

## NEWSLETTER INFO

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## DATES FOR THE DIARY

### September

Mon 21st—School photos  
Individual and siblings

### October

Fri 23rd—Non pupil day  
26th—30th—October  
half term

### November

Mon 2nd—Back to school  
Mon 23rd—Flu vaccina-  
tions in school

### December

Fri 18th—Break up for  
Christmas holidays

# STOKE FLEMING PRIMARY SCHOOL

*Explore, Dream, Discover*



## NEWS : 11.9.20

ISSUE : 1

Dear Parents / Carers

Stoke Fleming School is back! It is so lovely to see the school buzzing with happy children who have settled in brilliantly. All the children have been absolute superstars adjusting to their new classes and slightly different ways of doing things taking it all in their stride.

Thank you all for bearing with us whilst we implement the new start and end of day routines. We are trying our best to provide a smooth drop off and collection ensuring social distancing is possible. One of the greatest risks of adult-to-adult transmission of COVID remains when parents are dropping off at the start and end of the school day. With renewed government guidance it is vital that parents and carers practise strict social distancing during drop off and pick up. To prevent crowding at the beginning and end of the school day we kindly ask that you enter and exit the school grounds as swiftly as possible.

Below is a reminder of drop off and pick up times

#### DROP OFF

Y4,5,6—8:35—Pupils enter the side gate by the huts on their own and go straight into class.

Y1,2,3—8:40—Pupils meet their class teacher on the field and they will go straight into class

Reception—8:40— Pupils will meet their class teacher on the field and go in together.

Pre-school—9:00—Parents take children to the entrance of Little Lanterns (8:30 – Early bird session drop at Little Lanterns)

#### PICK UP

Y4,5,6—3:05—Pupils collected from the field closest to the gates

Y1,2,3—3:10—Pupils collected from their classroom entrance

Reception—3:10— Pupils collected from the field

Pre-school—3:00— Parents collect from Little Lanterns

#### REMINDERS

Parents and Carers are not permitted in the school building.

All contact with the office must be through e-mail or phone

If you need to speak to your child's teacher please can this be done through the school e-mail [parent@stokeflemingprimary.org.uk](mailto:parent@stokeflemingprimary.org.uk)

Thank you again for all of your support and encouragement at the beginning of this term.

Paul Girardot and the Stoke Fleming Team

*Our vision: Set sail in the world*

*Our Values: Considerate, Confident, Creative and Cultured.*

*Our mission: Our 'charted curriculum' inspires everyone to explore, dream and discover the world around us*

E-mail: [parent@stokelflemingprimary.org.uk](mailto:parent@stokelflemingprimary.org.uk)

Website: [www.stokeflemingprimary.org.uk](http://www.stokeflemingprimary.org.uk)

Facebook: Stoke Fleming Primary School



# Celebration

## Attendance Matters

This week's attendance by class:

Challenger - 91.67%

Invincible - 97.50%

Victory - 100%

Discovery - 100%

Endeavour - 100%

WOW! Well done

Victory, Discovery & Endeavour

Best attendance this week!

School attendance for the year so far is currently **97.83%**

Please keep supporting our attendance target of 96% or above

## Stars of the Week

Challenger - Whole Class

Invincible - Whole Class

Victory - Whole Class

Discovery - Whole Class

Endeavour - Whole Class



## Value of the Week:

Challenger - Whole Class

Invincible - Whole Class

Victory - Whole Class

Discovery - Whole Class

Endeavour - Whole Class

WELL DONE!

!

# In School this week

**Class Challenger** have had a super fun week learning about Feelings. We have read lots of books including 'The Colour Monster' and created our class charter, colour learning behaviours chart, made our own monsters, worry dolls and thought lots about different feelings. Well done Class Challenger!



## Class Discovery.

'I like being back at school because I love being with my friends' Olivia  
'Being back at school has been fun because we have done lots of things we like, I have seen all my friends and I love my teacher'. Ella  
Being back at school is so fun because I've done loads of stuff I haven't done before and I have seen all my friends'. Sophia

## Class Invincible

"I love school so much, I've done so well this week." Oliver  
"We did junk modelling which was fun!" Marcus  
"It's been nice to see my teachers, I missed them." Layla  
"I have enjoyed doing work!" Gil  
"I have had fun working this week, I enjoyed painting portraits."  
Megan  
"I liked writing." Bonnie  
"I enjoyed lunch breaks and being on the field." Dylan  
"I've loved seeing my friends!" Pippa



## Class Victory

What do you enjoy about being back at school...

Natalia: I've got a very nice teacher

Violet: seeing all my friends

Heidi: learning & practicing my handwriting

Heidi: maths & going to adventure school,

## Class Endeavour

Arli – "It has been fun, I've been able to see my friends".

Myah – "I've enjoyed making lots of new friends".

Harry – "I have liked being challenged in my maths learning".

Mikey – "I'm so happy to be back and improving my writing again".

Ariana – "I've enjoyed doing the science with Mrs Cranfield and being challenged at maths".

Oscar – "I'm happy to be back and getting used to my new teachers".

Greta – "I'm really happy that I've been able to focus a lot more and improve my handwriting".

Liam – "I'm happy as I am improving my drawing and maths".

Macsen – "I'm enjoying running around a lot more and having fun".

Max – "It's been fun and challenging and been great to be back".

Poppy – "I love my new teachers and can't wait to be challenged even more".

Amber – "I'm happy because I am improving my writing again".

Josh – "I'm happy to be back to improve my handwriting and presentation".

# Signpost

## Supporting Children with Anxiety

The following advice can be found on the website: <https://www.babcockldp.co.uk/campaigns/coronavirus-support-for-schools-parents-and-pupils/mental-health-and-wellbeing>

In the current situation with Covid 19 there are many anxieties for families – for adults and children alike. It is important that we learn to recognise when our children are anxious and find ways to support them, to make sure that it doesn't develop into a much bigger problem. Anxiety itself is a normal emotion and can be helpful in our daily lives. It can help to sharpen attention, increase focus and enhance performance, However it can turn into a problem when it becomes excessive and gets in the way of everyday life.

### How can we tell if our children are anxious?

There are many different ways that anxiety can display itself - listed below are a few of the symptoms of anxiety of children and young people:

- Difficulty concentrating and finding it hard to focus.
- Not sleeping or waking up during the night – bad dreams
- Loss of appetite – not eating properly
- Tummy aches or complaining of not feeling well.
- Talking too much and asking lots of questions, or becoming sullen and quiet
- Being clingy to adults or crying
- Becoming more fidgety than normal
- Going to the toilet a lot

Some children may be happy to talk about their concerns whilst others may find it more difficult and clam up. Never force a child to talk or 'interview' them as this may increase their levels of anxiety. Instead create a safe and familiar environment where talking is likely to occur naturally. Examples of such situations may include cooking, reading together or going for a walk. If a child does share with you it is important that you thank and reassure them. Tell them that you will do your best to find a way to help them with what is on their mind.

Good conversation starters (ask open questions):

- What are you enjoying about today?
- What's the hardest thing for you at the moment?
- How do you feel about things changing?
- When you feel uncertain what is it you do that makes you feel better?
- What worries you the most?

If your child responds be sure to attune and validate e.g. "I can see that you are really worried about that" or "that must be really hard for you" Don't try and offer a 'quick fix' – instead tell them that it is okay to feel like that and offer reassurance.

### Setting a goal and making a plan

## Signpost cont'd

Work with your child and identify one key issue that is causing concern right now - set a realistic goal for example 'to have a fun time with my friends when I go back to school'. Make a step by step plan working towards the goal:

- Talk with your child and identify a series of steps that will help them work towards and ultimately achieve the goal (between five and ten)
- Rate each step according to the level of anxiety and make sure that the first one is very achievable i.e. something that your child can already do (for example talking to friends on social media)
- Order the steps according to the levels of anxiety, starting with least cause for concern and ending with the final goal
- Give lots of positive feedback - praise and celebrate all efforts along the way
- If necessary break down each step into smaller more manageable steps and repeat any step if needed – remember this is a marathon, not a sprint.

### Other things you can do help reduce anxiety in children and young people

- Try nurturing touch activities with your child if they are willing. The Massage in Schools Association ([misa.org.uk](http://misa.org.uk)) has ideas for this simple, clothed massage, such as 'The Weather Massage.' Examples of The Weather Massage can be found on YouTube. Nurturing touch has been shown to produce the anti-stress hormone oxytocin in the body, both for the person giving the massage and for the person receiving it. The giving and receiving is a 'win-win' exchange, promoting feelings of well-being as well as reinforcing parent-child bonds (NB always with permission).
- EFT (Emotional Freedom Techniques) is a great tool to help reduce anxiety, for adults and children alike ([emofree.com](http://emofree.com)). It involves tapping or pressing on acupuncture meridian end-points on the body. Studies show that this calms the amygdala, which is the part of the brain which controls our fight/flight/freeze response. It may seem an unusual approach, but it has been found to be highly effective for many people.
- Yoga and mindfulness activities are becoming ever more popular ways of promoting calm and relaxation, and have been found to be beneficial for mind, body and emotions. There are lots of examples of these available for children and young people online.

*Andy Simpson Advisory Teacher for Social Emotional and Mental Health (SEMH) team (With additional info from Jeff Cornish Family Worker SEMH team) - Babcock LDP*

Many thanks

Sarah Lord

SENDCo



# Notices



## Measles, Chicken Pox and Shingles

Please may we ask for your co-operation in a vitally important matter. One of our pupils is receiving chemotherapy. This puts the pupil at serious risk if exposed to measles, chicken pox or shingles.

The best way to protect a pupil from measles is for all pupils to be immunised against measles. Please discuss measles immunisation with your GP if your child is not already vaccinated. If you suspect your child has measles you should let the school know immediately.

Our pupil is also at risk from Chicken pox and would need to be given treatment as soon as possible after contact. Please let us know immediately if you suspect that your child has chicken pox.

It is also important that you let us know if anyone in your household has shingles.

Your child is not at any risk whatsoever from this situation. However, the health and wellbeing of our pupil receiving chemotherapy maybe at serious risk. We depend on the co-operation of all parents and know we can rely on your help.



**Sadly dogs are not allowed on the school site and we kindly ask that they are kept off the school field and not tied to fences in high traffic areas. Thank you.**

# Notices

**DANCE CLASSES THIS TERM WILL BE RUNNING FROM**

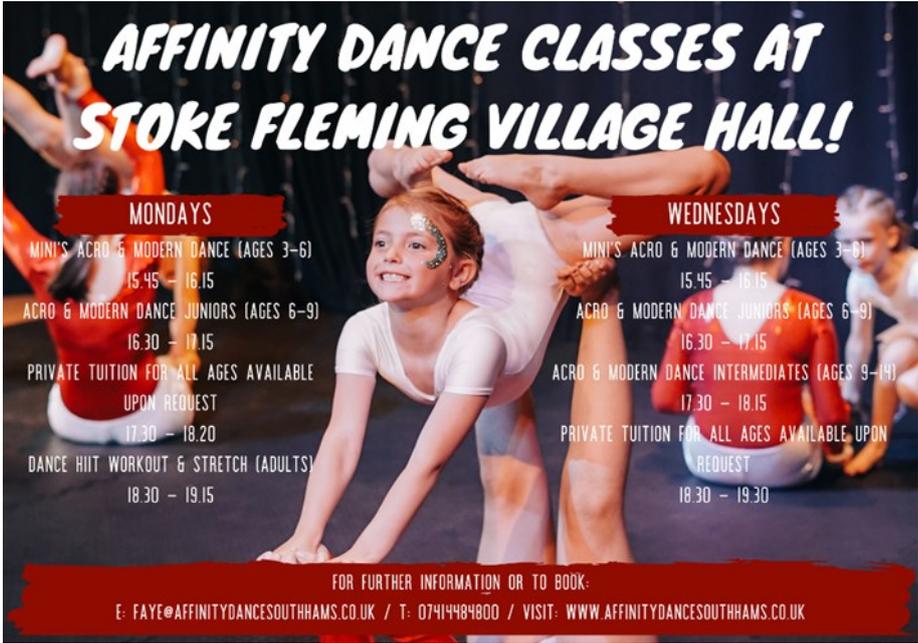
**STOKE FLEMING VILLAGE HALL!**

**MONDAYS & WEDNESDAYS**

See the poster for further details. To get in touch please contact Faye via:

**E: [faye@affinitydancesouthhams.co.uk](mailto:faye@affinitydancesouthhams.co.uk) / T: 07414484800 / or visit: [www.affinitydancesouthhams.co.uk](http://www.affinitydancesouthhams.co.uk) to find out about each class!**

*"Faye has been excellent in helping my daughter gain confidence and have fun in her dance lessons. She has great patience with the children and my daughter loves going to her dance class. Would highly recommend her classes." - Kate, Parent*



**AFFINITY DANCE CLASSES AT  
STOKE FLEMING VILLAGE HALL!**

MONDAYS	WEDNESDAYS
MINI'S ACRO & MODERN DANCE (AGES 3-6) 15.45 - 16.15	MINI'S ACRO & MODERN DANCE (AGES 3-6) 15.45 - 16.15
ACRO & MODERN DANCE JUNIORS (AGES 6-9) 16.30 - 17.15	ACRO & MODERN DANCE JUNIORS (AGES 6-9) 16.30 - 17.15
PRIVATE TUITION FOR ALL AGES AVAILABLE UPON REQUEST 17.30 - 18.20	ACRO & MODERN DANCE INTERMEDIATES (AGES 9-14) 17.30 - 18.15
DANCE HIIT WORKOUT & STRETCH (ADULTS) 18.30 - 19.15	PRIVATE TUITION FOR ALL AGES AVAILABLE UPON REQUEST 18.30 - 19.30

FOR FURTHER INFORMATION OR TO BOOK:  
E: [FAYE@AFFINITYDANCESOUTHAMS.CO.UK](mailto:FAYE@AFFINITYDANCESOUTHAMS.CO.UK) / T: 07414484800 / VISIT: [WWW.AFFINITYDANCESOUTHAMS.CO.UK](http://WWW.AFFINITYDANCESOUTHAMS.CO.UK)