

St Matthew's Bloxam C of E Primary School

**"Let Your
Light Shine"**

NEWSLETTER

Friday 17th July 2026 Issue 39

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



Head Teacher End of Year Message

As we reach the end of another busy and successful school year, I would like to say a heartfelt thank you for your support this year. Your encouragement, kindness and partnership have made a real difference to school life, and we are very grateful.

A big thank you must also go to our staff team for their commitment and dedication to the education and well-being of the children. Their hard work, care and professionalism have helped to ensure that every child has been supported, nurtured and encouraged to achieve their very best throughout the year.

We are also extremely grateful to all of our volunteers, governors, readers, our gardener and our church community for the valuable support they have given to the school. Your time, generosity and commitment are very much appreciated.

A special well done goes to our Year 6 pupils for their fantastic SATs results. Their hard work, resilience and positive attitude have been a credit to the school, and we are incredibly proud of all they have achieved. We also send our warmest goodbyes and very best wishes to the Year 6 children as they move on to the next exciting stage of their journey.

We would also like to wish Miss Cartledge all the best as she begins her maternity leave. We are delighted for her and will let you know all about her baby next term.

Looking ahead, we are excited to welcome our new Reception children in September, along with the other children across the school and the families who will be joining us. We are already looking forward to a happy and successful new school year together.

A polite reminder: please do complete the Microsoft form to let us know that you have received your child's annual report.

Wishing you all a lovely summer holiday!

Mrs Timson

Diary Dates

Friday 17th July

School closes for Summer holiday

Tuesday 1st September

Teacher Training Day

School Closed

Wednesday 2nd September

School reopens for Autumn Term

Monday 7th September

Year 4 Swimming





ATTENDANCE

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

This week's whole school attendance is **91.6%**



This is below the target set by Warwickshire Admissions Service.

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/>

This week's Family Information Service Newsletter - Tuesday 14th July 2026

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-8833688?e=04fcebfe0>

Make Lunch Rugby would love to welcome you to our family holiday club!

We run sessions in the main school holidays

Join us for a delicious meal and fun activities for all

Our team are here for families with children of primary school age who are finding it hard to make ends meet

Get in touch: makelunchrugby@gmail.com
Follow us on Facebook:
<https://www.facebook.com/MakeLunchRugby>

150 YEARS
1876 - 2026

ORDER OF PLAY

10:00–11:00 : Junior Taster Session
11:00–12:00 : Adult Taster Session
12:00–13:00 : Withers Try a Racket
13:00–14:30 : 6 x 30mins Rotating Member Fun Activity Sessions
15:00–16:00 : Slam Competition
16:00–End : Presentations / Unveiling & BBQ

For more information and registration
Please scan the QR code below.



Mental Health in Schools Team Tips For Wellness



Dimensions tool



Free online personalised self-care information & support for adults and children in Coventry & Warwickshire

Rest

It is important to work hard, stay motivated and set goals to achieve in life. It is also important to not overwork yourself and get enough rest to help manage your stress and unwind so you can stay motivated and prevent burnout in the long run.

Rest is vital for your mental health as it can improve your concentration, memory, critical thinking, planning for the future, problem-solving, mood, immune system, reduce stress, and helps your body's metabolism and physical recovery.

Rest can be difficult to define because it can look different for everyone. It can be anything physical or mentally stimulating that improves wellbeing such as going for a walk, singing, drawing, cycling, playing games, watching TV/streaming, exercising, playing sports, reading, dancing, listening or creating music, writing, crafting, relaxing or anything else you enjoy!

Our Top Tips for Rest:

After you have done something important like studying, chores or homework, reward yourself by doing something enjoyable that helps you recharge.

Set aside enough time each day for hygiene. This can be showering, brushing teeth, washing hair. These regular activities can help you to relax.

Create a healthy sleep routine by avoiding caffeine or sugary drinks near bedtime, ensure you are warm and comfortable in bed and limit screentime.

Engage in some mindfulness or restful activity, such as meditation, reading, listening to calming music, podcasts or bedtime stories.

Use the QR code to download the Calm App, which has lots of meditations, soundscapes and stories.



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.



The Mental Health in Schools Team presents:

Calm: a worry workshop for families

We are hosting several '**worry**' focused workshops over the summer holidays for parents/carers to attend **with** their child(ren). These are activity based and expected **to last between 90 mins to two hours**. Please note, simple refreshments are provided but please bring drinks/snacks as required – there will be breaks!

This workshop will help you and your child understand what worries and anxiety are, and how they show up in thoughts, feelings and the body. We will explore a range of practical tools you can try together, such as breathing, grounding and helpful thinking. The session is interactive, with opportunities to take part in ways that feel comfortable for you.

Thursday 20th August
Boughton Leigh
Childrens and Family
Centre
12:30pm

Boughton Leigh
Children and Family
Centre
Wetherell Way, Rugby,
CV21 1LT

If you would like to register for one of these dates, please scan the QR code which will provide you with an email to send to our team. Or email mhst@covwarkpt.nhs.uk





The Mental Health in Schools Team presents:

Five ways to wellbeing

Join our fun and interactive Five Ways to Wellbeing workshops designed for children and parents to explore simple activities that support positive mental health. Through games, movement, and creative tasks, families will learn practical ways to connect, stay active, build confidence, and manage emotions together. Our sessions are inclusive, flexible, and supportive—ensuring every child can take part in a way that feels comfortable for them

We are hosting several workshops over the summer holidays for parents/carers to attend **with** their child(ren). These are activity based **we expect to last approx. 2 -3 hours.**

Please note, simple refreshments are provided but please bring drinks/snacks as required – there will be breaks!

Thursday 6th August
Boughton Leigh Childrens
and Family Centre
12:30pm

Boughton Leigh Children
and Family Centre
Wetherell Way, Rugby,
CV21 1LT

If you would like to register for one of these dates, please scan the QR code which will provide you with an email to send to our team. Or email mhst@covwarkpt.nhs.uk



The Mental Health in Schools Team present:

Worried about moving up to secondary school? Transitions workshop

Starting secondary school is a big change for both children and families. This workshop brings children and parents/carers together to understand common worries and learn simple, practical strategies to manage them. It will help you feel more prepared, confident, and able to support your child through the transition.

We are hosting several 'transitions' focused workshops over the summer holidays for **parents/carers and their year 6, going into year 7** child(ren). These are activity based and expected to last 1 hour – 90 minutes. Please note, simple refreshments are provided but please bring drinks/snacks as required – there will be breaks!

Thursday 13th August
Boughton Leigh
Children and Family
Centre
12:30pm

Thursday 27th August
Boughton Leigh
Children and Family
Centre
12:30pm

Boughton Leigh
Children and Family
Centre
Wetherell Way, Rugby,
CV21 1LT

If you would like to register for one of these dates, please scan the QR code which will provide you with an email to send to our team. Or email mhst@covwarkpt.nhs.uk





VOLUNTEERS WANTED

Your School PTA Needs You



**Rugby Baptist
Church** Regent Place CV21 2PJ

Building Champions

"The Nehemiah Games"

**Kids Holiday
Club**



**Wednesday, Thursday, Friday
26th-28th August 10am-12.30pm**

For children aged 5 to 11 years old

**£2 per child
per day or £5
for 3 days.**

Prebooking required!

**www.
rugbybaptist.org.uk**



The Nehemiah Games Holiday Club



Please book your place by 17th July

**Summer Make Lunch sessions
will be taking place at:**

**St. Matthew's Bloxam C of E Primary School
Webb Ellis Rd, Rugby CV22 7AU**

Our theme this year is:

Activities and Food from around the world

**Every Tuesday and Thursday between
28 July to 20 of August
from 12 -2p.m.**

Please use the link below or
the QR code to book your place
<https://www.smartsurvey.co.uk/t/0MYJO7/>



Bookings will close on 17th July

HAF codes are needed for those having free school meals

If you have any queries please email:
makelunchrugby@gmail.com

Make Lunch Rugby runs all inclusive sessions to support families who miss their free school meals in school holidays and other families who may be at risk of being hungry in the school holidays.



Turn your daily shopping into everyday magic for us with easyfundraising

You shop, brands donate to us. It won't cost you any extra!



 easyfundraising

Help us make a difference when you shop.
Visit www.easyfundraising.org.uk



- 1 Visit www.easyfundraising.org.uk
- 2 Sign up and search for us
- 3 Your favourite brands donate to us whenever you shop with them

Shop with 8,000+ brands including:

Booking.com

ebay

M&S

GROUPON



TUI

JOHN
LEWIS



Viking

ASOS



Uber Eats

Did you know you can raise FREE donations for Parents and Friends of St Matthew's Bloxam School - Rugby EVERY time you shop online. Just use easyfundraising! Over 8,000 brands will donate, including all the big names like eBay, John Lewis & Partners, Argos, ASOS, Expedia, M&S, Just Eat, Uswitch and many more! It costs you NOTHING!

Visit: https://www.easyfundraising.org.uk/causes/stmatthewsbloxam/?utm_source=whatsapp&utm_medium=social&utm_campaign=pmc&utm_content=wa-1

Please do take a look at the website/app and share with friends and family. The more supporters we have, the more we can provide to enhance the experience for all children at SMB.

ARE YOU ON OUR

SMB Class WhatsApp

Keep up to date on class
information, important dates
and other school messages
to join speak to Laura or
email

secretary-pafos@live.co.uk

**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



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.



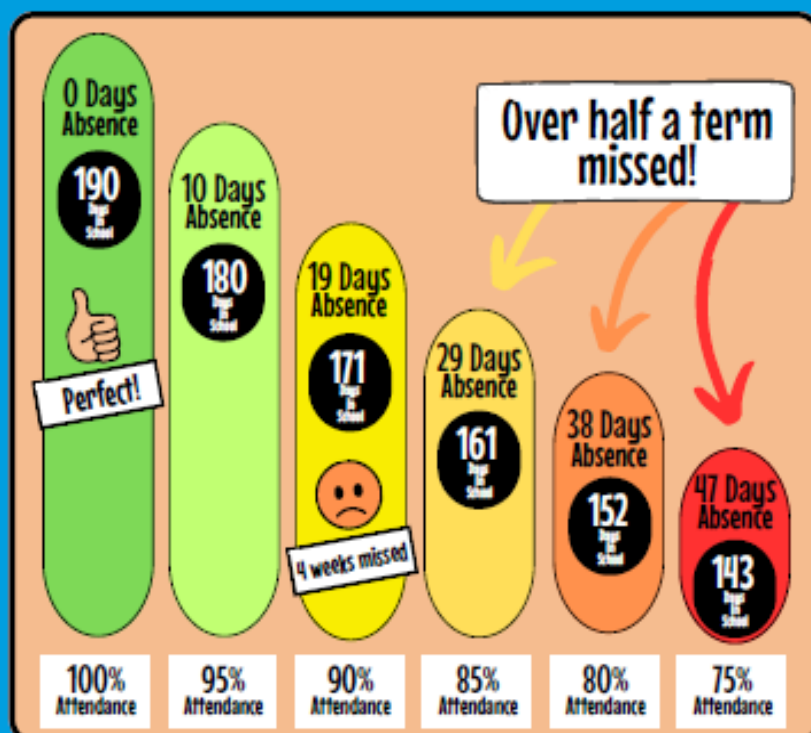
Building Confidence

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

