



Weekly Newsletter

New Bolsover Primary School

20.05.19

Welcome to this week's digital newsletter.

This is the final week of a very short half term.

Well done to Y6 who had 100% attendance last week and approached their SATs test in a professional, mature manner.

Well done to Year 2 pupils as well who have spent this half term demonstrating what they know as they approach the end of Key Stage 1.

Great attendance for most classes last week!

Attendance last week Overall: 96.9%

Nursery	88.8
30 hour Nursery	97.8
Reception	95.7
Year 1 PM	97.2
Year 1 ML	97.7
Year 2	93.3
Year 3	96.3
Year 4	96.9
Year 5	98.6
Year 6	100

Achievement of pupils at expected level

Pupils at risk of under-achieving

Pupils underachieving

Y4 Visit to The Coal Mining Museum

The children really enjoyed the workshops, which included finding out what it was like to work down the mine for children. They braved the 140m journey into the mine, explored the tunnels and experienced total darkness. Many of them have also learnt facts from relatives which has really enhanced their knowledge and the experience.

Y3 visit to Bolsover Castle

It was a glorious day for the visit and the children really enjoyed exploring the castle, inside and out. They were a credit to the school in terms of behaviour and have been using their knowledge and experiences in their work at school.

Events this week

Monday

Fire Engine visiting school

Tuesday

Y1 trip to Bolsover Castle

Y6 Heritage Day

Y5 swimming

Friday

8.45am: Reception workshop for parents- English.

27-31 May is half term.

Monday 3rd June is an IN-SET day. Pupils return to school on Tuesday 4th June.

Read 5 times per week

Reading Challenge

Class	W1	W2	W3	Spring
Reception	3.3	2.2	2.1	2.1
Year 1 PM	3.9	2.7	3.6	3.3
Year 1 ML	2	0.9	1.4	1.8
Year 2	3.4	1.8	1.5	2
Year 3	2.5	1.7	1.8	2.3
Year 4	3.6	2.6	2.4	2.6
Year 5	1.1	1.7	1.8	1.8
Year 6	0.5	0.7	1.1	2.9
Average	2.5	1.8	2.0	2.4

Learning Conversations

Class	Learning conversations
Nursery	The children have been acting out the story of The Three Little Pigs. Please ask and help your child to show you this. Please encourage changing your voices to be different characters. For example, the wolf could have a deep voice and the pig a high pitched voice.
Reception	Ask your child to retell the story of 'Supertato' using the text map on the back of the homework sheet.
Year 1	We are finding halves of objects and amounts. Ask your child to find half of objects and shapes around the home.
Year 2	We will be learning to add the suffixes of 'ness' and 'ly'. Encourage your child to think of a word and put it in a sentence.
Year 3	We will be continuing to learn about time. Can you practise reading an analogue clock. What time do you eat? What time do you wake up?
Year 4	We are learning about money. Can you practise converting between £ and p and adding amounts.
Year 5	We have been learning how to add and subtract decimals. Look at some real-life application of these skills, such as adding money or measurements.
Year 6	What features do you need to include in a recount text? What can you remember about your trip to the Mining Museum?

Sports Day

Sports Day is an opportunity for the pupils from **Reception to Year 6** to work independently and as part of a team, using a range of sporting skills and demonstrating the School Games values:



Date: Thursday 18th July 2019

Time: 9.30-12

Location: School field

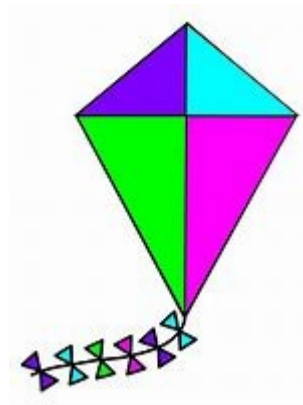
You are welcome to come and watch your children take part.

Family Picnic and Kite Flying

Date: Friday 19th July 2019

Time: 12-2pm

Location: School field



We would like to invite you to a family picnic, followed by kite flying on the field on the final day of term for pupils. We have purchased kite kits and each child (**from Nursery to Year 6**) will make one to fly on the day.

We hope you will be able to attend one or both of these events. A separate letter will be sent out nearer the time.

SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?



National Online Safety®

#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

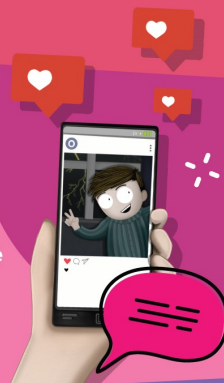


1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.



HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind



OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)



Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rpsph.org.uk/uploads/assets/uploaded/62be270a-e55f-4719-ad668c2ec74742a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>