

St Matthew's Bloxam C of E Primary School

**"Let Your
Light Shine"**

NEWSLETTER

Friday 9th January 2026 Issue 16

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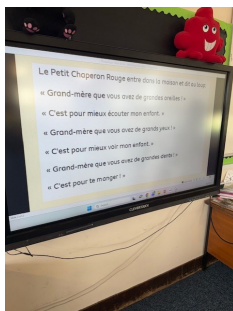
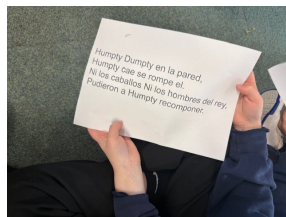
Modern Foreign Languages Day

We had a fantastic time celebrating Modern Foreign Languages Day in school. We began the day together by exploring different languages, flags and maps, and learning about the many benefits of speaking more than one language.

Throughout the day, each class focused on a different country and language, learning a song and taking part in a range of fun, hands-on activities. Year 1 learned Chichewa, Year 2 explored Italian, Year 3 enjoyed Spanish, Year 4 discovered German, Year 5 learned Greek, and Year 6 focused on French.

All classes showed great enthusiasm and curiosity, and it was wonderful to see how much fun everyone had while learning a new language. At the end of the day, we came together for an assembly where we enjoyed listening to each class perform and sing their song.

Mrs Timson



Diary Dates

Monday 12th January

Year 4 Swimming

Tuesday 13th January

**Whole School Boogie
Bounce**

**Thursday 15th
January**

**PaFoS Pre-loved
Uniform Sale from
3pm**

**After School KS2
Multi-Sports Club
3:20pm-4:20pm**



PARENT DONATIONS



Thank you for sending donations in for the Christmas Jumper Day we held on 12th December.

We have raised **£131.44** for Save The Children.

We also raised **£72.77** for the Poppy Appeal.

Thank you

WEATHER CONDITIONS

If we continue to have snowy weather and you walk to school. Please consider wearing wellies and bringing a spare pair of socks and indoor shoes.

We have not got enough spare socks to hand out.

Thank you



ATTENDANCE



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

This week's whole school attendance is **95.3%**



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/](https://www.pharmacy2u.co.uk/)

This week's Family Information Service Newsletter - Tuesday 6th 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-8831582?e=04fcebfe0>

Please join us for St Matthews Bloxam's

PAFOS MEETING

19TH JANUARY @ 6:30



WE ARE IN DESPERATE NEED OF VOLUNTEERS!

We will be talking about the success that was our Christmas Fayre and Santas Grotto, we will also be thinking about new ideas and events that we could do

EVERYONE IS WELCOME!

PLEASE CONTACT PTA CO-CHAIR LAURA ON WHATSAPP OR AT
SECRETARY-PAFOS@LIVE.CO.UK

We are excited to see you there!

PaFoS PRE-LOVED UNIFORM SALE

PaFoS Sale of pre-loved school uniform

Thursday 15th January from 3pm!

PaFoS will be selling pre-loved polo tops,
jumpers, cardigans and trousers
sizes 4 to 15 years

All items just £1 each



All proceeds go towards
providing additional
activities and equipment
to enhance and enrich the
children's learning
experiences and
opportunities.

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



Emotion Regulation

Emotional regulation means helping children understand, express, and manage their feelings in healthy ways. When children can manage strong emotions, they're better able to learn, build relationships, and feel safe.

Our tips to support emotion regulation at home

1. **Stay calm first** – children co-regulate through your tone and body language.
2. **Name the feeling** – “I can see you’re feeling angry” helps children feel understood. You could try using an emotions wheel as a whole family to keep the conversation familiar.
3. **Pause before reacting** – give space for emotions to settle.
4. **Reflect later** – when calm, talk about what happened and what could help next time.
5. **Celebrate progress** – small steps make a big difference!
6. **Calming activities** – Simple strategies like deep breathing, counting to 10 or squeezing a stress ball give young people ways to calm themselves. Practice these when they are feeling calm, so they are easier to use during big emotions. Ensure you are also modelling these strategies!
7. **Keep a ‘calm corner’** - Create a cozy space with pillows, books, or fidget toys where children can self-regulate safely.

Use this QR code to watch a video explaining why we lose control of our emotions!



The Incredible Years Parenting Programme

A supportive, evidence-based programme for parents and carers focusing on:

- Strengthening positive relationships
- Promoting social and emotional skills
- Managing challenging behaviour with confidence

Available with MHST— ask your school for more information!

In Coventry and Warwickshire, for any urgent mental health concerns, contact the Children and Young People’s Mental Health Crisis support 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.



Mental Health in Schools Team

Tips For Wellness



Happy New Year

As we welcome the New Year, many of us will focus on resolutions, which may include to become healthier, more active, or learn a new skill. New Year's resolutions are generally seen as promises we make to ourselves to achieve or improve an aspect of our life. Some people can stick to their goals easily, while others may find it more of a challenge. Setting goals can make us feel motivated and inspired, but if everything does not go to plan, it can leave us feeling disheartened. This can happen if we are unsure how to get started on our goals, or if they feel too big to achieve.

For that reason, this year, take a moment to create **SMART goals** that focus on small steps. SMART goals are specific, measurable, achievable, realistic and time based.

Our top tips:

1. Focus on your **strengths and interests**, perhaps there is something you are already doing that you want to do more of. Setting small, strengths-based goals will create hope and build your self-confidence, empowering you to accomplish new things that make you feel happy and healthy.
2. Think about setting a **mentally healthy goal** this year:
 - Find new ways to get active. Maybe you could join a new club or after-school activity.
 - Make time for self-care and relaxation, such as participating in some mindfulness activities.
 - Learn more about something you are interested in. Perhaps you could put more time into a particular skill or hobby you are already doing.
 - Practice being kind to yourself. Positive self-talk is a simple way to achieve this – try saying positive statements such as “I am kind” or “I am on the right track”.
 - Establish a good sleep routine. Try going to bed and waking up at the same time every day, even at the weekend!
 - Limit your screen time. By setting boundaries for your usage, you may have more time for other activities.
3. Remember, **goals can change!** Especially if they are not giving us or teaching us what we need, so be kind to yourself.

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.



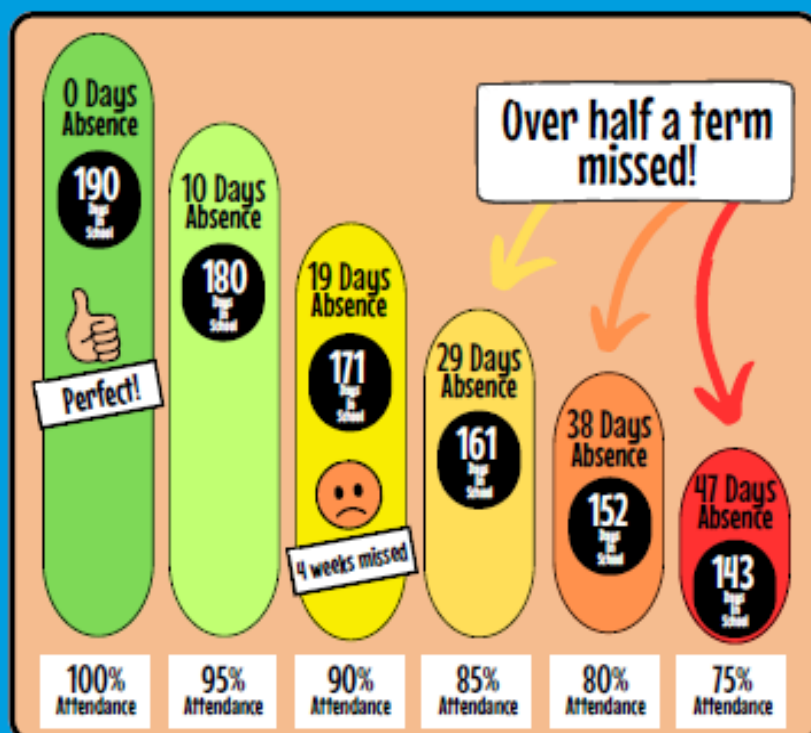
Building Confidence

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



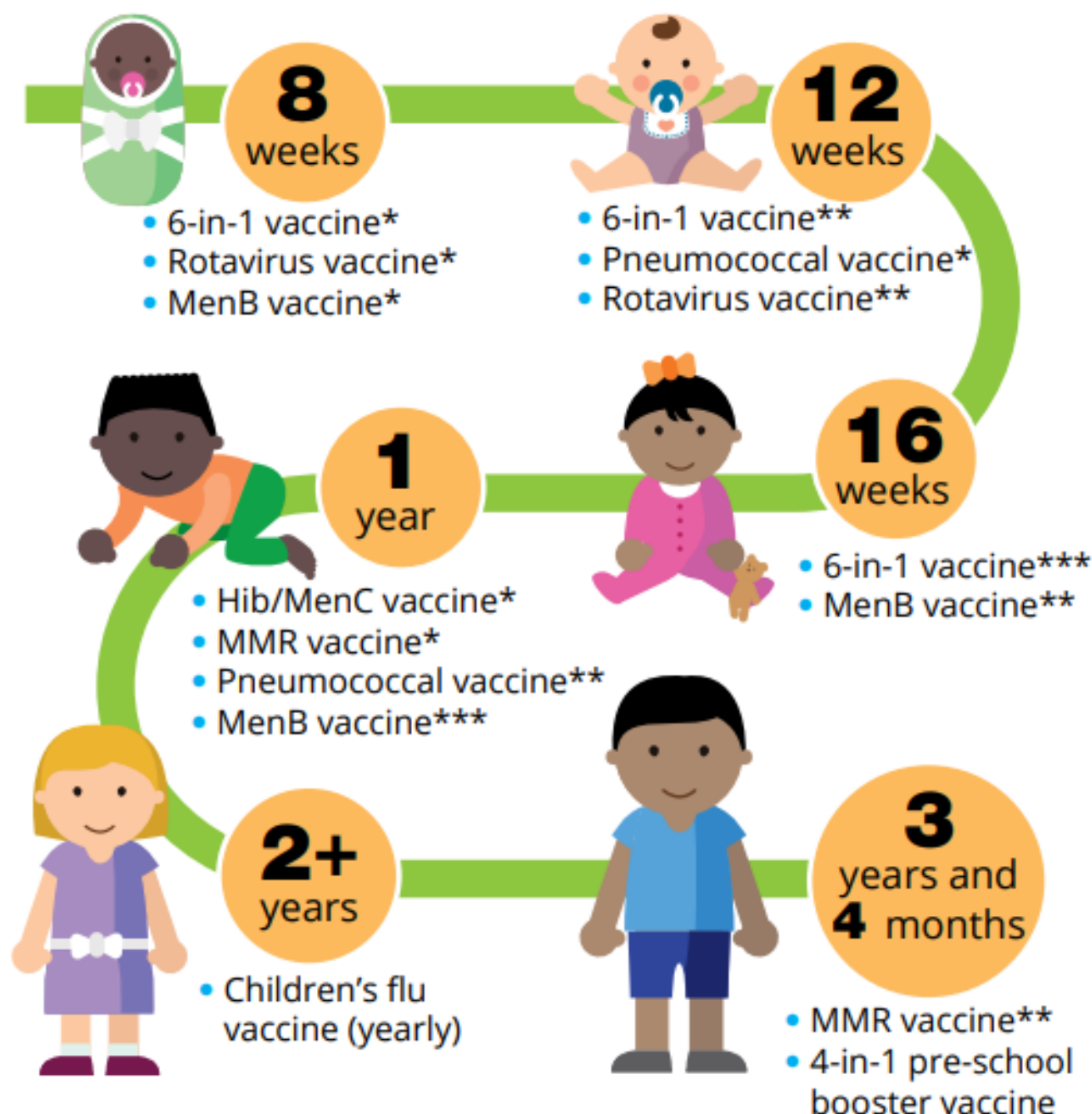
WhatsApp



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