

Mayfield Messenger

30th June 2023



Ready, Respectful, Resilient, Responsible, Resourceful, Reflective

Dear parents and carers,

A message from Mr Howard

As our Year 9 students head off on their Bronze Duke of Edinburgh adventures, it is our chance to reflect on the week. The week began with our Awards Presentation Event. This was another great opportunity to recognise and celebrate the talents, skills and progress that our students have made, over the year. It was a real pleasure seeing the students congratulate each other as they received their award. You could see that each student was proud of their achievement, and rightly so. Well done to everyone who received an award.

Iona Ranglely, author of Einstein the Penguin, visited our Year 2 and Year 3 pupils. It was brilliant to see the children engaged in what Iona had to say and I can be certain that as a result, they will want to read and write more. Iona commented on how amazed she was with our children and the welcome she received.

Further celebrations continued on Thursday when staff from across Portsmouth schools who had been nominated for awards. The Teach Portsmouth Awards has become an annual event which recognises everyone for the contribution they make to education. I would like to personally congratulate Mrs Denford, Miss Bennett, Miss Taylor and Miss Franklin who were all shortlisted for individual awards. I would also like to congratulate all of our staff who received their long service awards. Thank you all for what you do.

I wish you all a fabulous weekend!

#Believe. Achieve. Succeed. #TeamMayfield

Reminder - confirmation of strike days

(Wednesday 5th and Friday 7th July)

The school will be closed for the majority of pupils on Wednesday 5th July and Friday 7th July.

The school will be open to;

- Year 8 and 9 - selected pupils for their Exact test which only takes 1 hour. Mr Clark-Lyons has sent out a message saying what time the children will need to be here for.
- Some year 10 students will be asked to come in for specific subjects. Individual communications will be made.
- Pupils with a current Education, Health and Care Plan.
- Pupils who are eligible for free school meals can complete the online form and can collect their lunch from the main reception between 1.35 and 2.00pm.



• Live Music and Performances • Books and Toys • Funfair Rides • Community Stalls • Free Entry • Food Outlets and Café •

FREE ENTRY

Sunday Funday

for all the family!

Sunday 16th July
10:30am - 4pm

Enjoy live performances, fun activities and displays

Funfair rides and bouncy castle for under 8s*

Food Outlets and Café*

Performances from steel band, choirs, drummers, dancers and more

*Cash needed for some rides and stalls

Victoria Park
Stanhope Road,
Portsmouth,
PO1 3HJ

VICTORIA PARK THE PEOPLE'S PARK

THE ROBERTS CENTRE

Charity number 1066811

Heritage Fund

Partsmouth Mental Health Support Team
MHST SUMMER WORKSHOPS
 MHST are offering an opportunity to learn CBT based skills to support young people's mental health and wellbeing. Workshops are being run twice a week at either Somerstown Family Hub (Omega St, PO5 4LP) or Northern Parade Family Hub (Doyle Avenue, PO2 9NE).

SUPPORTING WELLBEING
 This workshop will cover: Understanding wellbeing, 5 steps to wellbeing, relaxation, distraction and self-care. Aimed at: 

SUPPORTING LOW MOOD THROUGH ACTIVITY
 This workshop will cover: Understanding low mood, acting outside-in, things we value in our lives, scheduling activities. Aimed at: 

CHALLENGING NEGATIVE THOUGHTS
 This workshop will cover: Understanding how negative thoughts impact our anxiety and mood, Automatic Negative Thoughts (ANTs), unhelpful thinking styles, thought challenging, thought acceptance. Aimed at: 

RESPONDING TO YOUR CHILD'S WORRIES
 This workshop will cover: Understanding anxiety, when it is normal/a problem, what keeps it going, avoidance, reassurance, communication tips and additional strategies to manage worries. Aimed at: 

MANAGING WORRIES
 This workshop will cover: Understanding anxiety, types of worries, ways to manage different worries, distraction and grounding, worry time and problem solving. Aimed at: 

Please note that there is a maximum capacity of 20. Spaces will be filled on a 'first come first served' basis. These workshops have been developed with an audience in mind, however please feel free to accompany your child to any of the workshops.

 Parents/carers  Young people  Parents/carers with young people

MHST Summer Workshops

MHST are offering summer workshops for young people and parents/carers. These are an opportunity to learn CBT-based skills to support young people's mental health and wellbeing.

Workshops are being run twice a week at either **Somerstown Family Hub (Omega St, PO5 4LP)** or **Northern Parade Family Hub (Doyle Avenue, PO2 9NE)**.

Topics include:

- Supporting wellbeing
- Supporting low mood through activity
- Challenging negative thoughts
- Responding to your child's worries
- Managing worries

Please note that there is a maximum capacity of 20. Spaces will be filled on a first come, first served basis. The Poster is attached to the Mayfield Messenger.

Year 7 food practical lesson

Mrs Astles wanted to share a wonderful lesson she had this week with her year 7 class for their food practical lesson. She said 'All students were responsible and brought in their fruit to make a fruit salad as a team. They were kind and shared them with others and lots of students tried different fruits for the first time, which was really fun and exciting for them.' She was so proud of them all and commented that some of their fruit salads were huge too!



Summer food vouchers

The summer term free school meals vouchers will be sent out to eligible families next week. A **£70 voucher** for each eligible child will be sent from the Edenred platform, unless you have previously asked to have your vouchers posted home. **This scheme includes the Year 11 pupils who have recently left us.**

Please note that children in **Year R -2 who receive the universal infant free school meals do not automatically qualify for these vouchers.** Your family also needs to be eligible for free school meals due to your family income.

It is not too late to apply to see if you are eligible for this via [School meals - Portsmouth City Council](#)

This week's success outside of Mayfield is;



Congratulations to Eric in Year 3 who received his green belt in kickboxing. He has been practicing kickboxing since he was 4 years old and he is very proud of his belts. We are very proud of him too!

Share your child's success outside of Mayfield

If your child/ren have achieved something over the weekend or during the week, please share a picture and a brief description of the success. This could appear in the next Mayfield Messenger.

Please send these to general@mayfield.portsmouth.sch.uk

We look forward to seeing you all again on Monday

#Believe. Achieve. Succeed.