

St Matthew's Bloxam C of E Primary School

"Let Your
Light Shine"

NEWSLETTER

Friday 26th September 2025 Issue 4

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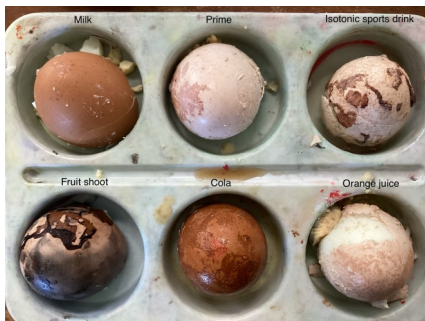
Website: www.st-matthewsbloxam.co.uk



YEAR 4

Year 4 have had a very busy start to the new school year. We have had a visit from Rugby library to teach us all about the history of women in the sport of rugby, which included some great practical activities like sewing a rugby ball together. In the same week, we also had a visit from Severn Trent Water and completed an investigation to help us understand the importance of saving water. In science, we also looked at the effects that different sugary drinks could have on our teeth, using eggs (as they replicate the enamel on our teeth). The results were quite shocking for drinks that were supposedly low in sugar and 'healthier'. While reading The Red Tree, we got outside and created our own versions of the tree using whatever we could find on the ground. Finally, this week, we went outside again to have a go at our new orienteering equipment around the school site and the children loved the maths challenge as they went around far and wide to find answers in their pairs. Today, we are having a walking tour around the town centre to find out more about our local area so we really have been out and about a lot in the first weeks back after summer.

Mr Mabey



Diary Dates

Monday 29th September

Year 6 Swimming

Thursday 2nd October

Whole School Poetry Day

Football After School Club

3:20pm – 4.20pm

Friday 3rd October

Individual & Sibling
Photos



APPLYING FOR A SECONDARY SCHOOL PLACE

The deadline to apply for a secondary school place is **31 October 2025**

This deadline applies to all families, even if your child is sitting the 11+ exam. You still need to submit an application for your chosen secondary schools.

SCHOOL PHOTOS



We have the photographer coming in on **Friday 3rd October 2025**, to take individual and sibling photos.

Everyone should be in school uniform on this day please, **no PE kits.**

ATTENDANCE



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

This week's whole school attendance is **96.9%**

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 23rd
September 2025**

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-8830479?e=04fcebfe0>



You are invited to a play session in Reception class, St Matthew's Bloxam C E Primary School, Webb Ellis Road, Rugby, CV22 7AU on Monday 6th October between 4.30 and 6.30

You and your child can play in the Reception classroom and talk to the Reception teacher. If you would like an individual tour, these are available on other dates, please phone the school office on 01788 542610

CLASS WARS UPDATE!



WE ARE 2 WEEKS IN AND YEAR 5 HAVE FILLED THEIR FIRST JAR OF
PENNIES/COINS ALREADY

THEY ARE IN THE LEAD CURRENTLY RAISING £21!

WE STILL HAVE ANOTHER 4 WEEKS LEFT OF THE CLASS WARS

SO KEEP BRINING IN YOUR PENNIES YOU MAYBE ABLE TO

BEAT YEAR 5, WHO ARE THE REINING WINNERS OF LAST YEARS CLASS WARS.



VOLUNTEERS WANTED

Your School PTA Needs You





PAFOS ARE HOSTING

AUTUMN CRAFT FAIR & TABLE TOP SALE

11th October 2025

WITH FOOD AND REFRESHMENTS

12:00 - 3:00PM

If you would like a table please
get intouch with Laura or email
secretary-pafos@live.co.uk

**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





Mental Health in Schools Team Tips For Wellness



Persistence

Persistence is all about keeping going, even when times are challenging. It is normal to want to give up when you are going through something difficult, but if you can stick with it and overcome the obstacles, you will be closer to achieving your goals.

Having a **growth mindset** will help us persist, which means you believe you can learn, grow and develop your skills by putting in the hard work and practise. This can be tricky, so make sure you reach out to friends and trusted adults to support you.

Our tips for persistence:

1. **Break the goal down into smaller steps.** You can set yourself smaller goals that are more achievable, to help you reach your ultimate goal. Make sure the smaller goals are linked to your ultimate goal; this may help to encourage you to keep going, as you will be able to measure your progress.
2. **Try something new** – this could be a new hobby, sport, craft activity, or puzzle. Having a go at something new can help to develop your persistence, whilst also having fun. You might find it challenging at first, but you will receive a greater sense of reward and achievement by sticking with it!
3. **Positive self-talk** – instead of saying “I can’t”, add “yet” onto the end of the sentence. This tells your brain that it might be difficult, but you will get there in the end.
4. **Talk to yourself like a friend** – we are often kinder to our friends than we are to ourselves, when we go through challenging times. Practise talking to yourself like you would talk to a friend! What advice would you give if a friend told you they were rubbish at something? What would you say if they felt they wanted to give up?
5. **Practise mindfulness.** A good way to improve our mental wellbeing is by paying more attention to the present moment and the world around us. Think about sounds and smells around you, what can you see, and how does this make you feel. By being more aware, this can improve our mental wellbeing and enable us to improve skills such as being persistent.

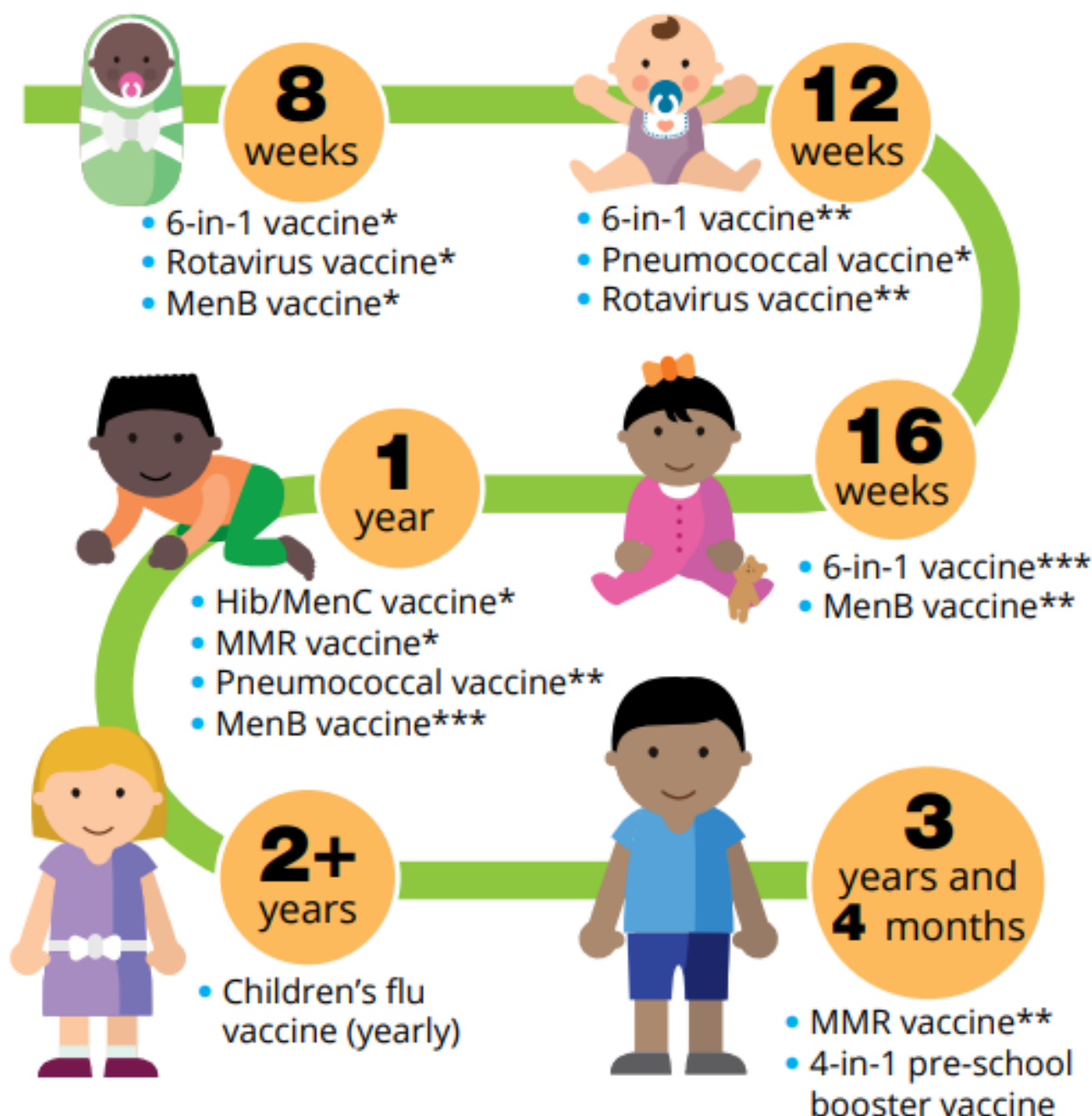
In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

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.



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

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.



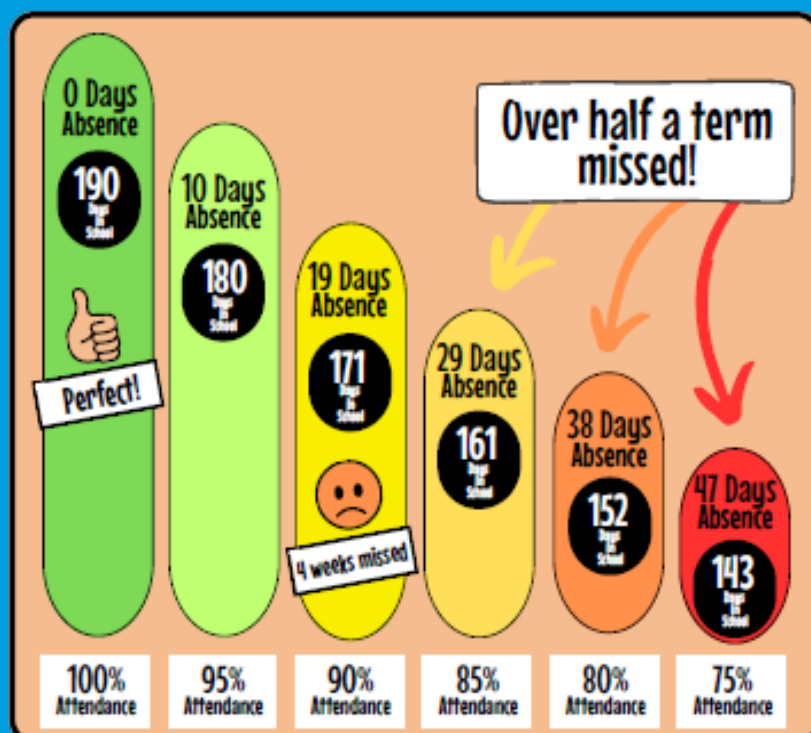
Building Confidence

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.

BISCUITS

Drinks

**PaFoS
Tuck Shop
THURSDAYS
after school
in the
conservatory**

All items are priced

2 for 50p

50p

£1

Cash and card machine
available

Sweets

Crisps



- 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