief that to thrive, emotional wellbeing is just as important as physical health. We advocate that helping young people to manage their emotions is as important as teaching them to read and write.

We work with young people, their families, their educators and employers by helping to tackle emotional wellbeing issues, so that they're able to fully engage with all aspects of their life.

Just like the dragonfly, we believe children have the power and capability to hone their resilience in the face of change, growing and maturing into adults who can accept who they are, deal with setbacks and confidently handle their emotions.



DRAGONFLY
Impact Education
Empowering Young Lives



Free School Meals

The application process for free school meals has changed.

We have been advised that parents /carers should now apply via any of the below options:

- Call the Customer Service Centre on 01926 325189
- Fill in the paper application form
- Apply online via your parent portal (this is an account you may have set up when you applied for your child's school place.)



Onside Coaching are now taking bookings for the May Half -Term school holidays. You can find them at Aylesford School in Warwick from Tuesday 28th to Friday 31st May, where they will be offering a choice of multi-sports, football or dance. Full wraparound care is available from 8.30 till 5.00. For details of how to book, please visit the Onside Coaching website at www.onsidecoaching.co.uk

Holiday Club



SEND
NATIONAL
CRISIS
Warwickshire

Family friendly Picnic in the Park

Thursday 30th May
12:30 - 15:30

**Pump Room Gardens,
Leamington Spa**

**Bring a picnic, a blanket and help campaign
for better funding and support for children
with Special Educational Needs and Disabilities**

**Stalls, face painting, animal encounter,
bouncy castle, support for families, speakers,
crafts and a sensory and quiet area**

**#SEND
Crisis**

**Care about SEND?
Join us and thousands
protesting across the UK**



@SENDCrisisWarks

**#OurKids
Matter**

Friday 10th May 2019

Dear Parents and Carers,

Free Story Sack Workshops at School



We would like to invite you to participate in a course of free workshops run by The Family Learning Service. At the workshops, you will make “story sacks” for use by Reception pupils and their families. The sacks will be used in the classroom and will also be available for Reception parents/carers to borrow and take home.

What is a “story sack?”

A story sack is a bag of resources linked to a quality children’s book. The resources are designed to bring the book alive and stimulate reading activities. Children can read the book and use the resources for creative play and story telling. The sacks might include characters from the story, key items from the text or even board games connected to the book.

What are the benefits of Story Sacks?

Story sacks are a great opportunity for children to develop their speaking and listening skills. They are a vehicle for children to explore and express different emotions by thinking about how the characters in the story feel. Alongside this, Story Sacks encourage children to listen to stories together in a group, and promote turn taking and sharing. They are also a fun way for parents to encourage reading and book talk.

Do I need certain skills to join the workshops?

Absolutely not! The sessions are inclusive and everybody is welcome.

When and where are the workshops being held?

Every Monday from 10th June—15th July, 9.00am– 10.30am in school.

There are twelve spaces on the course. If you would like to attend, please complete the slip below and return it to the school office.

Yours sincerely,

Carol Glenny
(Associate Headteacher)

I would like to participate in the story sacks workshops, beginning Monday 10th June

Name of parent/carer

Telephone Number



Royal Baby **CELEBRATION** **LUNCH**



MENU



**Royal Celebration Roast Dinner
with all the trimmings**

or

**(v) Roasted Quorn Fillet, Sage
and Onion Stuffing, and Gravy**

served with

Crispy Roast Potatoes

Fresh Seasonal Vegetables



**Prince of Hearts
Jam Tart with Custard or
Little Pots of Ice Cream**



**Stay for a
SCHOOL LUNCH
TODAY**





Well done to Y6 JB who had the highest attendance at school this week with 99% of pupils attending.

Y6 KS	99%
Y2 KG	98%
Y2 AP	98%
Y3 AH	97%
Y4 KJ	97%
Y1 EL	97%
YR AH	96%
Y4 CD	96%
Y1 JL	94%
Y5 JvS	94%
Y3 JM	93%
Y5 CB	92%
YR RK	90%

Please note that our school attendance target is 97%.

The minimum acceptable attendance, as stipulated by Warwickshire Local Authority, is 95%.

Low attendance results in poorer educational progress and attainment.



**UN Convention on the Rights of the Child:
Article 3 (Best Interests of the Child.)**

Summer Term Diary Dates

Week beginning Monday 13th May 2019	Y6 SAT's.
Thursday 16th May 2019	Y2 AP watch "Small Spaces" by Mimika Theatre at Clapham Terrace Primary, 1.15pm.
Friday 17th May 2019	Y2 KG watch "Small Spaces" by Mimika Theatre at Clapham Terrace Primary, 1.15pm.
Monday 20th May 2019	House PE competition this week.
Tuesday 21st May 2019	Y3 AH class assembly at 9.15am.
Tuesday 21st May 2019	YR AH class assembly at 10.15am.
Wednesday 22nd May 2019	NSPCC assembly—"Speak Out-Stay Safe" programme
Thursday 23rd—Friday 24th May 2019	Y5 Ironbridge Gorge residential trip at 3.30pm.
Thursday 23rd May 2019	Y4 trip to Birmingham Museum and Art Gallery.
Thursday 23rd May 2019	Outdoor Classroom Day.
Friday 24th May 2019	MUFTI Day in aid of The NSPCC—bring 50p.

Whitsun Half-term holiday from Monday 27th May—Friday 31st May 2019

Tuesday 4th June 2019

Tuesday 4th June 2019

Friday 7th June 2019

Monday 10th June 2019

Tuesday 11th June 2019

Tuesday 11th June 2019

Tuesday 18th June 2019

Wednesday 19th June 2019

Wednesday 19th June 2019

Thursday 20th June 2019

Monday 24th June 2019

Tuesday 25th June 2019

Tuesday 25th June 2019

Friday 28th June 2019

Tuesday 2nd July 2019

Tuesday 2nd July 2019

Thursday 4th July 2019

Friday 5th July 2019

Friday 5th July 2019

Tuesday 9th July 2019

Wednesday 10th July 2019

Thursday 11th July 2019

Friday 12th July 2019

Saturday 13th July 2019

Thursday 18th July 2019

Thursday 18th July 2019

Friday 19th July 2019

Y6 KS class assembly at 9.15am.

YR RK class assembly at 10.15am.

School photographer—whole class photographs.

YR/Y1 community dental visit.

Y6 JB class assembly at 9.15am.

Y1 EL class assembly at 10.15am.

YR/KS1 Sport's Day . Time TBC.

Induction meeting for Reception families 2019/20
at 9.30am.

Y1 JL class assembly at 10.15am.

NSPCC online safety session for parents.

Rocksteady concert at 2.00pm.

KS2 Sport's Day. Time TBC.

Y2 KG assembly at 10.15am.

MUFTI Day—bring a donation of chocolate for the
Summer Fayre to come to school with crazy hair!

Y4 KJ class assembly at 9.15am.

Y2 AP class assembly at 10.15am.

Reception and KS1 end of year reports go home.

KS2 end of year reports go home.

PTA Summer Fayre, 3.20—5.00pm.

Y3 JM class assembly at 9.15am.

Stay and Play session for YR families 2019/20,
9.30—11.00am.

Stay and Play session for YR families 2019/20,
9.30—11.00am.

KS2 recorder concert at 2.00pm—parents invited.

SPLAT! Children's Arts' Festival, Jephson Gardens,
11.00am—4.00pm.

Y6 leavers' show for Y6 JB parents at 9.15am.

Y6 leavers' show for Y6 KS parents at 2.00pm.

Break up for the summer holidays.

Sydenham Super Stars!



Sydenham Super Stars!



See you all on Monday.

Best wishes from Miss Glenly and Miss Challand