

Monday 24th June 2024



Lime Class had a go at some bush craft skills in Forest School last week. They learned the skills of fire lighting using ferro-cerium rods (fire stick) and whittling tent pegs.



Gold Class used the allotments to investigate plant propagation in their science work. They learned how plants can propagate without seeds by taking cuttings from strawberry plants.



STAR PUPILS

Nursery:	Sadie K.
Green Class:	Albert B.
Pink Class:	Maddison M.
White Class:	Hannah O.
Red Class:	Ava B.
Yellow Class:	Harper F.
Orange Class :	Olivia G.
Lime Class:	Ava-Grace B.
Turquoise Class:	Bruce J.
Gold Class:	Liam O.
Purple Class:	Daisy B.

HOUSE POINTS

Dolphin: 379

Octopus: 328

Seahorse: 332

Starfish: 358

Well done

to the Dolphin Team who are this week's winners!

ATTENDANCE

We aim for at least 97% attendance each week; here are the attendance figures for last week:

	Yellow Class:	91.1%
Green Class:	89.4%	Orange Class: 100%
Pink Class:	97.1%	Lime Class: 94.1%
White Class:	90.3%	Turquoise Class: 89%
Red Class:	100%	Gold Class: 96.8%
	Purple Class:	92.8%

Our overall school attendance figure for week ending

Friday 14th June 2024 is 94.2%

FRIENDSHIP AND KINDNESS AWARD

Poppy E.

For supporting one of her peers in Forest School when they were struggling to use the flint to light a fire.





Please remember to visit our website for long term dates. Thank you.

Tuesday 25th June: Moving up afternoon 2.

Wednesday 26th June: Year 2 trip to Lytham— children to be at school by 8:30am.

Thursday 27th June: Year 1 trip to Lytham—children to be at school by 8:30am.

Tuesday 2nd July: 2:45pm— Years 3 & 4 Summer performance- doors open at 2:30pm.

Tuesday 2nd July: 5:45pm— Years 1 & 2 summer performance— children back for 5:30pm.

Wednesday 3rd July: 2:45pm— Years 1 & 2 Summer performance- doors open at 2:30pm.

Wednesday 3rd July: 5:45pm— Years 3 & 4 Summer performance— children back for 5:30.

Thursday 4th July: School closed— polling day.

Friday 5th July: Moving up afternoon 3.

Tuesday 9th July: Year 6 performance— 6pm.

Wednesday 10th July— Lime Class parent's assembly - 9am.

Wednesday 10th July: Year 6 performance— 6pm.

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.

1 MAKE IT FUN



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

2 MIX MOVEMENT WITH LEARNING



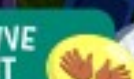
Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES



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

4 PROVIDE POSITIVE REINFORCEMENT



Praise 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 applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY



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

6 ENJOYMENT OVER COMPETITION



Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, 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 motivation and enthusiasm.

8 MAKE IT ACCESSIBLE



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

9 LEAD BY EXAMPLE



Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE



Help children 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.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College



Term Dates – 2023-2024

September 2023						
S	M	T	W	T	F	S
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October 2023						
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November 2023						
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December 2023						
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January 2024						
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February 2024						
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April 2024						
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June 2024						
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July 2024						
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August 2024						
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	Training Days (children do not attend school)
	Holidays

School Holiday/Term Dates 2024-25



September 2024							October 2024							November 2024							December 2024						
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January 2025							February 2025							March 2025							April 2025						
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May 2025							June 2025							July 2025							August 2025						
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																					31						

	Training days (children do not attend school)
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