

St. Michael's C of E Infant School Newsletter

Newsletter 9 Spring 2022



7th February 2022

St. MICHAEL'S
CE (CONTROLLED) INFANT SCHOOL

Celebrating Chinese and Lunar New Year

This year, Chinese and Lunar New Year was on Tuesday 1st February. 2022 is the year of the tiger! In Year R, the children have been learning about how Chinese and Lunar New Year is celebrated. They have shared stories and poems, looked at photographs and watched videos to find out about some of the traditions. Everyone has been particularly interested in the lion and dragon dances that we saw being performed.

It has been wonderful to see the children responding to this theme in creative ways, developing their own firework paintings, animal puppets and dances together. The children have also enjoyed applying their cutting skills to create lanterns, red envelopes and dancing dragons and moving to the steady beat in music sessions.

We hope you enjoy seeing some of the photographs.

Dot Patton



Parents'/Carers' Forum

As a school, we very much value your opinion as parents/carers and would like to find out your views and opinions about what we offer to the community. We strongly believe that you are partners in the education of the children at St Michael's and the more that we work together the better the outcomes will be for individual children.

It is with this in mind that we would like to set up a Parents' Forum where we ask that you share your ideas and opinions. This will be a regular half termly meeting on Zoom (this makes it much easier for parents/carers to attend, as we know that you are very busy). Our first meeting will focus on creating a whole school policy for collaboration with parents and carers. If you are interested in attending, the date of our first meeting will be on **Thursday 10th March at 7:30pm**.

We would ask that you let the office know if you intend to be at the meeting, so that we have an idea of numbers. Thank you for your support.

Diary Dates Spring 2022

FOSM: Zoom meeting Thursday 17th February

Spring half term: Monday 21st February- Friday 25th February

Inset Day: Wednesday 9th March

Reading information evening Y2 (this will be on Zoom):
7:30pm Thursday 3rd March

Parents' Forum: Thursday 10th March 7:30pm

Parents' Evening Times: Parents' Evening will be the week of 4th April. We will be sending out times to book shortly

End of term: Friday 8th April

Collective Worship

This week and last week in Collective Worship, the children have been learning about our Christian value of perseverance. I demonstrated to the children how I was unable to spin a hoola hoop, but would keep on having a go. I got some of the children to model how to do this! They were very good, but I still couldn't do it. I will keep on trying.

Friends of St Michael's

Do you enjoy running events? Are you keen to get involved in raising money to support your child's learning at school? Another way in which you can get involved with the school is by supporting FOSM.

We are looking for a new FOSM committee and any volunteers that would love to help fundraise to support the children's learning. The school have recently bought more physical reading books to send home, but we still need more physical books (a total of £5000 is now needed to complete the reading scheme) so that all children are able to enjoy reading books linked to our Little Wandle reading scheme.

If you think that you are someone who would like to get involved in fundraising for more reading books and would like to be part of the FOSM team, we will be holding a meeting on Zoom on the evening of **Thursday 17th February** (more information to follow).



Monthly Mental Health and Well-Being Bulletin

February



Children's Mental Health Week!

Welcome to our monthly Mental Health and Well-Being bulletin! The theme of our bulletin this month ties in with Children's Mental Health week which runs from 7-13 February. The week is organised and run by the charity 'Place2Be' and focuses on the importance of promoting good mental health and wellbeing for children and young people. The theme of Children's Mental Health week this year is **Growing Together**.

What's it all about?

Human beings change and grow – we do it all the time and in many different ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults. But growing emotionally is also an important part of our development. Challenges and setbacks can help us to grow and adapt - trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'. As parents or carers, you are an important role model for your child. Your child does not need you to be perfect - in fact seeing you make some mistakes can be really useful! What is important is that you are able to show them that you – and they – can continue to develop and grow even when things are hard. In fact, sometimes, this is when we learn and grow the most.

What is happening in School?

The theme **Growing Together** ties in perfectly with our school value of Perseverance and our PSHE topic, 'Dreams and Goals.' The children in all year groups have been thinking hard about how they feel when things are difficult and have been sharing and discussing their ideas. The children have been learning about the importance of perseverance with Mrs Patton and Mrs Thorley in their Collective Worship sessions and with their guidance, have been thinking about setting goals for themselves and considering ways that they can support others in achieving their goals. The children were very excited to hear from Mrs Thorley who talked to them about her goal of running a half marathon – she talked to them about how she felt at the beginning of her journey and what kept her going when she was finding reaching her goal difficult. Seeing her medal at the end of the assembly was a real

treat and the children were inspired by her story of setting small goals and building up to bigger things over time. Well done Mrs Thorley for setting such a good example of persevering and not giving up even when something was hard!

This week in PSHE the children will be setting goals for themselves and thinking about how they might achieve them. Mrs Patton has shared with the children her goal of learning to hula hoop – we will see how she is doing this week, and the Year Two children have chosen an origami challenge to see if they can persevere with a new task, even when it is tricky! Ask your child what their goal is – maybe you could set one to work on together as a family!

The remainder of this post is taken from the Place 2B website and details ideas about how you can support your child's emotional growth at home.

Mrs Boon (PSHE Lead)



What can you do?

Here are a few simple ways you can support your child's emotional growth.

1. Talk about when your child was younger. Most children enjoy hearing their parents tell stories about when they were younger. Recall stories that highlight how your child has developed and changed over the years. For example, how you enjoyed teaching them to learn to ride a bike, or swim. Or how proud you were when they took part in a school assembly – even though they were nervous. If you are an adoptive parent, foster or kinship carer, you will still have lots of memories to share from when you first came together as a family.

2. Notice when your child has developed and grown. You may have made marks on the walls to recognise how tall your child has grown over the years, or looked at old photos together. It is important to also recognise and praise emotional growth. This could be letting them know how proud you are when they have learnt to walk away rather than fight with a sibling, or how they have learnt to ask others to play when they used to be too shy to do so.

3. Encourage your child to try new things. This could be new foods, a new activity or a new experience. Praise their willingness to 'give things a go' rather than whether they were 'good' at it. This will give them confidence to continue to develop and grow.

4. Listen to your child's hopes and dreams for the future. Encourage your child to see that everything they are doing right now is a tiny step towards who they might want to become in the future. For example, your child staying away from home for a night is a step towards them being able to leave home for study or work in the future. Your child helping another child is an important step towards them becoming a counsellor, a doctor, a nurse or a teacher etc.

5. Support your child to learn from tough situations. It can be really hard when your child is not getting on with friends or having a problem with someone at school or is disappointed with how something has worked out. Acknowledge the difficult feelings but help your child to see that these situations help us to grow and develop so that we are better able to cope with life's ups and downs.

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school. If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: <https://www.place2be.org.uk/help>

Physical Activity Update



At St Michael's we encourage our children to be as physically active as possible both in and out of school. In my role as PE subject manager, not only do I focus on the taught curriculum PE lessons but also promoting and encouraging physical activity and healthy lifestyles. I would like to celebrate the physical activities that the children are already taking part in and encourage them to try new ones.

PE Display

In the school hall I would like to create a display board showing photos of the activities our children take part in out of school. **If your child would like to contribute to this, then please either send in or email a photo to the school**

PE@st-michaels-inf.hants.sch.uk

Ideas for photos could be them attending a club or activity such as football, dance, swimming. Family activities such as going for walk or cycle or playing in the garden. Playing in the park or soft play with friends or walking to school. These are just suggestions; I would love to see what other things the children do out of school.

When taking photos please follow any rules for the venue/ club that you are at. Please only try to include children that are part of our school community in the photos unless you have permission to take their photo.

Celebrating Sporting Achievements

If your children receive a certificate, medal, trophy or badge for a physical activity out of school then they can share this with the school each month in our school newsletter. Please email the school

PE@st-michaels-inf.hants.sch.uk with your child's name, class and their achievement for example stage 5 swimming badge.

To ensure these are included in the newsletter each month please send them before the last Friday of the month. Should you miss this deadline, don't worry they will be added to the following month. I look forward to seeing the photos and finding out about the fun activities that are happening out of school.

If you have any questions please do not hesitate to contact me via the PE email address PE@st-michaels-inf.hants.sch.uk

-Mrs Young