# St Andrew's News

## Dates For Your Diary

- 19th -30th Oct – AUTUMN HALF TERM

- 2nd Nov – Y4 Trip: Colchester Castle
- 4th Nov – Individual School Photos
- 13th Nov – Children in Need – details TBC
- 20th Nov – Y4 Multiplication Check Parent Workshop: 3:20pm – 3:45pm
- 7th Dec – KS1 Nativity – 2:00pm
- 8th Dec – KS1 Nativity –9:30am
- 15th Dec – KS2 Carol Concert – 2:00pm
- 16th Dec – Christmas Dinner and Jumper Day
- 18th Dec – Last Day of Autumn Term

- 21st Dec – 4th Jan – CHRISTMAS HOLIDAYS

- 5th Jan – Spring Term begins

**Attendance**

This week, your child's half-termly attendance report will have been sent home. We strive for every child to achieve attendance of 96% or above.

We appreciate that children are sometimes unwell and need time to recover; however, regular attendance is important, and we aim to reduce lost learning time wherever possible.

**HAPPY HALF-TERM!**

We have had a brilliant first half-term! Many classes have already enjoyed school visits, we rocked out with Rocksteady in what many children described as "the best assembly ever!", and we appointed our very own pupil leadership team, who have already begun making a positive difference across the school. We have also launched our new Flourish Play initiative, which the children have told us they are thoroughly enjoying. Our entire staff team is incredibly proud of the children and all they have achieved this half-term. We wish everyone a happy, restful and blessed half-term break!

**Thank you Parents and Carers**

Thank you to all parents and carers who attended Parents' Evening this week. We were delighted to receive so much positive feedback and to have the opportunity to share the excellent progress and achievements of the children so far this academic year. We are incredibly proud of the strong partnership between home and school and the positive impact this has on our children's learning and development. We look forward to continuing to strengthen this relationship throughout the rest of the academic year.

**Football**

Could we please remind all parents and carers that footballs should not be brought into school from home. Unfortunately, this can sometimes lead to upset when footballs are accidentally kicked over the fence and cannot be retrieved. We have a wide range of play equipment available for children to enjoy during breaktimes and lunchtimes, so there is no need to bring footballs from home.
Thank you for your support and understanding.

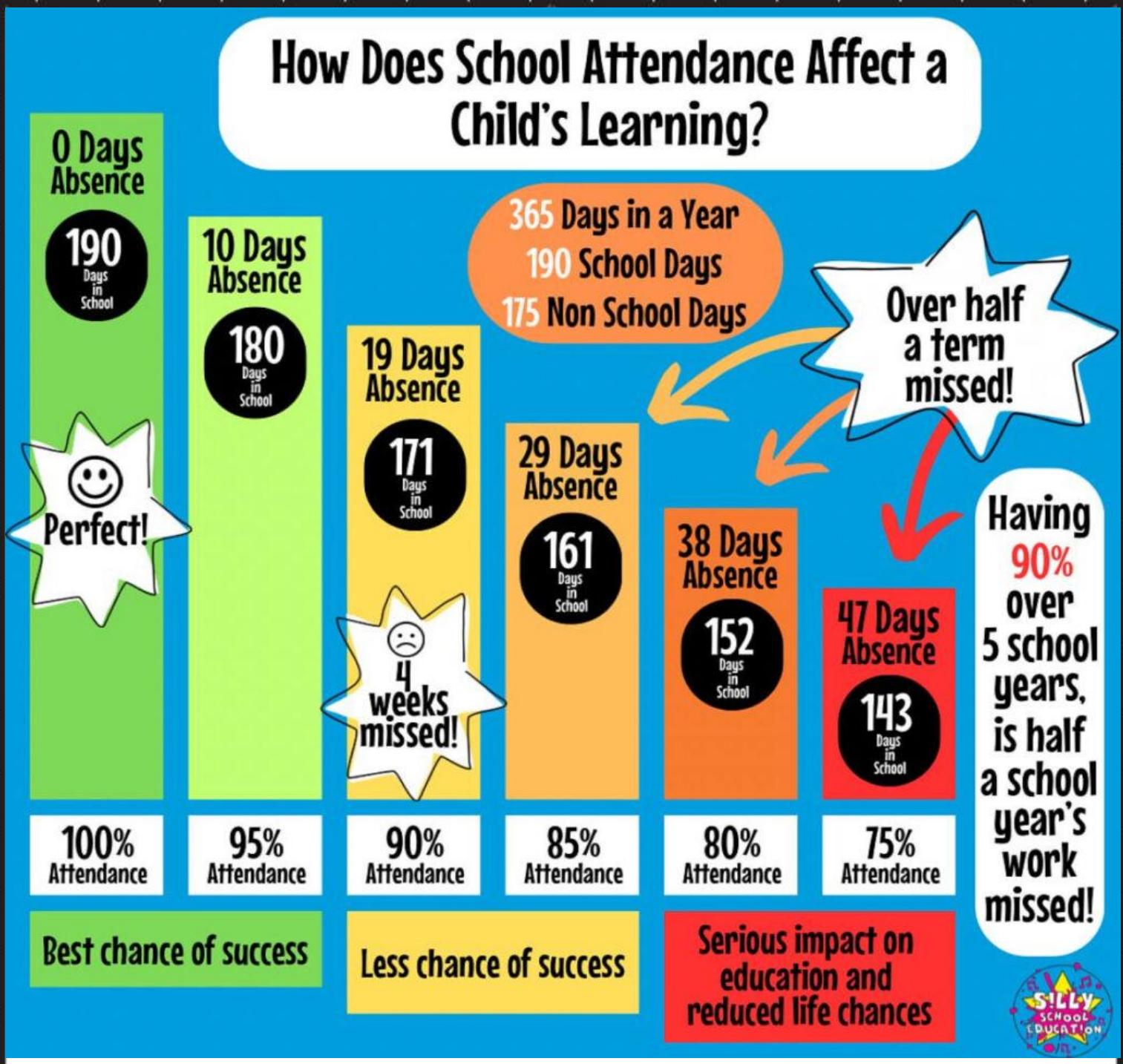
**Lunch Menu**

Meals must be booked at least 12 hours in advance to guarantee availability. NOURISH our school meal provider, prepares meals based on daily pre-booked orders, we are unable to guarantee meals for bookings made after this deadline.

**Our Safeguarding Team**

If you have any concerns about a child or need support yourself, you can reach out to our safeguarding team.

- **Miss Robertson** – Designated Safeguarding Lead
- **Miss Percival** – Deputy Designated Safeguarding Lead
- **Mr Wainford** –Deputy Designated Safeguarding Lead
- **Mrs Emrich** - Deputy - Designated Safeguarding Lead




## Attendance this week:

KS1
Hedgehogs: 90%
Rabbits: 95%
Squirrels: 90%

KS2
Foxes: 95%
Badgers: 97%
Owls: 90%
Stags: 84%

Whole school: 91%

# Student Leaders

## Play Leaders

Since appointing our first 3 Play Leaders, we have received a huge number of applications from children wishing to join them.

The response has been fantastic, and Miss Robertson has been so impressed by the high standard of applications that she is purchasing additional badges to accommodate even more successful candidates.

Thank you to everyone who applied and showed such enthusiasm for helping others and making playtimes even more enjoyable. The new Play Leader team will be announced during our first worship session after half term.

**Congratulations to Teagan, Theodore and Vansh – we will have some further leaders to join your team soon!**

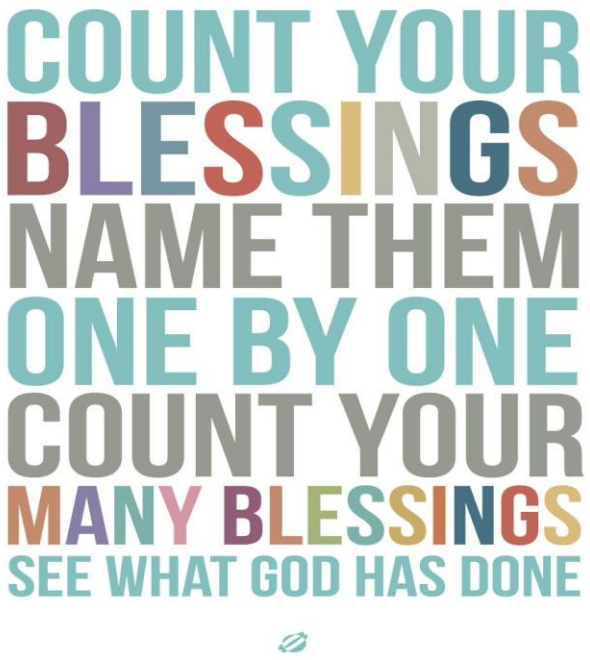
## Worship

We have had a wonderful time in worship this half term, exploring the theme of 'Counting Our Blessings'. We wonder how many children have continued these conversations at home, sharing with family and friends the things they feel blessed with and grateful for.

As we approach the Harvest season, it is the perfect opportunity to reflect on our blessings and consider how we can share our abundance with others. I have been especially proud of our Worship Leaders and Prefects, who have thoughtfully shared their ideas and reflections on this half term's theme.

Next half term, our Worship Leaders will be planning and delivering worship focused on Remembrance. I am excited to see the creativity, thoughtfulness and leadership they bring to this important topic.

ST ANDREW'S



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.

## 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 those 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.


#WakeUpWednesday®

The National College®



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.10.2024

Essex County Council Libraries

This ... ter, please do not print

# Spooktacular Half Term Fun

## Clacton Library

Wednesday 28 October,
10am to 11am and 2pm to 3pm
Thursday 29 October and Saturday 31 October
10am to 11am

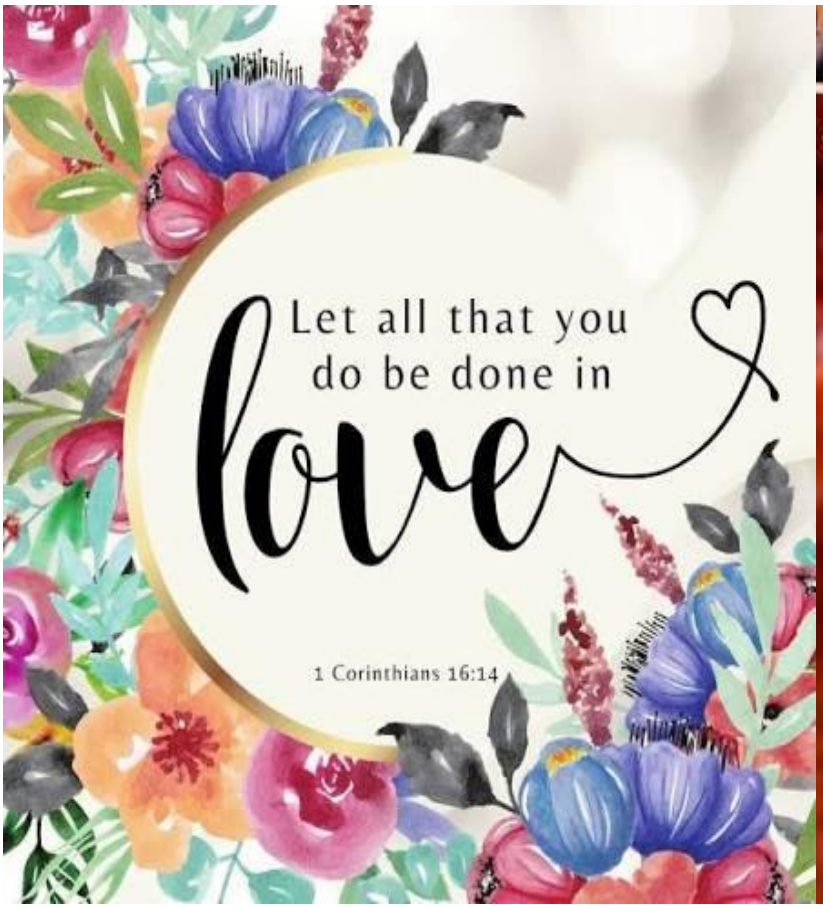
- **Halloween fun for the whole family!**
- **Enjoy creepy crafts, magical puppet story time and spooky Rhymetime**
- **Free events, no booking needed**

**libraries.essex.gov.uk**

# PUMPKIN TRAIL

24th - 31st October

Can you find all the pumpkins hiding around the garden? Track them down to win a prize!
And once you've completed your hunt, make sure to visit our pumpkin throne for the perfect autumn photo!

KIDS GO FREE!
ADULTS - USUAL GARDEN ADMISSION APPLIES

Book admission online