

Newsletter 37- July 5th 2024

As we approach the end of this academic year, events are happening thick and fast. This week we were entertained by the Year 4s in their trumpet concert. We're very impressed by how much they have learnt in such a short amount of time.



Then on Thursday we had our 'shuffle up day' where the children spent the morning having a taster of what it will be like in September, spending time with their new teacher in their new classroom. Everyone had a great morning and were a little disappointed that they couldn't

stay! Our current Year 6s also spent a day at their new Secondaries those going to Chew Valley on Tuesday and those going to Norton Hill on Thursday.

Finally, a big congratulations to Mrs Willcox, who after spending the last few months training and studying has qualified as an Emotional Literacy Support Assistant (ELSA) so is now fully equipped to support children with their emotional needs and wellbeing.



Mrs Cowgill and Mr Turull

**REMINDER:** Clubs have now finished and will start again in the new academic year.

### **Clutton Primary Local Governing Body**

We are looking for new members to join our LGB - this involves attending 6 meetings a year where you will help to ensure effective running of the school and best possible outcomes for our children.

If you are interested in applying or know anyone in the local community who might, then please contact csmith@cluttonschool.com.

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### **PTFA School Summer Fayre**

It was wonderful to see so many of you at the school fayre on the playing field last Friday after school. Faye and team, with support from the social club, did a fantastic job of organising the event and raised £873.42! The weather held and there was a really nice community feel. The school really does rely on the PTFA to provide all the extras for our children and I know Faye would really appreciate some more volunteers to help with upcoming events. If you feel you are able to give up even a small amount of time to support the PTFA, please let the school know or catch up with Faye (Jude's mum) on the playground.















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### Head Teacher Award



Congratulations to Martha, Esme, Lottie, Summer, Rio, Harry and Millie for receiving the Head Teachers Award this week.

### **Doodle Maths**

Well done to everyone who completed their Doodle Maths and Doodle Tables this week.

The children with the most stars in their class this week are:

Doodle Maths - Rowan C, Sammy, Imogen, Elsie,Joshua, Keira B and Max.Doodle Tables - Livie, Evie, Ruairi, Alfie and Abel.



### **Other Awards**



Charlie, Lewis, Stanley, Rory and Sam had football awards. Margo, Molly, Lannie, Evie and Millie showed their gymnastics medals and certificates.



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### **Notices**

- **Absence** if your child is unwell and cannot attend school, please leave a message with the details of the illness, so we do not need to contact you to clarify. We need this information to update registers and for attendance meetings with the EWO.
- Absence from school during term time request If you are planning for your child to be absent from school during term time you will need to complete an absence request form no less than 3 weeks before the planned absence. You will then get a reply to say if your absence has been authorised or not. The forms and the absence policy is available to download on the school website, or you can pick up a copy from the school office. Thank you.
- Jewellery small stud earrings only please.
- Long hair should be tied back at all times.
- Menu- please click the link here to view the new school meals menu from September.
- School Day Begins at 8.45am and ends 3.15pm. The gates close at 8.50am each morning.
- **School Pick up** Please remember to inform the school if collection arrangements are different from normal.
- School Shoes If your child is unable to tie their own shoe laces, please can we ask that they wear velcro strap shoes or trainers to school that they can fasten themselves.
- Please do not allow your child to climb on the school wall, fence or gates. Thank you.

### **Diary Dates**

### July

Tuesday 9th Tuesday 9th Wednesday 10th Thursday 11th Thursday 11th Friday 12th Wednesday 17th Friday 19th Synagogue visit for Year 3 Cherry Class play at the Cabin/picnic Year 6 production @ 6pm Year 6 production @ 6pm Pupil reports sent out (batch 1) Pupil reports sent out (batch 2) Talent show final - KS1 am/KS2 pm Year 6 Leavers Assembly

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## 10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

### 🚺 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in learn sports or group activities to leater social connections and a sense of belonging.

### 2 MIX MOVEMENT

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding overcise into the cumiculum can also reinforce learning and stimulate creativity. Revision walks' with podcasts and flashcards can benefit elder learners.

### 3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoers and buildeors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep childron up and

### PROVIDE POSITIVE REINFORCEMENT

Proise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applicating their efforts at assemblies or celebrating their accomplishments in construction.

### 5) VARIETY IS KEY 🐗

Introduce a selection of physical activities to keep children engaged and provent boredom. From swimming and cycling to yogo and martial arts, trying different types of exercise can help children to discover what they enjoy most.

## 6 ENJOYMENT OVER

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise offort, improvement and having hun rather than automes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

### 7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain activities are activities and activities and activities activities and accesses to maintain activities activities activities activities activities activities activities activities activities and activities activities and preferences. Celebrate their activities ac

### 8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, of school and in the community. Advecate for inclusive environments which accommodate diverse needs and abilities, ite a change maker in your community if facilities aren't already available.

🧿 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Centle works, blie rides or sports activities can be wonderful opportunities for bonding and staying active segether.

### DENCOURAGE PERSISTENCE



Help obliding develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.