



St Luke's Park Newsletter (3).04.10.2024

Liberty Way, Runwell, Essex, SS11 7LH

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Headteacher: Ms J. Kendall-Hobbs BA (Hons) PGCE MA (Ed)

Message from the Headteacher

Dear SLP Families,

A very short week for the children this week but I have a lot to share!

Parental Support for Learning

It was wonderful to see such a great turn out for Mrs Botwright's live lesson phonics demonstration to year one parents this week. Their take home reading books link closely to their developing knowledge so please remember to read every night with your child and make a note in their reading diary.

Do remember that we have some maths courses coming up for ALL year groups to help you understand the best ways to support your children's developing maths skills. Book your FREE place today via the posters previously sent out on Parentmail or directly with the email: info@tiegr.org Dates and times given below.

School Uniform

I have noticed a number of non-uniform items worn in school recently. Please support children to look their best and take pride in their uniform by sending your child in wearing the correct items. Branded items are not part of our school uniform, and most supermarkets will stock plain items at reasonable prices. Hair which is shoulder length or longer should be tied back please. Do get in touch if you require any clarification. Here is a link to the uniform page of our website:

<https://www.stlukesparkprimary.com/school-uniform/>

Please note: For a small number of pupils, we have made exceptions to some of the rules on uniform which form part of the reasonable adjustments for those individuals in order to remove barriers to them achieving their potential in school.

Mental Health

In recognition of the importance of children's mental health, we will recognise **Children's Mental Health Day** on Thursday 10th October by asking children to wear something yellow to school if they would like to. We will not collect donations, this will simply be an awareness-raising day. Regular uniform should be worn alongside (ie if they have a yellow t-shirt, please wear PE kit joggers as usual. If it's yellow socks, please wear regular uniform alongside these.)

<https://www.youngminds.org.uk/support-us/fundraising/helloyellow/> Young Minds are an incredible source of information and advice on children's mental health and I would urge you to have a look at their website.

Morning Transitions

Well done parents and carers for your great support of children as they have settled to school routines. Consistently calm starts to the day are having a positive impact on children's learning in school. We have compiled some tips for morning routines for any of you who may need these. These are later in the newsletter.

Picture News

We have started to use Picture News as a resource to support children's learning about the wider world. Each week in assembly, children will be shown an image linked to a current news story which will then form the basis of discussion and reflection. We will share these with you as well so that the conversation may continue at home.

Christmas Cards

Please see the back page of this newsletter for information regarding Christmas Cards from the PTFA.

Harvest Festival

Donations please for Wickford Food Bank. We are proud to support this local charity. Please bring donations in the day before harvest festival if possible.

Parents Evenings

The dates for these are now on the school calendar and in the upcoming dates list. Booking forms will be issued nearer the time.

Wishing you all a lovely extra-long break, Ms Kendall-Hobbs



Attendance



Good attendance and punctuality are key to ensuring children access the best education they deserve.

Please avoid booking holidays during term time.

Class Dojo

Important messages must go directly to the **school office please** via email, phone or in person. Please save Dojo messages for brief messages to teachers and remember that there may be a delay on these being seen as teachers are teaching during the day.

Reminders

All absences need to be reported each day before 9am by phoning the main school number or emailing

admin@stlukespark.essex.sch.uk

If you have arranged for somebody else to collect your child, please ensure that you inform the main office who will pass the message on.

Upcoming Dates to remember:

Inset Days	03-04.10.2024
Wear Yellow for Children's Mental Health	10.10.2024
EYFS/KS1 Harvest Festival	11.10.2024 9am
Multiply Maths course (EYFS parents)	11.10.2024 (9.30-11.30)
Multiply Maths course (KS2 parents)	14.10.2024 (8.45-10.45)
Multiply Maths course (KS1 parents)	17.10.2024 (8.45-10.45)
Multiply Maths course (EYFS parents)	18.10.2024 (8.45-10.45)
Multiply Maths course (KS2 parents)	21.10.2024 (8.45-10.45)
EYFS Height and Weight Screening	21.10.2024
Multiply Maths course (KS1 parents)	24.10.2024 (8.45-10.45)
October Half Term	28.10.2024 – 01.11.2024
Travelling Book Fair	From Mon 4th Nov 2024
Brockfield House talk & Q&A 6pm	Mon 4th Nov 2024
Parents' Evening 3.30-6.30	Thurs 7th Nov 2024
Parents' Evening 3.30-6.30	Mon 11th Nov 2024
PTFA Christmas Disco	Fri 13th Dec 2024

For a full list of upcoming dates and times please refer to the calendar on the school website

<https://www.stlukesparkprimary.com/diary/list/>

Stars of the Week



This Week's Winners

Squirrels: Belle & Penelope P

Hedgehogs: Faizah & Rupert

Badgers: Jaden & Isabelle

Foxes: Michelle and Fletcher

Well done for setting such a good example with your kind and positive choices 😊

Little Owls will start joining in with our Praise Assemblies after half term when classroom routines are settled. All of the children in Little Owls get a huge 'Well Done' for settling to school life so beautifully.

Certificates are awarded in line with our school values for:

Individuality

I am unique and special: nobody is exactly like me

Respect

I accept that people's thoughts, feelings and rights are important

Resilience

I recover quickly from difficulties because I believe in myself

Responsibility

I know I must make good choices and do my job

Courage

I am brave enough to do the right thing

Compassion

I care about those who are suffering

Collaboration

I work as part of a team to achieve the best results

Creativity

I use my imagination and have

Tips for Transition into School

We know that leaving mum or dad can feel really hard for children... and that adults feel big emotions at drop off too. Here are some tips for a smooth morning routine and transition into school.

1. Prepare the Night Before

Pack Together: Involve your child in packing their school bag the night before. Let them choose a snack or help organise their backpack so they feel prepared and in control.

Lay Out Clothes: Select and lay out clothes together for the next day. This prevents last-minute stress and gives your child something to look forward to.

Set a Bedtime Routine: Ensure a calm bedtime with a predictable routine to help your child wake up refreshed and ready for the day.

2. Create a Consistent Morning Routine

Start with a Calm Wake-up: Gently wake your child up at the same time every day with a soothing tone or song. Consistency reduces morning anxiety.

Incorporate Fun Rituals: Add something enjoyable to the routine, like a special breakfast or a few minutes of quiet play. This creates a positive, calm start to the day.

Use a Visual Schedule: For younger children, a chart with pictures of each morning task (brushing teeth, eating breakfast, getting dressed) can help them understand the routine and feel in control.

3. Build in Extra Time for Transitions

Allow Time for Slow Starters: Give extra time for your child to wake up and get ready without rushing. A frantic pace increases anxiety.

Use Countdown Warnings: Gently remind your child how much time is left (e.g., "We'll leave in 10 minutes"). This helps them mentally prepare for the transition.

4. Positive Goodbyes and Reassurance

Stay Calm and Confident: Your child will pick up on your emotions. Remain calm, confident, and positive during the morning routine and drop-off. Even if they seem anxious, provide reassurance through your calm demeanour.

Use a Special Goodbye Ritual: Create a quick, fun goodbye ritual like a hug, high-five, or a special phrase. This helps make the separation routine predictable and comforting.

Reassure with Specifics: Tell your child exactly when you'll return, like "I'll pick you up at ten past three." This gives them a clear end point for the day.

5. Engage Their Attention Quickly at Drop-off

Encourage Engagement with Friends or Activities: When you arrive at school, help your child transition by directing their attention to something fun—a friend, perhaps.

Keep Goodbyes Brief: Avoid lingering or dragging out the farewell. A quick, upbeat goodbye can help your child adjust faster and gives them the message that you are feeling positive about their start to the day.

Be mindful of the message that your body language gives your child. If you stand between your child and their route inside, you are almost showing that you don't want them to go in, making separation harder. Try to keep positive and open body language which does not block their path inside.

A structured yet flexible morning plan helps build consistency and positive associations with school, making it easier for your child to separate happily.

We're doing a Christmas fundraising project!

Help us to raise funds!



Order:

- * Cards
- * Mugs
- * Spiral Books
- ★ Gift Labels
- * Wrapping Paper

ARTWORK MUST BE RETURNED TO SCHOOL BY:

Monday 7th October 2024


CAULIFLOWER CARDS
PART OF CAULIFLOWER GROUP LTD.
CAULIFLOWERCARDS.CO.UK

Your child has brought home some Christmas-themed artwork attached to an order form with a unique code.

If you would like your child's artwork to be made into cards, gift tags, wrapping paper, mugs, notebooks, etc, please follow the instructions on the form to place your order online with Cauliflower Cards this week.

Examples of cards and gift tags can be viewed in the school's office. **Your order form, with the artwork attached, needs to be returned to the school office on Monday 7th October ready for posting.**

Orders after this date must be posted privately and will not earn back any money for school funds.

Last year we raised £142.75 for the school with orders made. We hope you like the artwork created in class and will support us in raising some funds to spend back on the children this year.