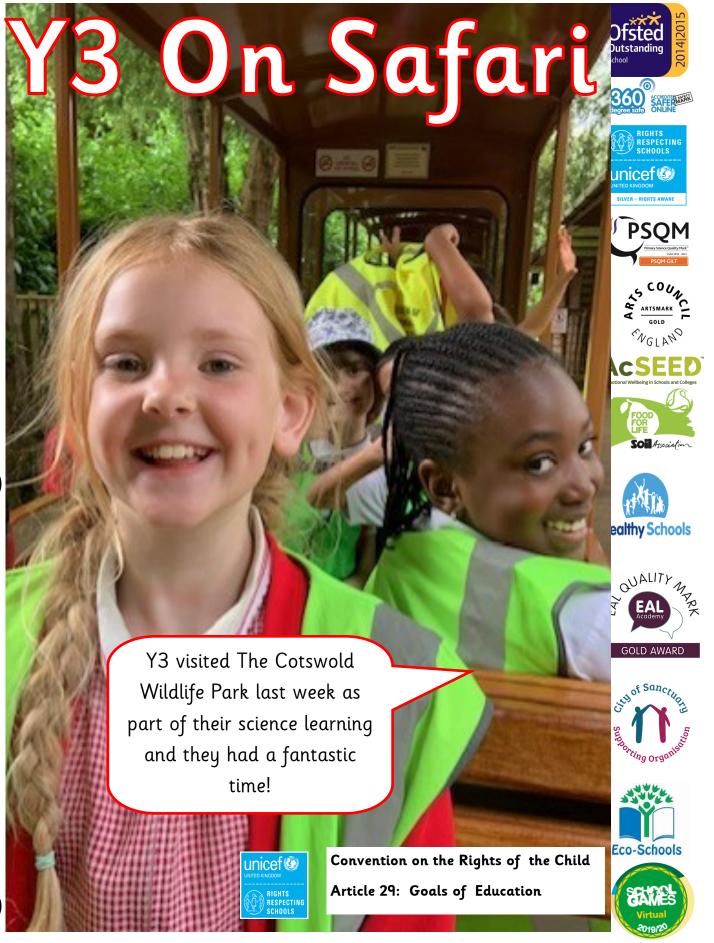
Newsletter 34

Friday 28th June 2024

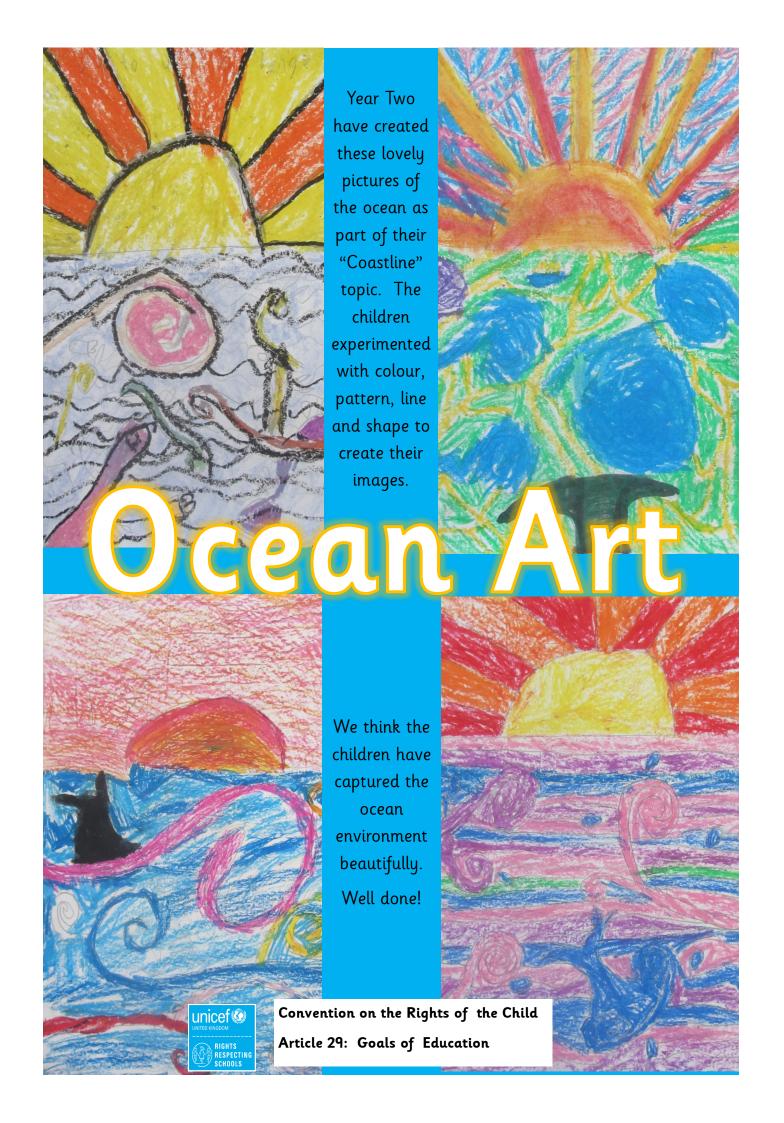
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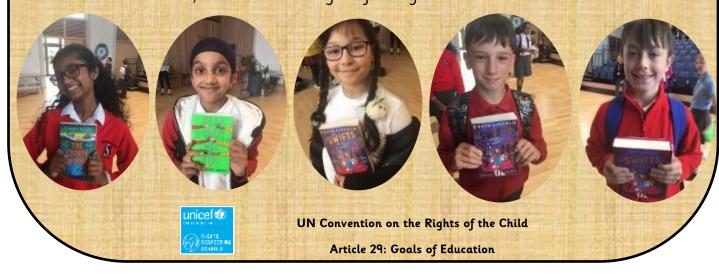
Some children have been working with artist and photographer, Lynne Gougeon, this week to create work for our SPLAT! pop-up gallery at Art in the Park. Pupils began their sessions with Lynne by looking at a range of photographs and discussing what makes them effective. Pupils pinpointed the emotions depicted in each picture and talked about how we feel as viewers. They went on to take self-portraits and pictures of each other. Each picture showed a different feeling such as joy, anxiety, fear and jealousy. Lynne will be back in school next week to complete her work.

Warwickshire Junior Book Awards



Five children from Year 5 and Year 6 have been busily reading 4 books nominated by Warwickshire Library Service as part of our weekly book club. The children got to award the books a maximum of 4 points depending on their favourite, and today we visited Kings High School to find out who the winning author was, as part of the Warwickshire Junior Book Awards.

It was a really inspirational morning, with messages from the authors in person about pursuing your passions, finding fun even in hard times, and to keep writing! After a Q&A session, we discovered that the winning author was....Simon Green, author of *Finn Jones Was Here*, much to the delight of many children in the audience!



Celebrating Reading



Mrs Knowles is feeling really proud of Janvi this week! Janvi has been working hard on her reading for the past few months, and has received her certificate for completing BR@P. Well

Sydenham's Award Winning Poet

As reported in our news letter a few weeks ago, Ephraim in Herons class was invited to the British Library in London because a poem that he had written in class had been nominated for a prize in the *No Place Like Home* art and poetry competition run by The Sanctuary Foundation.

It was very exciting to watch a live feed of the award ceremony in school, and we were absolutely delighted that Ephraim's amazing poem won FIRST PRIZE!

Ephraim's po-

I felt hugely excited and I couldn't believe it. I just thought that I was



Leamington Library Summer Reading Events





This summer, children aged 4-11 can visit Warwickshire Libraries to join the 'Marvellous Makers' Summer Reading Challenge, firing up their imaginations through the power of reading and creative expression.

Who can join?

Any child aged 4-11 who has started school (or home school) or will be starting school (or home school) in September.

How to Join

Pop into your local Warwickshire County Council managed library from Saturday 6th July and ask to join the Summer Reading Challenge.

How does it work?

Children join the challenge and set a reading goal, then they choose some exciting library books to read. Children return to the library to tell us about their progress and collect stickers. Once their reading goal is complete they can claim their certificate and medal!



Embracing Change

We all experience change at some point in our lives. Changes may include transitioning to a new class, moving house or experiencing loss. Change can be exciting and positively impact our mental health, giving us opportunity to build resilience. However, sometimes we can find change difficult and scary, which can result in us feeling frustrated or anxious. It is ok and very normal to feel a range of different emotions about change.

If you are currently struggling with changes in your life, you may find the following tips helpful.

Our Top Tips For Embracing Change:

- Look for the positives: learning to accept that change is part of everyday life and looking
 for any positives can help you feel less overwhelmed and anxious about the situation. You
 may even find there is something you are looking forward to or a goal you would like to
 work towards.
- Talk about it: talking to people you trust, sharing how you feel and asking for help can provide you with support and a safe space to express yourself when you are experiencing change.
- Keep a routine: eating healthily, getting enough sleep and keeping up with regular
 activities can help create some consistency during a season of change. This can help you
 to feel more in control and boost your mood.
- 4. Be kind to yourself: change can be difficult, so it is important to keep being kind to yourself by practising self-care. Scan the QR code to find out more about self-care:

Moving up to secondary school:

The transition from Year 6 to Year 7 is one that many young people find challenging. Scan the QR code to find resources and a video about moving up to secondary school you may find helpful:



#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





Challenge

Challenges are a normal part of life that we all face, no matter how big or small they are! Some of these challenges may be hard and we might need support to manage them, whereas others will be easier for us to manage by ourselves. All challenges push us outside of our comfort zone but help us to grow and learn new interests, more about the world and who we are!

By challenging ourselves, we learn that we can work towards a goal, overcome obstacles and be persistent even when something is difficult. A growth mindset can help us take on new challenges, as it builds our confidence to have a go at things, increases our self-esteem and encourages us to try again if it doesn't work out the first time!

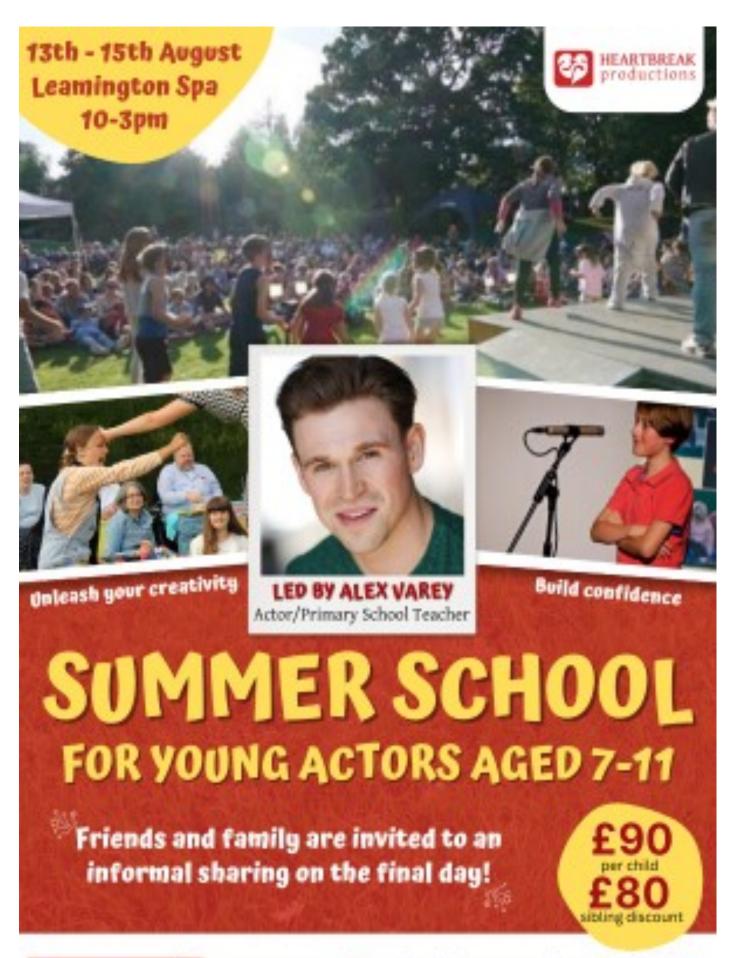
Our top tips for challenging ourselves:

- Set yourself some goals you would like to reach this time next year (long term goals).
 Perhaps these can be things you've always wanted to do but never tried before. Break your
 goals down into medium-term goals and short-term goals (goals you can set to work
 towards the long-term goal in a few weeks or months).
- Ask for help when needed. Challenging ourselves is not about getting through difficult times alone...sometimes we need a helping hand and that is okay!
- 3. Push yourself out of your comfort zone this week. You might want to try a new food, learn a new hobby, start a conversation with a different friend, or put your hand up in a lesson at school. Can you think of a SMART goal you would like to challenge yourself with this week? Follow the QR code to learn more about SMART goals: **Intervention**

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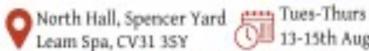
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Diary Dates

Monday 8th July	End of year reports sent out to parents/carers this week.
Monday 8th July	Rocksteady concert at 2.15pm.
Tuesday 9th July	Stay and Play sessions for Reception pupils 2024/25
Wednesday 10th July	Changeover Day for Year Six.
Wednesday 10th July.	Changeover Day for Reception, Y1, Y2, Y3 Doves, Y4 and Y5—pupils meet their new teachers.
Friday 12th July	Y6 performances and celebration assemblies:
	Y6 JvS Swans, 9.30—11.30am
Friday 13th July	NEW date: PTA SUMMER FAYRE, 3.30—5.00pm
Monday 15th July	Y6 silent disco.
Tuesday 16th July	Y6 visit to Leicester Outdoor Pursuits Centre.
Monday 17th July	Refugee Week
Wednesday 17th—Thursday 18th July	Y5 Kip in a Ship residential visit.

Break up on Friday 19th July for the Summer holiday.

School is closed for In-Service Teacher Training (INSET) on

Monday 2nd September and Tuesday 3rd September 2024.

Pupils return to school on Wednesday 4th September 2024

Diary Dates