



Feelgood Friday Newsletter

11th
February
2022

LEARNING

OPPORTUNITY

COMMUNITY

PERSONAL
BEST

LEADERSHIP

From the Headteacher's Office...

Dear parents and carers,

Welcome to the final Feel Good Friday Newsletter of this half term!

This week in school, the children have been learning about how to keep themselves and others safe online as part of Safer Internet Day. We started the week with assemblies in both our Lower School and Upper School, thinking about how our School Care Code matters both in and out of school. We've been looking at our Care Code over the past few weeks and it was lovely to hear the children talking about how it was important to be kind, use our manners and be brilliant both outside of school and online. In our Lower School (Reception to Year 3), we used the story of Digiduck, who nearly sent a funny photo of his friend to everybody. Travelling forward in time, Digiduck realised that his friend might not find it funny and that could affect his friendships and what people thought of him. Our Upper School (Years 4-6) explored a range of different scenarios and had to think about what they could do in different situations.

Thursday was then another busy day in school. Upper School had an extra assembly and Year 6 got to meet a medal-winning paraolympian, Jonathan Broom Edwards. The afternoon saw Owls experience the 'Wonderdome' in the school hall.

Next week is half term and we will return to school on Monday 21st February. We hope you have a lovely half term and look forward to seeing you all again on the 21st.

Best wishes,

Mrs Bowyer (Head of School) and Mr Fry (Executive Headteacher)





s for your diary

FEBRUARY

Monday 21st February – school re-opens

MARCH

Friday 4th March – World Book Day

Friday 18th March – Comic Relief – Red Nose Day

Week beginning 28th March – Virtual Parent's 'Evening'

APRIL

Friday 1st April – School closes at 1:20pm for EYFS & Years 1, 3 & 5. School closes at 1:30pm for Years 2, 4 & 6.

EASTER HOLIDAY

Tuesday 19th April – school re-opens

WORLD
**BOOK
DAY®**

3 MARCH 2022

25 YEARS



Join us on Friday 4th March for our 'Ice Worlds' themed World Book Day.

We invite the children to dress up and join us for our special menu

Friday 18th
March

More details to
follow



WHAT'S IT ALL ABOUT?

Human beings change and grow – we do it all the time and in many different ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults. But growing emotionally is also an important part of our development.

As parents or carers, you are an important role model for your child. Your child does not need you to be perfect - in fact seeing you make some mistakes can be really useful! What is important is that you are able to show them that you – and they – can continue to develop and grow even when things are hard. In fact, sometimes, this is when we learn and grow the most.

IMPORTANT INFORMATION

7-13 February is Children's Mental Health Week. The week is run by the charity Place2Be and focuses on the importance of promoting good mental health and wellbeing for children and young people.

**GROWING
TOGETHER**



TIPS FOR PARENTS AND CARERS

WHAT CAN YOU DO?

Here are a few simple ways you can support your child's emotional growth.

1. Talk about when your child was younger

Most children enjoy hearing their parents tell stories about when they were younger. Recall stories that highlight how your child has developed and changed over the years. For example, how you enjoyed teaching them to learn to ride a bike, or swim. Or how proud you were when they took part in a school assembly – even though they were nervous.

If you are an adoptive parent, foster or kinship carer, you will still have lots of memories to share from when you first came together as a family.

2. Notice when your child has developed and grown

You may have made marks on the walls to recognise how tall your child has grown over the years, or looked at old photos together. It is important to also recognise and praise emotional growth. This could be letting them know how proud you are when they have learnt to walk away rather than fight with a sibling, or how they have learnt to ask others to play when they used to be too shy to do so.

#ChildrensMentalHealthWeek

3. Encourage your child to try new things

This could be new foods, a new activity or a new experience. Praise their willingness to 'give things a go' rather than whether they were 'good' at it. This will give them confidence to continue to develop and grow.

4. Listen to your child's hopes and dreams for the future

Encourage your child to see that everything they are doing right now is a tiny step towards who they might want to become in the future. For example, your child staying away from home for a night is a step towards them being able to leave home for study or work in the future. Your child helping another child is an important step towards them becoming a counsellor, a doctor, a nurse or a teacher etc.

5. Support your child to learn from tough situations

It can be really hard when your child is not getting on with friends or having a problem with a teacher, or is disappointed with how something has worked out. Acknowledge the difficult feelings, but help your child to see that these situations help us to grow and develop so that we are better able to cope with life's ups and downs.

Activities from Place2Be's Art Room

Support Balloon – have a go at this simple art activity with your children. Aimed at primary-age children, this activity from can help children think about who supports them to grow.

bit.ly/3m2R9ib 

My Changing Shapes – try this activity designed for secondary-age children. This activity supports young people to look back at their past growth.

bit.ly/3nhiYTI 

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting the emotional wellbeing and growth of primary-age children.

parentingsmart.org.uk 

**GROWING
TOGETHER**



TIPS FOR PARENTS AND CARERS

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher, or another adult in school.

If you're worried about your child's mental health, you can talk to your GP or you can talk to Mrs Jima or Mrs Mac at school.

You can also find a list of organisations that provide support and advice at place2be.org.uk/help

Year 5 have been learning about online safety:

We were asked to think about the age restrictions for popular internet sites: Some of them surprised us!



What would you do?

We also thought about different scenarios.

You are sent texts with mean and hurtful comments – **what would you do?**

One of your online friends asks for your address and phone number – **what would you do?**

In addition, we designed some posters giving advice for online safety



I would love to hear your recommendations for the best things to do online... especially games?

What are your favourite ways to spend time online?

What are your favourite games?

RECIPE

FOR: Respectful Relationships Online

PREP TIME: 11/12k COOK

INGREDIENTS

weapon simulator: lovely, fun, perfect, I love it!
or so be nice to people, don't ~~swear~~ swear
or bully or harass anyone block or report
if needed: You can ~~help~~ help people if you
want or can play with a friend or some
one you know. Tell an Adult if someone
is mean.

When/how they will appear

Key advice

4+

Coming out in 2023 September 27th

Only you play it/no one can play with you/joining isn't available

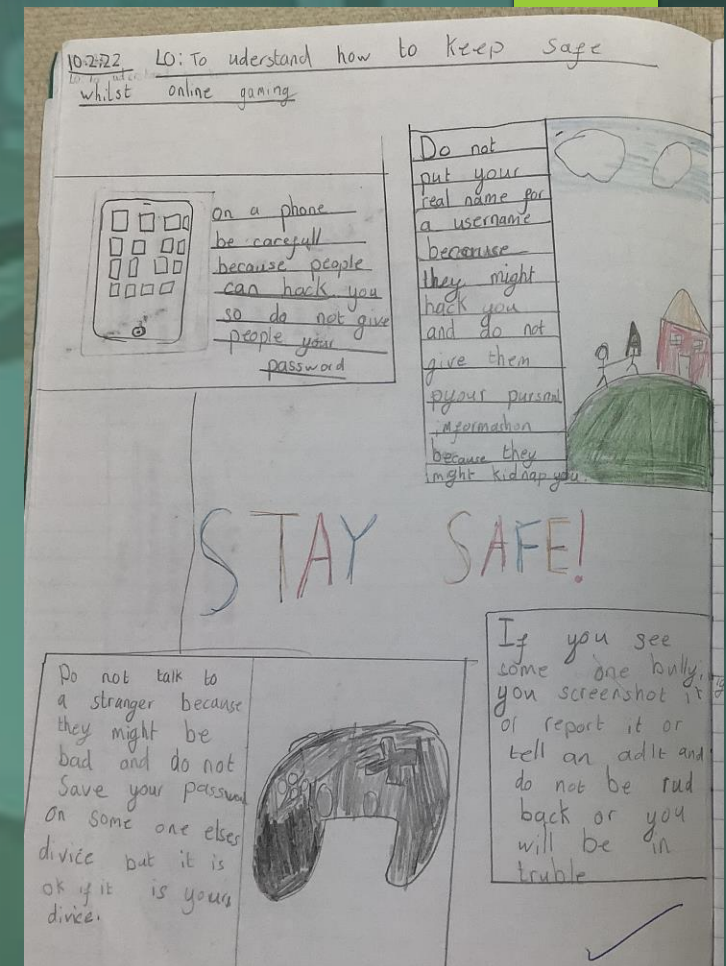
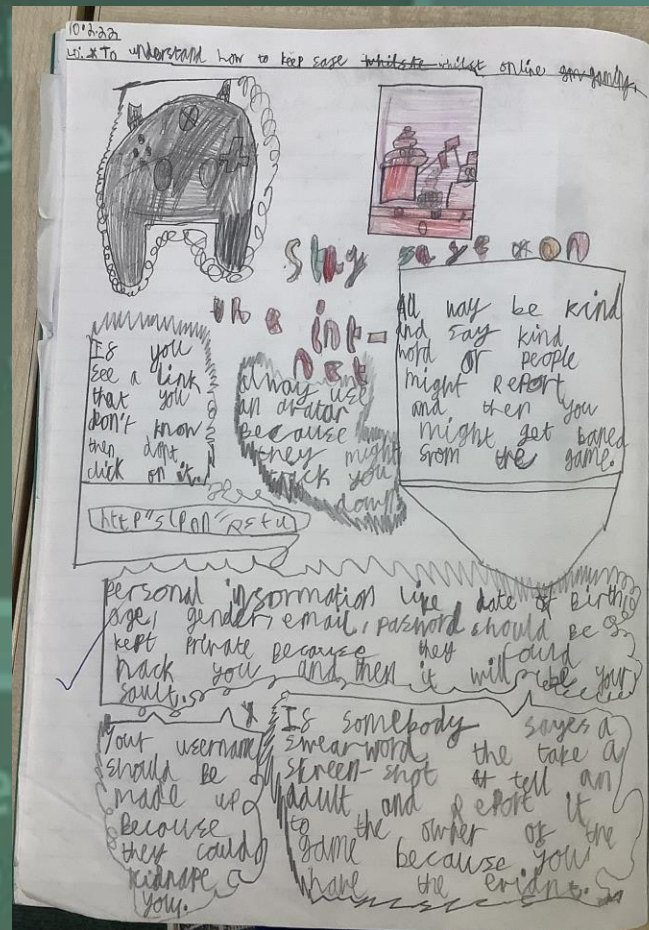
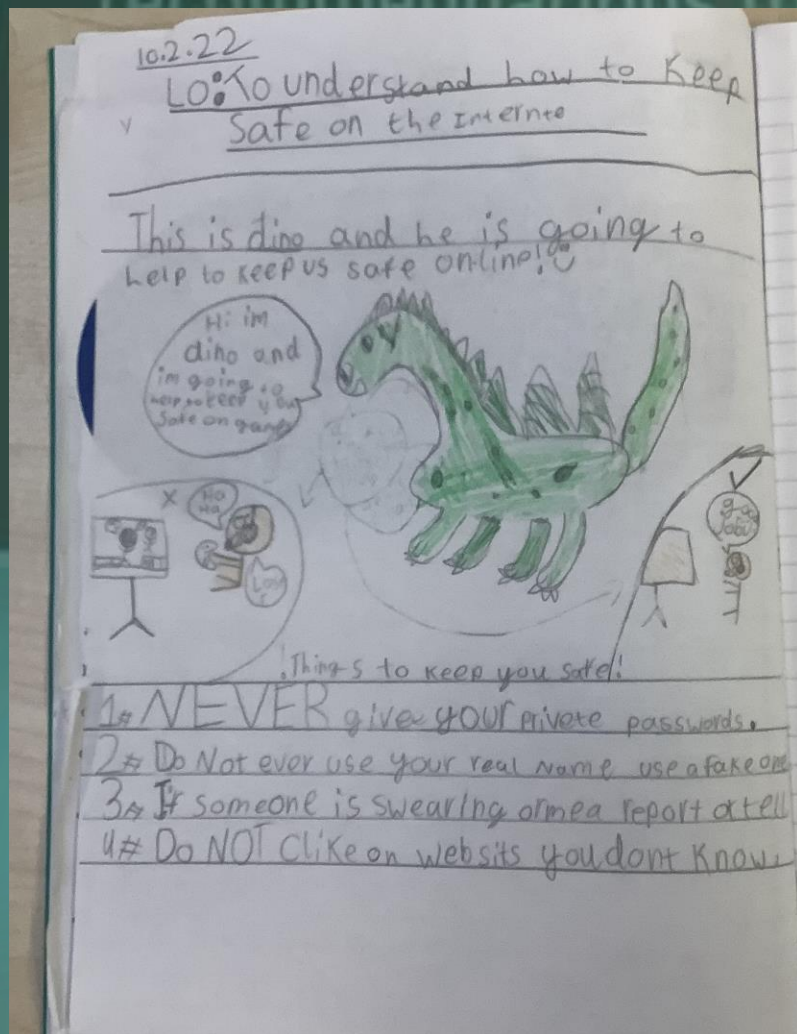


Hatch an egg and see what you get!!!

My Gaming Guide's Name

Your Pet World

Year 4 have been learning about online relationships and gaming:



Year 3 have learnt about gaming and relationships, we produced posters to remind us and others how we should behave whilst on-line.

Pupil details

It is essential that we have up-to-date records for every child in school, particularly home address, email and mobile phone numbers. If you have moved or changed phone numbers, please email office@rps.pkat.co.uk

Thank you



Injuries (outside of school)

If your child has an injury, such as a broken bone, please do let us know as soon as possible – email office@rps.pkat.co.uk

We will need to put a care plan in place before they return to school.

Thank you

Illness/Other Absences

If your child is ill, please call the school office on 01733 263342 and select option 1 to leave a message (the absence line is available 24/7) or email office@rps.pkat.co.uk

Thank you

Free School Meals

Applying for free school meals is quick and simple to do using the online application form below www.cambridgeshire.gov.uk/freeschoolmeals and select "no" when asked if you have previously claimed.

IMPORTANT INFORMATION

Medication

If your child requires prescribed medication during the school day, you must complete a medication form, link below

<https://forms.office.com/r/cfRXYcrknQ>



Important

Collection times

Please follow the one-way system at collection times and do not wave across the courtyard for your child to be released.

Please also continue to wear a face covering when on the school site.

Thank you

Attendance

We aim for 100% attendance every day. It is said that good attendance = best achievement: it's not just about learning in lessons, but all the interaction with other children and teachers which can give confidence and self-understanding as they grow. We are sure we can count on the support of all our parents and carers to ensure children are in school, on time, every day. Please see the letter about attendance for more information and please contact the school office if you have any questions.

Attendance for 31st January – 4th February:

Class	Attendance %	Class	Attendance %
Barn Owls	91.15%	Snowy Owls	82.0%
Yellowbill Kites	93.33%	Red Kites	91.29%
Sparrowhawks	91.11%	Goshawks	82.41%
Golden Kestrels	96.9%	Spotted Kestrels	92.0%
Western Ospreys	95.71%	Eastern Ospreys	94.93%
Peregrine Falcons	89.21%	Merlin Falcons	84.7%
Sea Eagles	84.44%	Martial Eagles	91.79%

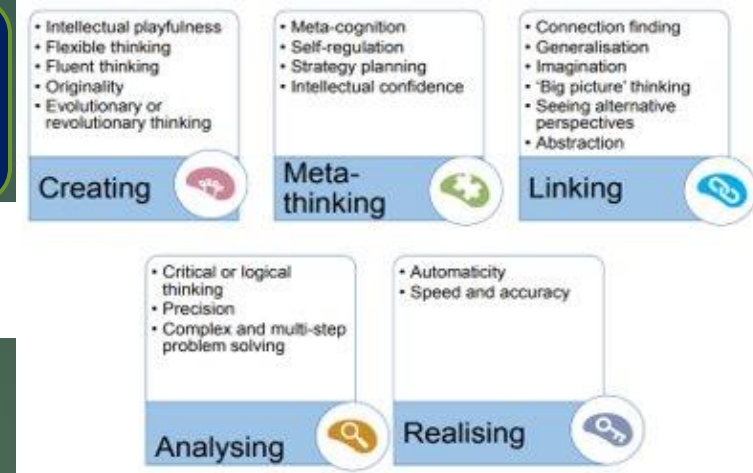


Our Champions of the week.



Celebrating our best!





These children have demonstrated the skills of *Realising* this week and are on the way to being High Performance Learners.



Barn Owls:
Klaudija

3 Spotted Kestrels:
Amiel

5 Merlin Falcons:
Atene



Snowy Owls:
Elijah

3 Golden Kestrels:
Rylee

5 Peregrine Falcons:
Cameron

1 Yellowbill Kites:
Max

2 Sparrowhawks:
Anya

4 Eastern Ospreys:
Sophia

6 Sea Eagles:
Rebekah

Hermione

1 Red Kites:

4 Western Ospreys:
Rosa

6 Martial Eagles:
Sufyan

2 Goshawks:
Keane





High
Performance
Learning



Realising

ACPs

**Advanced Cognitive Performance
Characteristics**



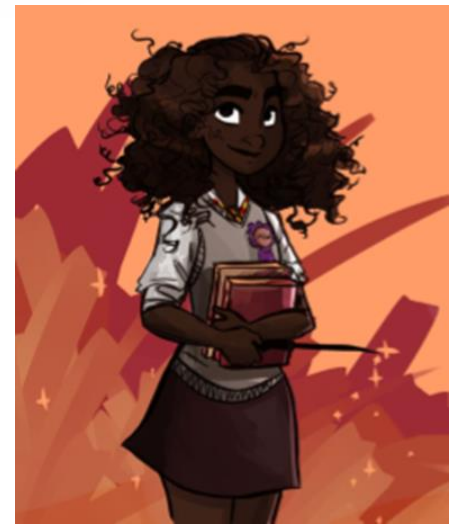
Realising

Realising is knowing information instantly. You know how to count to ten without thinking or counting because it has become automatic. If you practice your tables you are aiming for speed and accuracy of recall.

- Automaticity – to be able to recall skills without thinking.
- Speed and accuracy – to be able to work at speed and with accuracy.

Our KS2 literary character for this characteristic is J K Rowling's Hermione Granger. She works hard to commit complex spells to memory in order to reproduce them at any given moment automatically with speed and accuracy.

Hermione





High
Performance
Learning



Realising

ACPs

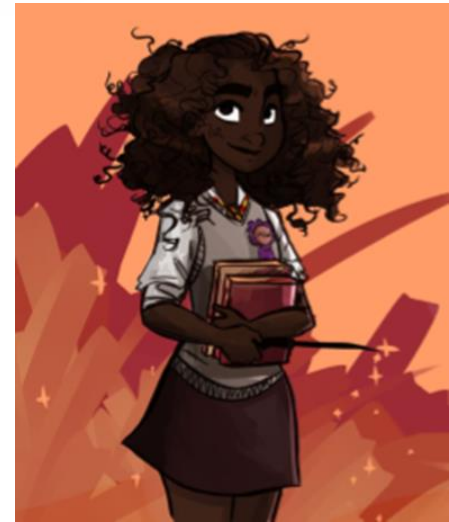
Advanced Cognitive Performance
Characteristics

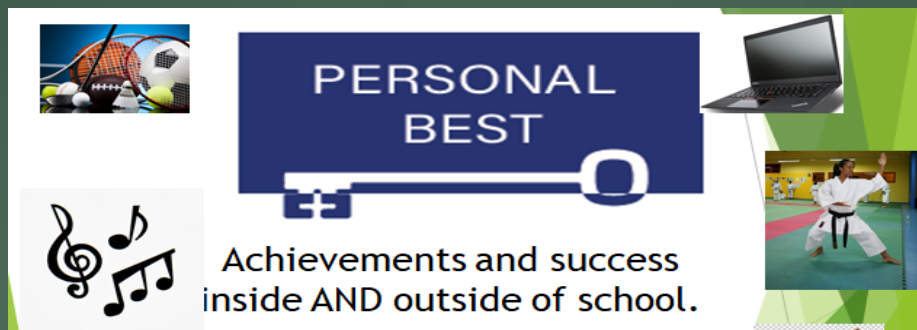


Realising – school based examples

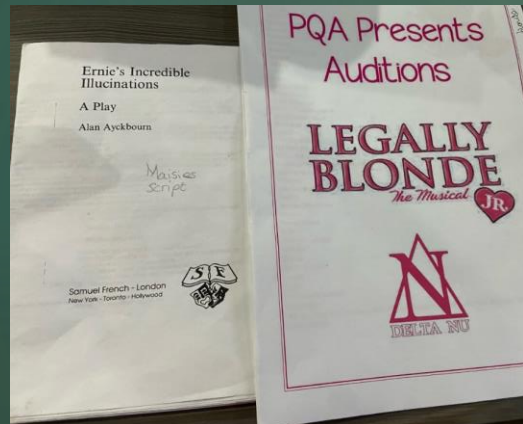
- Automaticity – learning your times tables or common spellings.
- Speed and accuracy – developing a fluent handwriting style and presentation skills for every activity.

Hermione





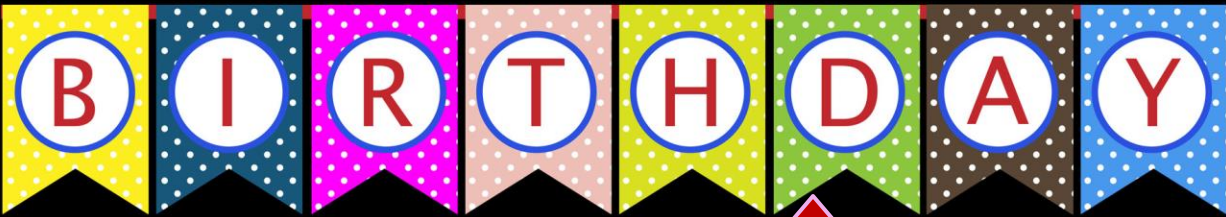
Mel and Rosa from the Western Ospreys have been completing swimming lessons and have both received certificates and moved into the next group.



Well done – we are very proud of you!

If your child achieves a 'Personal Best' out of school, please email in to office@rps.pkat.co.uk so we can share their wonderful achievements.

Birthdays this week



Derian
7

Esmail
6

Martyna
7

Danielius
10

Reinis
9

Erika
6

Millie R
6

Valdano
8

Connor T
8

Miss
Harding

Mrs
Grigjane



COMMUNITY

Half term birthdays

Connor C 9

Gusts 7

Elijah H 6

Jamie 8

Elija 10

Aarav 11

Akshan 10

Daniel E 10

Healthy snacks & water bottles

Children can bring in a healthy snack to have at break time. This **MUST NOT** be chocolate or nuts – we are a nut free school.

Children **must** bring in a named water bottle.



Happy Birthday from everyone at Ravensthorpe!