

St Matthew's Bloxam C of E Primary School

**"Let Your
Light Shine"**

NEWSLETTER

Friday 6th June 2025 Issue 33

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Sustainability

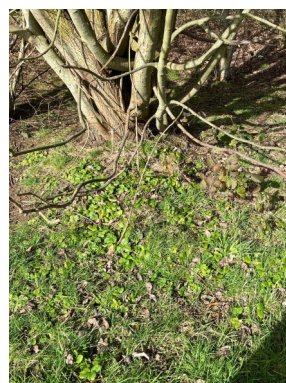
Across the school we have been working hard to improve how sustainable we are. We have improved how much we recycle, we have planted more flowering plants and trees, put up bird boxes, had motion sensors fitted to our lights and investigated how to reduce our use of radiators in places around the school that are not used often.

We have also used fruit and vegetables that we have grown (or have appeared naturally) when cooking with the children at school. We have strawberries, rhubarb, blackberries, gooseberries, oregano, rosemary, chives, peas, pears and apples. Hopefully this can grow even more over the next few years.

As part of Sustainability Day, some classes looked at recycling, reusing and reducing – thinking about how this can help reduce the impact of climate change. Some classes also focussed on our local environment and, during a creature and plant hunt around school, we saw evidence of new holes being dug, interesting looking creatures on the leaves of our plants and frogs in the pond.

Over the remaining weeks of the school year, we will still appreciate any donations of compost, plants and pots that could be used to continue to improve the habitat for creatures around school.

Mr Mabey



Diary Dates

Monday 9th June

Year 3 Swimming

Tuesday 10th June

Whole School Birds of
Prey experience

After School Games Club

Years 1-6

3:20pm-4:20pm

Wednesday 11th June

Year 6 Blackwell
Residential

Thursday 12th June

Year 6 Blackwell
Residential

After School Dance Club
Year 1-6

3:15pm - 4:15pm

Friday 13th June

Year 2 celebration
assembly 9am—parents/
carers welcome

Year 6 return from
Blackwell Residential



This week's Family Information Service Newsletter - Tuesday 3rd June 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-8829272?e=04fcebfbde0>

POLITE REMINDER

**PLEASE
DO NOT
PLAY ON
EQUIPMENT**

Just a reminder please do not allow your children to play on the school play equipment before or after school as our school insurance does not cover this.

Thank you

ATTENDANCE



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

This week's whole school attendance is **92.9%**



This is below the target set by Warwickshire Admissions 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/>

COME JOIN OUR

SUMMER FAYRE

MONDAY 23RD JUNE 2025

FREE ENTRY
3:15 - 5:15PM

NEW GAMES | RAFFLE | SUMMO
HOTDOGS | REFRESHMENTS | CAKE
BOUNCY CASTLE | DEMONSTRATIONS

ST MATTHEWS BLOXAM

WEBB ELLIS ROAD, RUGBY

S E C R E T A R Y - P A F O S @ L I V E . C O . U K



Mental Health in Schools Team

Tips For Wellness



Friendship

Friendships are so important for our mental health, as they help to build our self-esteem, give us a sense of belonging and give us opportunities to share fun and happy experiences with others. We can also speak to our friends for support, or they can help to distract us through tougher times. Connecting with others is one of the NHS **5 ways to wellbeing**; the 5 types of activities we need to be doing to promote our wellbeing!

Our tips for friendship:

- **Listen and pay attention** – this makes others feel valued and heard.
- **Celebrate their wins** – be happy for your friend when they succeed and celebrate with them, this makes them feel loved.
- **Support them** – this may be by just listening to them or helping them to find solutions to their problems.
- **Have fun together!** – making memories together makes friendships stronger, maybe try out a new hobby together!



Scan QR code
to find out more
about
connecting with
others

This week is also '**Loneliness Awareness Week**'. Use this week to connect with others and make new friendships. You can do this by:

- Saying 'Hello' to a new person in the playground.
- Letting a new person join in with your game.
- Sharing something about yourself to start a conversation.
- Offering to help someone with something.

Loneliness
Awareness
week 9th-15th
June

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.

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

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



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.



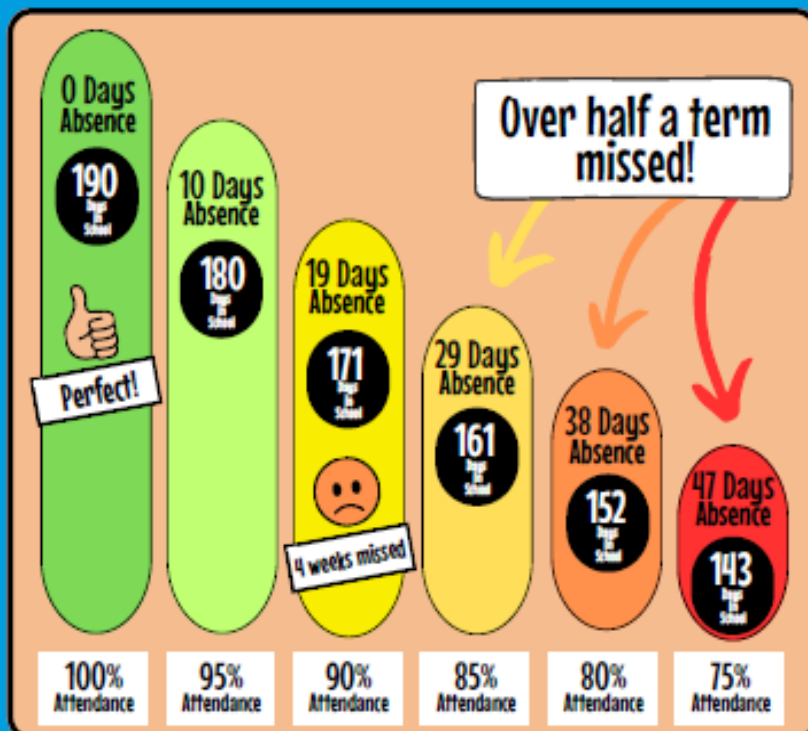
Building Confidence

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.

