

St Matthew's Bloxam C of E Primary School

"Let Your
Light Shine"

NEWSLETTER

Friday 27th September 2024 Issue 4

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YEAR 3

Year 3 have settled into Key Stage 2 this year brilliantly and we have been reading George's Marvellous Medicine in our English lessons.

They really enjoyed listening to all of the wonderful and worrying things George put into his medicine so, as we were creating our instructions on how to make a medicine this week, I decided they should make their own!

Using unwanted and unusable items (so we didn't create unnecessary waste) they set about the most disgusting combination of things you could think of.

I would not recommend combining shampoo, golden syrup, mushy peas and Coca Cola together in a bowl, the smell was not pleasant!

They loved the activity and it really helped them think of a wider variety of verbs and adverbs to use in their instructions.



Diary Dates

Monday 30th September

Year 6 Swimming

Tuesday 1st October

Forest School After
School Club

Year 1,2,3 & 4

3.20pm - 4.15pm

Wednesday 2nd October

Rocksteady lessons (for
those who have signed up)

Thursday 3rd October

Whole School Poetry Day

Football Club 3.20pm-
4.20pm

Friday 4th October

Year 3 celebration
assembly 9am—parents/
carers welcome



NON UNIFORM DAY FOR NIA



We would like to say a massive thank you for your generosity in helping us to raise £654.04.

Also, could we thank PaFoS for their donation in helping us create a remembrance area.

We will be sharing this news with Nia's family.



ATTENDANCE



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

This week's whole school attendance is **95.6%**

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/>



BREAKTIME SNACKS



A polite reminder that Monday-Thursday only healthy snacks should be provided for break time.

Friday is treat day

Thank you



YEAR 6 PARENTS/CARERS

APPLYING FOR A SECONDARY SCHOOL PLACE

The application process is now open to submit your application for their secondary school place.

The deadline to apply for a secondary school place is **31st October 2024**.

If you miss this deadline, you are much less likely to get offered a place at a preferred school because you will be allocated a place after everyone who applied on time.

This deadline applies to all families, even if your child is sitting the 11+ exam. You still need to submit an application for your chosen secondary schools.

Please visit <https://www.warwickshire.gov.uk/applying-secondary-school-place> for more guidance on how to submit your application by the **31st October deadline**.

YEAR 6 BLACKWELL RESIDENTIAL

Can we please ask if you have not done so already, can you complete the Microsoft form to specify if your child would like to attend the Blackwell residential.

Please complete and return forms by **Friday 4th October**.



Class Wars!

Wow! We are so impressed with the contributions made to date for Class Wars. Year 4 is currently in the lead with an amazing amount of £38. Keep going everyone!

With 4 more weeks left, which class will be the winner?

From PaFoS



This Photo by



**IF YOUR CHILD IS
FEELING UNDER
THE WEATHER,**

**IT CAN BE HARD
TO KNOW IF YOU
SHOULD SEND
THEM TO SCHOOL
OR NOT.**



**UNLESS THEY HAVE A
TEMPERATURE OF
38 DEGREES OR ABOVE,
THEY'RE USUALLY
GOOD TO GO.**



**SEARCH NHS SCHOOL
ILLNESS GUIDANCE.**

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



HM Government

NHS



COLLECTION POINT

Support Our Harvest Collection For People In Food Poverty

Please donate an item
or two from the list.

Thank you!

SHOPPING LIST

Milk (UHT or powdered) _____
Hot Chocolate _____
Sweet or Savoury Biscuits _____
Tinned Snack Meals _____
Tinned sponge pudding _____
Cooking Oil _____
Tinned Carrots _____
Flour _____
Tinned rice pudding _____
Tea bags/instant coffee _____
Instant mash potato _____
Good Strong Carrier Bags _____
Tinned Meat/fish _____
Hygiene Products _____
Laundry Detergent _____
Baby Food _____



07557 680019
info@rugby.foodbank.org.uk

Registered Charity in England & Wales 1126487



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



Mental Health in Schools Team Tips For Wellness



Friendship

Friends can be there for you and be an important source of mental health support and wellbeing. The **5 steps to wellbeing** highlight the importance of connecting with others, whether that be friends, family or key important people in your life, it is important to stay connected!

Connecting with others can help us feel close to people and feel valued for who we are. Being social means different things for different people; you might prefer being in quieter situations with one other person, or you might like being in big groups. You might like to connect with people face-to-face, online, by sending letters, or talking on the phone!

Our tips for building friendships:

- If you feel comfortable, you could try speaking to someone new.
- Ask how someone's weekend was and really listen when they tell you.
- Walk to school with a friend or ask someone to play with you at breaktime.



5 steps to
wellbeing

Friends can help you with your mental health in lots of different ways. They might check in with your feelings or simply make you laugh by sharing a video on TikTok. They might also help you by:

1. **Talking things through** - if you are finding things difficult, talking things through with a friend can help you understand how you feel and what support you might need. It might even be that they just sit and listen. A friend can also keep you company to remind you that you are not alone.
2. **Give practical support** - for example, if you are nervous about going to a party, friends can help you by going to the party with you, messaging you to see how you are getting on or helping you find a quiet space.
3. **Taking your mind off things** - they can distract you from what might be making you feel low or stressed and help you feel calmer through difficult times.
4. **Notice changes in your mood** - friends who know you well might recognise if you are struggling or not feeling your best and can check in to see if you need support.



Scan for the importance of
friendships for our mental
health



Remember, helping a
friend is not all on you!
(See video)

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.



SIX SESSIONS FOR PARENTS TO HELP BUILD CHILDREN'S EMOTIONAL WELLBEING

‘A MIND OF THEIR OWN’



Make Time on Monday mornings in term time
6 sessions starting from
Monday 7th October 9-10a.m.
St Oswald's Church, Lawford Rd, New Bilton CV22 2HR

Come and have hot drinks and pastries with us...

Session themes include: Resilience, brain development, body
confidence and positive role models

Caring for children is one of life's joys, but it also brings
challenges. The good news is we can prepare our children to
meet life's ups and downs head-on!

Contact details:
Tel: 07391475546 makelunchrugby@gmail.com





Information Sessions for Warwickshire Parents and Carers

Courses available online – via Zoom

Understanding and Supporting Children and Young People with Emotionally Based School Avoidance

Thursday 26th September 2024, 9:30 am to 11:30 am

Understanding Emotion Regulation in School Aged Children

Thursday 10th October 2024, 9:30 am to 11:30 am

Understanding and Supporting Children aged 3-11 Years with Anxiety

Thursday 24th October 2024, 9:30 am to 11:30 am

Understanding and Supporting Children Aged 12+ Years Anxiety

Thursday 7th November 2024, 9:30 am to 11:30 am

Understanding and Supporting School Aged Children Who Self-harm

Thursday 21st November 2024, 9:30 am to 11:30 am

Understanding Sensory Needs in School Aged Children

Thursday 5th December 2024, 9:30 am to 11:30 am

Understanding Low Mood in Children and Young People

Thursday 9th January 2025, 9:30 am to 11:30 am

Understanding Self-esteem in Children and Young People

Thursday 10th April 2025, 9:30 am to 11:30 am

Places on our sessions are subject to availability. To book your place please email risecommunityoffer@covwarkpt.nhs.uk

Please note: the sessions are available for Warwickshire residents only.