

St Matthew's Bloxam C of E Primary School

"Let Your
Light Shine"

NEWSLETTER

Friday 4th July 2025 Issue 37

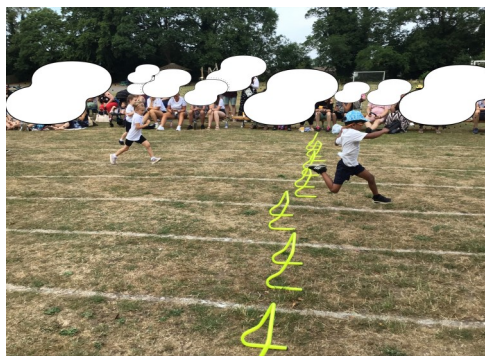
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Website: www.st-matthewsbloxam.co.uk



SPORTS DAY



Sports Day was a fantastic success! The sun shone, the races were exciting, and most importantly, the children had a brilliant time taking part and cheering each other on. A huge thank you to all the parents who came along to support—and especially those who joined in the parent race! Your enthusiasm and involvement made the children smile. We'd also like to extend our thanks to PAFOS for kindly providing refreshments, which were very much appreciated by everyone on such a warm day.

Thank you to Mrs Hancock for organising it.

Diary Dates

Monday 7th July

Year 3 Swimming

Year 5 & 6 BMX Day

Year 5 & 6 show 4:30pm

Tuesday 8th July

Year 5 & 6 show 1:30pm

After School Games Club

Years 1-6

3:20pm-4:20pm

Thursday 10th July

After School Dance Club

Year 1-6

3:15pm - 4:15pm

Friday 11th July

Year 5 celebration
assembly 9am—parents/
carers welcome

Annual School Reports
going home.

SMB TALENT SHOW

Auditions for the talent show will be taking place in class next week.

It is £1 to enter the show.



The school has strong links with St Oswald's Church. Further details are available from www.smsso.org.uk

This week's Family Information Service Newsletter - Tuesday 2nd July 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-1219204-96fqcdqqps-8829576?e=04fcebfe0>

BUILDING BLOX

Unfortunately it is time already to start thinking about Building Blox bookings for September. I know it is a long way off, but we need to have this booked and invoiced before the Summer break and it does take a couple of weeks to complete the process.

Therefore, if you would like to request a booking for Autumn 1, please fill out the form on the [link](#). As usual, a couple of points to mention: we cannot accept bookings if you have any invoices outstanding; please only submit your request once (**you will not receive an email confirmation, but you can print your submission**); if you have more than one child, you can include them all on the same request. If there is an issue with your request, I will contact you directly.

Please note that this is just a request, once your invoice has been paid prior to September, this guarantees your place.

The deadline to complete this form is Wednesday 9th July.

<https://forms.office.com/e/MPXnc3SHQZ>

Many thanks

Cat McNally



ATTENDANCE



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

This week's whole school attendance is **95.2%**

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/>

Congratulations to Mrs Cat McNally and Mrs Kayleigh Clarke who have worked incredibly hard over the last six years to complete their degrees.

Mrs McNally will be leaving St Matthew's Bloxam at the end of the term to take up an exciting new opportunity - Assistant Head of Year at Rugby Free Secondary School. We are very grateful for her dedication, warmth and hard work during her time with us. Mrs McNally has made a real difference to our school community and will be greatly missed by both staff and pupils. We wish her lots of luck and success in her new role.



VISITS TO THE PARK

Classes will be visiting the park in the last week of term as a reward for house points.

Thank you



SCHOOL CARPARK

If there is a reason for you to drive onto the school premises then please adhere to the **5mph** speed limit.

Please DO NOT park on school grounds unless your child attends our Specialist Resource Provision.

It has been noticed that parents are using the school grounds to park.

Thank you

YEAR 6 LEAVERS' ASSEMBLY

The Year 6 Leavers' celebration assembly is on Friday 18th July at 9am.

We look forward to seeing our year 6 parents/carers at the celebration.





MONDAY 7TH JULY @ 4:30
TUESDAY 8TH JULY @1:30

YEAR 5 & 6
SHOW

PAFOS WILL BE SELLING REFRESHMENTS
HOT AND COLD DRINKS

THERE WILL BE A RAFFLE £1 A STRIP

CASH AND CARD WILL BE ACCEPTED



PAFOS AGM MEETING

Wednesday 16th July 7pm

A round up of this years events and a chance to have your say and share ideas for next year.

Please message chairsmb@gmail.com if you would like to attend and we'll reply with the details.

We look forward to seeing you!

Rugby Borough Council Play England Child Friendly
Warwickshire Warwickshire Kids

PLAY IN THE PARK – NEW BILTON

**ACTIVE.
CREATIVE.
PLAY.**

Join The **Play Rangers** for **FREE** outdoor activities in New Bilton Park Spaces
Every Friday Term Time
4:00pm-5:30pm

**Every Friday
Freemantle Play**

Park

(CV22 7HY)
13th June
20th June
27th June

New Bilton Recreation

Ground

(CV21 2JG)
4th July
11th July
18th July



With thanks to the New Bilton Community Association.



Time for summer fun !

NOT ALL
Heroes
WEAR
CAPIES

TLG
make
lunch
Rugby
Meals that matter
for families in our community

**Please book your place by 18th July for
Summer Make Lunch sessions
will be taking place at:**

**St. Matthew's Bloxam C of E Primary School
Webb Ellis Rd, Rugby CV22 7AU**

Our theme this year is heroes

**Every Tuesday and Thursday between
29th July to 21st of August
from 12 -2p.m.**

(special trip on 5th August -See separate details)

Please use the link below or
the QR code to book your place

<https://www.smartsurvey.co.uk/s/6KIL3Z/>



Bookings will close on Wednesday 18th July

HAF codes are needed for those having free school meals

If you have any queries please email:
makelunchrugby@gmail.com

Make Lunch Rugby runs all inclusive sessions to support families who miss their free school meals in school holidays and other families who may be at risk of being hungry in the school holidays.





Summer Trip



We are planning a summer trip to West Lodge Farm Park



Tuesday 5th August 2025
Coach leaving from
St Matthews Bloxam school 9am
(Park in the school car park)
Return time: 4pm approximately

To book your places please complete
the survey below by 18th July :

<https://www.smartsurvey.co.uk/s/AMA7QD/>



You will need to bring

Sun cream
Refillable water bottles
Hats and sunglasses
or
Raincoats and wellies

We will be spending time petting and cuddling lots of
different animals, there's nature trails and great play areas.
We will also share a delicious meal together too!



If you have any queries please email:
makelunchrugby@gmail.com



ST OSWALD'S
CHURCH OF ST MATTHEW & ST DONALD'S BISHOP





Mental Health in Schools Team

Tips For Wellness



Change

Changes are a normal part of our lives and they affect us all in different ways. Some changes may feel small to you, but big to another person, and the opposite for a different change. For example, moving to a new class or school, moving homes, or starting a new club. They can feel exciting, but they can also feel overwhelming and stressful, especially when they are unexpected. Below are some tips to help you cope with changes that may feel hard for you.

Our tips for coping with change:

1 – Keep doing things you enjoy!

When we feel stressed or worried, it can be easy for us to focus on the worries all the time and forget to do the things that make us happy. Make sure to plan in time at the weekends and evenings to do things you enjoy to help you relax and boost your mood!

2 – Think about what you can control

When a change is unexpected or overwhelming, we can feel a bit like we have no control over the situation or how it is making us feel. It can be helpful to think about what you do have control over in this situation. For example, we can't control how the change makes us feel but we can control how we react to the situation and what we do following the change. Such as, staying connected with our friends and family, keeping to our daily routines, and planning ahead where we can.

3 – Look for the positives

While change can feel hard, there's often something good that comes from it, even if it is not immediately obvious. Such as, new opportunities, new people or learning experiences. You might even surprise yourself and enjoy the change!

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.



Warwickshire Family and Relationship Support

**2-hour FREE workshops for parents/carers at:
Overslade Community centre, Buchanan Road,
Rugby, CV22 6AZ**

17th June - Understanding Children's Behaviour

24th June - Boundaries and Rules

30th June - Sleep and Routines

8th July - Understanding Your Teenager

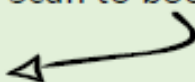
Children are rewarding, stimulating and fun, but looking after them can sometimes be stressful and challenging.

These Workshops will enable parents to meet other parents, to share own experiences in a safe space and to find out about the topics covered. You will also learn about the Parenting offer in Warwickshire County Council and other support that is available to families.

Any questions email: parenttrainers@warwickshire.gov.uk



Scan to book your place:



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



FREE EVENT!
**A three-day adventure
for children aged 4-11**

Treasure Seekers

20 - 22 August 2025

10.00am drop off to 12:30pm collection each day
Rugby Baptist Church, Regent Place, CV21 2PJ

Can you find the hidden treasure?

**BOOKING ESSENTIAL AT
WWW.RUGBYBAPTIST.ORG.UK**

**NO CHARGE AS THIS EVENT IS FULLY FUNDED BY
RUGBY BAPTIST CHURCH**

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.



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



WhatsApp

A Guide for Parents & Carers

Age Rating
13+

WhatsApp is a free messenger app. It uses the internet to send messages, images, documents, audio or video. The app offers end-to-end encryption, which means that all messages can only be read by the sender and the recipient.

Privacy



Show your child how to **adjust their privacy settings**, such as hiding their profile photo, last seen status and about info. Set them to either of the following:

My Contacts: available to contacts from their address book only
Nobody: not available to anyone

Talk to them about not sharing their personal details online.

Messaging



Encourage your child to think about these things before they message:

- Is it kind?
- Is it true?
- Would your parents/guardians approve?
- Would you say it to their face?
- Have you asked permission to post photos?
- Have you used your online manners?
- You don't have to join in!

Contacts



Make your child understands that they should **only connect with friends, family, or trusted individuals**.

Teach them not to accept messages from **unknown contacts**.

Go over with your child how to **add, block and report** contacts.

Group Chats



If a child is added into a **Group Chat**, it may include people they don't know. This can put them at risk of being contacted by a stranger.

Go to **Settings -> Privacy -> Groups**. Select specific contacts that can add your child into groups.

Encourage your child to only join a group with people they **know and trust**.

Location



WhatsApp allows users to share their **location** with others.

If this feature is enabled, it could potentially let others **track** your child's location or discover their home address.

Speak to your child about keeping this feature **disabled**.

Check



Check in with your child regularly to **review their phone settings**.

Have an open dialogue about their WhatsApp usage and **how often** they are using the messaging app.

Encourage them to share what they're experiencing and periodically check that they are **staying safe and happy** online.



Encourage your child to come to you if **ANYTHING** online makes them feel uncomfortable, upset or worried.

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.

For further information, visit:

<https://www.booktrust.org.uk/books-and-reading/tips-and-advice/reading-tips/>

TOP TIPS TO HELP PARENTS READ WITH THEIR CHILDREN

- Ask your child to choose what they'd like to read. They'll feel more interested in the story if they've picked it out themselves. (And don't worry if they keep returning to the same story, either!)
- If you can, turn off the TV, radio and computer. It's easier for both of you to enjoy the story without any other distractions.
- Sit close together. You could encourage your child to hold the book themselves and turn the pages, too.
- Take a look at the pictures. You don't just have to read the words on the page. Maybe there's something funny in the pictures that you can giggle about together, or perhaps your child enjoys guessing what will happen next.
- Ask questions and talk about the book. Picture books can be a great way to talk through your child's fears and worries, or to help them deal with their emotions. Give them space to talk, and ask how they feel about the situations in the story.
- Have fun! There's no right or wrong way to share a story – as long as you and your child are having fun. Don't be afraid to act out situations or use funny voices... your little ones will love it!

WAYS FOR PARENTS TO ENCOURAGE A LOVE OF READING

- Read yourself! It doesn't matter what it is – pick up a newspaper or magazine, take a look at a cookery book, read a computer manual, enjoy some poetry or dive into a romance or detective novel. And get your children to join in – if you're cooking, could they read the recipe? If you're watching TV, can they read out the listings?
- Give books as presents. And encourage your children and their friends to swap books with each other – it'll give them a chance to read new stories, and get them all talking about what they're reading.
- Visit the local library together. It's always fun choosing new books to read, and keep an eye out for special author events at the library or local bookshops – children love meeting their favourite authors. Jacqueline Wilson and Anthony Horowitz always have signing queues that are miles long!
- Encourage children to carry a book at all times. That way, they'll never be bored (this is something you can do, too!)
- Have a family bookshelf. If you can, have bookshelves in your children's bedrooms, too.
- Keep reading together. Just because your children are older, it doesn't mean you have to stop sharing stories – perhaps you could try the Harry Potter series or *A Series of Unfortunate Events*.
- Don't panic if your child reads the same book over and over again. Let's be honest - we've all done it!

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.



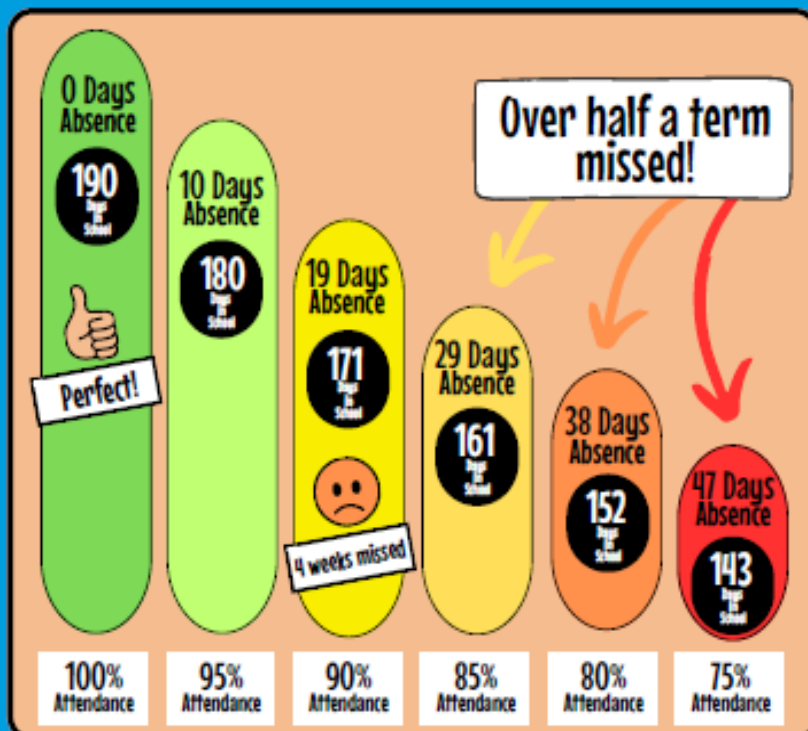
Building Confidence

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





**"THIS MORNING,
HE HAD A RUNNY
NOSE... BUT LOOK
AT HIM NOW!"**

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



HM Government

Head to the NHS website to find out more.

