

St Matthew's Bloxam C of E Primary School

"Let Your
Light Shine"

NEWSLETTER

Friday 4th April 2025 Issue 27

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YEAR 3 & 4 PLAY

Wow!!!! A huge congratulations to Year 3 and 4 for their incredible performance of *Alice in Wonderland* this week! The feedback from parents has been overwhelmingly positive, and it's clear to see why. The singing, dancing, and acting were all exceptional—each and every one of you shone on stage!

Well done for your hard work and dedication...you truly brought Wonderland to life!

A big thank you to all the parents and carers for the amazing costumes! Your creativity and support helped bring the characters to life and added so much magic to the performance. We truly appreciate all your efforts in making this production extra special!

Miss Hughes and Mr Mabey



Diary Dates

Monday 7th April

Year 4 Swimming

Prayer group for parents/
carers led by Gill Duncan –
2:30pm

Pre loved uniform sale –
3:00pm (conservatory)

Tuesday 8th April

Year 1 Library Visit –10:30am

After School Game Club

Years 1-6 - 3:20pm-4:20pm

Wednesday 9th April

Easter Egg Hunt

Rocksteady Concert (Only for
parents/carers of Rocksteady
pupils) 2:00pm

Thursday 10th April

Years 1-6 Easter Service at St
Oswalds 9:30am -parents/
carers welcome

After School Dance Club
Year 1-6 3:15pm - 4:15pm

After School Science Club
Years 1-2 3:15pm - 4:15pm

Friday 11th April

Year 3 celebration assembly
9am—parents/carers welcome

Easter Tombola –after school

School closes for Easter
Holidays

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 1st April 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-1219204-96fqcdqpps-8828582?e=04fcebfe0>

Connect For Health Monthly Newsletter

<https://mailchi.mp/acecc86ffedc/read-your-latest-health-wellbeing-newsletter-13868820?e=99293b4119>

SCHOOL CARPARK

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

It has been noted that cars are driving at speed.



If caught speeding you will be banned from driving onto school premises.

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/>

BUILDING BLOX

If you would like to book your child in for Building Blox next half term, please complete the below Microsoft form.

Current places are not reserved and your place does not automatically continue into the following term.

Please note, you will not receive an email confirmation of your request. If there is an issue with your request, Mrs McNally will contact you via email. When you receive an invoice for your booking, this must be paid in advance before the new half term starts to secure your place.

The deadline for requests is today, Friday 4th April at 3pm.

<https://forms.office.com/e/GTbV7R95pH>



Parents and Friends of St Matthews

RAFFLE DONATIONS

**PAFOS ARE LOOKING FOR
BUSINESSES TO DONATE A RAFFLE
PRIZE FOR OUR SCHOOL SUMMER
FAYRE, IF YOU ARE ABLE TO HELP
PLEASE LET LAURA OR THE OFFICE
KNOW OR EMAIL**

**ANY PRIZE BIG OR SMALL WOULD
BE REALLY APPRECIATED**

THANK YOU!!

secretary-pafos@live.co.uk

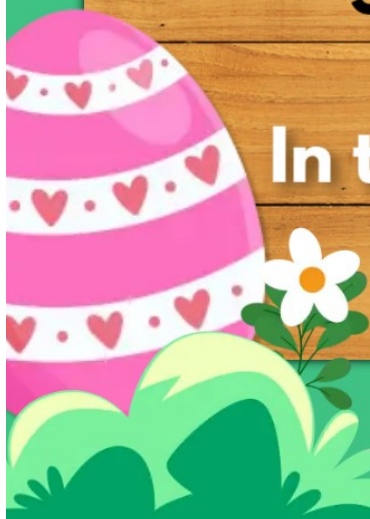
YOUR PTA
PRESENTS



**EASTER
TOMBOLA**
Friday 11th April

**5 tickets for £1
0 or 5 wins**

**In the conservatory
afterschool**



EVERYTHING MUST GO!

PaFoS PRE-LOVED PLAIN UNIFORM SALE

PaFoS Sale of pre-loved plain (non logo)
school uniform

Monday 7th April from 3pm!

PaFoS will be selling pre-loved plain
Jumpers, Cardigans, Trousers, Skirts,
Shorts, Pinafore and Summer Dresses in
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.

*We support children of
all abilities.*



SATURDAY CLUB

PASSIONATE ABOUT HORSES?

Discover the magic of interacting with horses.

Activities are tailored to suit horse enthusiasts of all ages, ensuring everyone has a great time.

Whilst we won't be riding you'll get the chance to connect with these gentle giants on a deeper level.

CONTACT:

ashleigh.bird@circlesnetwork.org.uk

01788 816671

**UNLEASH YOUR
CREATIVITY
IN OUR
ARTS & CRAFTS
CORNER**



Family Information Service
Providing information, advice and one-to-one support for families with children & young people aged 0-25.
New Free Tel: 0800 408 1558
Tel: 01926 742274

Email: fis@warwickshire.gov.uk
www.warwickshire.gov.uk/fis

Breastfeeding Support Drop-in Group for Babies and Toddlers
Wednesdays: 10:00am to 11:30am
Claremont Children & Family Centre
swg-tr.breastfeedingnorth@nhs.net
Tel: 01926 626529

Warwickshire Health Visiting Drop in Clinic
Tuesdays: 9:30am to 11:00am
Claremont Children & Family Centre
Phone number and TEXT Chat Service
Advice & support for parents of pre-school children of Warwickshire
Text: 07520 615293
OR Tel: 01788 551212

ROSA Drop in Clinic for those impacted by sexual violence
Contact Claremont Children & Family Centre for more details.
Tel: 01788579488

Warwickshire Family Connect
For concerns about a child's wellbeing
Tel: 01926 414144

Early Support Drop ins at the CFCs
Long Lawford Tues - 1.30-3.30pm
Claremont Weds - 2.15-4.15pm
Boughton Leigh Thurs - 9.30-11.30am
Family Support Help Line
Monday to Friday: 9.00am to 4.00pm
Tel: 01926 412412
www.warwickshire.gov.uk/childrenandfamilies

Midwives
Maternity advice, The Owen Building, St. Cross Hospital
Tel: 01788 663184

Adult and Community Learning
<https://warwickshire.gov.uk/acl>
Tel: 01926 736392

Speech and Language Therapy Preschool Team
Tel: 01788 555107

Citizens Advice Bureau
Tel: 0808 250 5715

Interested in volunteering?
please contact
serena.langan@barnardos.org.uk



WHAT'S ON GUIDE

Rugby Children & Family Centres



Rugby Children & Family Centres (CFC):

Boughton Leigh Children & Family Centre
Wetherell Way, Rugby,
CV21 1LT Tel: 01788 570347

Claremont Children & Family Centre
Claremont Road, Rugby,
CV21 3LU Tel: 01788 579488

Long Lawford Children & Family Centre
Holbrook Road, Long Lawford,
Rugby, CV23 9AL Tel: 01788 561313
Email: rugbycfc@barnardos.org.uk

To book a place on our sessions scan the QR code or follow the link: <https://rugbycfc.eventbrite.com>



At the Rugby Children and Family Centres, we offer a variety of play sessions, courses and support for children from 0-19yrs (up to 25yrs with SEND) and their families. Please find our timetable enclosed or contact us to find out more.



Rugby Borough Children and Family Centres (CFC) Easter Timetable 14th April 2025 - 18th April 2025



Monday

Family Time
Booking essential*
Aimed at 0-8 years
10.00am to 11.30am
Claremont CFC

Family Time
Booking essential*
Aimed at 0-8 years
2:00pm to 3:00pm
Cawston Community Hall

Tuesday

Family Time
Booking essential*
Aimed at 0-8 years
10.00am to 11.30am
Boughton Leigh CFC

Baby Time
Non-walkers from birth
2:00pm to 3:00pm
Boughton Leigh CFC

Baby Time
Non-walkers from birth
10.00am to 11.00am
The Barn @ Houlton (CV23 1AL)

Wednesday

Little Stars
For children with additional needs
10.00am to 11.00am
Claremont CFC

Family Time
Booking essential*
Aimed at 0-8 years
10.00am to 11.30am
Long Lawford CFC

Active Kidz with Little Chef
Booking essential*
Aimed at 5- 10 years
2:00pm - 4:00pm
Claremont CFC

Thursday

Toddler Time
Booking essential*
Aimed at 0-5 years
10.00am to 11.30am
Claremont CFC

Baby Time
Booking essential*
Non-walkers from birth
2:00pm-3:00pm
Claremont CFC

Baby Time
Booking essential*
Non-walkers from birth
2:00pm-3:00pm
Long Lawford CFC

Friday

BANK HOLIDAY
NO SESSIONS
FRIDAY 18TH
APRIL



Stay up to date with the latest Children & Family Centre news!
@Rugby children and family centres @RugbyCFC

Rugby Borough Children and Family Centres (CFC) Easter Timetable 21st April - 25th April 2025

BANK HOLIDAY
NO SESSIONS
MONDAY 21ST
APRIL

Family Time
Booking essential*
Aimed at 0-8 years
10.00am to 11.30am
Boughton Leigh CFC

Little Stars
For children with additional needs
10.00am to 11.00am
Claremont CFC

Family Time
Booking essential*
Aimed at 0 - 8 years
Claremont CFC

Toddler Time
Aimed at 0-5 years
10.00am to 11.00am
Rogers Hall (CV1 4EN)

Walk-in Wardrobe
Pre-loved clothes for 0-5's
9.30am to 11.30am
14/04 16/04
23/04 25/04
Toy Library
9.30am to 11.30am
Claremont CFC
DATES: 14/04

Baby Time
Non-walkers from birth
10.00am to 11.00am
The Barn @ Houlton (CV23 1AL)

Active Kidz with Little Chef
Booking essential*
Aimed at 5 - 10years
2:00pm - 4:00pm
Claremont CFC

Baby time
Booking essential*
Non-walkers from birth
2:00pm- 3:00pm
Claremont

Toddler Time
Aimed at 0-5 years
2:00pm to 3:00pm
Long Lawford CFC

Baby Time
Non-walkers from birth
2:00pm-3:00pm
Boughton Leigh CFC

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



You are invited to drop into

The Easter Experience

Family Activity Afternoon

Crafts **Video Trail** **Games**
Café

St Oswald's Church, Lawford Road, Rugby

Saturday 12th April 2.30pm - 4.30pm

£3 per family on the door

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



Mental Health in Schools Team Tips For Wellness



Stress Awareness

Stress is what you feel when you're **worried, nervous, or under pressure**. It's your body's way of reacting to things that feel difficult, scary, or too much to handle. Everyone feels stressed sometimes!

Stress can come from lots of things, such as:

- **School** – too much homework, exams, or feeling like you have to do really well.
- **Friends** – disagreements/ arguments, bullying, or feeling left out.
- **Family** – disagreements/ arguments, moving house, or changes like a new baby in the family.
- **Big Changes** – starting a new school, growing up, or losing someone you care about.

Some stress can be good, but too much can cause us to feel anxious or depressed, which might affect our sleeping, eating habits and general wellbeing. If stress is going on for a long time, we may also experience 'burnout', which is when our body is exhausted and has not had a chance to rest. There are things we can do to help our body recharge and reduce stress:

Our tips for managing stress:

1. **Talk** to someone you trust. This helps you not to feel alone, because someone is there to listen to you and to care. Remember – it's okay to ask for help!
2. **Stress bucket activity** – follow the QR codes to complete your own stress bucket. This may help you to see what is contributing to your stress, as well as what helps you to feel calmer.
3. **Moving your body** can help to release stress and make you feel good. Why not try dancing to your favourite song or going for a walk with friends or family?
4. **Get creative** – Art has been found to help people feel present in the moment and reduce the feeling of stress and worry. Follow the QR code for more information!
5. Create a **calm corner!** It is important to have somewhere that you feel safe, and you could go there when you feel like you need a break. You could fill the corner with soft things like pillows and blankets, and is the perfect place to read, draw, or even listen to calming music!

Stress bucket
activity



Ideas to get
creative

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.



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.



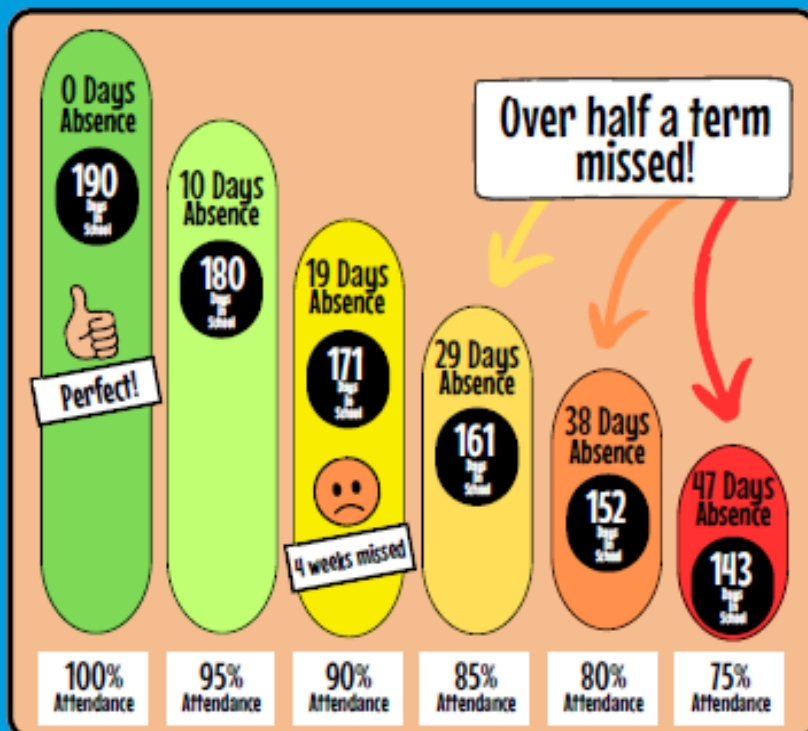
Building Confidence

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.

