



NEWSLETTER

“A Christ-centred school with a child-centred curriculum through wisdom and love”

Telephone: 01798 872007

WB 11th October 2021

COVID 19 – Positive COVID-19 cases in School

As you may be aware we now have several positive Covid-19 cases across the school in staff and children. Most of these cases have presented with just one symptom and parents have investigated, and rightly so, as it has shown a positive PCR.

If your child presents with any of the following, and you only need one, you must get a PCR test. This includes a raised temperature, cough, a headache or cold/flu like symptoms. We have had cases where a headache and just generally feeling unwell have also resulted in a positive PCR so please get checked if you have any worries.

I appreciate that, as we enter the season of colds and runny noses, it is frustrating for parents when their child is sent home with "just a cough". However, no one is able to differentiate between "just a cough" and Covid-19 without a PCR test.

Please can I ask parents to be especially vigilant with their children and to err on the side of caution and get a PCR test if your child has a raised temperature, a cough or headache.

Please do not send your child into school if you need to give them any Paracetamol or Nurofen in the morning. If they need medication to reduce a fever, they are not well enough to be in school and must get a PCR at this time.

Thank you for your patience and understanding at this time. I am confident that we can get through the challenges of the next few months by working together.

Google Classroom – If your child is self-isolating whilst waiting for a PCR test result then please access Google classroom and look at the learning that the teachers are posting. The teachers will mark learning on line and give feedback. **MyOn** can also be accessed for their reading books, please continue to read (or read books that you have at home and tell your teacher), you can learn your times tables (there are lots of games online or you can log in to TT Rockstars) and do practise your spellings especially the words that you know are tricky for you.

INSET Day – We have an INSET day on **Monday 1st November** and we will be working with The Vale Primary School, Findon on our new curriculum and the intent, implementation and impact of all areas of the curriculum. **We start back on Tuesday 2nd November.**

Working party – **Saturday 6th November 10-12 noon**, If you are able to help at the year's working party to help tidy up the school grounds ready for the winter, even if it's just for an hour, this would be very much appreciated. Please bring your Gloves and Tools and we will provide plenty of tea and biscuits. Please email the school office at secretary@stmarysprimarypulborough.co.uk

Football Yr 4 – [Horsham Sports Services - Yr 4 Football](#) Well-done to Year 4 on their performance at Tanbridge House School last Thursday.

Mental Health Day – It was great to see the children talking about their feelings and thinking about how important it is listen and look after themselves and those around us. The children talked about how to keep their heads happy.



Year 5 Planetarium – Thank you to Herstonceaux planetarium that came to visit our Year 5 classes. The children were so amazed by this immersive experience and how things they had talked about suddenly made sense. We love learning from ‘experts’. Thank you to Mr Coomber and Miss Sleat for organising this experience as the ‘superstarter’.



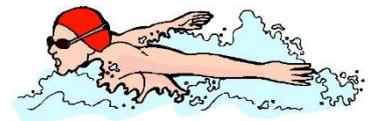
Kindness Shield – October – Phoebe J (India) Thank you Phoebe for being so kind and understanding to the children in India class. You amaze us with your thoughtfulness, generosity and empathy towards others. You want to make everyone else happy and this is an important skill to have. Keep being kind as you certainly do make a difference.

Achievements – **Ivy D (IRE)** received her second badge last week for the Badger's group at Pulborough 1st Brownies. Well done to Ivy. **Peter (IND)** has been awarded his Orange belt in Karate, fantastic achievement. **Theo R (IND)** also passed his grading in karate last weekend and achieved his yellow belt! **Rex (Ire)** achieved a black stripe in his belt in Karate – well done. **Livia (Ire)** received her yellow belt in karate. **Freddie (Italy)** swam five metres front crawl. **Hector S (NZ)** has moved up to Level 2 swimming, **Rex W (NZ)** has moved up to Level 4 in swimming.

Aquathon for KS2 –

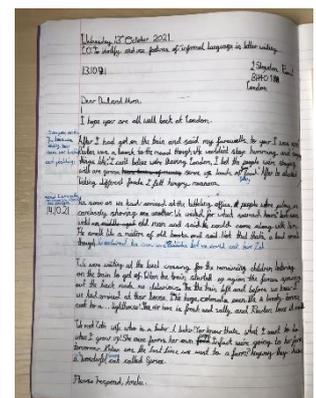
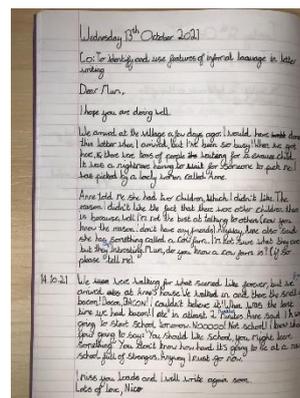
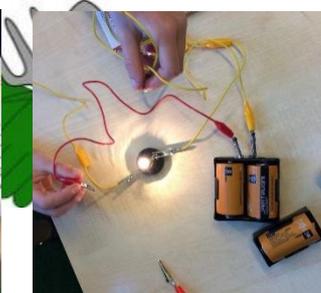
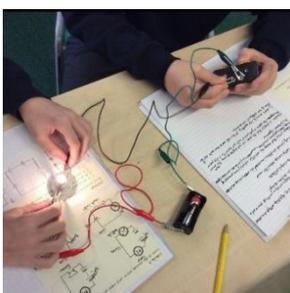
Sierra Leone Results for the Boys - **1st Franco, 2nd Flynn F, 3rd Harrison,**
Sierra Leone Results for the Girls - **1st Olivia, 2nd Anna, 3rd Martha.**

USA Results for Boys - **1st Leo D, 2nd Jens C, 3rd Endre D and Aaron G joint 3rd.**
USA Results for Girls - **1st Alicia T, 2nd Felicity G, 3rd Georgina R**



Mrs T and I are incredibly proud of all the children for swimming and running their socks off!

Learning – Look at our learning – we have enjoyed our Science lessons and are proud of our writing.



EYFS 6 week in meeting – Thank you to all the parents who came to this year's EYFS 6 week in meeting. It is so important that we work closely with parents to enable the children to get the very best from school. This is the first gathering of parents in a while due to COVID and we hope that it was useful to those that attended.



Catch me reading – We are really keen to see the strange and wonderful places that children are reading in. Please send any photos in to office@stmarysprimarypulborough.co.uk and we will display them in school.

Evacuee Day – As part of our World War 2 topic, the Year 6 children experienced what it might have felt like to be an evacuee in 1940. Last Friday, we visited the station, where the children reflected on how they would have felt if they had been travelling away from their homes to be evacuated and leaving their families behind. In addition to this, we visited some places of relevance in the village to find out more about the roles that they played in World War 2. On our return to school, we were fortunate to have the opportunity to hear about some of the children's fascinating family histories and involvement in World War 2. The children loved looking at photographs and artefacts and listening to first-hand accounts from relatives. A huge thank you to Ivan and Ella's families for providing us with this invaluable opportunity to enrich the children's learning, and to all the helpers who kindly gave up their morning to accompany us on our walk.



SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



Are you sure?

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



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.



Sources of Information and Support

- Your GP
 Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

ONLINE

1 Give something back to nature

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

2 Tranquil streams

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

3 Give geocaching a go

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!

4 Share what you see

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

5 Watch the stars

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

6 Wildlife on the web

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

OFFLINE

1 Ditch the phone

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

2 Put down some roots

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

3 A different kind of tweet

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!

4 Feed your feathered friends

Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.

5 Park your worries

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

6 Art and soul

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Meet Our Expert

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RIKKYO SCHOOL IN ENGLAND
invite you to

OPEN DAY

A FESTIVAL OF JAPANESE CULTURE

SUNDAY, 17 October 2021
from 10.00am to 4.30pm

THE PROGRAMME WILL INCLUDE:

THEMED CLASSROOM EXHIBITIONS

TEA CEREMONY KENDO DISPLAY

CHARITY STALL A PLAY

DANCE & MUSIC PERFORMANCES

BAZAAR & TOMBOLA

CONCERT AT 2PM

REFRESHMENTS AVAILABLE THROUGHOUT THE DAY
LUNCH FROM 11.00 AM TO 2.00PM

Detailed programmes available on arrival

Guildford Road, Rudgwick, West Sussex RH12 3BE

Telephone : 01403 822107

Due to the ongoing pandemic, please check our website for updates:

www.rikkyo.co.uk