



Matthew's C.E (Aided) Primary School and Nursery Centre



'I can do all things because Christ gives me strength' Philippians 4:13

Friday Feature: 9th September 2024

This half-term we are focusing on the Christian Value of Thankfulness



'Always be thankful' 1 Thessalonians 5.16

Please see the home school value attached so you can explore the value with your child/children.

Dear Parents/Carers,

It's been a wonderful first week back. The children are settling in well and there is a lovely calm atmosphere in school. We hope your child has been happy to return—or has enjoyed joining us. If you have any questions or concerns please contact the school office on:

01952 386260 or a3358@taw.org.uk

Appointments can be made with class teachers, usually at the end of the day when it is quieter.

It is lovely to see all the children smartly dressed in their school uniform, ready to learn and happy to come to school.

We wish everyone a wonderful school year!

Drinks in school

Please ensure that your child brings a named bottle of WATER into school each day to have in their classroom. Only water and not juice.

Absence in term time.

If your child is ill and cannot attend school please contact the school office on 01952 386260 by 9.30am. If no call is received a member of the school admin team will telephone parents and carers for an absence reason. This is to ensure that we can account for all children and know why they are absent.

Please note that no holidays in term time cannot be authorised. Further information regarding attendance will be sent to you in the coming weeks.

School opening time

Please remember that the school gates open at 8.40am and registration is at 9am. Therefore, all pupils need to be in school before the register. Children who arrive after this time will need to be signed in at the main school office by the parent/carer, with a reason given. This is so that we can ensure we can account for all children. If someone different is collecting your child from school, you must let the school office know before the end of the day as we can only let children leave school with an adult approved by the parent/carer.

Weekly prayer



This is our school prayer:

Father God

Help our hands to do all things loving, kind and true

Guide us on this day in all we say and do

Help us to remember your teachings, friendship and healing

While we follow the gospel of St Matthew,

For with you Lord, life gives us meaning.

Amen.

Future Dates

19th Sep	School photographs
26th Sep	Reception to year 6 Flu Vaccination
27th Sep	MacMillian coffee morning—details to follow
3rd Oct	Class group photographs
24th Oct	Last day of school
28th Oct	Children back in school
20th Dec	Last day of school

Please see the full list of term dates sent with this Friday Feature.

P.E. Days

Monday	Tuesday	Wednesday	Thursday	Friday
Miss Edwards R/1 Miss Blocksidge 2 Mr Doughty 3/4 Mr Skelton 4/5	Miss Williams R Miss Plant 1/2 Miss Blocksidge 2	Miss Edwards R/1 Mrs Wyre 3 Mrs Barfield 5/6 Mr Bailey 6	Miss Boole N Miss Williams R Mr Skelton 4/5 Mrs Barfield 5/6	Miss Plant 1/2 Mrs Wyre 3 Mr Doughty 3/4 Mr Bailey 6

Asda Rewards Cashpot for Schools

If you shop in Asda, please sign up to the rewards cashpot!



Asda Rewards Cashpot for Schools

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1

Download and sign up to the Asda Rewards app

Opt into the Cashpot for Schools campaign and select a specific primary school or select 'Schools in Need'.

2

Shop in store across Asda and George, or online at Asda.com

Asda will donate a percentage of your shop to your chosen school each time you shop and scan.

3

Asda does the rest

The money raised will be donated through Parentkind to schools to spend on what they need most. This won't affect your own Cashpot earn.

Once opted in and selected a school, we will add £1 to your chosen schools Cashpot to help get them started.

Each school will get an additional £50 added to their Cashpot, after at least one customer has shopped and scanned their Rewards app.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to raise with if these change over time.

Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMH coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/supporting-children-going-back-to-school>



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