



St Michael with St Thomas C of E Primary School

Newsletter – Friday 31st January 2025

Spring Disco

We are excited for our Spring Disco, happening on Thursday 13th February 2025! The cost for entry is £5.00, which includes the disco, a hot dog, and a drink. A tuck shop will also be available for children who would like to bring a small amount of money for additional treats. To help us place an accurate food order, please sign up on Arbor by 6th February 2025. We cannot wait to see everyone there for a fantastic time!

Y2 Worship



Year 2 led a wonderful Family Worship session on Wednesday, focusing on our Christian Value of Friendship. The staff were incredibly impressed by the children's confidence, clear speaking, and engaging performances. Their use of acting and drama brought the Bible stories to life, adding an exciting element of suspense that captivated everyone. Well done Year 2!

Children's Mental Health Week

Next week, we will be celebrating Children's Mental Health Week alongside the rest of the country. As you know, our focus on mental health and wellbeing has been a key priority, and we are proud to have been recognised for our excellence in this area. Throughout the week, there will be a variety of activities taking place in lessons, and we will also be holding our usual "Dress to Express Day." On this day, children are invited to come to school dressed in a way that reflects something about themselves, celebrating the uniqueness and diversity within our school community.

Additionally, we will be hosting a parent workshop with the Mental Health in Schools Team, who will share helpful tips and strategies for supporting children at home, covering topics like managing low-level anxiety, regulating emotions, and dealing with separation anxiety. We look forward to a week filled with learning and support!



Parent Workshop – Thursday 6th February 2025 – 1:30pm (Drop in – coffee and biscuits provided)
Dress to Express Day – Friday 7th February 2025

Bridgewater Community Healthcare NHS Foundation

This year, school health are trialling the Reception Health Questionnaires digitally. They will be sending them out to parents shortly via SMS text message.

Do you know a parent/carer of a child 0-19 or a young person 11-19 years who needs confidential advice and support, please let them know they can text a Health Visitor or a School Nurse by accessing us at www.chathealth.nhs.uk

Water Bottles

Please can we remind parents not to allow children to bring their own water bottles into school. Each child is provided with a named school water bottle, which is washed in the dishwasher and filled with fresh water daily. This ensures that all children have access to clean, safe drinking water throughout the day. We appreciate your support and understanding in helping us maintain this system. Thank you!

Quotes from Miss Slingsby's #Positivegossip Book this week:

- Reuben Y2 for blowing me away with his reading! (Miss Manders)
- Toby Y2 for being super during Fantastic Fundraisers this week – Miss Sutton
- Toby Y2 for being a super friend, noticing someone struggling and helping them feel better – Miss Brimble
- Skylar Y4 sat beautifully throughout Y2 family worship and sang beautifully along with the songs – Miss Wilson
- All of year 2 for a fantastic family worship!! Miss Fisher, Miss Manders and Miss McGawley
- Ashvik Y1 for showing me his fantastic artwork in the class sketchbook – Miss Bates
- Ellie-Mae Reception for her artistic rocket she made in class
- Amelia and Ebony Y6 for being so kind and helpful to our younger children in pupil leadership – Miss Bates
- Fern Y5 and Evie Y6 for brilliant teamwork and maturity during Pupil Leadership – Mrs Worrall
- Eleanor-Rose Y6 for showing wonderful friendship in breakfast club – Mrs Hogan
- Aren Y3 for fantastic handwriting in maths – Miss Ashton
- Joseph Y2 for being amazing in phonics all week – Miss Ashton
- Evie Rec for beautiful manners at lunchtime – Miss Manders
- Hailey and Hazel Y5 – for an amazing presentation on Hong Kong and Chinese New Year. They taught Y5 how to write in Cantonese and we all loved it! Miss Lavery and Mrs Hogan
- Mason Y5 for being so polite and excited about his learning – Miss Lavery/Mrs Hogan
- Harrison-Jake Y5 for working so hard on his handwriting and making really good, mature choices – Miss Lavery/Mrs Hogan
- Sophie-Mae for taking younger children back to class after lunch

Looking Ahead:

Here are some important dates for your diaries to help you plan for the next few weeks:

- 7th February – Dress to Express Day
- 13th February – Spring Disco
- 14th February – Art Exhibition 3:30pm
- 14th February – End of Term
- 24th February – School Reopens

Please note, these dates are subject to change – please ensure you check them each week for any amendments or additions.

Living Our Values

Our Christian Value for this half term is:

Friendship

"We look after each other and always try to be kind"

St Michael with St Thomas Church

Come and join the Sunday services at our beautiful church! See times below.

Don't forget Children's Church on the first Sunday of every month.



Holy Communion Service



Every Second, Third, Fourth, Fifth Sunday at 10:30 a.m. for 1 hour

Let's Talk About Rights!

This week our Article of the week for you to discuss at home is: *Article 4: Governments must make sure children's rights are protected*

What does this mean?

- How do children access this right?
- How can duty bearers help to ensure children have this right?

Article of the WEEK



Ready, Respectful, Safe!

Ready



We are ready to learn,
ready to listen and ready
to embrace
opportunities.

We respect our friends,
our teachers, our visitors
and all members of our
community.

Respectful



Safe



We know how we can
keep ourselves safe and
make sure we do all we
can to keep our school
family safe.

Headteacher's Award Winners

Rec – Oakah for blowing us all away with her fantastic writing

Y1 – Albie for trying really hard with his handwriting and finger spaces!

Y2 – Faith for an excellent attitude to learning

Y3 – Freya for lovely contributions during class discussions

Y4 – Scarlett for teaching our class all about Chinese New Year!

Y5 – Hailey for a wonderful presentation about Hong Kong and Chinese New Year.

Y6 – Ebony for a lovely, positive “can do” attitude, particularly in maths!

Lunchtime

Superstars

Rec – Bella

Y1 – Rocco

Y2 – Eva

Y3 – Theo

Y4 – Jacob

Y5 – Emmy Lou

Y6 – Iyana

Attendance Counts!

#momentmatter

Whole School Attendance – this year:

95.5%

Whole school attendance – this week:

94.1%

Class attendance winner:

99.5% - Y1

Class Attendance:

Rec – 86.5%

Y1 – 99.5%

Y2 – 93.7%

Y3 – 92.9%

Y4 – 98.5%

Y5 – 96.4%

Y6 – 90.2%



Important reminder regarding reporting absences.

Please be reminded that you need to notify school before 9am with the reason for absence for this to be recorded appropriately.

Please note 'Feeling unwell', 'poorly' or 'under the weather' is not sufficient, more detail is required such as 'has been sick' or 'has a temperature' is required.

There are lots of ways to notify school of absence. You can call the school number and leave a message on the absence line, you can send a message via Arbor or you can email the school office.

Thank you for your continued support

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



WakeUp Wednesday

The National College

X @wake_up_weds

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