

13th September 2022

Dear Parents/Carer,

Boston St. Mary's
RC PRIMARY ACADEMY

Welcome to the Advent Term

We have had a wonderful first week back after the summer break. All of our children have settled back into routines well and we have been impressed with their enthusiasm to learn.

State Funeral of Her Majesty the Queen

As you may all be aware, Monday 19th September has now been declared a Bank Holiday for the State Funeral of Her Majesty the Queen. It has been confirmed that schools/colleges will not be expected to be open on Monday as they are not ordinarily open on a national bank holiday. **LCC will stand-down all transport operators** for this day too.

As we are now into our second week of term, I would ask parents to encourage their children to walk from the gate into school independently if they are able to. Please be aware, that teachers are not always able to speak to parents in depth at the start of the day, as they are responsible for the class and ensuring that children enter the classroom and start their routines quickly. If you need to speak to a teacher urgently in the morning, please come around to the front office once you have dropped off your child/ren and a member of staff will try and help you.

Bikes and scooters

It is important that if your child is riding a bike or scooter to school that they disembark on arrival at the school gate and walk their bike or scooter to the dedicated area to store them. Please also ensure that they wear a helmet for their own safety.

Uniform

At St Mary's we take pride in our uniform but have noticed some children are coming into school with brightly coloured, dyed hair. Please make sure that children adhere to our school uniform policy and the expectations regarding hairstyles.

School Consultation

It is a reminder that the link to register your view will expire on the 22nd September. If we do not have a response, we will assume that you are happy with the proposed changes. Thank you to those parents/carers that have responded. <https://forms.office.com/r/xBQbR32s8M>

Wellbeing

This year our school is focusing on encouraging positive mental health. We are doing this through the NHS 5 steps to well-being.

1. Keep Active
2. Take Notice
3. Connect
4. Give
5. Keep Learning

Please see below ideas of how to support your child's well-being at home.

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5 Ways to Wellbeing

Keep Active

- Dance to your favourite song
- Walk a Dog
- Hula Hoop
- Join a Sports Team
- Play a game in the Playground
- Walk or Cycle to School
- Help in the Garden
- Run a race with Friends
- Make up your own Sport

Take Notice

- Look at what you can see out of your window and how it changes
- Paint or draw a picture of what you have seen today
- Think about how you are feeling today
- Listen to the sound of Nature like the Wind and the Rain
- Play I Spy
- Notice how your Friends and Family are feeling today

Connect

- Talk to your Friends and Family
- Help a Friend or Neighbour
- Eat a meal with your Family
- Make a new Friend
- Say Hello
- Make some cakes and share them

Give

- Smile and say Thank You
- Make a homemade card or present for no reason
- Hold a door open for someone
- Give someone you love a hug
- Send your old toys to a Charity shop
- Share with others
- Help around the house - wash the dishes or do some dusting
- Listen to someone else and how they are feeling

Keep Learning

- Learn a new word each day
- Visit a Museum or Art Gallery
- Try out a Musical Instrument
- Do a Word Search
- Try a new food
- Learn to cook a new recipe
- Study an animal or bug
- Visit a new place
- Write a story or song

See '5 Ways to Wellbeing – Family Guide' attached to this page for ideas as to fun activities to encourage children and adults to engage in the 5 Ways to Wellbeing.
<https://www.derbyshire.gov.uk/site-elements/documents/pdf/social-health/health-and-wellbeing/mental-health-and-wellbeing/five-ways-to-wellbeing/5-ways-to-wellbeing-family-guide.pdf>

Homework

Homework is sent out on Friday and is due in the following Wednesday.

Reading

Reading daily with or to your child is vitally important. Every child should have a reading record and books are changed as and when your child finishes their book and completes the quiz on Accelerated Reader at school (Yrs 2-6). Please see some strategies below to help your child:

General Strategies for Reading at Home:

- Find a really good time for reading practice – five minutes of quality time, when you can give your full attention to your child, is better than longer periods when neither of you are fully concentrating.
- Talk about the book with your child before reading – you could introduce any words that you think your child will struggle with or any words he or she may not yet understand.
- If your child is finding a book difficult, don't ask him/her to sound out every word - focus on words you know that your child can decode.
- Read with your child (paired reading) or take it in turns to read a page 'Book Talk' is an essential part of the shared reading experience.
- Accessing audio books. These are good for all ages and can be virtually borrowed for free from the Lincolnshire County Council Library <https://capitadiscovery.co.uk/lincolnshire/login>
- Give plenty of praise and let your child know that you are enjoying listening to the text.
- Keep reading sessions at home short and enjoyable – reading should never be a chore!

Healthy Lunch box

The current nutritional standards for school lunches and for other food and drinks in schools came into effect in September 2007 and August 2008. We are committed as a school to support the Healthy School's initiative and would ask parents/carers to read the information leaflet below.

A leaflet for parents of primary school children has been produced by the Public Health Agency. It contains practical tips for parents, carers and children on how to pack an appetising, healthy lunchbox. You can view the leaflet here:

<https://www.education-ni.gov.uk/sites/default/files/publications/de/Are-you-packing-a-healthy-lunch.PDF>

Y6 11+ Tests

11+ tests are being held in school on Friday 16th September & Friday 23rd September. Please ensure your child gets enough rest the night before and a good breakfast on the day of the tests.

Thank you for your continued support.

Yours sincerely,



Mrs Gleed-Thornley
Headteacher