

St Matthew's Bloxam C of E Primary School

**"Let Your
Light Shine"**

NEWSLETTER

Friday 28th February 2025 Issue 22

Telephone/Fax: 01788 542610
e-mail: admin3213@welearn365.com
Website: www.st-matthewsbloxam.co.uk

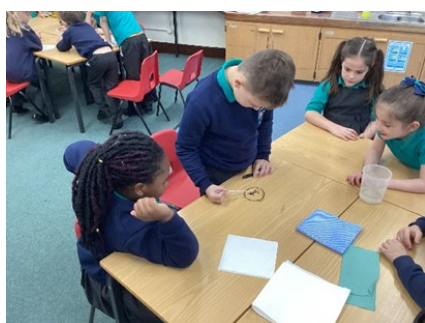


Year 2

The children have had a great first week back!

Last half term, we were investigating materials in science. We found out which materials are best for mopping up spills. We have also been reading poems and learning some actions to help us remember the words.

This half term we have started leaning about Pompeii in History and Easter in RE. We are very excited about these new topics!



Diary Dates

Monday 3rd March

Year 4 Swimming

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

Tuesday 4th March

After School Game Club

Years 1-6

3.20pm-4.20pm

Thursday 6th March

World Book Day

**After School Dance Club
Year 1-6**

3.15pm-4.15pm

**After School Science Club
Years 1-2**

3.15pm-4.15pm

Friday 7th March

**Year 4 celebration
assembly 9am—parents/
carers welcome**



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

Parent Prayer Group

Gill will be holding The Parent Prayer Group on Monday next week, (3rd March) at 2.30pm.

She would love to meet parents and carers of SMB.

Please enter by the main door if you would like to join her.

Scholastic Books

Scholastic book club leaflets have been sent home this week.

There are quite a few new releases and some great bargains to be had!

Go to <https://schools.scholastic.co.uk/st-matthews-bloxam/digital-book-club> to browse the latest books and order online.

For every £1 you spend on this month's Book Club, our school will earn 20p in Scholastic Rewards.

Please place your order online by March 7th, 2025.



For parents and carers that are supporting children with anxiety, The Charlie Waller Trust have produced a helpful resource. This free downloadable booklet looks at anxiety and its impact while offering practical ideas for the child and parents to deal with this common but distressing experience.

The link for parents is here:

<https://www.charliewaller.org/resources/supporting-a-child-with-anxiety>

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



This week's Family Information Service Newsletter - Tuesday 25th February 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-8828203?e=04fcebfe0>



ATTENDANCE



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

This week's whole school attendance is **97.5%**

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/>

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



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

HAPPY WORLD BOOK

DAY

**Thursday 6th
March**

**PaFoS Book Sale
Afterschool
In the conservatory or
outside weather
dependant.**

cash or card accepted



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



Relaxation

Relaxation is when our mind and body is free from stress and tension. Research has found that this can help us to think clearly, concentrate, sleep well, feel more confident and even boost our immune system!

Relaxation can look different for everyone, and it can be helpful to try a few different relaxation techniques to see what works best to make you feel happy and rested.

Our Tips for Relaxation:

1- Try some **breathing exercises**, such as finger breathing or square breathing. Breathing exercises are great as you can do them in any place, at any time. Follow the QR code to try rainbow breathing!



Rainbow
breathing

2- Drawing or colouring can help you to express your feelings and focus on something peaceful. This is a great way to relax your mind!

3- Practice **mindfulness** by taking a break away from any screens and devices. This could be going on a walk or being outside in nature. Try to use as many of your senses as possible, think about what you can see, hear, smell, touch and even taste! You could even try cloud watching to calm your mind.



Calming yoga
stretches

4- Stretch it out, practice yoga to stretch out your muscles to relax and reduce tension. Try following the QR code for a yoga video!

5- A warm **bath or shower** can be a soothing experience that helps to relax muscles and calm your mind. You could make it extra relaxing with quiet music and bubbles!

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.



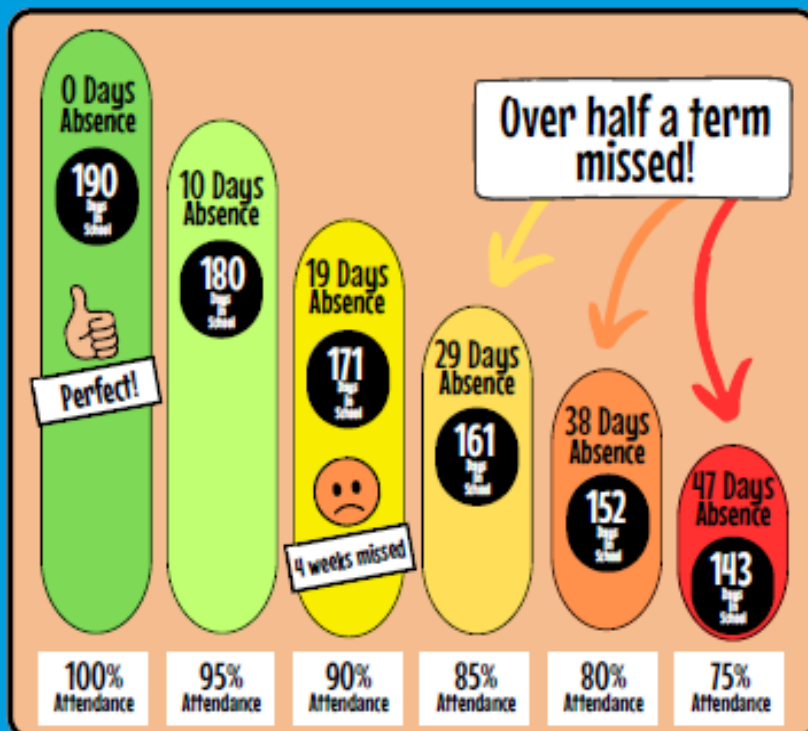
Building Confidence

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.

