

St Matthew's Bloxam C of E Primary School

"Let Your
Light Shine"

NEWSLETTER

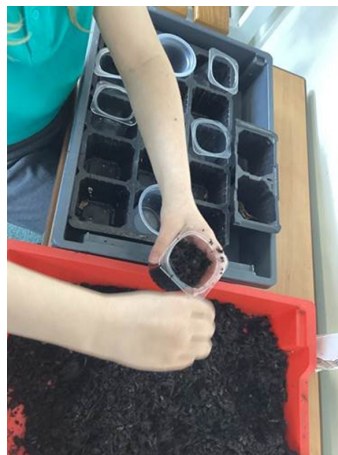
Friday 14th March 2025 Issue 24

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YEAR 3

Year 3 have been enjoying their science topic on plants this half term. This week, we planted a variety of different seeds and will make sure they have what they need to grow over the coming weeks. We are hoping that, during summer term, we will be able to plant them around school and see them grow back year after year. It was also a great experience to see the different bugs that had found home in the bag of compost over the last year with woodlice, centipedes and spiders crawling around as we carried out our investigation. Our plan is to increase the number of flowering plants around school to help improve the biodiversity in our local environment.



Diary Dates

Monday 17th March

Year 4 Swimming

Tuesday 18th March

After School Game Club

Years 1-6

3.20pm-4.20pm

Thursday 20th March

After School Dance Club

Year 1-6

3.15pm-4.15pm

After School Science Club

Years 1-2

3.15pm-4.15pm

Friday 21st March

Red Nose Day

Reception celebration
assembly 9am—parents/
carers welcome



This week's Family Information Service Newsletter - Tuesday 11th 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-1219204-96fqcdqpps-8828346?e=04fcebfe0>



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/>

COMIC RELIEF DAY



Children can wear **red** or non uniform on Friday 21st March for a monetary donation.

BLACKWELL RESIDENTIAL

If your child is attending the year 6 residential to Blackwell June 11th-13th can we please remind you to pay the next instalments.

We will send the medical / dietary forms in May.



Thank you

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



Mental Health in Schools Team Tips For Wellness



Self-Care

Self-care is all about the little things we do to help ourselves feel better or to keep ourselves feeling good. This is a great way to look after our mental health and wellbeing. Self-care involves 'checking in' with yourself and thinking "how do I feel today?" and understanding "what do I need today?" Self-care looks different for everybody. What works for one person may not work for someone else!

Our tips for self-care:

- **Taking** time-out when we are feeling overwhelmed.
- **Making** time for an activity which makes us feel good e.g., taking a bath, listening to music, going for a walk, or playing a game you enjoy.
- **Doing** the basic things to look after ourselves e.g., eating and sleeping well.
- Practise self-care by asking yourself the questions in the box below:

How do I feel today? What do I need today? Do I need physical or mental self-care? When can I add self-care into my day? Make time to do it! Repeating these Self-Care check-ins at least once each day can help improve our mental health.

Make time for a relaxation activity. Scan the QR codes below for more information around self-care. Why not try the mindfulness activities in the QR codes below too!

Primary resources:



Self-Care



Mindfulness



Self-Care



Mindfulness

Watch the Mindfulness animation! The Mindfulness in Schools Project has lots of other great resources too.

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.



JUNIOR BAKE OFF



JOIN THE CLASS OF 2025!

JUNIOR BAKE OFF

**... IS LOOKING FOR BRILLIANT BAKERS, AGES
9-15 FOR THE NEXT NEW AND EXCITING
SERIES!**

**APPLICATIONS CLOSE
SUNDAY 23RD MARCH**

[APPLYFORJUNIORBAKEOFF.CO.UK](https://applyforjuniorbakeoff.co.uk)





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.

FREE ONLINE SAFETY WORKSHOP

FOR PARENTS OF SCHOOL AGED CHILDREN

Get practical hints and tips to support your children and keep them safe online, and learn how to keep up to date in the ever changing online world.



Wed 19th
MARCH

7pm-8pm



Speaker

KAT HOWARD

Head of Education & Wellbeing (UK)
Smoothwall

Register for the Zoom link and
parent flyer here:

<https://forms.office.com/e/x2JJKwLx8y>

Kat has been working in and with schools for over 20 years to develop their understanding of online safety. She is passionate about the importance of online safety in schools and the wider community.

For more information on online safety, visit <https://warwickshire.onlinesafetyhub.uk/>



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.



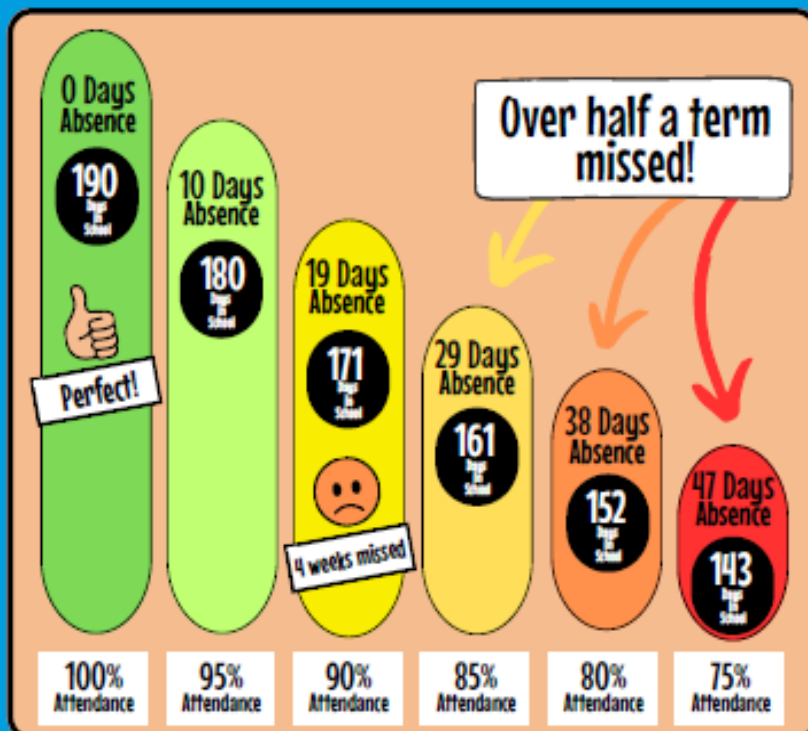
Building Confidence

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.

