



# St Michael's C of E Primary School

**OUR VISION: 'Working together, growing together, for all to flourish.'**

July 2021 Newsletter

Dear Parents and Carers

I can't believe we are entering the month of July! Time is flying and we still have lots to do before we break up for the Summer holidays. Our focus over the next few weeks is to prepare our pupils for the transition as they move up into new classes in September or start new schools. Our Year 6 pupils are starting to get ready for the next step in their education.

## Christian Value:

This half term we remind ourselves each week of our school values and the stories that are linked to them. Our values are Friendship, Perseverance, Justice, Compassion and Courage. If you feel your child has shown one of these values outside of school, then please let us know via [head@stmichaels.education](mailto:head@stmichaels.education) so we can celebrate this success in our assembly on Fridays.

## Our Right:

Each half term we will consider a different article and ensure the rights are being taught through our daily classroom practice. This month, we are focusing on Article 1 of the UNCRC.

Article 1 says that all people under 18 have the rights the UNCRC talks about, no matter who they are.

## Mental Health

Our MindUp programme, which supports children's emotional health and wellbeing, is continuing regularly. Each class takes daily brain breaks, where we encourage the children to take part in a mindful relaxation exercise. This is optional and always an invitation.

Did you know....

- Learning to be more mindful and aware can support our wellbeing and enjoyment in all areas of our life, whether it be our walk to work or school, eating a meal or our relationships with others
- Mindfulness helps us appreciate the current moment, so we do not dwell on the past or future but what is happening right now, under our noses!
- Mindful moments help us to focus, notice and accept our feelings - this leads to more rational responses and less reactive responses from our amygdala (the "guard dog")



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- Research shows that mindfulness can strengthen our prefrontal cortex (our "Wise Owl") which is the part of the brain needed for empathy and compassion

### Staffing:

From September, we are very sorry to be losing one of our Year 3 teachers.

Mrs Barons will be leaving us for pastures new, to teach at Landscope Primary School. Mrs Barons has been part of the Federation for 8 years and has taught both in Key Stage 1 and 2. We would like to extend our thanks to her for her wonderful work and many contributions to the life of our school. We would like to wish Mrs Barons all the very best in her future endeavors and adventures and we will miss her.

### COVID 19 Symptoms

**The most important symptoms of coronavirus (COVID-19) are recent onset of any of the following:**

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

For most people, COVID-19 will be a mild illness. However, if you have any of the symptoms above, stay at home and [arrange to have a PCR test](#) to see if you have COVID-19.

**DON'T GUESS, GET A TEST!**

### Reports:

As you are aware, reports will be uploaded to all children via Google Classroom, by Wednesday 7th July. If you have not received your child's report by then, please contact the admin team. Thank you for your support with the reports arriving at varied times; it is a huge behind the scenes task! If you have any queries or concerns about the report, you should email your child's teacher in the first instance and they will arrange a brief phone call to discuss.

### Dates:

We have planned dates for events that usually happen within the last half of the Summer Term with the hope that we will be able to hold them. Please note that **we may have to change or cancel events** if restrictions/guidance do not change. Please keep an eye out for further information about each event as the date approaches.

If you have any queries, please do not hesitate to use our 'tier' system. If you are unable to pop into school, please ring or email via the school office.

Thank you for your continued support.  
Kind Regards

Mrs Kate Arnold  
Head of School



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KEY DATES	
July:	
Thursday 15 <sup>th</sup> July	Year 2 Sleepover
Monday 19 <sup>th</sup> to Wednesday 21 <sup>st</sup>	Year 6 Residential to Skern Lodge
Friday 23 <sup>rd</sup> July	Break the Rules Day! See FOSM email 21.6.2021
Tuesday 27 <sup>th</sup>	<b>Last Day of Summer Term</b>
Wednesday 28th	Summer Holidays begin!



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