

St Matthew's Bloxam C of E Primary School

**"Let Your
Light Shine"**

NEWSLETTER

Friday 30th January 2026 Issue 19

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PE in the Spring term

Year 1, 3 & 5 are doing Drumba



Year 2 have been working on their gymnastics skills.



Year 6 are learning how to play netball.

As PE lead, I spoke to the children about their PE lessons. This is their Pupil voice - "We start with a warm up. We play Ultimate tag, it gets our bodies going". "We practise then we show our friends". "We do little activities then we put it in a game". "We show our friends and they tell us what they like" "We know how to improve". "PE gets you strong". "PE makes us get fit".

Mrs Hancock



Diary Dates

Monday 2nd February

Year 4 Swimming

**Thursday 5th
February**

**After School KS2
Multi-Sports Club**

3:20pm-4:20pm

Friday 6th February

**NSPCC Number Day –
Non uniform for a
monetary donation**

**Please see our School
Website for school
diary dates**



YEAR 6 BLACKWELL RESIDENTIAL

A gentle reminder that payments for the Year 6 Blackwell Residential can be made via the Gateway app.



ATTENDANCE



Our whole school attendance target is **95%**

This week's whole school attendance is **94.5%**

This is below the target set by Warwickshire Attendance Service

School starts at **8.50am**, arriving after this time may affect your child's attendance mark.

Can we ask that if your child is not well enough to attend school that we have a **specific reason** and **not 'unwell'** as we need to state a reason in the attendance records.

Please can medical appointments be made for after school.

We also require proof of appointments that are made during school time.

Please follow the attached links for useful information

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>
<https://www.pharmacy2u.co.uk/>

This week's Family Information Service Newsletter - Tuesday 27th January 2026

The Family Information Service (FIS) provides free, impartial advice on a variety of services and useful information. They produce a weekly newsletter. Please use link below to access the newsletter.

<https://mailchi.mp/warwickshire/family-information-service-newsletter-1219204-96fqcdqgps-8831827?e=04fcebfe0>



VOLUNTEERS WANTED

Your School PTA Needs You



PaFos Tuck Shop

**EVERY OTHER THURSDAY
EVERYTHING PRICED 50P OR £1**

**YOU CAN FIND US IN THE
CONSERVATORY OR ON THE PLAYGROUND**

CASH OR CARD ACCEPTED

ARE YOU ON OUR

SMB Class WhatsApp

Keep up to date on class
information, important dates
and other school messages
to join speak to Laura or
email

secretary-pafos@live.co.uk



Mental Health in Schools Team Tips For Wellness



Mood Boosters

Our mood can change, and this is completely normal. You may notice that sometimes you are feeling more tired than usual, maybe stressed or experiencing difficulties with schoolwork or friendships. Situations like these may cause you to feel a bit low, it can be really helpful to talk about these things with an adult, or someone you trust.

Whilst it is normal to feel this way at times, there are things we can do to **boost** our mood and help us to feel happier. By doing more of the things we love and value, or 'doing more of what matters', we can boost our mood. This helps us to feel less tired, have an increased sense of achievement, feel better about ourselves and have some fun!

Our tips for boosting your mood:

1. Have a look at the **BBC Moodboosters** video resources by scanning the QR code.
There are a selection of videos to try, you could do these with a friend/ family member, with your class, or by yourself. But most importantly, have fun!
2. The **five ways to wellbeing** - can you challenge yourself to try one of these for each day over the next week! Watch the video on the QR code for more information.
 - **Connect** - Reach out to a friend/family member, listen to music that reminds you of happy memories, look at old photographs, or arrange activities with friends.
 - **Be Active** – Try different ways to get your body moving. You could dance, walk, skip, or hula hoop!
 - **Take Notice** - Spend time outside appreciating nature, maybe on your way to school or practise mindfulness
 - **Keep Learning** - Read a new book, watch a documentary, follow a new recipe, or learn a new language.
 - **Give** - Give someone you love a hug, hold the door open for the person behind you, or give your time to help others.



BBC
Moodboosters!



Five ways
to
wellbeing!

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.

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.



Jess is running the

LONDON MARATHON 2026



please donate if you can

for The Myton Hospices

JESS IS HOPING TO RAISE
£5000 IN MEMORY OF HER
MUM, LOUISE YOUNG, WHO
PASSED AWAY IN MARCH
2021, JUST 3 WEEKS AFTER
HER CANCER DIAGNOSIS.

**SHE WANTS TO RAISE THIS
MONEY FOR THE INCREDIBLE
CHARITY THAT SUPPORTED HER
AND HER FAMILY MOST,
THROUGH SUCH A DIFFICULT
TIME!**



In aid of

myton
hospice

**IF YOUR CHILD IS
FEELING UNDER
THE WEATHER,**

**IT CAN BE HARD
TO KNOW IF YOU
SHOULD SEND
THEM TO SCHOOL
OR NOT.**



**UNLESS THEY HAVE A
TEMPERATURE OF
38 DEGREES OR ABOVE,
THEY'RE USUALLY
GOOD TO GO.**



**SEARCH NHS SCHOOL
ILLNESS GUIDANCE.**

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



HM Government



School Attendance

Every day counts...



Good attendance helps with...



Academic Achievement

Regular attendance helps children keep up with the curriculum and perform better academically.



Social Skills

Attending school regularly helps children develop friendships, social skills and learning how to interact with others.



Routine & Responsibility

Good attendance teaches the importance of commitment, routine, and responsibility, which are all valuable life skills.



Focus & Engagement

Children who attend school regularly are more likely to stay engaged in their learning and develop a positive attitude towards education.



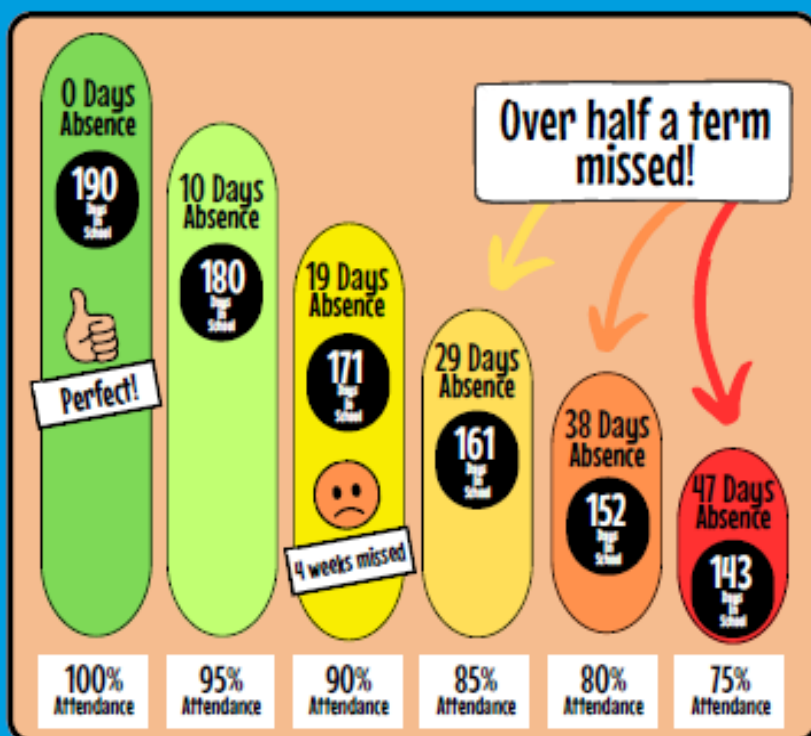
Building Confidence

Regular attendance can boost a child's self-esteem and confidence, as they see their progress and achievements over time.



Enhanced Learning Opportunities

School provides not just academic instruction, but also extra-curricular activities and enrichment opportunities.



Having 90% over 5 school years, is half a school year's work missed!

Did you know there are...

- 365 Days in a Year
- 190 School Days
- 175 Non School Days

Silly School Education



Eat Well, move *More*



Swap sugary drinks for water or milk.



Check portion sizes and give children smaller plates.



Make exercise fun with active games.



Walk, cycle or scoot for short journeys.



Warwickshire
County Council

For help to stay healthy go to:
www.warwickshire.gov.uk/eatwellmovemore

Age Restrictions for Social Media Platforms

13

is the minimum age for account holders on these social media sites and apps.



X (formerly Twitter)



Facebook



Instagram



Pinterest



Messenger



TikTok



Discord



Snapchat



Twitch



Yubo



Reddit



YouTube



BeReal



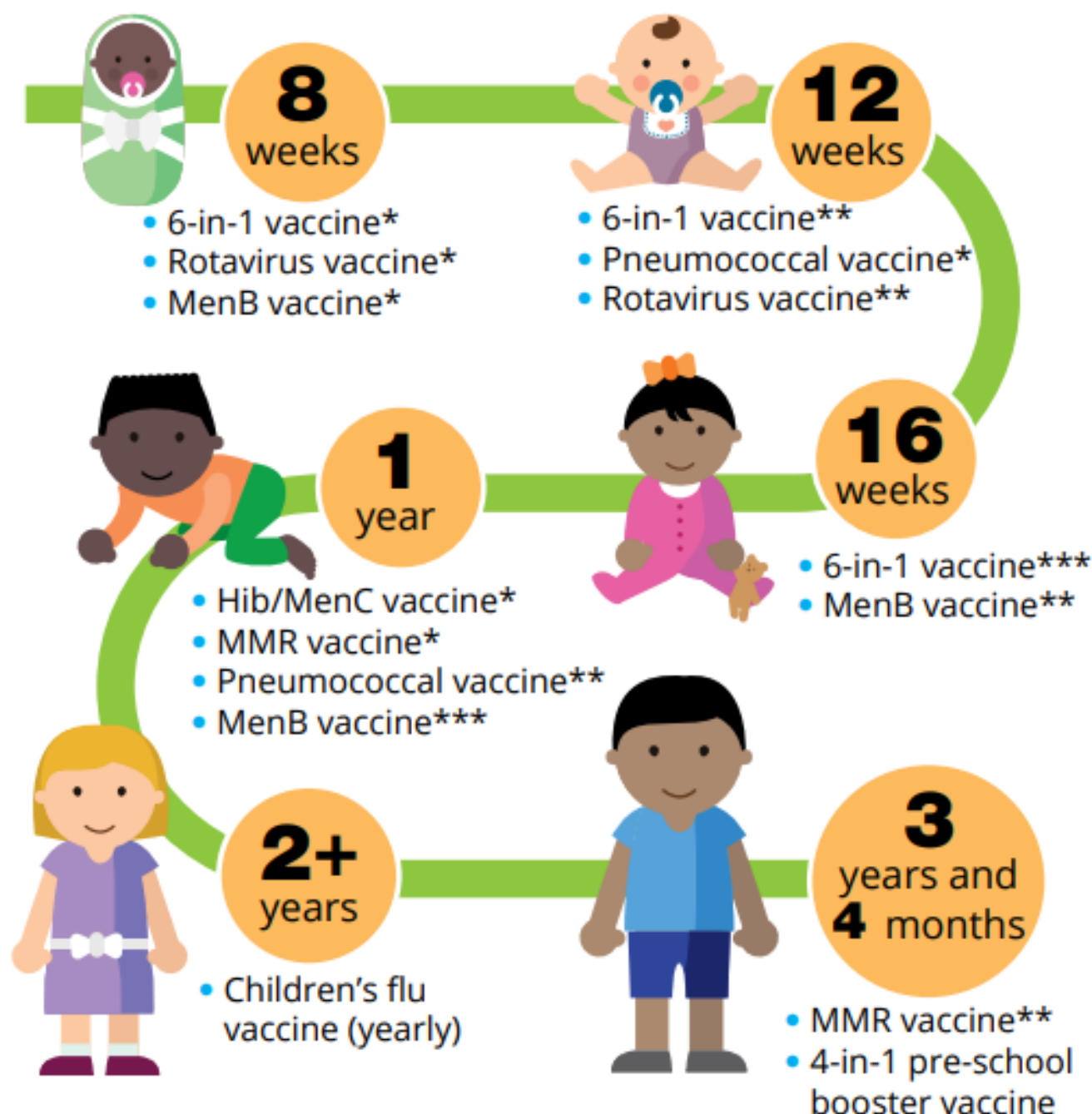
WhatsApp



Disclaimer: This resource/information is not intended to encourage social media use and we cannot accept any responsibility for pupils that sign up to social media sites after using this resource/information. Please note that age restrictions for social media platforms may vary depending on the laws and regulations in your location.



Your child's vaccine schedule



* first dose, **second dose, *** third dose

6-in-1 protects against diphtheria, tetanus, whooping cough, polio, Hib and hepatitis B

4-in-1 protects against diphtheria, tetanus, whooping cough and polio

Follow your child's vaccine schedule
to protect them against illnesses

Stick this
timeline up as a
useful reminder



- Childhood illnesses like measles and whooping cough are rising
- These illnesses can make children very sick, leading to hospital stays or lifelong problems
- If your child is not vaccinated, they are not protected
- It's important that vaccines are given on time for the best protection. Some need booster doses later too
- Check your child's red book or speak to your GP practice to see if they have missed any
- You can still catch up on most missed vaccines
- All the childhood vaccinations are free. As children grow up, they will be offered more vaccine appointments, right up until they are teenagers. Some vaccines are offered at school
- Vaccinations offered by the NHS are thoroughly tested to assess how safe and effective they are. All medicines can cause side effects, but vaccines are among the very safest.
- Research from around the world shows that immunisation is the safest way to protect our children's health

Are your child's vaccines up to date?
Book now at their GP practice