

Newsletter 24 Friday 21st April 2023

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sydenham Primary School Newsletter





Otsted Outstanding





The nurture group network











Thanks to your fantastic fundraising efforts, we have now sponsored Theo, the super-cute guide dog chosen by pupils—and here he is!



unicef 🍪

Convention on the Rights of the Child Article 12: Respect for the Views of the Child Follow the link below to visit Theo's web page



Our puppy welcome pack should arrive over the next couple of weeks and we will then receive regular 'Pupdates' in the post .

Breed: Labrador Mum: Lady G Dad: Vern

Loves:

- Getting nice and cosy in his blanket
- Carrying his toys (everywhere!)
- Running off his energy outside

For more photos and a video of Theo, please visit: guidedogs.org.uk/puppy-Theo

Join Theo's exclusive Facebook group, here: (Please refer to the leaflet enclosed for full terms) facebook.com/groups/puppy.Theo





Thanks to being sponsored by

Sydenham Primary School Pupils

Theo

is starting an amazing journey to become a life-changing guide dog.

Unis

Chris Allum Puppy Sponsorship Manager

Signed:

mitte Signed:

Matthew Bottomley Head of the Breeding Programme



On Tuesday, Y1 children used model Tudor houses to make a mini Pudding Lane in the Forest School area.

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Burns

Pudding Lar

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A grown up set fire to one of the houses and pupils watched as the flames spread to the other buildings, just like they did in1666. This helped pupils understand how the Great Fire of London grew to engulf the whole city. What a truly memorable experience!



Convention on the Rights of the Child Article 29: Goals of Education Jouamouth

On Thursday, Years Four and Five worked with Loudmouth Theatre Company on the topic of healthy relationships and personal safety.

oud Mouth Theatre



Pupils were treated to a funny but thought provoking show followed by a workshop. The actors role played many different scenarios and topics involving grooming, online bullying, inappropriate touching and physical, emotional and mental abuse. This was done in an age appropriate and entertaining way and children were invited to give advice to the characters on stage. Children also identified people within their trusted network, heard all about Child Line and re-visited the 'PANTS' rule.



Today and tomorrow mark Eid and we have been learning about the festival in school this week. Thank you to Nasreen for sharing information about Eid and the Muslim faith with Year Five.

Eid Mubarak

*Eid

Mubar

Thank you as well for all of the lovely treats that have been brought into school to celebrate Eid. They were delicious!

niss

Happy Eid Mubarock

Board games are a brilliant way to have fun and learn important skills like turn taking. They are also a great for improving problem solving and practicing strategy and tactics.

Board Games Club

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Here are some children playing games ranging from chess to Spagopoly (a fantastic way to improve your spelling, punctuation and grammar.) Super learning!

Board Games Club

Minibeast Hunt

Year Five had fun hunting for minibeasts in the Forest School area this week. They found all sorts of creepy-crawlies whilst undertaking their field study and also used the information they collected back in the classroom to consolidate their data handling skills. On Friday 5th May, in honour of the coronation of His Majesty King Charles III, pupils are invited to come to school in royal attire. Please dress as either a king or queen. Crowns will be made as part of Homelearning.

Celebratino

The Coronation

Important Information for Those Living with an Abusive Partner

As you may be aware, the national UK Emergency Alert test is due to take place on Sunday 23rd April 2023. This is a test of the system which will be deployed in case of future national emergencies. It involves an automatic notification to all mobile phones, on all networks, in the form of an alert sound.

Please be aware that victims and survivors of abuse, particularly domestic abuse, may have a secret mobile phone which their abuser is not aware of. From a safeguarding perspective, the sounding of the national alert may place such individuals in danger should their abusers become aware of their secret phone.

We strongly advise that any person known or thought to be vulnerable, or who are or you suspect they may be living with an abusive partner are discretely made aware:

- that the alert will sound even if a mobile phone is switched to silent
- and how to turn off receiving the emergency alert.
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If this cannot be achieved discretely you may wish to make the information generally available without raising this as a safeguarding issue.

To turn off the alert on an android phone:

- Go to settings
- Type emergency in the search bar and emergency alert should appear as an option
- Select emergency alerts
- This should take you to a page titled either emergency alerts or broadcast settings
- Click or tap on the blue toggle beside emergency alerts to switch the option off. It will turn grey, and the alert will be switched off.

To turn off the alert on an Iphone:

- Open the settings app
- Select notifications, a red square with a white bell
- Scroll down the notifications screen to the bottom to find emergency alerts
- Tap the toggles to turn the emergency alerts off. They will turn grey, and the alerts will be switched off.



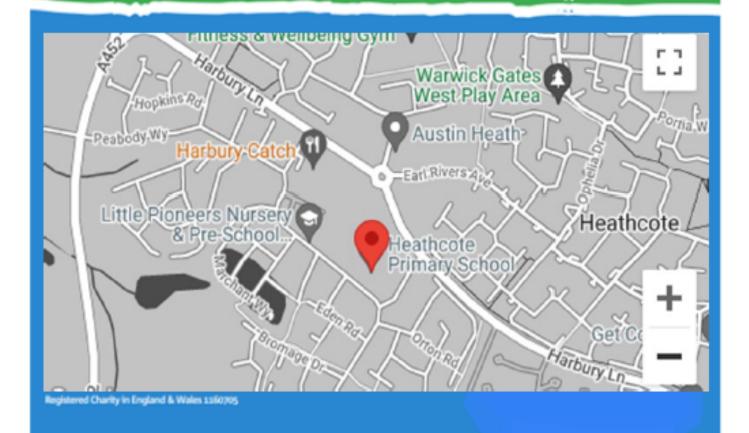
NEW MONDAY LOCATION FROM 15th MAY

HEATHCOTE PRIMARY

CV34 7AP

ACCESS VIA THE OLD STATION NURSERY GATE

NO ACCESS VIA MAIN SCHOOL ENTRANCE



If you need advice or if you're worried about the cost of living, we're here to help.

Across Warwickshire, from Monday 3rd April 2023, our new service will be operating Mondays to Fridays 9am-5pm, through our Freephone number:

0808 250 5715

Our out-of-hours service will continue on Monday evenings from 5pm-7pm, for people who are unable to contact us during the day, through our Freephone number:

0800 995 6047



Mental Health in Schools Team (MHST) Tips For Wellness:

RISE MHS

STRESS AWARENESS

We can all feel stressed at times and it is a normal reaction to some situations. A certain level of stress can actually be helpful, however too much stress can make us feel anxious or depressed, and may impact on our sleep, eating habits and general wellbeing.

Everyone experience stress differently, so it is important to understand how stress affects you. Therefore, you can manage your stress better and stay healthy!

The Stress Bucket:

The Stress Bucket is a way to explain how stress can build up. The stress in our lives is represented by water filling up a bucket - too much water is a problem and can cause an overflow. It is helpful to identify the things in our day that contribute to filling up our bucket and start doing things that help to empty our bucket.



We can talk about our stress levels in terms of how full our stress bucket is. Different problems and demands can fill up our stress bucket, such as education, and family worries, friendship problems and losing someone close.

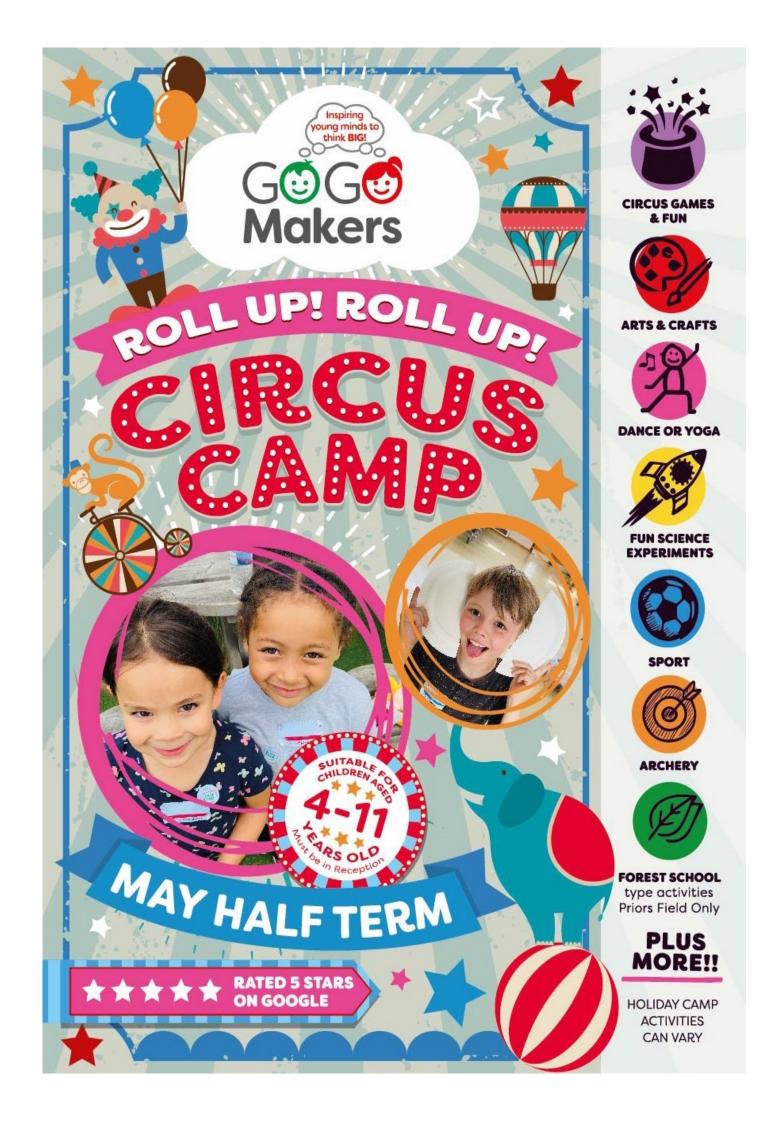
Some people may have a smaller bucket than others - these people may find it more difficult to cope with stress and therefore, they may feel overwhelmed quicker than others.



We can't change the size of our bucket but we can learn to recognise when our bucket is filling up, and what coping strategies can help us manage stress so that or bucket doesn't overflow. Relaxing activities, such as watching TV, going for a walk, reading a book, sitting outside in the sun and talking to a friend, can all help to empty our stress bucket!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.









Monday 1st May	School closed for bank holiday.
Friday 5th May	Professor Elemental performance and workshops.
Monday 8th May	School closed for bank holiday.
Tuesday 9th—Friday 12th May	Year 6 SAT's tests.
	09.05.23: Spelling, Punctuation and Grammar
	10.05.23: Reading
	11.05.23: Maths (Arithmetic and Reasoning)
	12.05.23: Maths (Reasoning)
Tuesday 16th May	Y6 Road safety session
Tuesday 16th May	Ducklings delivered to Reception and Year One.
Monday 22nd May	Class photographs.
Thursday 25th May	Y5 photography project starts, led by Lynne Gugeon (artist.)
Friday 26th May	Break up for the Whitsun Holiday
Monday 29th May—Friday 2nd June, school closed for Whitsun half-term holiday.	
Pupils return to school on Monday 5th June.	
Monday 5th June	Test window for the Y4 Multiplication Check opens (the check must be carried out within three weeks.)

Thursday 8th June	RSC promenade performance.
Thursday 8th June	Skip 2B Fit workshops.
Thursday June 8th	Family Maths course for parents of children in YR/1/2 begins, 1.45—3.00pm
Monday 12th June	Y1 Phonics Screening.
Thursday 15th June	Arts Ambassadors—screen printing workshop.

Diary Dates

Tuesday 20th—Wednesday 21st June	Y6 residential to Blists Hill Victorian Town.
Thursday 22nd June, 9.30am.	Tour of the school for Reception parents/carers 2023/24.
Monday 10th—Tuesday 11th July	RSC National Playmaking Festival, Stratford.
Tuesday 11th July, 9.30— 11.15am	Stay and Play sessions for Reception pupils 2023/24.
Thursday 13th July	Y6 leavers' trip to Harry Potter World.
Wednesday 19th—Thursday 20th July	Y5 residential to Kip in a Ship, HMS Belfast, London.
Friday 21st July	Y6 Leavers' performance and assembly, 9.30—10.30am.
Tuesday 25th July	Break up for the Summer holiday.

Pupils return to school on Monday 4th September 2023



<u>Change Makers Healthy Lifestyles workshop – Fussy eating support</u>

Change Makers are running weekly workshops supporting parents with children who display fussy eating behaviours. The workshop will cover the Eatwell Guide, top tips and practical advice on reducing fussy eating behaviours.

The workshop will be one hour long and will be on zoom. The workshop is free to access. If you would like to join, please contact <u>Kathe-</u> <u>rine.andrews@ruqby.qov.uk</u> and <u>07884 564403</u>

Sydenham Superstars



