



## Springmoor Grange School Newsletter Volume 8 - Friday 8<sup>th</sup> November 2024

### Fantastic Start to this Half Term

It was great to see the children back in school on Monday and hear all about their half term adventures. The children all settled back into routine very quickly and they have engaged in lots of exciting learning with the introduction of new topics. Over the next few weeks, leaders will be visiting classrooms to join in with lessons and talk to the children about their learning. As the half term progresses, we'll all be preparing for Christmas. It is always an exciting and magical time.

### Pantomime

Children from Reception to Year 6 enjoyed a visit on Wednesday from M&M Theatre Productions who performed an amazing show, Aladdin. It was a great experience with lots of audience participation for the children and staff! Everyone had a great afternoon.

### Anti-Bullying Week – Odd Sock Day on Tuesday 12<sup>th</sup> November

Anti-Bullying Week takes place from 11<sup>th</sup>-15<sup>th</sup> November 2024. The theme this year is *Choose Respect*. The emphasis during this week is on prevention and effective responses to bullying. Children will be talking about this in school next week and discussing the word respect, what it means and how we can show it. To mark the fact that we are all unique, adults and children around the country are invited to wear Odd Socks on Tuesday 12<sup>th</sup> November. All children can come to school wearing Odd Socks this day, alongside their normal uniform.



### Children in Need – Friday 15<sup>th</sup> November

Children in Need is a time of year where we think about children across the world who need some help and support for many different reasons. We also like to use the event as a way for us to help the children in our community. Over the past few years, we have asked for donations of food bank items - this has proved so successful in the past and our local food bank at St Paul's Church is always so very grateful of donations. We have therefore decided to ask for your help and collect items once again. Items which work best for foodbanks include toiletries (e.g. toothbrushes and toothpaste, sanitary products), unperishable food (e.g. tinned, dried packets), baby products (e.g. formula milk, jars of food) and household items (e.g. washing up liquid, toilet rolls).



This year, we would like you to bring an item in exchange for being able to wear non-uniform for Pudsey. You can wear whatever you are most comfortable in – non-uniform, spots, stripes, bright colours or even your pyjamas! The only thing we would ask you to check is that you can still play outside in your footwear and that you can still go to the toilet! We always enjoy this day at school and look forward to our first one in Springmoor Grange – look out on Friday as a special visitor might also be visiting our new school! This year, we will also have collection buckets on our gates at drop off times - please donate loose change if you can, every penny adds up!

## Sensory Toys

Please could we remind you that children can only bring sensory toys into school if they have been agreed as part of their SEN Support Plan. Please could we ask that all other sensory toys are kept at home. Many thanks for your cooperation with this.

## Weekly Class Charts Top Scorers



|                  |          |               |           |
|------------------|----------|---------------|-----------|
| <b>Reception</b> | Olivia W | <b>Year 4</b> | Daisy B   |
| <b>Year 1</b>    | Reign G  | <b>Year 5</b> | Teddy B   |
| <b>Year 2</b>    | Max H    | <b>Year 6</b> | Rubymae G |
| <b>Year 3</b>    | Kyle E   |               |           |



## Attendance and Punctuality

Overall attendance for the week is 93.94% and the Year Group with the highest attendance is Year 5 with 97.69%. The overall school attendance for the academic year is 95.06% for the whole school and 96.05% for children in Reception to Year 6.

The Primary starts at 8:30am, with the gates opening from 8:20am. Please ensure that your child is at school on time so that they do not miss out on any learning. This week, we have had 323 late minutes.

## Dates for the Diary

|   |   |
|---|---|
| WC 11 <sup>th</sup> November              | Anti-Bullying Week – Choose Respect   |
| Tuesday 12 <sup>th</sup> November         | Anti-Bullying Week – Odd Socks Day  |
| Friday 15 <sup>th</sup> November          | Children in Need – Spots, Stripes and Non-Uniform<br>Food Donations for local Food Bank |
| Tuesday 19 <sup>th</sup> November         | Year 5 and 6 Parkrun Event  |
| Wednesday 20 <sup>th</sup> November       | Year 5 Transition Event – Whitworth Park Academy  |
| <b>Friday 29<sup>th</sup> November</b>    | <b>Closed – PD Day</b>  |
| Wednesday 11 <sup>th</sup> December       | 9:30am and 2pm – Reception Christmas Performance  |
| Thursday 12 <sup>th</sup> December        | 9:30am and 5pm Y3/4 Christmas Performance   |
| Friday 13 <sup>th</sup> December          | Christmas Jumper Day  |
| Monday 16 <sup>th</sup> December          | 9:30am and 2pm Nursery Christmas Performance  |
| Tuesday 17 <sup>th</sup> December         | 9:30am and 4:30pm Y1/2 Christmas Performance  |
| Wednesday 18 <sup>th</sup> December       | 9:30am and 5pm Year 5/6 Christmas Performance   |
| Thursday 19 <sup>th</sup> December        | Christmas Lunch and Party Day   |
| Friday 20 <sup>th</sup> December          | 3pm Close for Christmas Break   |
| <b>Christmas Holidays</b>                 |   |
| <b>Monday 6<sup>th</sup> January 2025</b> | <b>Children back to school</b>  |

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

# 10 Top Tips for Parents and Educators

## SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

### 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

### 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

### 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

### 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

### 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

### 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

### 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage these feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

### 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

### 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

### 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

## 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, which works with schools on improving their mental health provisions.



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# This week in Oak Class



We started our new P.E unit: gymnastics. There were some talented children in the class with fantastic posture and who could hold their shape for 5 seconds.



In Maths we have been looking at composition of number and using our problem-solving and reasoning skills to find all the different ways of splitting a number in to 2 parts using a part-whole model. We used systematic ways to check we had found them all.