

# Newsletter

Newsletter Date: 22 March 2024

We are resilient We are responsible We are caring We are confident We are inspired We are aspirational



## Co-Headteachers' Message:

Dear Parents/Carers  
Well done to all the children who entered the **3D egg scene**. It was not easy to judge, so all entries received a prize for their efforts.

Unfortunately, the Great Dried Pea Hunt had to be cancelled this year due to the rain! We will try and squeeze this event into the first week back after Easter (weather permitting) as we know that the children (and staff) enjoy this event.

Well done to the Year 5 classes this morning for a wonderful Easter assembly. The singing was lovely and they were well prepared with words spoken clearly to the audience. Two Governors were also able to attend to award the termly Values Awards to the chosen children.



We are in the process of changing over our internet supplier at the end of this month. We hope that it will be a smooth transition, but we apologise if it causes any inconvenience upon our return.

If you were unable to attend the Parents Evenings this week please contact your child's class teacher via Dojo to arrange a mutually convenient time after Easter.

Wishing you a wonderful Easter break. We look forward to seeing the children again on Monday 8 April.

Kind Regards  
Mrs Budd & Ms Evans



## Year 6 Leaver Hoodies: **ONLINE ORDERING DIRECT WITH BRIGADE**

Year 6 parents will be able to order leaver hoodies online from the Brigade website [www.brigade.uk.com](http://www.brigade.uk.com). The online ordering service will be open from Friday 3 May until Friday 24 May so you must place your order and make payment between these dates. The hoodies will be delivered direct to school before the end of the Summer Term.

In the first instance, we need to send names to Brigade to be printed in the number 24 on the back of the hoodie. Please inform the school office by Monday 8 April if you **DO NOT** want your child's first name to appear on the back of the hoodie. Thank you.

Together We Learn and Grow

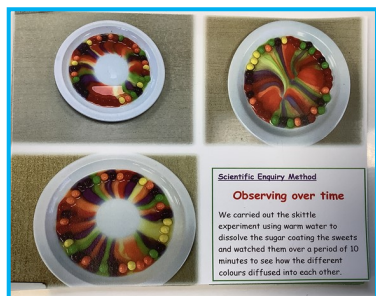
**Commendations: Congratulations to our Golden Book Award winners.**

**Congratulations also to Beech class who won this week's attendance with 98.5%**



## In School this week:

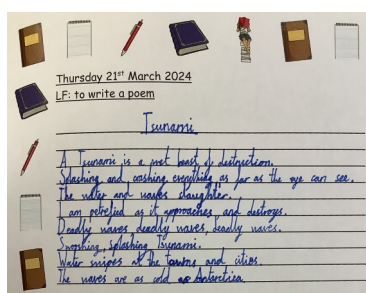
**Year 3** visited St Nicholas Church for Experience Easter.



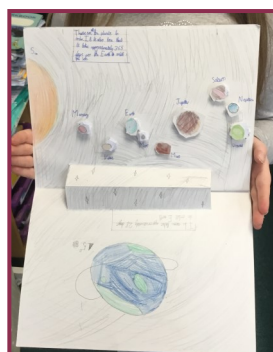
**Oak Class** have been observing over time with the skittles experiment. We used warm water to dissolve the sugar and watch the different colours diffuse into one another.



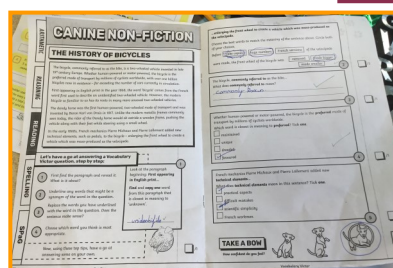
**Year 4** have written a poem this week in the style of poet, Joseph Coelho.



**Beech Class** have been working on the finishing touches to their pop-up books in DT.



**Birch Class** have been going over their homework for this week.



Pupils in **Sycamore** wrote, edited and finally published a diary entry from their role of an explorer.



The **New Spring/Summer Lunch Menu** is now on ParentPay and our website.

Please note that Jacket Potatoes and Baguettes with various fillings are now available to book every day!

Please remember to book by midnight on Thursday 4 April if your child would like a lunch on their return to school wb 8 April. Thank you.

Also, a reminder that the price of a school meal will increase to **£2.71** from **1st April**.

**caterlink**  
feeding the imagination

**Ribston Hall High School** invites **Year 5 girls** to their Admissions Information Morning on **Friday 12th April 2024**



Places are limited so please ensure you book through their website: [www.ribstonhall.gloucs.sch.uk](http://www.ribstonhall.gloucs.sch.uk)

**Sir Thomas Rich's School** warmly invites **Year 4 & 5 Boys** to their next Open Days on **24 and 25 April**.



Find out more about life and study at the school, and take a tour with some of our current Year 8 students.

Register online at [www.strschool.co.uk](http://www.strschool.co.uk)

**Reading Challenge:** Congratulations to pupils in Oak, Birch & Sycamore class this week who all came **1st with 100% of pupils** reading at least 4 times each week.

**2nd** - Elm 95% **3rd** - Ash 94% **4th** - Beech 88%  
**5th** - Willow 74%

Please can you support us in encouraging your child to read at least 4 times per week & ensure that they bring their signed Reading Records into school.  
Thank you.



### House Points: Congratulations!

Which house is in the lead so far overall?

1st place - Ruby  
2nd place - Emerald  
3rd place - Sapphire



### Term Dates:

**Term Four:** Mon 19 Feb - Fri 22 March

**Term Five:** Mon 8 April - Fri 24 May

**Term Six:** Mon 3 Jun - Mon 22 July

**INSET DAYS - children do not attend school**

Friday 24 May

Monday 22 July

**BANK HOLIDAYS - children do not attend school**

Monday 6 May

### Dates for your Diary:

Thursday 11 April - Year 3 swimming starts (every Thursday for 10 weeks)

Wednesday 17 April - Year 4 Trip to Robinswood Country Park



## Would you like your child to make

## some healthy sweet swaps?



Sidra Hussain,  
Beezee Families Nutritionist

### We are here to help!

Our free healthy lifestyle programme can support families like yours make healthy habits. Help yourself to our sweet tips below.



1. Create a shopping list for the family, before going shopping.
2. Have a weekly sweet voucher. Your children choose when to "cash in" for a portion of sweets.
3. Use the **NHS Food Scanner** app to help find healthy swaps in the shops.
4. Try having a mix of fresh and dried fruits to help the sweet cravings, i.e. dried mango, bananas.

5. Remember to have dried fruits in small amounts as the sugar is more concentrated.
6. Mix things up and make fruit more fun - try making fruit cocktails, smoothies or ice lollies.
7. Look for healthy sweet treat recipes online. We might be biased but we think [beezeebodies.com/blog/category/recipes](https://beezeebodies.com/blog/category/recipes) is pretty good!

**Beezee Families**



Like these tips and want to know more?  
Check out our website now.

\*Our courses are for families with children aged 4+.

Scan the code

...or click here  
to find out more

Sign up today!



# 10 Top Tips for Parents and Educators

## ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

### 1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

### 2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

### 3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

### 4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

### 5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

### 6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

### 7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

### 8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

### 9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counselors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

### 10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

### Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

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