



It is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.

Parable of the Mustard Seed- Matthew 13:31-32

Message from Mrs Gethin

SATS - The end of year assessments do not tell us WHO they are!

In this penultimate week of term our year 6s have sat their SATS. We are so proud of how they have conducted themselves and worked hard towards and within their SATS. Throughout their time in each of our Trust schools it is wonderful to see that we have incredibly talented, kind, passionate, compassionate and resilient children. We definitely have future scientists, authors, actors, artists, engineers and athletes to name a few and of course SATS don't measure these achievements or tell us WHO they are! We truly hope that they never forget the love of learning and educational enquiry that they all have. Looking back over the unprecedented events that they have all overcome - they are incredible! They have matured into individuals that will have incredible adventures, careers and lives. We look forward to all the summer learning and activities.

Kind Regards

Mrs. Charlene Gethin—Chief Executive Officer

For Information

Let your Light Shine!

Friday 24th May 9am

Parents are welcome to attend. Please see nominations below.

Ruby 'Perseverance'

Betty 'Perseverance'

Isla M 'Love'

Isla B 'Love'

Max 'Wisdom'

Reuben 'Perseverance'

The following children will receive Headteacher Good Behaviour Certificate.

Charlie - Class 1

Henry - Class 2

Freddy - Class 3

**** The Dojo award list will be posted on Dojo next week****

PARENTS INVITED



Dinners for Week Commencing 20th May 2024

This week is: Week 1

YOUR SCHOOL MENU

WEEK 1



MONDAY

CHOOSE FROM
 ④ Plant-based burger in a bap with diced potatoes
 Spaghetti bolognese
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Yoghurt, fruit and freshly baked mini shortbread biscuit

TUESDAY

CHOOSE FROM
 ④ Tomato pasta
 Italian style chicken goujons with diced potatoes
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Chocolate brownie

WEDNESDAY

CHOOSE FROM
 ④ Handmade margherita pizza with crinkle cut wedges
 Chicken and oriental style vegetable rice
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Fruit and jelly

THURSDAY

CHOOSE FROM
 ④ Quorn chicken pieces in a Yorkshire pudding
 Sliced beef and Yorkshire pudding
 ON THE SIDE
 Vegetables of the day, roast potatoes and gravy
 TO FINISH
 Lemon drizzle sponge

FRIDAY

CHOOSE FROM
 ④ Sweet potato and lentil curry with a blend of brown and white rice
 Baked fish fingers and chips
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Ice cream topped with cream

WEEK 2

Our primary school menus comply with the Government's food and nutritional standards, meeting an average of 530 calories for each meal

MONDAY

CHOOSE FROM
 ④ Meat-free hotdog with diced potatoes
 Cottage pie
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Yoghurt, fruit and freshly baked mini shortbread biscuit

TUESDAY

CHOOSE FROM
 ④ Roasted vegetable lasagne
 Chicken nuggets with diced potatoes
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Apple flapjack

WEDNESDAY

CHOOSE FROM
 ④ Handmade margherita pizza with crinkle cut wedges
 Ham carbonara with penne pasta
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Fruit and jelly

THURSDAY

CHOOSE FROM
 ④ Vegetable pastry crown
 Roast chicken and Yorkshire pudding
 ON THE SIDE
 Vegetables of the day, roast potatoes and gravy
 TO FINISH
 Victoria sponge

FRIDAY

CHOOSE FROM
 ④ Somerset cheddar cheese and potato fritтата
 Baked battered fish and chips
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Homemade cookies

WEEK 3



MONDAY

CHOOSE FROM
 ④ Somerset cheddar cheese and tomato quesadilla with diced potatoes
 Pork sausage roll with diced potatoes
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Yoghurt, fruit and freshly baked mini shortbread biscuit

TUESDAY

CHOOSE FROM
 ④ Macaroni cheese with Somerset cheddar
 Chicken curry with a blend of brown and white rice
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Jam sponge

WEDNESDAY

CHOOSE FROM
 ④ Handmade margherita pizza
 Bubble salmon
 ON THE SIDE
 Vegetables of the day and crinkle cut wedges
 TO FINISH
 Fruit and jelly

FRIDAY

CHOOSE FROM
 ④ Vegetable and bean burrito
 Baked fish fingers and chips
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Freshly baked marble shortbread biscuit

THURSDAY

CHOOSE FROM
 ④ Somerset cheddar cheese and tomato puff
 Roast chicken and Yorkshire pudding
 ON THE SIDE
 Vegetables of the day, roast potatoes and gravy
 TO FINISH
 Chocolate orange sponge

Light bite options available. Daily sandwiches, jacket potatoes with fresh daily fillings

For Information



ClassDojo

Dojo Scores for this week:

Air - 23

Earth - 15

Fire - 27

Water - 18

Well done Fire!

On week commencing 10th June, all Year 1 children must be in school as they will take their Phonics Screening Checks.

Walk to School Week

Next week is Walk to School Week! The week-long challenge is not just about walking. Any type of exercise is encouraged, including cycling, riding your scooter or even running.

Although it may not be possible for every child to walk the distance from their house to their school, parents are encouraged to 'drive and stride,' parking further than they normally would and walking the rest of the way. This also means that traffic congestion and pollution is reduced around school gates.

To get involved, simply leave your car at home (or a few streets away from school) and get your walking boots on. All you've got to do is walk!



Father's Day Lunches

link including information and a booking form for the fathers day lunches has been sent home. If you would like to attend, please click the following links to book your space and pay £3.80 via ParentPay by 21st May. We look forward to seeing you there!

Class 1—<https://forms.office.com/e/qkLQpXhQYA>

Class 2—<https://forms.office.com/e/rHMA07FOEJ>

Class 3— <https://forms.office.com/e/Virst8kBSF>

Rock Up and Read

Due to event clashes, our next two Rock Up and Read sessions will be out of sync. The dates will be Friday 14th June and Thursday 11th July. We hope you can make it!



On Friday 7th June, it is our Trust Celebration Day. Parents are invited to join us for a picnic lunch. For more information and to order a lunch, please click the link below.

<https://forms.office.com/e/rLS7TfScKc>

Governor Vacancies

We are currently looking for new governors to join our friendly governing body. Our governors come from a range of different backgrounds, skills and experience but all share a common interest of wanting the best possible education for the children in our school. Governors are essential for the effectiveness and success of the school and it is an extremely rewarding and fulfilling role. All school Governors serve a 4 year term. If you are interested in finding out more, please contact the school office.



Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:



1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes

Choose wholegrain



Use a thermos flask to keep pasta warm



Get kids involved in the choosing

2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



Add salad to your sandwiches



Use a thermos flask for delicious soups

3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese - hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



Choose low sugar dairy products



Reduce sugar: choose plain yoghurt and have fruit on the side

4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans

Keep processed meat to a minimum



Choose oily fish like salmon once every 3 weeks



5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk - or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie



Milk, water or 150ml juice

Occasionally!

Meat products such as sausage rolls, pies, sausages



Plain cakes/sponges and biscuits of appropriate portion sizes

For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes

What's Coming Up This Week

Monday 20th May

- ◆ PE—please send children in their PE Kits

Tuesday 21st May

- ◆ John Taylor Settling in Session—AM

Wednesday 22nd May

Thursday 23rd May

- ◆ Last Swimming—Years 3, 4, 5 & 6
- ◆ PE—please send children in their PE Kits

Friday 24th May

- ◆ Let your light shine worship—9am
- ◆ Break up for half term

**What's
Happening
This Week**

Little Heroes Attendance

Our Little Heroes Initiative has now begun. You will see posters and other resources around the school. In classes, there is a sticker chart and every day a child attends and arrives on time, a sticker will be added to their name on the chart. The Hero stands for—'Here Everyday Ready and On Time'. The initiative will run until July and If children receive 100% throughout, they will receive a certificate and a little gift. For more information please visit—Staffordshire.gov.uk/littleheroes. Thank you for your continued support.



HERE EVERYDAY READY ON TIME



Dates to Note

DATES TO NOTE

May

- ◆ Friday 24th May—Let your Light Shine Worship—9am
- ◆ Friday 24th May—Break up for half term

June

- ◆ Monday 3rd June—Inset Day
- ◆ Tuesday 4th June—Children return to school
- ◆ Wednesday 5th June—Class 1 Fathers Day Lunch
- ◆ W/C 10th June—Year 1 Phonics Screening Checks
- ◆ Wednesday 12th June—Class 2 Fathers Day Lunch
- ◆ Wednesday 19th June—Class 3 Fathers Day Lunch



Well Done Year 6!

We would like to say a huge well done to our Year 6 children this week. You have all worked really hard and we are so proud! We hope you enjoyed the Drayton Manor trip today and are looking forward to a well deserved rest this weekend!



For Information

Thank you again to all who came to support FOMH on our Easter Bingo evening. An amazing total of £405 was raised on the night! The committee have been discussing ideas with Miss Mills and staff at the school with a fundraising target and what it will be used for - we'll update you on this soon and how much we have raised so far!

Our next event is our family-friendly quiz next week. A poster including the slip to order tickets has been sent home, we hope to see you there!

FOMH Friends of Mary Howard

QUIZ!

Bring the whole family and come and join us for a
★ **FOMH family-friendly quiz!** ★
at
MARY HOWARD SCHOOL
on
WEDNESDAY 22nd MAY
5pm-7pm

£2.50 adults, £2.50 children, under 5s FREE

Teams of 8 max. (mix of adults and children!)
Prize for the winning team!
Food and drink available to purchase

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.

What Parents & Educators Need to Know about SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics, bullying and friendship difficulties at school, pressure to achieve in schoolwork and exams, or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress - such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

IMPACT OF SCHOOL AVOIDANCE

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious - increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm, acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetable routine for the child's school day, if required.

REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

Meet Our Expert
With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.

#WakeUpWednesday The National College

Source: See full reference list on guide page at nationalcollege.com/guides/school-avoidance

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.05.2024

Attendance

Think measles!

Vaccination rates have fallen, and cases of measles are increasing.

Measles is highly infectious, the most infectious of all diseases transmitted through the respiratory route. Measles can be severe, particularly in immunosuppressed individuals and young infants. It is also more severe in pregnancy, and increases the risk of miscarriage, stillbirth, or preterm delivery:

The UK Health Security Agency (UKHSA) has said the risk of a measles epidemic across the UK is considered small - but there are now growing concerns over a rise in confirmed cases. For more information follow the link to

National measles guidelines

<https://www.gov.uk/government/publications/national-measles-guidelines>

How to manage cases of suspected measles: what patient details to take, who to notify and assessing risk of disease spreading in close contacts.

More detailed information about Measles and school trips can be found [advice on measles and school trips](#).

Measles is a notifiable disease in England and Wales. You must inform local health protection Unit (HPU) of suspected cases.

Having the MMR vaccine is the best way to prevent it.

Watch out for MEASLES
Symptoms & Prevention

Symptoms

- High temperature
- Runny or blocked nose
- Cough and sneezing
- Red, watery eyes
- White spots inside the mouth
- Red rashes appearing 3-5 days after symptoms begin
- Potential measles contacts urged to call Healthline

Prevention

- Wash your hands frequently with an alcohol-based rub
- Cover your nose and mouth when coughing or sneezing
- Avoid sharing food, water, utensils and other items contaminated by saliva
- If you are infected, isolate at home for at least 4 days
- Avoid contact with people who are vulnerable to the infection
- Give infants the first dose of MMR (measles, mumps, rubella) vaccine between 12 and 15 months

More information can be found online at <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

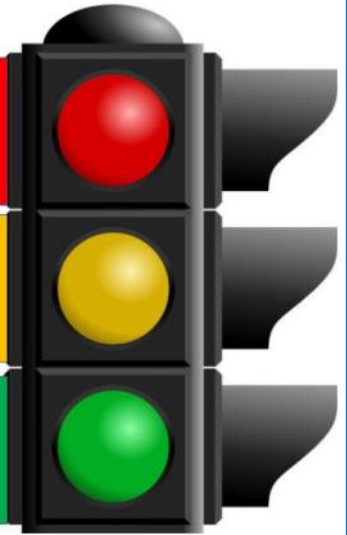
Why is it important?

Attendance	Days absent	Weeks absent	Lessons missed
95%	9 days	2 weeks	50 lessons
90%	19 days	4 weeks	100 lessons
85%	29 days	6 weeks	150 lessons
80%	38 days	8 weeks	200 lessons
75%	48 days	10 weeks	250 lessons
70%	57 days	11.5 weeks	290 lessons

89% or below
Drastic effect on academic achievement

96% - 90%
Cause for Concern

100% - 97%
Excellent!



Across our Federation, we expect good attendance to ensure that all pupils are able to take full advantage of the education available to them. Good attendance matters.

Pupils who have good attendance: **Get better jobs in the future, Achieve better results, Make better friendships, Have good self-esteem and confidence**

We strive for every child to achieve 96% attendance or higher. Please do not be offended if you are told that we are concerned about your child's attendance or if you receive a letter of concern. Attendance falls under the category of safeguarding and it is our duty of care to challenge and support attendance. If we can help in any way please contact Miss Mills or the office. Thank you.

Attendance figures for this week

Class One - 97.69%

Class Two - 92.31%

Class Three - 94.44%

Medical Appointments

Could we kindly remind parents, to try and book medical appointments outside of school times. We do understand that there are occasions when this is not always possible. Thank you!