

St. Michael's C of E Infant School Newsletter



Newsletter 6 Summer 2023

10th July 2023

St. MICHAEL'S
CE (CONTROLLED) INFANT SCHOOL

Changes

The end of the school year is always a very busy time and can be difficult for the children because they know that changes are about to happen and can start to feel anxious. It is also a difficult time for parents, carers and school staff with so much information to process! We are nearly there though and thank you for your support at this busy time.

Sadly, we have some members of staff leaving us at the end of the academic year to work in new jobs and start new challenges. We would like to say a huge thank you to the following members of our support staff and we wish them all the very best: Mrs Gear, Miss O'Brien, Mrs Hurrell, Mrs Joe-Newton, Miss Waldron, Mrs Parsons and Miss Gasson. Each one of them has worked so hard to support the children with their learning across the school and have helped individuals to make so much progress across the curriculum. They will all be greatly missed.

We are also very sad to be saying goodbye to Mrs Barnett, who will be returning to full time teaching in September at Talavera Infant School. Mrs Barnett has worked at our school for 11 years and her kindness and dedication to the children has been outstanding. She has managed the role of class teacher and SENDco with tremendous dedication and positivity, always putting the needs of the children first.

I know that you will join me in thanking Mrs Barnett and all the staff who are leaving for everything that they have done for our children.

We are very pleased to be welcoming Miss Annie Sheret to our school in September as our new SENDco. Miss Sheret is an experienced SENDco who has worked in London schools (both mainstream and specialist provision), Basingstoke and is also trained in Thrive, which supports children with their emotional development.

I would like to take this opportunity to say a huge thank you to all of our staff for their hard work and commitment.

Finally, I would like to thank you all for your support and kindness over the school year. Your children are a joy to work with every day and we hope you all have a happy end of term and summer.

Dot Patton

Miss Glover

A huge congratulations to Miss Glover who is pregnant with her second baby. We have recently been successful in recruiting a teacher to cover Miss Glover for her maternity leave which will begin in November and will inform current YR parents about this as soon as we have carried out all of the pre-employment checks.

End of Year school reports

End of year school reports will be sent home on Monday 17th July. There is response sheet as part of the report, so if you have any comments or questions please return this to the class.

Change to School Day

A reminder that from Tuesday 5th September, our school day will change.

Classroom doors will open at 8:40am with registration at 8:45am. If your child arrives after 8:50am, you will need to bring them to the school office so that they can signed in.

The school day will end at 3:15pm. We will ensure that the children are out on time so that parents have enough time to get to the Junior School for the end of their school day.

Class photos and Year 2 Leavers' photos

Hopefully you have all received your child's class photo. We used a different company this time and were pleased with the results – despite the weather! The children were wonderfully behaved and there were some super smiles. Copies can be ordered online with free delivery if ordered before Sunday 16th July.

Leavers' Assembly – Thursday 20th July

We will be having a Leavers' Assembly at 9:30am on the last Thursday of term. All adults are welcome but no siblings or young children please. It should last about 30 minutes and will be in the school hall. Bring a tissue!

Diary Dates Summer 2023 and September

Wednesday 12th– Transition morning

Wednesday 12th - 5:30pm – 7:30pm Year 2 Leavers' Disco

Thursday 13th– Transition afternoon

Thursday 20th– 9:30am Leavers' Assembly

Friday 21st– Last day of Summer Term

September 2023

Friday 1st and 4th - INSET DAYS

Tuesday 5th – Year 1 and Year 2 start school

Monday 11th – Wednesday 13th – New Year R children start part-time

Wednesday 14th - New Year R children start fulltime.

Transition

On the 12th July some of our Year 2 children will be visiting the Junior School. The children will come to the Infants for registration and to choose a lunch. They will then be walked up to the Junior School by their class teachers. Those children who are not going onto the Juniors, will have a special session with Mr Sanders.

Our Year R and Year 1 children will spend the morning in their new classes with their new teacher. Parents will have an opportunity to pay a quick visit to their child's new class straight after school on Wednesday.

There will be a further opportunity to meet your child's new class teacher at the beginning of September 2023. We will inform parents of the date for this before the end of the school year.

Collective Worship

Over the last few weeks we have continued to learn about inspiring leaders in Collective Worship. We learnt how Dr Martin Luther King and his famous speech about dreaming of a world where nobody is judged. The children thought about what their perfect world would be like and how they would change things in our world.



July



Monthly Mental Health and Well-Being Bulletin

This month the focus of our bulletin is helping you to support your child to think about next year and their transition to a new class. Most children will take these moves in their stride and find the changes exciting. For others, the move will be a more hesitant step out of their comfort zone into something less familiar and secure.

Dealing with 'big' feelings

Lots of us (adults included!) find the end of the school year a time of mixed feelings. As well as the feelings of achievement and pride in the things we have accomplished, there is often anxiety about the coming year and the 'unknown' elements of the next stage of our journey. Children are no different and it is very normal for children to feel uncertain about moving into their new class. It is important that we help our children to look after any feelings of anxiety so that they do not become all consuming.

In school, when we talk about feelings of worry, sadness, fear or anger, we describe them as 'big' feelings. If these big feelings are not looked after properly, they can grow and grow until they 'fill' us up, leaving no room for feelings of happiness, calmness or love. The children all know that the best way to make a 'big' feeling get smaller, is to talk to a grown up or friend and let them look after the worry instead. Talking to young children about worries can be tricky so the points below offer some suggestions on how we can behave to maximise the impact of our feelings talk.

Strategies for dealing with worries:

- **Talk and Share** – children need an adult to take care of their 'big' feelings so that they do not become overwhelmed by them. The best way to facilitate this is to talk regularly with your child and foster a close connection so that the child knows that they will be listened to and that they can trust you. Talking about feelings should happen across the full range of feelings – recognising and noticing when your child is happy and excited will help them to feel 'safe' in talking to you when they are angry, sad or worried.
- **Connection** – when children are worried, the best source of support will be from the person they have their closest attachment with. Listening to a child's worries, acknowledging how they are feeling and coming alongside them can help to lessen their fears. When we come alongside a child, we listen with full attention and reflect what we have heard. We resist the temptation to problem solve and we must not negate what they have said. Proximity is useful for some children – a cuddle or a hand hold may help them to 'feel' the emotional connection between you.
- **Absorbing** – If we listen, comment on and reflect that we have heard the child's worries, we have, in effect absorbed some of their feelings. Listening and acknowledging without judgement will help your child feel understood. Useful comments might be, 'I can see that you are feeling really worried about this', 'so,

you have told me that you are feeling a bit nervous about getting to know your new teacher, have I got that right?'. 'those worried feelings seem like they are really bothering you.'

- **Accepting** – When children share their feelings, we must always accept them at face value. Developmentally the things that cause your child worry will be things that to us as adults may seem trivial. Thunder and fear of the dark are common at this age – we know as adults that there is nothing to be feared from either, BUT they as children do not! Listen to their worries, reflect that you have 'heard' what they have told you and ask them what would help them feel safe. It is our job as parents or caregivers to help the child express their feelings without fear of judgement so that they learn that all feelings are valid and that it is ok not to be ok.
- **Tears** – Fears and worries are alleviated when a child expresses their sadness about the things that worry them. The act of crying is a physical act of release. When the child is comforted and soothed by a trusted adult the act of crying can help build a child's resilience in the face of their worries.

Reflecting and Reframing

At the very end of the post, there is a set of Colour Monster memory cards to help you to re-focus your child's thinking so that they can, once they have expressed any worries, reflect on the year and recall their positive and happy memories. These cards are a great way of helping your child draw a line around any worries they may have and switch to a more positive way of thinking. We are not encouraging them to ignore their worries, but considering the parts of school that they have really enjoyed will help them think more positively about the changes that are coming in September.

Thank you for reading these posts this year – I hope that they have been informative and useful in enabling you to feel confident in supporting your child's mental health and well-being.

Mrs Boon



Think of a time at school when you showed love to someone else. What did you do?



Who has made you laugh the most this year?



Who has been your favourite person at school this year? Why do you love them so much?



Think of a time when you felt loved in school. How did you know you were loved?



Can you think of a story that you shared at school that made you feel happy?



Think of a time when your teachers felt proud of you. What had you done? How did you feel?



What have you loved learning about this year at school?



Think of all the songs you sing at school. Which one makes you feel the happiest?



Think of a time when you felt proud of yourself. What had you done? How did you feel?



What games have you loved playing in the playground this year?



Which lesson at school has made you the happiest? What is your favourite?



What is your happiest memory of this year at school?