

# St. Michael's C of E Infant School Newsletter

Newsletter 1 Spring 2023



9<sup>th</sup> January 2023

**St. MICHAEL'S**  
CE (CONTROLLED) INFANT SCHOOL

## Brass Band for the end of term

Welcome back to a new term! Even though it has been a short week in school- it has been tiring, particularly getting up when it is so dark. It has been so lovely to see all of the children again and they have settled back so well. Thank you for your support with this.

On the very last day of term, the children enjoyed listening to the Aldershot brass band. The band played lots of Christmas carols and songs and the children were able to request some of the songs that they wanted the band to play. The children sang along and clapped and when 'Away in a Manger' was played and the children all burst into song- I had a tear in my eye! Thank you to Mrs. Robinson for organising the band.

*Dot Patton*



### **Healthy Lunch**

If your child has a packed lunch, please try to provide them with some carbohydrates e.g: bread, pasta, rice. Some of our children have very few fresh ingredients in their lunch and lots of sugar. We always try to promote a healthy diet and would recommend just one treat e.g: a small cake, biscuit or yoghurt. Thank you for your support.

### **Parents Forum and Diversity, Inclusion and Belonging Survey**

Our next Parents forum will be on Thursday 2<sup>nd</sup> February at 7:30pm on Zoom. There will also be a small group of parents, staff and governors meeting on Thursday 9<sup>th</sup> February at 4pm to fill in a diversity, inclusion and belonging survey for our school. This is a baseline survey to find out what we can do to improve as a diverse and inclusive community. If you would like to be involved in this, please let me know via the school office. Thank you

### **Service Children Support**

If your child is from a service family, Mrs Westmorland has kindly offered to run a special lunchtime club for service children and this started on Friday 6<sup>th</sup> January. This is a voluntary club and children don't have to go, but Mrs Westmorland is going to be available to run the club on a Monday and a Friday lunchtime. We will tell any service children about this. The idea is that they can go to the club if a special family member is serving abroad. Mrs Westmorland will be using the 'Little Troopers' resources to arrange fun activities for the children to join in with if they would like.

### **Diary Dates Spring 2023**

**Tuesday 10<sup>th</sup> January** – Year 2  
Florence Nightingale Workshop

**Monday 13<sup>th</sup> – Friday 17<sup>th</sup> February**  
**Half Term**

**Tuesday 28<sup>th</sup> March** - Parents' Evening

**Wednesday 29<sup>th</sup> March** – Easter Church Service TBC

**Thursday 30<sup>th</sup> March** - Parents' Evening

**Monday 3<sup>rd</sup> April – Friday 14<sup>th</sup> April** –  
**Easter Holiday**

### **Attendance**

On Friday attendance information was sent to every family to show their child's attendance percentage.

If a child's attendance has been identified as a concern, you will be contacted by email and invited into school for a chat to see how we can support you to improve your child's attendance.

### **Collective Worship**

Over this term, the children will be learning about the different events in the life of Jesus. We will use these stories to inspire the children to do 'small things with great love'. We will also learn about Chinese New Year.

### **Open Library**

Please remember that our school library will be open for you to visit with your child on a Wednesday after school until 4pm. You can support your child to choose a new library book, or just sit and have a story together. You will be very welcome to do either.



## Monthly Mental Health and Well-Being Bulletin

### Welcome to our first monthly mental health and wellbeing post of 2023!

We hope that you have had a very happy Christmas with your lovely children, and, found time amongst the festivities to rest and recoup some energy ready for the Year that lies ahead. The transition from Christmas to the New Year can be a tricky one but hopefully, by the time you read this newsletter, you will have closed the door on 'Christmas-time' and have one foot in the door of 'real-time' when the pressures and expectations of 'real life' come sharply back into focus.

In school, we will be working hard to help the children make this transition into the new term, too. Alongside reminding the children of the boundaries and expectations that help keep them safe and happy in school so that they are ready to learn, we will re-establish clear routines so that the children know what to expect and are able to settle quickly and confidently back into the familiar pattern of the school day.

Both in and out of school, the benefit of routines on children's well-being cannot be overstated. As Spagnola and Fiese explain, routine is '**consistently found to be important for children**'. Whilst routines and patterns can be tricky to embed and adhere to, a sense of predictability and repetition help children to feel safe and in control of the world around them. Given the nature of the last few years, it is reassuring to note that familiar routines during times of crisis and unpredictability have also been found to help children develop resilience and maintain hopefulness and positivity.

The aim of this post is to give you some tips on how to set up simple routines at home to help you and your child get back into good habits and be ready for the New Year! Children **love** knowing what is coming next and they will very quickly become active participants in the setting of new routines in your home! Please do have a look at our 'Top Tips' on the next page.



Continuing the theme of new beginnings and fresh starts, in our Jigsaw PSHE sessions this term, the children will be looking ahead and thinking about their 'Dreams and Goals'. In doing so they will be thinking about their talents, the things that make them unique and how these skills can help them to make positive contributions to their class and their family. As we move through the half term, we will be focusing on the Christian Value of perseverance and how we can use simple

strategies to help us overcome difficulties and approach challenges with confidence and positivity.

Hopefully we can learn from the children and step into 2023 with confidence, positivity, and hope.

Mrs Boon (PSHE and Well-Being Lead)

## Creating Routines at home...



**Only change one part of the day at a time.** If getting up and ready for school is stressful, think about a routine to make the small tasks that need to happen before walking out of the door habitual and automatic. Draw pictures for each step of the routine to create a 'plan' that children can follow.

**Find some benefit in it for your children.** For example, if they do each step of the routine on time, they get a little extra time to play or read before it is time to leave! Use a timer on a phone so that this 'extra time' has an end that the children can see!



**Start with non-negotiables.** What **must** happen each morning? Who must be where at what time? What must we do before we leave? When you have worked these out, then give your children some 'choices' so that they feel part of the process – what would you like for breakfast, toast or cereal? Whose turn is it to have their hair brushed first? Ponytail or plaits? Trousers or shorts? The key to these 'choices' is to make sure that both options given are non-stressful for you! If you only have bread for breakfast then offer squares or triangles – the choices themselves aren't important, the children feeling listened to is what is so key to this having a positive impact on your routine.



**Make a poster showing the steps in your routine.** This can be as fancy or as simple as you like! At school, some classes have pre-printed, laminated pictures on a Velcro strip to show the daily routine, other classes (like Ducks and Toucans!) use a dry-wipe board where the routine is drawn daily as the children are being registered. The pictures are often wonky but it is the talking through that has the power! Display this routine somewhere prominent so that the children can access it independently throughout the morning. This gives them the

power to monitor themselves through the morning so that they can, over time, develop independence and confidence in their actions. It will also ease you away from having to do the endless reminders to put shoes on 57 times before walking out of the door...

**Follow the same routine every single day for two months.** After this, the routine should have become habit and your children will feel positive and proactive about your new routine!

**Teach children about 'whoops'!** A whoops happens when things go wrong, or when something out of the ordinary happens. If the morning starts badly and steps from the routine have to be skipped, acknowledge this and tell the children that 'this is a whoops! We will skip having showers and just have a wash with a flannel instead – whoops! But look, now we can brush our teeth and have breakfast just like we normally do'.

