



St Michael's C of E Primary School

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

March 2023 Newsletter

Dear Parents and Carers,

We hope you all had a lovely half term. It is great to see that the children have come back enthusiastic and refreshed for learning. Let's hope spring is almost here!

Christian Value:

This term, the value that we are focusing on is COMPASSION. Compassion means we care about others, treat them with kindness, and feel a strong desire to help people in need. We celebrate this in our whole school assembly on a Friday and on the Values Blog.

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 40 of the UNCRC. This says that a child or young person's education should help their mind, body and talents be the best they can. It should also build their respect for other people and the world around them.

Additional School Spaces:

We still have some spaces remaining for child admissions in our current Reception year and in Years 1, 2 and 4, so please help to spread the word!

We would love to welcome some more children to our school and would be only too happy to give anyone interested more information or a guided tour.

Illness:

Can I please remind you that if your child is unwell, phone the school office by 9:30am to report their absence. If you are leaving a message, please leave clear details as to the nature of the illness. If your child has had sickness and/or diarrhoea, they need to stay at home for 48 hours after the last episode – this is especially important to help stop any bugs from spreading.

Healthy Lifestyles:

We talk to the children at school a lot about how we can stay healthy, both physically and mentally, and help them to understand the connection between physical and mental health. We always want children to have a healthy packed lunch to fuel up for the afternoon and to promote a healthy lifestyle. With this in mind, we would like to share some useful ideas for packed lunches from the NHS 'Better Health Healthier Families' website. Please take the time to follow the link, especially if you sometimes find it hard to think of new ideas to make packed



UNCRC Article 29

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lunches more interesting. The site has recipe ideas as well as top tips. We hope that you find this useful.

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Uniform Reminder:

Just a little reminder that, in line with our uniform policy, children with shoulder length hair or longer, should have their hair tied back for school. This is for both hygiene and health and safety reasons, to avoid hair getting caught in equipment at school.

Parents Evenings:

This term's parents Evening will be held on Monday the 27th and Thursday 30th March. These will once again be run through the School Cloud system so please keep an eye on your ParentPay as the invites for these will be sent out soon.

Staffing

As you are aware Mrs Hannah Buff is expecting a baby and will be going on maternity leave from the Summer Term. I am delighted to inform you that Miss Louise Mitchell will be Poplar class teacher for this term.

Mental Health

Just before half term, we celebrated Children's Mental Health Week, with the theme of Let's Connect.

Years and years ago, we sat, as families and communities around the blazing orange campfire each night telling stories, jokes, sharing ideas and going over each day.

We felt connected.

But our modern-day campfire has turned into a blue light. Each night we sit around our digital campfires (some separate, some together) and watch stories and laugh and are entertained, but despite connection to the whole world, we don't always experience that feeling of deep connection to others. Added to this disconnect, we know, the blue light at night can have a damaging effect on our sleep and health, so exacerbating the problem. And now, we all feel rather zoomed and videoed out! There are 3 things we can do to help get ourselves and our families back to feeling calm and connected again:

Nature, Nurture and Nourishment

- Nature helps us feel more connected. Walking, scavenger hunts, breathing in fresh air, blowing on dandelions, getting exercise outside, sun rays and looking at greens and blues is all so, so good for your child's brain. This doesn't have to be big expensive days out - just a little more time in garden, your local park or town walks appreciating the nature peeking through pavements. Spend as much time outside with shoes off and feel the grass or earth between your toes!

- Nurture - giving your child attention, affection and lots of affirmation can literally help grow their brain and help empower them, building resilience.

- Nourishment - through sleep, good food, receiving love and giving love to others. Our relationships are so important for good mental health.

Find out more about how to help your child connect with their world and practise relaxation at www.relaxkids.com



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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

Dates for your diary:	
Thursday March 2 nd Friday March 3 rd Y5 & Reception	World Book Day (Please see the separate ParentPay)
Friday 17 th March	Comic Relief – Crazy Hair
Monday 27th - Thursday 30th	Parents Evening Online
Friday 31st	Last day of Spring Term



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