



Do Everything with Love
(1 Corinthians 16:14)

September Newsletter 2021



WELCOME BACK EVERYONE!

It is now the end of the second week of the term and the summer holidays are already becoming a distant memory as we get back into our daily routines. It is so refreshing to get out of the daily routine at times but we probably all agree that we seem to get a lot more done when being in a routine. Daily routines help family life run more smoothly and help families enjoy more time together. This helps children feel safe, develop life skills and build healthy habits as well as helping their parents feel organised, reducing stress and finding time for enjoyable activities.

Routines might take some effort to create but once you've set them up, they have many benefits. Last term, I sent a support link with tips on helping parents get their children ready in the mornings so they arrive at school on time. Here is the link again.

<https://www.youtube.com/watch?v=eIXA57oI848>

Wellbeing is of utmost importance to all of us so please take time to read the wellbeing insert from our Local Authority that is at the end of this newsletter. There are tips on how to manage stress and anxiety for both children and parents. You will also find resources and guides on what to do if you are concerned about your child's wellbeing. Please let your child's teacher know if their wellbeing is of concern to you, as we all want to support them together.

Please can I also ask you to regularly check the website calendar as well as the parentmailed newsletters for updates on school events.

Mrs Christopher

Prayer for the Start of the School Year

Loving God, Our creator, our saviour, our companion, bless this journey of a new school year that we undertake this week.

Refresh our souls and renew our spirits as we embrace the beautiful ministry you have called us to.

We welcome those who are new to this community and ask that you strengthen them to share the wonderful gifts you have given them. Lord, make our hearts pure as we prepare for the return of students to this school, and may you guide them to return with open hearts and minds eager to learn. We ask this in Your name, Amen

School Improvement Focus 2021-2022

Our main foci for this year will be:

- Raising writing standards
- Developing meaningful curricular links to help children remember their learning.
- Improve subject leader expertise through school-to-school collaboration.

Catch up 'extra' government Funding

This term, we are using our additional catch up funding to employ Mr Green for two days a week so that class teachers can deliver extra support group interventions. He will work with Years 5 & 6 for this half term.

Reminder of the 'High 5' Reading Challenge



Reading at St Mary & St Joseph's has always been a priority and children are expected to read daily. The aim of the high 5 reading challenge is to get all the children reading regularly with the ultimate aim of developing a love for reading. We want to work together with you to ensure your child develops a love for reading. We have asked the children to read five times a week- 4 week days and once over the weekend for at least 10 minutes. **We are asking you to sign the diary each time** (5 times a week). We want to encourage reading but at the same time, want to emphasise the importance of quality reading, not racing for certificates. Staff will monitor numbers of signatures in school and certificates will be awarded to children who read regularly. If your child has read and has forgotten to get the diary signed, please let us know in the morning so we can pass the message on to the teacher. From Year 3 up, if a child does not read, we will give them time to read at the beginning of playtime, to reinforce the importance of reading - this is **not** to be seen as a punishment but rather a reminder that they need to read regularly. Together we want to help our children achieve the best they can.

Certificates will be given for 25, 50, 75 with a special reading badge when reaching 100 signatures. Those who go on to reach 200 signatures will become Reading Champions and will receive a small trophy as well as a free book of their choice. This was very popular with the children last year and encouraged many more avid readers.

Intergenerational Project 2021-2022

This year we are taking part in an intergenerational project with other CAST schools. We have linked up with a care home in Upton called 'Upton Bay'. The aim of this project is for young children to have an opportunity to connect with the older generation and to build their understanding and kindness. Year 1 and Year 4 will be the lead classes and Mrs Welsh, the lead adult for this project. This term we will be sending letters of introduction to the residents and hope to receive theirs in return. Then we will arrange some virtual meetings supervised by Mrs Welsh followed by a visit from the residents to our school for afternoon tea. Please let the Mrs Welsh know if you have any concerns or queries. (l.welsh@smsjwool.dorset.sch.uk).



Spreading the 'Laudato Si' message

"Listen to the cry of the earth and the cry of the poor"



Greta Thunberg: 'I want you to act as you would in a crisis. I want you to act as if our house is on fire!'



Our efforts to change our ways in order to help the planet continue. Last year's Eco warriors led the school in achieving the Eco bronze award. They will now pass on their knowledge to the new Year 5 Eco warriors who will lead us to achieve the silver award by the end of this school year.

Years 5 & 6 will also be working alongside CAFOD in the 'Go Green' campaign to think of how we can influence the G7 leaders on climate change decisions at the next COP26 meeting in Glasgow this November.

SCHOOL PREFECTS 2021-2022

The Y6 prefects were announced today. They are:



Mollie, Katie, Eva, Sofia, Ffion, Tegan, Amiee, Emily, Megan, Jess, Jacob, Emyr, Archie, Callum, Lily. As we have chosen a large number of prefects this year, we will nominate two head prefects for each term. This term's head prefects will be Megan & Jacob.

School Council Reps this year are:

Maple class (Reception) : Ruby & Ridley

Oak class (Y4): Alex & Eva

Elm Class (Y1): Robyn & Stanley

Willow Class (Y5) Annabella & Bobby-Joe

Sycamore Class (Y2) Aisling & Wilson

Rowan class (Y6) Jess & Nicholas

Beech Class (Y3): Seren & Neve c

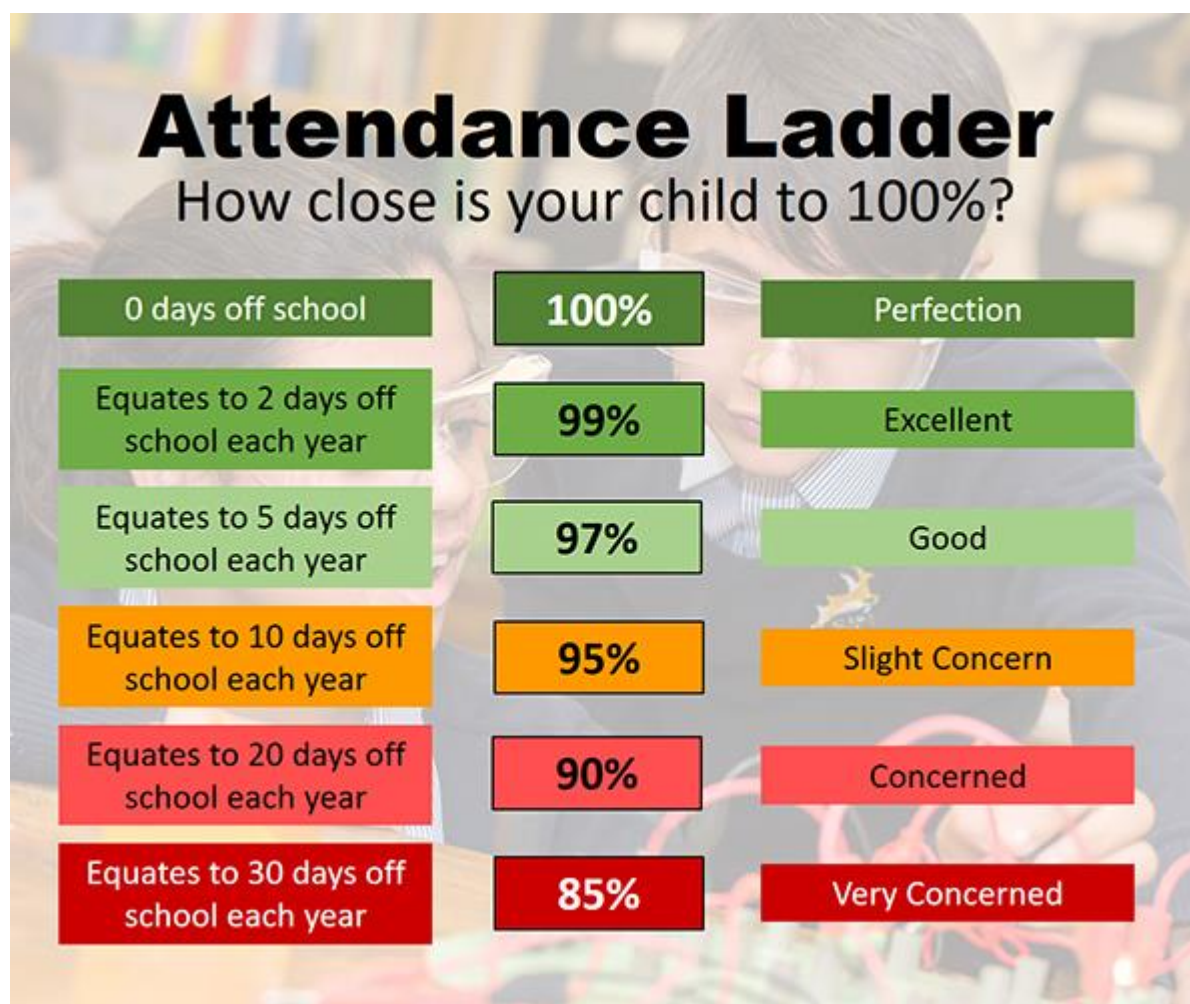
School Matters!



Attend Today, Achieve Tomorrow

Attendance

The chart below will give you an idea of how attendance percentages relate to the number of days off (based on a full year of attendance). If your child's attendance falls below 95% without due cause, we will send a letter to alert you of this. We do understand that sometimes children are too unwell to come to school and that sickness and diarrhoea cases must stay off for 48 hours to stop bugs spreading. However, children can still attend with mild symptoms of colds and sore throats. Please do test them for COVID19 if symptoms are evident- if this test is negative, children can attend school



NEW 'SMSJ' EMAIL ADDRESSES FROM 1ST OCTOBER

Please note that all teacher and office email addresses will change to:

School office – office@smsjwool.dorset.sch.uk

Mrs Hall- Reception/Maple class: s.hall@smsjwool.dorset.sch.uk

Mrs Reader -Year 1/ Elm class: s.reader@smsjwool.dorset.sch.uk

Mrs Dale -Year 2/ Sycamore class: g.dale@smsjwool.dorset.sch.uk

Miss England -Year 3/ Beech class: e.england@smsjwool.dorset.sch.uk

Mr Pickavance -Year 4/Oak class: a.pickavance@smsjwool.dorset.sch.uk

Mrs Henderson - Year 5/ Willow class: a.henderson@smsjwool.dorset.sch.uk

Miss Cheeseman - Year 6/Rowan class: k.cheeseman@smsjwool.dorset.sch.uk

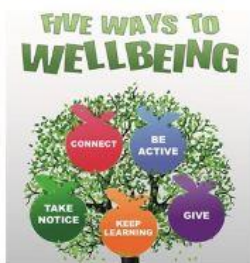
Wellbeing for parents and carers

Well-being is the state of being comfortable, healthy and happy; both physically and mentally. Following a further year of change and challenge for families and children we need to consider the wellbeing of parents and carers, as well as their children.

It is hard to prioritise your own wellbeing when you may be juggling the needs of your children, your work, and the additional stress that the pandemic has thrown in. Here are things to help you to focus on your Health and Well-being:

- Try to exercise every day
- Go outside to a green space and notice the natural environment
- Try mindful breathing

[Find out more](#)



Concerned about the well-being of your child?

If you are concerned about the well-being of your child, the Dorset Educational Psychology Service has information on:

- * how to deal with difficult thoughts and feelings
- * how to access the parent/carer helpline
- * guidance booklets for: the recovery curriculum, autism and anxiety, bereavement, trauma and attachment and transition to a new school

Like everyone, children's emotions fluctuate, particularly at times of stress and crisis and in the height of emotion.

Returning to school from the summer holidays can be an exciting but also stressful time for children, especially after the uncertainty they experienced last year. Recognising the signs that a child or young person may be struggling with their emotions helps us to support them.

This [webinar](#) aims to provide an understanding on how parents can emotionally support their children to manage their worries returning to school.

[[http://Educational%20Psychology%20Service%20\(EPS\)%20|%20Dorset%20Nexus](http://Educational%20Psychology%20Service%20(EPS)%20|%20Dorset%20Nexus)] **Dorset Educational Psychology Services**

TOP TIPS FOR DEALING WITH STRESS

TIP 01
Divide big tasks into small ones

TIP 02
Create to-do lists

TIP 03
Stay active

WHEN THINGS AREN'T SO GOOD OUT THERE... MAKE INSIDE FEEL BETTER.
Visit **Every Mind Matters** for more tips and advice

Better Health every mind matters

Resources to help support your child with stress and anxiety

We have collated some resources to help you support your child with any stress and anxiety that they might be feeling.

Using the Window of Tolerance (developed by Dr Dan Siegel) is also one way of doing this. Everyone has what is known as a 'window of tolerance'. It refers to your ability to manage your emotions in a healthy way, allowing you to function and react to stress or anxiety effectively.

This [video](#) provides information on the window of tolerance, and uses a range of inner strategies such as mindfulness to help children understand and be present with their emotions.

For people who have experienced trauma and loss, that window often becomes quite narrow. This [video](#) helps explain some ways that people who have experienced trauma can expand their window of tolerance and come back into it.

Click to watch this [animation](#) and/or access [free resources](#) from [Beacon House](#) to understand how early trauma can shape children's emotions and behaviours.

Play is also a great way for adults and children to deal with their emotions and manage stress and worry. Watch this 2-minute [video](#) for some helpful ideas.