

Newsletter 19

Friday 31st January 2025



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This week, we celebrated
Lunar New Year in school.
Reception made delicious
spring rolls and watched a
shadow puppet show.

Lunar New Year



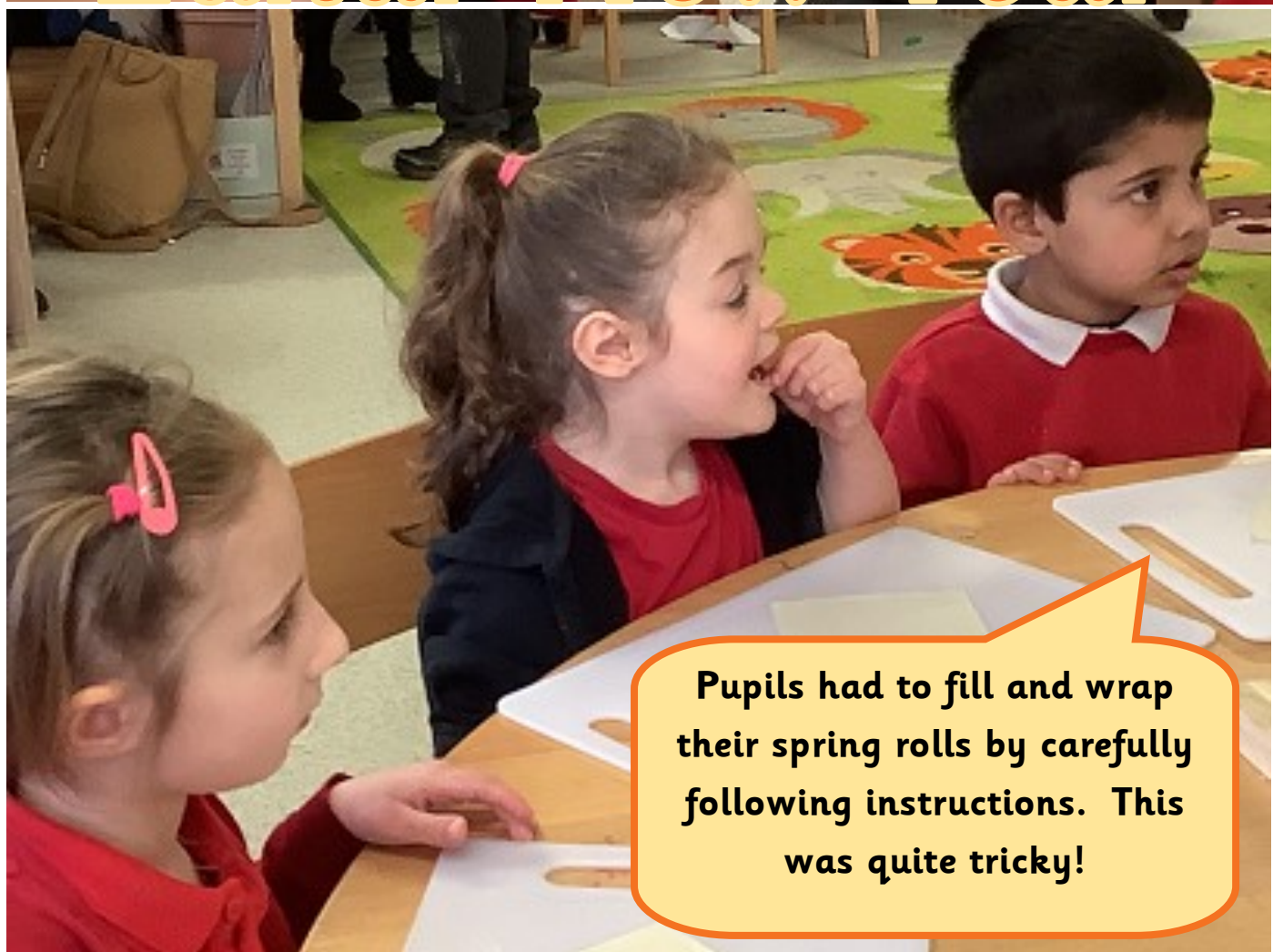
Convention on the Rights of the Child

Article 14: Freedom of Thought, Belief and Religion.





Lunar New Year



Pupils had to fill and wrap their spring rolls by carefully following instructions. This was quite tricky!

Lunar New Year



The spring roll filling was made from bean sprouts, spices and carrots. It was moist and delicious.

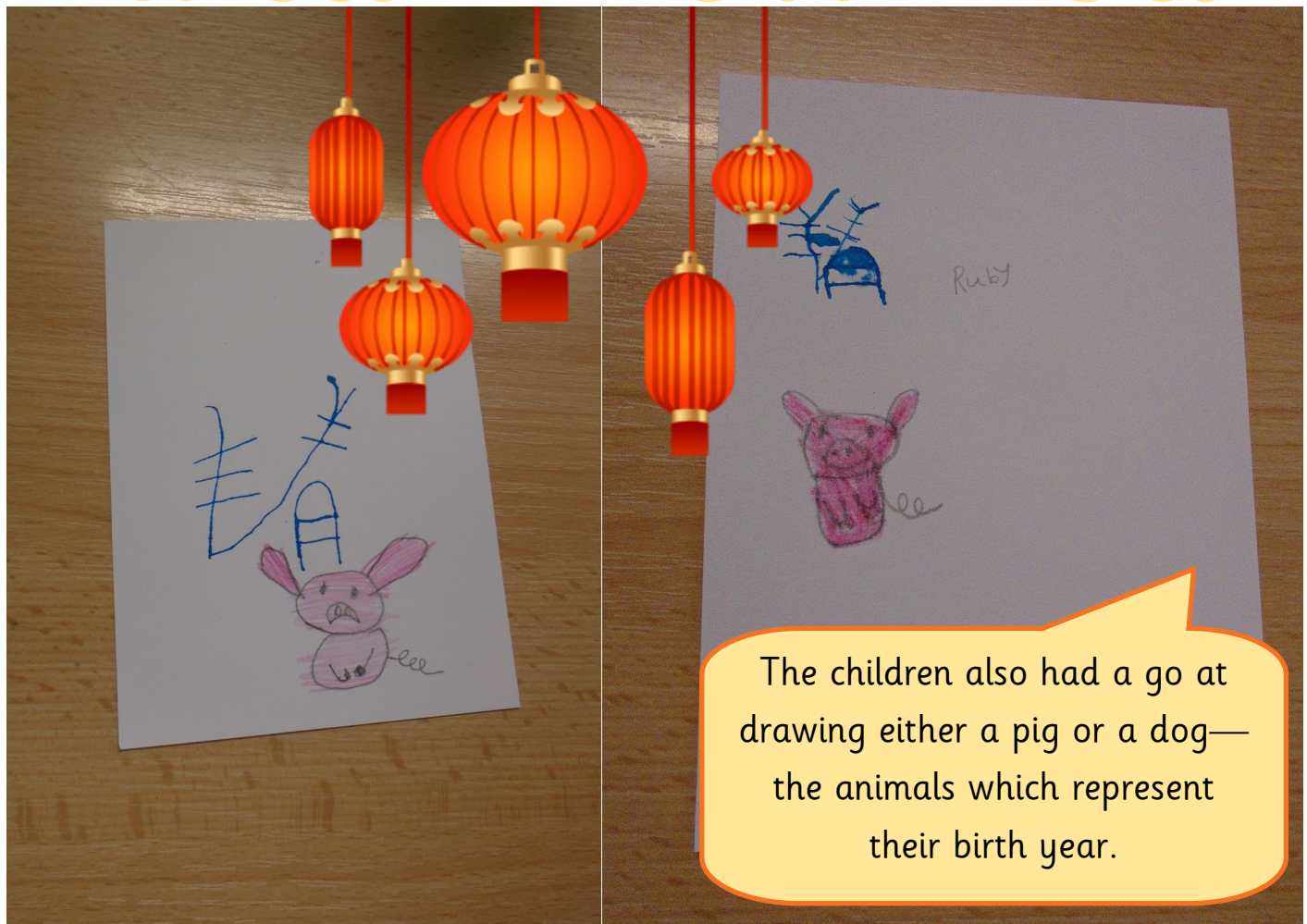


Thank you to Mrs Lee's husband for making the filling and helping the children.

Year 1 celebrated Lunar New Year by trying their hand at the art of calligraphy. Pupils wrote their names to welcome in the year of the snake.

Lunar New Year





The children also had a go at drawing either a pig or a dog—the animals which represent their birth year.



Today, Loud mouth theatre visited Year 4 to raise awareness about healthy and safe relationships.

Loudmouth Theatre



Convention on the Rights of the Child

Article 19: Freedom from Violence and Abuse.



Through drama, key topic areas such as online safety, knife crime, peer pressure and physical violence were demonstrated.



Children then attended a workshop to discuss PANTS rule of safety and personal networks.

TALK

P

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T

S

AND STAY SAFE,
LIKE PANTOSAURUS

P RIVATES
ARE PRIVATE

A LWAYS REMEMBER YOUR
BODY BELONGS TO YOU

N O MEANS NO

T ALK ABOUT SECRETS
THAT UPSET YOU

S PEAK UP, SOMEONE
CAN HELP

Personal Safety

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

LEARN PANTOSAURUS' FIVE EASY RULES FOR STAYING SAFE

P RIVATES ARE PRIVATE

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.



A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see or tries to touch you underneath your underwear say 'NO' – and tell someone you trust and like to speak to.



N O MEANS NO

You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.



T ALK ABOUT SECRETS THAT UPSET YOU

There are good secrets and bad secrets. If a secret makes you feel sad or worried, it's bad – and you should tell an adult you trust about it straight away.



S PEAK UP, SOMEONE CAN HELP

It's always good to talk about stuff that makes you upset. If you're worried, go and tell a grown up you trust – like a family member, teacher or one of your friend's parents. They'll say well done for speaking out and help make everything OK. You can also call Childline on 0800 1111 and someone will always be there to listen.



Remember all of these rules and they'll help you stay safe, just like Pantosaurus







Balancing Act

Here are more photographs of Year 3 enjoying their weekly sessions with Motionhouse as part of the Wider World project. At the start of the project, pupils worked individually but they are now ready for contact moves which require trust and teamwork to be successful.

This week, the children worked together to make physical structures and balances. Pupils had to support each others' weight and collaborate to keep everybody safe. This was a really good learning experience and bonding activity. Well done!

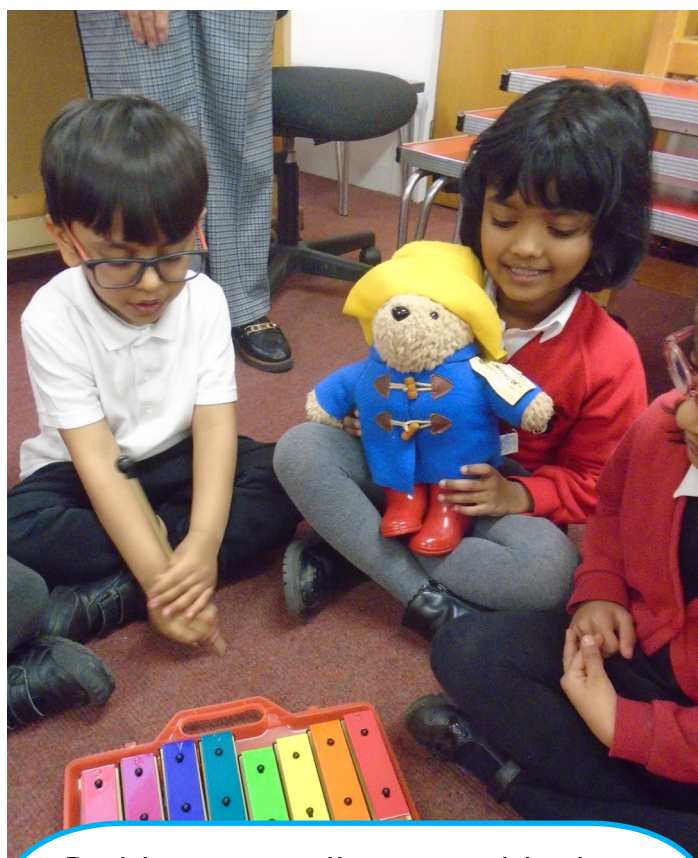


Convention on the Rights of the Child

Article 31: Leisure, Arts and Culture.

Paddington Starts School

On Tuesday, Paddington (our Unicef mascot) visited school. Y1 pupils took him for a tour to make him feel welcome. In the library, he heard a story and, in the kitchen, Paddington searched for marmalade!



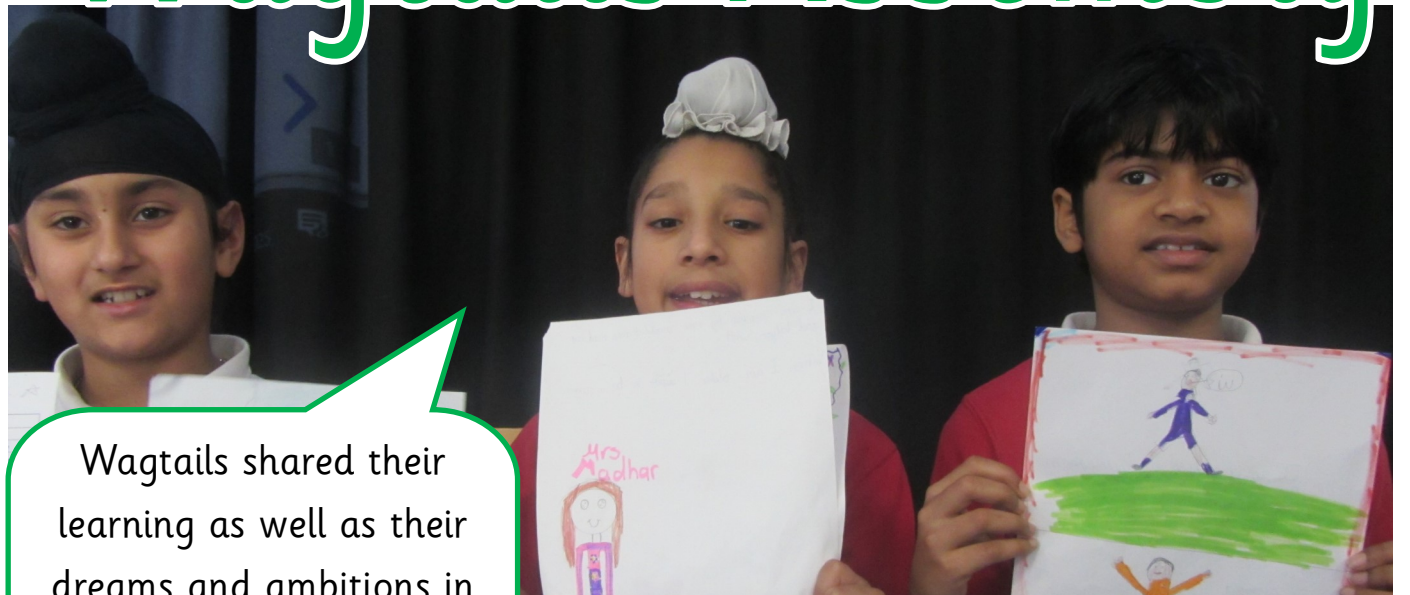
Paddington really enjoyed looking at the artwork on display in school and visiting the music room. He felt very loved when he saw pictures of himself on the wall.



Paddington Starts School



Wagtails Assembly



Wagtails shared their learning as well as their dreams and ambitions in assembly this week, It was lovely to hear who or what inspires the children.



Y6 Neon Art

Inspired by their trip to Compton Verney, Y6 have created this dazzling neon art using oil pastel on black sugar paper. You'll need your sunglasses to look at it!

Y3 Artists



Year 3 explored the work of Heather Hansen, a performance artist based in the USA. The children used her work as inspiration for creating their own charcoal artwork using whole hand and arm movements and trying to include symmetry.





Y3 Activists

Rosanna and Scarlett have been busy at home using their crafting skills to make banners about the environment. The banners are now on display at school and they encourage us to make changes to our lives that will help to safeguard the environment for future generations. Their message is:

Small change; big difference.



Convention on the Rights of the Child

Article 13: Freedom of Expression

Park Safely, Please.

Several concerned parents have reported dangerous and illegal parking on Calder Walk this week.

Please note that The Highway Code clearly states the following:

DO NOT stop or park:

- Near a school entrance
- Anywhere you would prevent access for Emergency Services
- Where the kerb has been lowered to help wheelchair users and powered mobility vehicles
- In front of an entrance to a property

You **MUST NOT** park partially or wholly on the pavement. Parking on the pavement can obstruct and seriously inconvenience pedestrians, people in wheelchairs or with visual impairments and people with prams or pushchairs.

Drop Kerbs

In the UK, you shouldn't park on a dropped kerb because it is illegal and can obstruct access for pedestrians, wheelchair users, and people with prams or buggies. A dropped kerb is typically installed at the junction of a driveway or to provide easier access to the road for vehicles. If you park across it, you block the pathway for others and make it difficult for vehicles to enter or exit their driveways.

It's a **legal requirement** to leave a clear space for these areas, as it's essential for accessibility and safety.



Convention on the Rights of the Child

Article 3: Best Interests of the Child

Health and Wellbeing Information



Vision Screening

Compass, our school nursing service, have asked that we alert all parents to the importance of vision screening for their children.

Eye tests, especially for young children, are particularly important because vision problems can often go unnoticed. Children might not realise that their vision isn't normal, and since they rely on their sight for learning, playing, and interacting with others, untreated eye issues can impact their development and quality of life.

Early eye examinations can identify conditions like nearsightedness, farsightedness, astigmatism, or even more serious problems like amblyopia (lazy eye) or strabismus (crossed eyes). Detecting these issues early on means they can be treated more effectively, often preventing long-term problems and ensuring children reach their full potential academically and socially. Regular eye tests also help set the foundation for good eye health habits as they grow.

The NHS will cover the full cost of an eye test for all children under 16.



Convention on the Rights of the Child

Article 3: Best Interests of the Child

Useful Contacts

Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support for a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

Warwickshire Health Visiting

Support and advice for parents/carers with a children under 5.

To read the full Compass newsletter, visit: https://www.compass-uk.org/wp-content/uploads/2025/01/C4H-Parent-and-Schools-Newsletter.-January-2025_compressed.pdf

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.



Text ChatHealth (11-19 years): 07507 331 525

Text ParentLine: 07520 619 376

Call us: 03300 245 204

Email us: connectforhealth@compass-uk.org

Visit our website: www.compass-uk.org/services/c4h



EVERY MINUTE COUNTS!

MINUTES LATE TO SCHOOL	IMPACT ON YOUR ATTENDANCE IN 1 YEAR
5 MINUTES PER DAY =	3.4 DAYS MISSED 98.4% ATTENDANCE
10 MINUTES PER DAY =	6.9 DAYS MISSED 97.6% ATTENDANCE
15 MINUTES PER DAY =	10.3 DAYS MISSED 94.6% ATTENDANCE
20 MINUTES PER DAY =	13.8 DAYS MISSED 92.9% ATTENDANCE
30 MINUTES PER DAY =	20.7 DAYS MISSED 89.2% ATTENDANCE



HIGH ATTENDANCE AT SCHOOL GETS YOUR CHILD'S LIFE OFF TO A *FLYING START!*



INCREASING ATTENDANCE BY JUST 5% CAN DOUBLE THE CHANCES OF GAINING GOOD QUALIFICATIONS



MISSING TWO DAYS A MONTH MEANS A CHILD MISSES 10% OF THE SCHOOL YEAR

GOOD ATTENDANCE IN PRIMARY SCHOOL



Writing + MATHS SKILLS



THERE ARE 175 DAYS A YEAR NOT SPENT IN SCHOOL

PLENTY OF TIME FOR SHOPPING, HOLIDAYS AND APPOINTMENTS!



100s OF SUBJECTS | 1000s OF CLASSES

ENDLESS POSSIBILITIES



TURNING UP JUST 5 MINUTES LATE EVERY DAY ADDS UP TO OVER 3 DAYS LOST IN THE YEAR!

MORE SCHOOL=



HIGHER GRADES



INCREASED CONFIDENCE



MORE FRIENDS



BRIGHTER FUTURE

Attendance and Lateness



February 2025 Newsletter

Thursday
20th Feb

19:00 - 20:00
FREE



FREE SESSION

Supporting Healthy Screen Use

A range of steps that can help minimise the harms from screens

Monday
3rd Feb

10:00 - 11:30
£24



Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
11th Feb

19:00 - 20:30
£24



Facing Defiance

Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Tuesday
18th Feb

19:00 - 20:30
£24



Cannabis & Ketamine Awareness

Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday
25th Feb

19:00 - 20:30
£24



Understanding the Teenage Brain

A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk



Mental Health in Schools Team Tips For Wellness



Online Safety

With lots of our young people accessing different online platforms, it is important we are making sure this online activity is accessed in a safe and positive way. Online activity is a big part of day-to-day life and for young people is the norm. This may involve watching YouTube videos, online gaming, having social media accounts (e.g. Instagram, TikTok) or using the internet to support completing homework tasks. As a parent/ caregiver, this can at times be difficult to navigate and stay on top of these ever-evolving platforms.

It is good to remember that online activity can be positive: there are lots of opportunities to learn new things, spread joy and positivity, connect with others and show creativity.

Our Top Tips For Online Safety:

1. **Have regular conversations about online safety-** Making communication about online activity a normal part of the conversation will create an open and more relaxed dialogue around what your young person is accessing online. This can also make it easier for your young person to come and speak to you if they do have any worries.
2. **Encourage time away from devices-** Spending too much time online and looking at a device can begin to blur the lines between the online world and what is happening right in front of us. Encourage regular screen time breaks. This could be by completing an activity which the whole family can get involved in e.g. playing a board game or going for a walk. There are also wellbeing setting on apps, including Instagram and Tik Tok to support setting these boundaries.
3. **Keeping it real-** It can be useful to remind our young people that not everything they see online is real. Some of this content may have a negative impact on how they feel about themselves and what they are doing. It can be useful to remind young people that an online post is only one snapshot of time. Encourage your young person to take control of what they are looking at and help them to feel empowered to choose to access online content that encourages positivity and makes them feel good.

Online safety is an ongoing conversation. By setting boundaries, providing guidance and being open, this encourages young people to navigate the online world safely and responsibly.



NSPCC- Talking to your
child about online safety



Barnardo's- Keeping
children safe online

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

PLAYBOX
THEATRE

THE RESTORATION SEASON



April De Angelis' Playhouse Creatures 20th - 29th March

Set in the Restoration Period, this magnificent play delves into the struggles and triumphs of these trailblazing actresses. A powerful and poignant tribute to the women who changed theatre forever!

Tickets £10-£18

William Wycherley's The Country Wife 20th - 29th March

Outrageously funny and once banned for its audacity, this classic play is reimagined in a fresh, fizzing staging. Expect lavish costumes, towering wigs, and razor-sharp wit in a riotous tale of love, lust, and intrigue!

Tickets £10-£18

Post Show Q&As with Cast and Creatives

A chance to discuss the themes and issues within the plays with members of the cast and creative team.

20th March - Playhouse Creatures

27th March - Country Wife

Free Event for ticket holders

The World of Restoration Theatre : A Discussion Friday 28th March at 6pm

The Country Wife director, Stewart McGill opens a discussion on the historical context of Restoration Theatre and it's audiences as well as the heavy French influence on the style and spectacle of the production.

Free Event for ticket holders

Accompanying Education Workshops

Playbox Theatre can offer a variety of accompanying educational workshops to suit your group. These can cover themes from The Country Wife or Playhouse Creatures as well as broader aspects of restoration theatre.

Get in touch for more information



INFO@PLAYBOXTHEATRE.COM
WWW.PLAYBOXTHEATRE.COM

Diary Dates

Tuesday 4th February	Archery sessions for Y4, Y5, Y6 and Y2 Swallows, led by Champion School Sports Partnership.
Wednesday 12th February	Y4 Starlings class assembly, 9.15am.
Wednesday 12th February	Parent's Evening, 3.30—7.00pm
Thursday 13th February	Parent's Evening, 3.30—5.00pm.
Friday 14th February	Reception, Special Person tea party, PM.
Friday 14th February	MUFTI (non-uniform) Day. If you wear your own choice of clothes, please donate via ParentPay.
<p align="center">School closed for Half-Term holiday</p> <p align="center">Monday 17th February—Friday 21st February</p> <p align="center">Pupils return to school on Monday 24th February</p>	
Wednesday 26th February	Y2 Swallows class assembly, 9.15am.
Wednesday 5th March	Y6 visit to The Cambridge Theatre in London to watch the stage show, "Matilda."
Wednesday 5th March	Y3 Herons class assembly, 9.15am.
Monday 10th March	Science Week.
Wednesday 19th March	Y3 Doves class assembly, 9.15am.
Friday 28th March	MUFTI (non-uniform) Day. If you wear your own choice of clothes, please donate via ParentPay.
Wednesday 2nd April	Y2 Wrens class assembly 9.15am.
Monday 7th April	Rock Steady concert, 2.15pm.
<p align="center">School closed for Easter holiday</p> <p align="center">Monday 14th April—Friday 25th April</p> <p align="center">Pupils return to school on Monday 28th April</p>	



Sydenham Superstars



YR and Key Stage One



Key Stage Two