



WHYTRIG MIDDLE SCHOOL NEWSDROP

Week Ending 10th January 2025

Welcome Back

Welcome back, everyone! It was lovely to see pupils back in school on Tuesday, refreshed and ready to learn after the Christmas holidays. We hope you had a relaxing break and are looking forward to the term ahead. We have lots of opportunities coming up this term including several exciting workshops in school for all year groups to support their learning - more information to follow.

Attendance

Please remember to call in or send a message via MCAS if your child is unwell and will not be attending school by 8:30am. It is important that we have evidence for each day your child is absent, even if they were sent home the previous day.

Please also send evidence of medical/dental appointments/medication to wms@svf.org.uk so we can attach these to your child's profile on our system.

This week's whole school attendance: 93.94%

Year 5	Year 6	Year 7	Year 8
91.67%	98.12%	93.35%	92.70%

Uniform Reminder

All items of clothing, bags and water bottles etc. should have your child's name in them. This helps us return 'lost property' to their rightful owner. By the end of each term, we have a large quantity of items that have lost their owner and are then donated to charity or unfortunately thrown away.

During this cold weather please remember to send your child into school with a coat.

Library Books

Please can you take a look around your home and see if you have any outstanding library books. We're missing quite a few books from our collection and we want to have a refresh before we move to the new school. Fiction books will often have a Green or Yellow Star on the spine so you can identify them as a school library book.



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MCAS Contact Details

Please remember to double check that your details are correct on MCAS. When you make a change in My Child At School, it updates the systems that we use to contact home. This also means that we don't make a mistake in the spelling of an email address or taking down a number incorrectly.

Mental Health - Mindfulness

What is mindfulness?

Mindfulness is a technique you can learn which involves noticing what's happening in the present moment, without judgement. You might take notice and be aware of your mind, body or surroundings.

Mindfulness aims to help you:

- become more self-aware
- feel calmer and less stressed
- feel more able to choose how to respond to your thoughts and feelings
- cope with difficult or unhelpful thoughts
- be kinder towards yourself

Watch the following video: <https://youtu.be/OaRDbLWeSXE?si=OlpTk0flz1WWybXs>

Sport Fixtures & Results

Clubs starting next week:

Mon- KS2 Dodgeball

Tues- Netball & KS3 Boys Fitness (Table Tennis had very low numbers so has been cancelled)

Wed- KS2 Boys Football

Thurs- KS3 Badminton

Swimming classes will be confirmed ASAP



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Double parking puts our children at risk. When double parking occurs around schools, it makes it harder to see children and those who might be on wheels (buggies, cycles, wheelchairs etc).

As a driver you have a responsibility to park in a safe and considerate manner.

Park with care and help make the area near and around our school a safer place for everyone.



Walking, cycling or scooting to school contributes to the recommended daily physical exercise for you and your children.

It also helps to **reduce congestion** around school and **improves air quality**, providing benefits for everyone.



Fewer cars at the school entrance will help make it safer for everyone

What you could do instead....

- ✓ Try walking, cycling or scooting – even if its just one day a week, it can make a big difference.
- ✓ If you need to drive your child to school, consider parking away from school and walking the remainder of the way or car share with other families.



Social Media Channels

Don't forget to keep up to date with everything else on our social media channels

X - @WhytrigMS

Facebook - @Whytrig Middle School

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