

Newsletter March

Collective worship

Our value this term is Kindness. We have used the analogy with the children of colouring the world with kindness (each kind act brings some colour to a grey, dull world). The children were asked to visualise their own blank canvas and think about how they could colour theirs with their kind choices.



The children were shown how Gandhi lived his life through kindness and heard the story of how when Gandhi was once on a train, he lost his sandal. He then threw the other sandal out of the train. When asked why, he said if someone finds one shoe, it's no use to them but if they find a pair of shoes, they become useful.

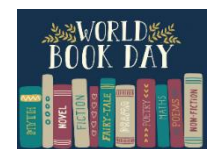
Finally, we linked our value of kindness to our whole school theme of Blue Planet and discussed how we can be kind to our world.



Theme overviews

Attached to this email are the overviews of what each year group will be learning about this term. Please read them and if you have any questions, don't hesitate to ask your child's class teacher.

World book day



Thank you so much to everyone who celebrated World Book Day with us. We loved having parents in to read with the children at the beginning of the day and are so grateful to the parents who came in as a mystery reader to read to the children throughout the day. We even had a visit from a dinosaur who read some dinosaur stories to the children. Each child was given a book token which they can swap for a book at participating book shops. The whole day was about celebrating a love of reading and the children thoroughly enjoyed themselves.



Reading volunteers

If you have the time to be a regular reader with children in school, we would love to hear from you. Let Mrs. Reynolds know your availability.

Comic relief



We won't be holding a mufti day for comic relief this year as we are already asking so much of parents throughout March (World Book Day and PTFA Mufti for chocolate). Instead we are holding a joke competition. For a donation of 50p, children can write down their joke and send them to Mrs. Reynolds. The teachers will then pick a winner from each year group and an overall winner in school who will get the chance to tell their jokes in collective worship on Friday 17th March. If children would like to participate, please get them to bring a form home (available from the classrooms). Please send the joke and the money into school in an envelope by Wednesday 15th March. We can't wait to hear their jokes!

Lending library

Over the Easter holidays, we would like to build a lending library for children and adults. If you have any books you no longer want, please donate them to school via the office. These will be gratefully received. We are also in need of games and puzzles for all year groups.



Homework

Homework on the Google Classroom

Our next homework project was posted on the google classroom on 10/2/23. If your child does not have access to the google classroom, please contact the school office.

The homework is also outlined below:

The whole school are reading Greta and the Giants by Zoe Tucker for the new spring term and learning new geography skills as we explore the world around us. This will include mountains, The Amazon and the creatures who live here.

BUT our world is in danger and every day we learn more about how we could be doing more in our lives to help the earth become healthier and animals survive for longer.

Our oceans, skies, homes, animals and even our pets need our protection!

Your homework project is to help save our planet. You can do this in many ways, An artist, poet, song writer, inventor, we can all help!

Think of how the world is being harmed:

- Litter
- Air and water pollution
- Noise pollution
- Chemicals and plastics
- Hunting rare animals
- Even cleaning up our dog poop!

Can you create one of the following that will help save our planet?

- poster
- poem
- song
- short power point/Google Slide show to inform others
- A film or news presentation to share with other how we can help protect the world
- Draw up your design for an invention that will help the planet
- build your invention for others to see and maybe use
- If you like the outdoors, you could do some litter picking or other activity to help the environment, just remember to record the evidence!

No action is too small if we all do something. Like the Onceler says in The Lorax "Unless someone like you cares a whole awful lot, nothing is going to get better it's not."

The homework is due in on 24/3/23.

Year 4 Meeting about Multiplication Tests

On Thursday 16th March, Year 4 parents are invited to meet the year 4 teachers to learn more about the Multiplication Tests being held in June. Please join us in Miss Sanders classroom Perseverance after school. The meeting will last about 30 minutes.

Year 2 & Year 6 Meetings – Wednesday 15th March

Please remember the meetings already advised for Year 2 (3:30pm) & Year 6 (6pm).

Walk in Wednesday



As always, we are so grateful to the parents who are able to give up their time to come into school and it was lovely to see parents join us for our Online Safety talk before going to see the Computing curriculum in the classrooms. If you were unable to come, there is a power point presentation that you can access – contact the school office for more details.



Parent Forum

The next meeting of the parent forum is Friday 21st April, 9am. If you are able to join us; we would love for you to come and be a part of our discussions.

Parents' Evenings

You will have the opportunity to book in for a 10-minute session with your children's class teachers. Slots are available to book now on ParentMail. There are 2 available dates: Tuesday 28th March, 3:30-6pm & Thursday 30th March, 5-8pm.



Waiting outside Kindness and Forgiveness classes

Following on from a discussion at parent forum, we will be changing the doors that Kindness class enter and exit school. This is to try to alleviate the backlog of people entering and exiting school via this route.

From Monday onwards, Kindness class will enter school through the quiet area using the hall door. Please wait outside the hall each morning and a member of staff will open the door at 8:45am. We ask that you and your children do not move any equipment that is set out in the quiet area as this will be needed during the day. We also ask that parents of Forgiveness class are aware of parents who are trying to pass and allow them to do so by moving to the side.

Free clothing request service

A pre-loved clothing service is being offered to all parents for free by Wellingborough LIVE. Please see the attached clothing request form and all children should come home with a copy.

Sport at St. Mary's



PE Kit

A reminder to please ensure pupils have their full PE kit in school every day, this includes plimsolls/trainers, shorts (blue), joggers/leggings (blue or black) , t-shirt (white) and a PE jumper (sky blue).

PE lessons will be both inside and outside so please ensure your child has gloves, a jumper and a waterproof jacket.

Earrings must be removed, and long hair tied back, children need to be able to do this themselves or arrive at school prepared.

PE is a valued part of our Pupil's education; we thank you for your support in ensuring they are suitably prepared for their physical education.

Healthy School Ethos

Children have continued to enjoy active lunchtime games and personal best challenges at lunchtimes delivered by year 6 leaders.

Pupils will be entered into a draw each time they participate with the personal best activities, with winners announced and prizes awarded at the end of each term.

School Sports Competitions

This term we attended two county final competitions after finishing 1st place for year 3/4 Gymnastics and KS2 Boccia Kettering school's partnership competitions earlier on in the academic year.

Boccia Finals

On 2nd March 5 pupils represented St Mary's in the Northants school's county Boccia competition. They started the competition very strong, by winning 3 matches and drawing one in their pool and subsequently finished top of their group. They went on to win a further 2 games and narrowly lost two games in the finals. They narrowly missed out on third place by just one point.

The children were fantastic throughout, showing their amazing skill as well as tactical awareness and teamwork. Although disappointed to narrowly miss out on a medal they demonstrated applaudable values throughout and were respectful to those that placed higher.

Year 3/4 Gymnastics

4 students travelled to Matrix Gymnasium, Irthlingborough last week. Months had passed since their qualifying competition and we were concerned that they may not remember their routines. Despite their nerve, they put on an excellent account of themselves and demonstrated their strength, flexibility and sporting ability in vault, floor and body management disciplines.

They showed their school values throughout and enjoyed using the professional gymnastics equipment which was a great experience for them and finished 10th.

Forthcoming Competitions and Festivals

We look forward to attending a year 5/6 inter-school Dodgeball competition later on in the term.

Sports Clubs

Extra-curricular sports clubs are continuing again this term. These clubs are great to allow children to be active, socialise and advance their PE education by inputting their skills into sport specific scenarios.

There are still spaces available on most clubs; please book via ParentMail.



Archery - Mondays - 8.00-8.45am - All years
Mini Sports – Mondays – 3.15-4.15pm – Years EYFS-2
Gymnastics – Tuesdays – 8.00-8.45am – Years Reception-2
Dodgeball – Tuesdays – 3.15-4.15pm – Years 3-6
Kickboxing – Wednesday – 8.00-8.45am - All years
Gymnastics – Thursdays – 8.00-8.45am – Years 3-6
Dance – Fridays – 8.00-8.45am – Years Reception- 6
Football- Fridays- 3.15-4.15- Years Reception - 6

If your child is enjoying their club and you wish to find a community club to progress to, please contact Mrs Patrick for advice on club links.

Holiday Sports Club

We have teamed up with PR Sports Coaching Ltd again this Easter holidays to provide a Festival of Sport Holiday Club. HAF funding is also available for this event. Further details will be sent in due course but booking is available on the PR Sports Coaching website below.

Non-qualifying HAF families can attend this club with 10% off, please use the discount code PRSTMARYS and visit www.prsportscoaching.co.uk to book your child place.

Safeguarding

Each newsletter, we will share some information with you on how to safeguard children.

This time it is about child criminal exploitation. Please read the leaflet attached with this email. If you have any questions or would like any more information, please contact the school office.

PTFA News

Please like, share and keep an eye on our [Facebook Page](#)

Email: stmarys.ptfa@yahoo.co.uk

❖ Disco

Thank you to all that attended the February disco and thank you to the parents that helped and made it happen!

We look forward to holding another disco in the Summer Term!



❖ Chocolate Bingo

- Friday 24th March evening.
- Book on Parentmail now!
- Tickets are limited, so book now!

❖ Rags 2 Riches

Next Collection Friday 23rd June

Please save any clothes, shoes, accessories for that week!

❖ Uniform Click & Collect

Uniform is available anytime, just send an email to stmarys.ptfa@yahoo.co.uk with what you need.

❖ Clothing Rail

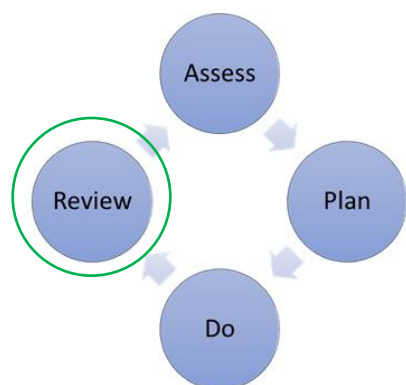
The PTFA are in need of a new clothing rail. If you have one you can donate, please let the office know.

The next PTFA meeting is planned for Wednesday 26th April at 7pm in the school hall.

Please join us!

We are an Inclusive school, so everyone is always welcome to read, attend or access anything listed in this section of the newsletter.

Special Educational Needs and Disabilities (SEND)



ISPs

Following the review meetings last half term, you will receive a copy of your child's reviewed plan, as well as a copy of their new plan on **Monday 13th March 2023**. If you have any questions about your child's new plan, please do not hesitate to contact myself or your child's class teacher.

Parents' Evening

Later this term, you will have the opportunity to book in for a 10 minute session with me during the Parents' Evening sessions. This will be **in addition** to your meeting with your child's class teacher. These sessions are optional, however you may wish to use these to discuss any concerns you have, have any aspects of the ISPs explained to you or just catch up about your child's needs. Slots are available to book now on ParentMail. There are 2 available dates: Tuesday 28th March, 3:30-6pm & Thursday 30th March, 5-8pm. If you have any questions about this, please do not hesitate to contact me via the school office.

Spotlight

At St. Mary's, we have children with a wealth of different needs. This section of the newsletter will highlight a particular area of need and explore how you can help to support your child at home. Each newsletter, we will explore a different area of need. If you have a specific area you would like us to cover, please send your suggestions into the school office.

Spotlight on...Social, Emotional and Mental Health Needs

All young children are only just learning about how to make friends, play socially and interact with others and there will be times when they find developing these skills very difficult.

However, children who appear to have emerging SEMH difficulties may find it significantly harder to

- make and maintain appropriate and healthy relationships
- regulate their emotions.

Sometimes these difficulties will present in:

- withdrawn behaviour
- challenging, over active or disruptive behaviour
- being controlling.

These behaviours will be persistent and may indicate mental health issues such as anxiety or depression. It must also be recognised that behaviour is a child's first way of communicating, whether intentionally or not, that their needs are not currently being met.

Certain individuals and groups are more at risk of developing mental health problems than others. These risks can relate to the child themselves, to their family, or to their community or life events.

It is important to provide early intervention and support to prevent difficulties escalating. Children can develop social, emotional needs or mental health difficulties for many reasons. Sometimes these are related to other learning needs, either as part of a condition or disorder, such as:

- Attention deficit hyperactive disorder (ADHD) or attention deficit disorder (ADD)

This is rarely able to be clearly identified in the early years although there may be indicators.

- Attachment disorder
- Autism spectrum Disorder (ASD)

Oxfordshire SEN Guidance for SEMH, October 2018



Social, Emotional and Mental Health



How Can I Help?

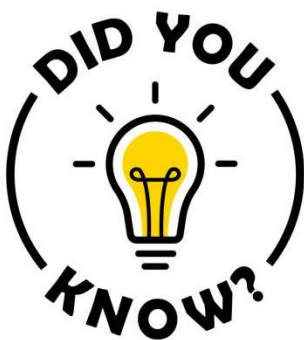
Find some top tips below for helping children who may have Social, Emotional and Mental Health Needs.

- Create a sense of safety - think about how adults, the environment and routines can promote calmness and safety.
- Strengths and interests - identify and build on the child or young person's strengths and interests so that they can have enjoyment and experience success.
- Activities – provide activities which help to regulate emotions. It is helpful if these are repetitive, rhythmic and rewarding for the child or young person. These might include sensory activities such as walking, tapping or breathing or more creative activities like mindful colouring.
- Boundaries - provide clear and fair boundaries and stick to them. Even if it feels like the children are pushing against them or having a disregard for them, it is important to remain consistent. The use of visuals (pictures) alongside spoken language can support with this (e.g. a picture of a 'stop' sign alongside the spoken instruction to stop).
- Nature – nature can be naturally calming for children and young people. Spending time in green space or bringing nature into everyday life can benefit mental and physical wellbeing.



Statistics:

- It's estimated that there are around **150,000** children in mainstream schools who have SEMH needs. In 2019, SEMH needs were estimated to be the **third** most commonly identified area of need in children.
- Almost half of mental health disorders begin before children reach the age of **15**. This is a stark figure and shows that promoting positive mental health should be a major priority within schools.
- Some children may have SEMH needs throughout their educational lives, but it doesn't necessarily have to be a lifelong condition.



For more information, why not check out...

Young Minds - <https://www.youngminds.org.uk/parent/>
Parent support guides available.

Information –

<https://sendcorotherham.co.uk/supporting-children-and-young-people-with-semh/#toggle-id-9>

<https://www.twinkl.co.uk/teaching-wiki/social-emotional-and-mental-health-needs-semh>

Resources - <https://beaconhouse.org.uk/wp-content/uploads/2019/09/Brainstem-Calmer-Activities.pdf>

SEND Support Services (SSS) -

<https://www.northamptonshire.gov.uk/councilservices/children-families-education/SEND/specialist-support-for-send/Pages/default.aspx>

Together, we can make a difference!

Abbie Price
School Inclusion Leader

- Does your child find it hard to concentrate at school?
- Is school providing your child with extra help in class?
- Does your child have difficulties with behaviour at home?
- Are you concerned that your child might have a special educational need or disability?
- Has there been a discussion with school about their additional needs?
- Do they have an Individual Education Plan (IEP), which has specific targets for them?

We are the Special Educational Needs and Disabilities (SEND) Team, and we offer support to schools so that they can help young people and their parents and carers when they are experiencing difficulties in school and home life.

In the past there has been the need for the time-consuming process of applying for an Education, Health and Care Plan (EHCP) to get additional support in school. And EHCPs are only available to a minority of children, those who have significant SEND difficulties.

We aim to improve this by providing help to schools as early as possible and to a wider group of children. This means schools can apply and have access to the resources they need quickly. In addition, each school now has an allocated SEND Support officer who provides advice and support for children with SEND. We have also recently established a Social, Emotional and Mental Health team, where schools can access support and advice from the specialist outreach team from Maplefields Special School. And we know that we have more we need to do...

Meet the Team events for parents and carers

We are running drop-ins in February and March, where the local team are looking forward to meeting with parents and carers to find out how we can provide guidance and help in supporting your child.

This is in particular for those children who have had a special educational need identified, but they don't need to have received a formal diagnosis or have an EHCP. We would like to find out what is really important to you and your child, and how we can work more closely together to support local families.

To meet your local team and to find out how you can get advice and support, you can join in with our parent network events. This could be dropping in to chat to an educational psychologist or advisory SEND specialist, you may want to hear from our specialist team about a range of topics, or just pop in for a coffee to talk about our plans. You can meet us in:

- **Corn Market Hall, Kettering NN15 7QA**

~~• 28th February @ 4:30pm - 5:30pm~~

- **Priors Hall Park Community Centre, Corby NN17 5EB**

~~• 7th March @ 4:30pm - 5:30pm~~

- **Rushden Hall, Rushden NN10 9EP**

• **21st March @ 4:30pm - 5:30pm**

To register for the events, or for more information, please contact: pamela.hobart@northnorthants.gov.uk

Please give your name and phone number with your child's name, date of birth and their school

Unfortunately, we cannot offer creche facilities. There is parking available nearby at all of these venues.