20th October 2021 Issue 70

St. Matthew's

CofE Primary School

"I am with you always" Matthews 28:20









This Term's Value is:

'Thankfulness'

Always be thankful

1 Thessalonians 5.16

## A Note from the Headteacher

Where has the time gone - I just can't believe that it is half term already.

The past 7 weeks have flown by!

It has been a brilliant start to the school year with everyone at St Matthew's getting on with lots of learning.

I hope everybody has a happy, restful week off and comes back to school safe and ready for more on Monday 1<sup>st</sup> November.

Miss Ritchie Headteacher See what we've been up to this week:

Visit the class pages on the school website to find out more

www.st-matthews.bolton.sch.uk

# Dates For Your Diary

#### Don't forget:

Parents Evenings – 9<sup>th</sup> and 10<sup>th</sup> November

Advent at Church – Wednesday 24<sup>th</sup> November

Last day of term —
Tuesday 21<sup>st</sup> December —
schools closes at 1pm

First day of term -Thursday 6<sup>th</sup> January

#### Please remember:

Parents please be considerate to our neighbours when parking near the school, please do not park on Nottingham drive .
Please park a little further away and walk your child to the school.

Thank you

The afterschool club timetable is now on the school website

#### **Important reminders**

The timings to the school day. All classrooms will be open at the start of the day from 8:45am. Every pupil MUST be in school ready to learn by 9:00am. If they arrive after this time they will get a late mark.

#### **Uniform**

#### Girls

skirts/pinafore dresses (grey/black), trousers (grey/black) sweaters/sweatshirts/fleece/cardigans (navy blue) blouses/shirts/polo-necked shirts (white) socks/tights (white/grey/black) footwear – black shoes/trainers (all black including laces, no obvious logos)

#### Boys

trousers (grey/black)
sweaters/sweatshirts/fleece (navy blue)
shirt/polo-necked shirts (white)
socks (white/grey/black)
footwear – black shoes/trainers (all black including laces, no obvious logos)

Children should come dressed to school in school uniform everyday *unless* they have P.E. when they should come ready dressed in suitable P.E. kit.

#### PE Kit for both boys and girls is as follows:

White polo shirt or T-shirt

Dark (navy blue, black, grey) jogging bottoms, leggings or shorts Dark (navy blue, black, grey) sweatshirt/ fleece

Black Trainers or pumps

Please check on your child's class page to see when their P.E. days are.

#### St Matthew's Prayer

Dear God.

Thank you, God, for all that we have. Thank you for our food, our family, our friends and all that you give us.

We are sorry that sometimes we forget to say thank you. Help us to always thank other people for the things they do for us, and to thank you for all that we have.

Amen.

#### Ethos Team Challenge

Make a treasure box with your family.

Add in post it notes for what you are thankful for.



Reflection Time

If we feel sad, should we still be thankful?



A message from Mrs Sharples, our Pastoral Manager

#### Parents- Looking after yourself

Being a parent can be challenging in everyday situations. Now, more than ever, taking care of your mental health is important. Staying at home more or having to work during a difficult situation can put different pressures on everyone. If you're struggling, it's okay to reach out for support from friends, families, school and organisations that are here to help.

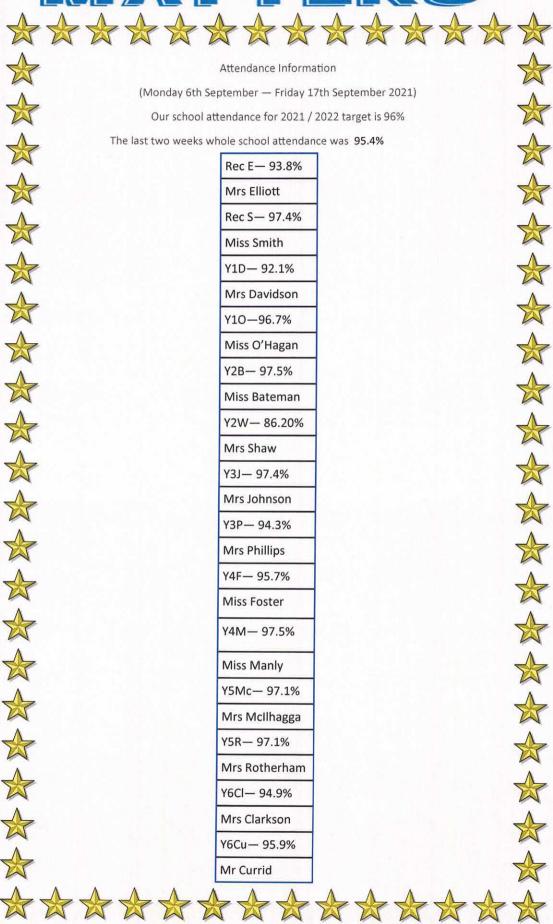
Changes to our mental health can sometimes affect children and their well-being. They may pick up on your anxiety or low mood.

This doesn't mean you should hide your feelings. You can try to explain them using phrases like, "It's ok to get big feelings, everyone gets big feelings but it's still the grown up's job to look after the children."

When things are different to what we're used to and everyone is going through a big change, it's important to give children reassurance and support. Looking after your own mental health is vital to their well-being so don't be afraid of doing something for yourself to take care of your own well-being. And reach out if you need help. Staff in St Matthew's are here should you need any support or signposting to other services. Don't be afraid to ask for help; we're all in the same boat.

If you would like a confidential chat or signposting to other support services, please call the school office and ask to speak to Mrs Sharples.





#### Headteachers Award Winners

	10/09/2021	17/09/2021	24/09/2021	
Y10	Lily	Uwais	Robe	
Y1D	Deborah	Zakaria	Ayesha	
Y2S	Ahad	Maddison	Jole	
Y2B	Deborah	Maryam	Marek	

#### Headteachers Award Winners

	10/09/2021	17/09/2021	24/09/2021	
3J	Erno	Zahra	Atina	
3P	Abdulahi	Ellie-Mai	Jerseyrae	
4M	Yahye	Maiwand	Sameeha	
4F	Layla-Jane	Haseeb	Madonna	
Y5R	Zainab	Fiza	Jessica	
Y5Mc	Tyler	Amina	Reem	
Y6Cl	Henriette	Zaina	Albani	
Y6Cu	Jayden	Adam	Owen	



#### Signs of the Week

The children are building up a large bank of signs! So far, they have learnt:

Hello / goodbye

Good morning

Good afternoon

Please / thankyou

Yes / no

Mother / mum

Father / dad

Grandma / grandad

Help

Dinner

Sorry

Read

Wait

Listen

Нарру

Sad



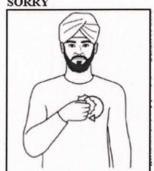




HELP, TO



SORRY



Remember that you can visit our website for signing videos so that you can practise them at home as a family!

#### Headteachers Tea Party

I was thrilled to host my first Headteacher's tea party since before the pandemic for the children who had been awarded the Headteacher's Award in our celebration assembly on a Friday. The Head boy and Head girl helped served the drinks and goodies and as you can see from the pictures everyone had a great time. Well done to all those attended.









#### PARALYMPIC GOLD MEDALLIST VISITS ST MATTHEW'S.

We were very excited to meet Matthew Rotherham, who secured a Paralympic gold medal at the Tokyo Paralympic games in August. Matt pilots a tandem for Neil Fachie who is blind. They secured their gold medal with a world record breaking winning time. Matt came into assembly and then went round each class, where children and staff alike were able to ask him questions and get their hands on the medal. Thank you Matthew - you inspired us all to work hard and persevere.







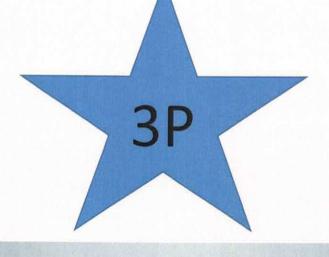








Well done Poppy for working hard at home and achieveing a certificate on Reading Eggs!





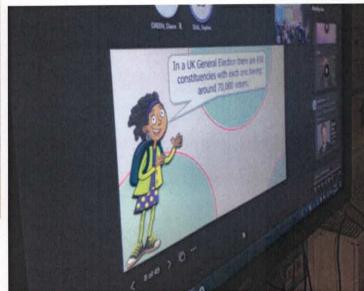




## **Y**3



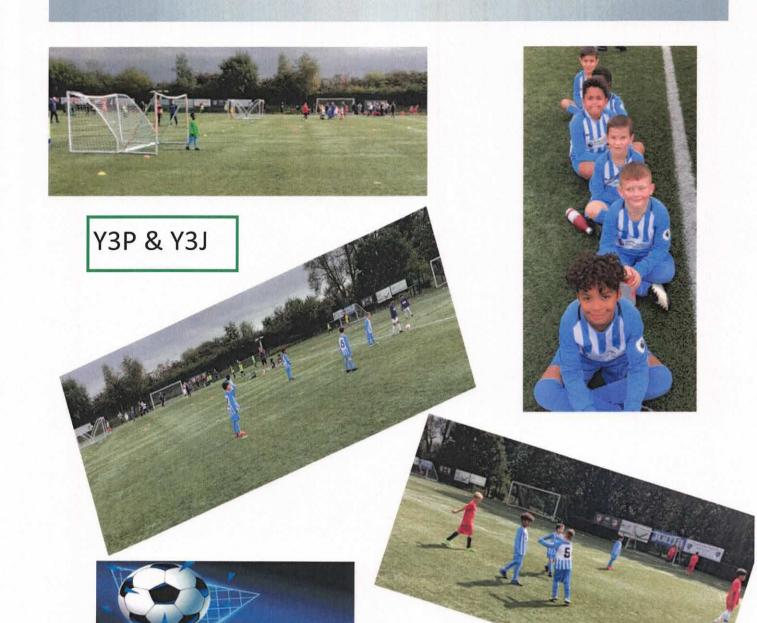
We attended an online workshop to find out more about the Houses of Parliament.





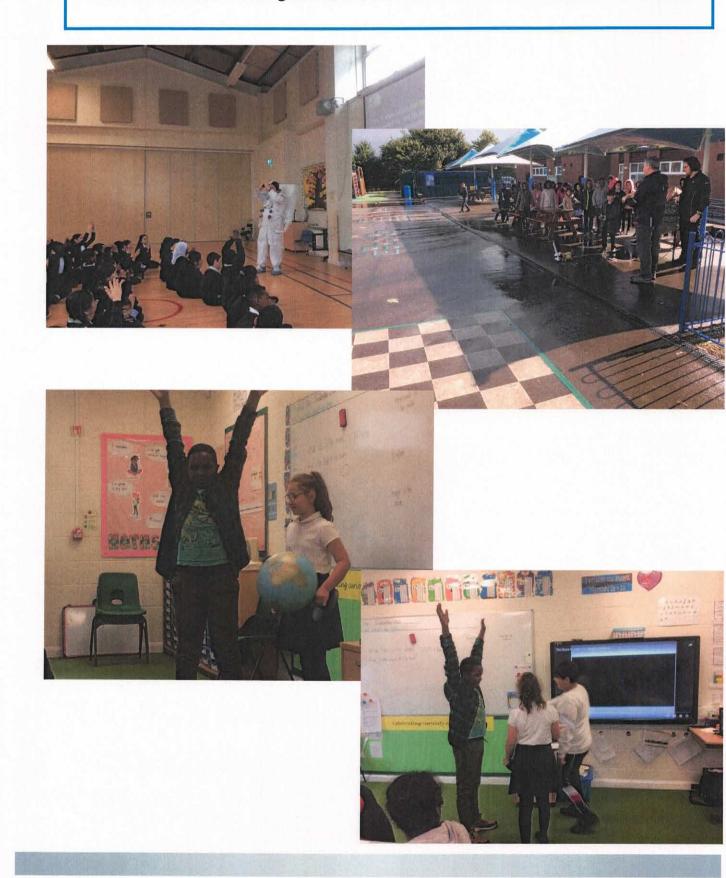








Y5 had a special visit from a spaceman to tell us all about 'The Space Race'. We had lots of fun making and then launching our rockets - even the rain didn't deter us! We have also been finding out about the movement of the moon and the earth.



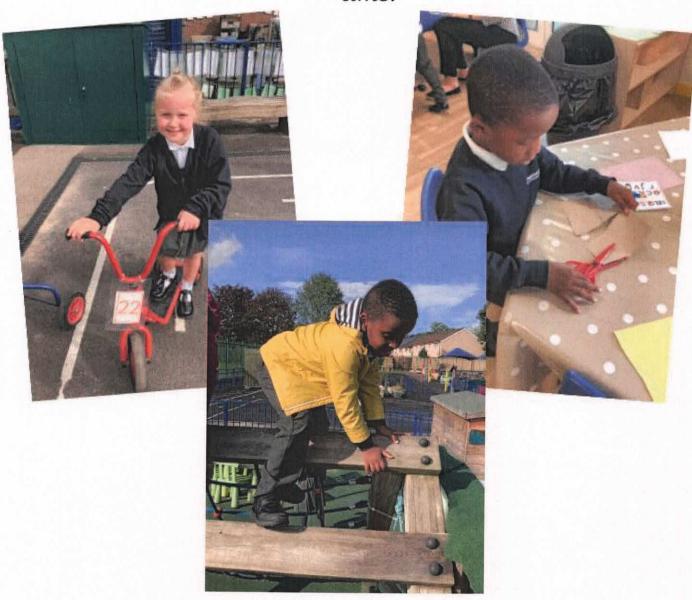
#### Y2S

Year 2S have been having lots of fun with Commando Joe. We have been trekking down the Amazon River; balancing over the piranha infested waters and jumping over obstacles. We have working on our teamwork skills whilst having lots of fun!



# Our first few weeks in Reception...

Mrs Elliott and Miss Smith are so proud of how brave we have been coming into Reception for the very first time!



We have been exploring our classroom, making new friends and practising our teaching time rules... good sitting, good looking, good listening!

We have been painting, building, climbing, playing in the playdough, cutting...and so much more.









#### **NUT Free School**

We children in school with a nut allergy which means that all staff and parents must be vigilant about ingredients we use in school and items put into lunch boxes. No nuts or snacks containing nuts should be put into packed lunches.

Peanut allergy is the second most common food allergy in children and this is increasing. It now occurs in 1 in 50 children.

As we now have a pupil in school who suffers from a severe nut allergy please could I take this opportunity to explain to everyone that our school has now become a "Nut Free School." If our pupil comes into contact with a nut product, they can suffer life threatening consequences. It can be easily initiated from a simple handshake or touching of a pupil's table who may have had some nuts in their food. Therefore children **must not** bring nuts or nut products as snacks into school at any time.

We ask that you do not provide your child with any products containing nuts in their lunch box: Some examples:

- · Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts.
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Nutella
- Peanut butter
- · Cakes made with nuts
- Muesli bars
- Baklava
- Any nuts

School will be making regular checks on the children's lunches to ensure these rules are being followed.

Whilst we know some children like to bring in cakes/chocolates for their classmates to celebrate their birthday we ask that they do not bring in anything that contains nuts, if they do then unfortunately they will not be handed out and will be sent home unopened, which could lead to lots of disappointment.

We have a rule not to use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products, however, we cannot guarantee freedom from nut traces.

Please help us in providing a nut free school and assisting those parents who have a child who may have a life threatening reaction by children **not** bringing nuts or nut products as snacks into school at any time.

Many thanks for your support.

#### Internet Legends

Be internet legends has plenty of ideas for fun activities for parents to explore with their children over the holidays.

- Interland join the Internauts in this interactive online game designed to teach children the five pillars of the Be Internet Legends code.
- The Legends Family Adventure follow the Legends Family as they go on an adventure to Interland and learn some important lessons about online safety from spotting scams to creating safe passwords - along the way.
- Fun free activities for legendary families take part in games, activities and challenges to help children be safer and savvier when they go online.
- <u>Practical tips about online safety</u> recordings of the Be Internet Legends parent sessions which provide tips and advice about staying safer and more secure online, including sessions on cyberbullying, protecting personal information and sharing carefully.

Visit the legendary parent hub:

https://parentzone.us3.list-manage.com/track/click? u=bd227427019036d582c40c448&id=0e00c3ea40&e=db688af17a

#### An easy way to improve children's reading!





You may have seen some news articles recently about the impact of turning on the subtitles while children are watching television: it can actually double the chances of them becoming good at reading! 10 seconds of effort (if you can work out how to do it on your TV!) can make a huge difference for your children. This is all backed up by decades of scientific research and is a quick, simple, free way to make TV time, reading time.

Visit http://www.turnonthesubtitles.org for further information.

# What is Team Around the School?

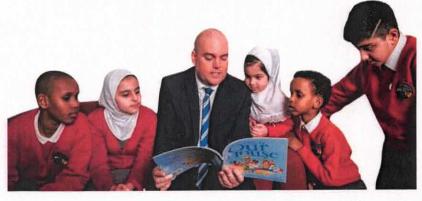
The Team Around the School
Approach, also known as TAS, is
used to get everyone together who
is or could be working with your
family. With your agreement they
will work together to identify the
needs and strengths of your
family. It will be used to find out
what works well in your family,
any extra support your family may
need and the best way to help you
with this.



We will share appropriate information when additional support is needed or requested for children and families. Schools and key agencies will follow government guidance on information sharing and explaining the support available from TAS.

Families working with TAS will have access to support from:

- Targeted Early Help Practitioners
- Children and Young Person's Wellbeing Practitioners (CAMHS)
- School Nurse 0-19 Service
- Bolton Lads & Girls Club Emotional Health & Wellbeing Workers
- Fortalice
- Trauma Psychotherapists from CAMHS



# How will we know what children and families need?

The Team Around the School approach involves coming together to make sure that worries are dealt with at the earliest point and you recieve the help you and your family need. The Team Around the School meetings are arranged by someone who knows you and your family, for example, a school, college or nursery and they will take place in these settings.

If you would like to know more or are still usure and would like to ask The Team Around the School, please speak to your School and they will explain. Every family could benefit from the Team Around the School and everyone needs help and support at times and that is ok.



For more information please contact your school for the name and contact details of the Targeted Early Help Practitioner or TAS linked Social Worker. Seperate information available for each service in the TAS also available.

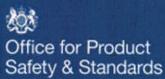














As the fireworks season approaches, the night sky is lit up with firework displays.

With all the sparkle, it's easy to forget that fireworks can be dangerous if not used correctly and responsibly. This advice will help you keep people and nearby animals safe.

#### How to use fireworks safely

#### Only buy from licensed sellers

Check before you buy. Make sure you buy fireworks from a licensed retailer, both in-store and online. **Do not** buy fireworks from unknown retailers on social media sites. It's illegal for under-18s to buy or carry fireworks.

#### Stick to celebration dates

The firework curfew is midnight on Fireworks Night, 1am on Diwali, New Year's Eve and Chinese New Year, and 11pm the rest of the year. People expect fireworks around these dates, so they're more likely to have planned ahead to protect pets and vulnerable people.

#### Be considerate

Let your neighbours know in advance if you plan to let off **any** fireworks, so they can make arrangements for vulnerable people and pets that might be afraid. If you live close to horses, make sure you let their owners know well in advance. Site your fireworks well away from them and aim them in the opposite direction. Please be considerate as horse owners cannot easily move them away from fireworks.

#### Keep pets safe

Dogs and cats might be scared and should be kept inside with somewhere to hide. Give small animals who live outside lots of extra bedding and nesting material to burrow in.

Search 'fireworks' on GOV.UK for more advice

#### Don't disturb wildlife, horses or farm animals

Just like pets, wild animals, horses and farm animals can be distressed by fireworks. Don't let off fireworks if they'll disturb nearby horses or farm animals, wildlife habitats, or roosting bats and birds.

#### Follow the instructions

Read all the safety warnings on the box so you know important things like how far away people need to stand. If you don't understand the instructions and warnings, don't use the firework. Once any debris has cooled down, tidy it up and soak it in water. Then put it in a rubbish bag and in the bin.

# Which fireworks can I use at home?

Category information can be found on the label.

Category F2 and F3 fireworks are on sale to the general public. A consumer firework will fall into one of these two categories depending on how much of a safety distance it requires. Check you have enough space to safely use a firework before you buy.

Category F4 fireworks are not for home use. They are only to be used by people with specialist knowledge at professional displays.



As the fireworks season approaches, the night sky is lit up with firework displays.

With all the sparkle, it's easy to forget that fireworks can be dangerous if not used correctly and responsibly. This advice will help everyone to stay safe while celebrating.

#### Using fireworks at home?

If you decide to use fireworks at home, here's how everyone can stay safe.

#### Only buy from licensed sellers

Check before you buy. Make sure you buy fireworks from a licensed retailer, both in-store and online. **Do not** buy fireworks from unknown retailers on social media sites. It's illegal for under-18s to buy or carry fireworks.

#### Store fireworks safely

Store fireworks in their original packaging. Lock them away from children and animals. Keep fireworks dry and away from sources of heat and ignition.

#### Check your timings

Did you know that you can't let fireworks off between 11pm and 7am? The only exceptions are Fireworks Night, when the cut-off is midnight, and Diwali, New Year's Eve and Chinese New Year, when it's 1am.

#### Be considerate

Let your neighbours know in advance if you plan to let off **any** fireworks. People and animals can be distressed by fireworks. Site fireworks to minimise disruption.

#### Read all the instructions

The box of fireworks will tell you important things like how far people need to stand back once the firework is lit. Make sure to read all the safety warnings. If you don't understand the instructions and warnings, don't use the firework.

#### Keep pets indoors

Cats and dogs should stay inside.



#### Dispose of fireworks safely

Ensure the fireworks are out, soak them in water, then put them in a rubbish bag and in the bin.



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# ChatHealth Messaging Service

#### Text your School nurse/Health Visitor

During these unsettling times, as a parent of child aged between 0/19 years old you may be worried about your child's health and wellbeing and be unsure about how to get the help you need.

Our specialist nurses are still here to help - you can text them for confidential advice and support on a wide range of issues.

Parent/carers of child(ren) aged 0-19 can send a text to:

#### 07507331751

We can help with all kinds of things like:

- Behaviour
- Continence
- Emotional health
- Self-harm
- Bullying
- Minor accidents and illnesses.

Your ChatHealth messaging service is run by The Children's Integrated Health and Wellbeing Team, Bolton Foundation Trust and is available Monday to Friday 8am until 8pm

We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact you GP, NHS 111 or dial 999 if it is an emergency.

#### Free School Meals

Even if your child is currently receiving Universal Free School meals, because they are in either Reception, Year 1 or Year 2, if you think that you might be entitled to standard free school meals, because you meet the criteria below it is very important that you still apply for them.

You can get further help on how to apply at the One Stop Shop in Bolton Town Hall.

What are free school meals? They are school dinners for children between the ages of 4 and 16 who attend full time school (but not private schools). They may also be awarded to some children outside this age range who attend full time school or nursery.

Do I qualify? To qualify you or your partner must be getting one of the following:

- Income Support
- Income Based Job Seekers Allowance
- Income Related Employment and Support Allowance
- · Guarantee element of Pension Credit
- Universal Credit
- Support under part VI of the Immigration and Asylum Act 1999
- Child Tax Credit only (but no award of Working Tax Credit) and have an annual income, as assessed by the HM Revenues and Customs, that does not exceed £16,190.

What evidence is required & how do I apply? You need to provide an up to date document showing that you are getting one of the above benefits. You do not need to make a separate claim if you are already getting or have applied for Housing Benefit / Council Tax Support. We will use the information and evidence you have already provided to confirm your entitlement,

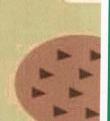
If you would like to make a claim this can be done by;

- Telephoning 01204 331590 or
- Visit our website www.bolton.gov.uk (search for free school meals)

In addition from **September 2014** children who are attending full time at any Sixth form college (not private) may also be eligible.

# FREE CAKES FORKIDS BOLTON

A community service that provides free birthday cakes for children who might not otherwise receive one.



# FREE, FRIENDLY & CONFIDENTIAL SERVICE

Get in touch if you know a child who may benefit, or if you'd like to join us as a volunteer baker.

freecakesforkidsbolton@hotmail.com @freecakesbolton facebook.com/freecakesforkidsbolton