

St Matthew's Bloxam C of E Primary School

**"Let Your
Light Shine"**

NEWSLETTER

Friday 28th March 2025 Issue 26

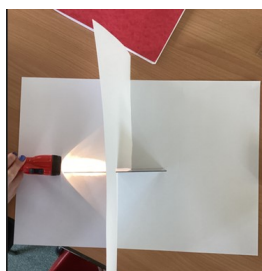
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YEAR 6

Year 6 have had a fantastic Spring term. All the class have worked hard in lessons and have produced some wonderful work across the subjects. In English we have been working on a range of writing and they have produced some superb final writes: from explanations on how the circulatory system works to a balanced argument. We have also had opportunities for a range of more practical activities including light experiments and using instruments to create their own compositions.

I am so proud of all the children in year 6 who have worked hard and shown the SHINE values in every part of the St Matthew's Bloxam community.



Diary Dates

Monday 31st March

Year 4 Swimming

Tuesday 1st April

Year 2 trip to Rugby
Library 10:30am

Year 3/4 Show
1:30pm

After School Game Club

Years 1-6

3:20pm-4:20pm

Wednesday 2nd April

Year 3/4 Show
4:30pm

Thursday 3rd April

After School Dance Club
Year 1-6

3:15pm-4:15pm

After School Science Club
Years 1-2

3:15pm-4:15pm

Friday 4th April

Year 1 class assembly
9am—parents/carers
welcome

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 25th March 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-8828510?e=04fcebfe0>

Connect For Health Monthly Newsletter

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



ATTENDANCE



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

This week's whole school attendance is **96.6 %**

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/>

COMIC RELIEF

Thank you for the donations that were sent in for Comic Relief.

We raised £201.85!



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 Friday 4th April at 3pm.

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



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

Debt Awareness Week

christians
against
poverty

CAP

24 - 28 March

Opinium polling reveals nearly 10 million UK adults are struggling to repay their debts (Dec 2024)

CAP Rugby's Debt Centre provides **free debt help** for households in financial crisis. CAP Debt Coaches meet clients face-to-face in their homes, to deliver an in-depth and person-centered service with flexible appointment times.

Over the past 15 years of serving in our town, CAP Rugby has been contacted by over 400 households and has cleared over 1.3 million pounds worth of debt.



Call CAP's
helpline today

 becchurch.org.uk/cap-rugby

Rugby Debt Centre Manager, Karen Swaffield (left) with Debt Coaches, Sue Keffler & Mark Richmond

Some things are embarrassing.



Getting help with your debts isn't one of them.

capuk.org/debthelp
0800 328 0006

Expert debt advice that's right up your street.
Local. Trusted. Free.

christians
against
poverty

CAP



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



Be active

Moving our body every day can boost self-esteem, improve quality of sleep, contribute to better social skills and reduce feelings of anxiety. When we feel anxious, our bodies can experience the 'fight, flight, freeze' response. Our hearts beat faster, we sweat more, and our muscles tense; physical activity can help release these feelings!

Our brain also releases chemicals when we exercise, called endorphins, that make us feel good. Even just 10 minutes of fast walking can contribute to mental alertness, increased energy and positive mood.

Being active may be new to you, or you may already exercise regularly. Try to find an activity that you want to do, and you find enjoyable. It's okay if you aren't sure what this is yet, have a go at experimenting and why not start by checking out our ideas for being active below?

Our tips for being active:

1. **Add extra movement to your regular routine** – Can you change the way you travel to school? Could you walk or cycle to your friend's house, instead of travelling by car? If you need to use the car, think about parking further away to get some extra steps in!
2. You could engage in the '**Daily Mile**' as a class or whole school! This involves heading outside to run, wheel or walk around the school grounds for 15-minutes every day, at whatever pace suits you.
3. **Try a new sport or activity** – This is a great way to improve your sporting ability, but also an opportunity to make new friends and feel part of a team.
4. **Dance to music** - Whilst it can be a good idea to join a sports club if you enjoy this type of activity, we can still be active whilst listening to music and having fun! You could dance to your favourite playlist whilst you are tidying your bedroom or helping your parents/carers around the house...you might even forget you are doing chores too!
5. **Get outdoors** and move your body in the fresh air. If the weather is cold or rainy, why not try Zumba, hula hooping, skipping, or yoga.

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.



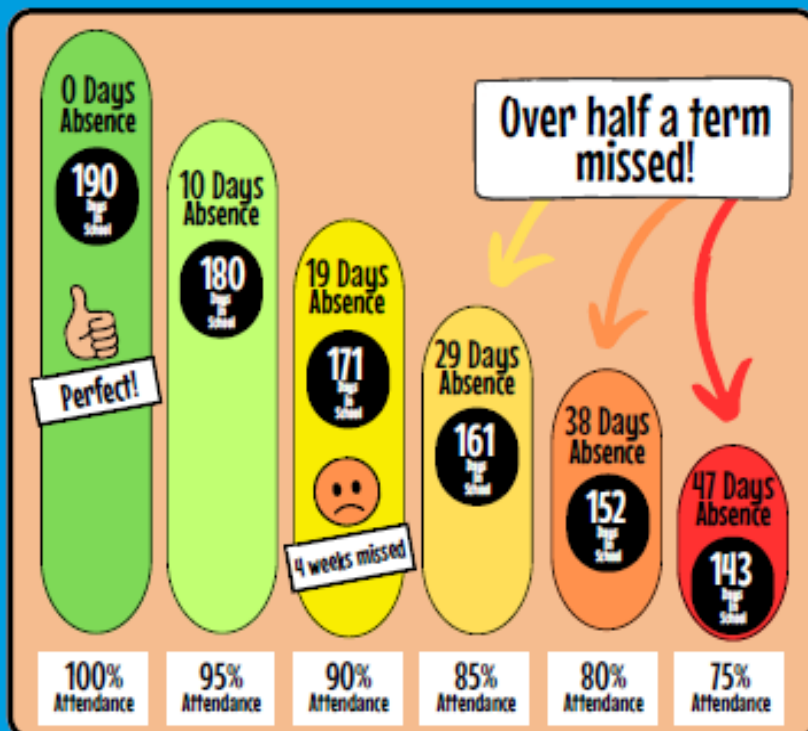
Building Confidence

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.

