



UNLOCKING  POTENTIAL



Feelgood Friday Newsletter

21st
January
2022

LEARNING

OPPORTUNITY

COMMUNITY

PERSONAL
BEST

LEADERSHIP

From the Headteacher's Office...

Dear parents and carers,

It has been a very difficult week at school, with so many staff and children testing positive with Covid. We would like to wish everyone who is currently unwell a speedy recovery and hope to see you back at school soon. A letter was sent to all parents yesterday about how school will be organised if more staff test positive for Covid over the weekend. After 2 years of coping so well as a school community with all the Covid restrictions and lockdowns, it is both upsetting and frustrating to be in this difficult position now. **However, the Ravensthorpe spirit is strong!** Staff who are able to be in school are rolling up their sleeves to help keep classrooms open and are showing brilliant resilience (THANK YOU!); lovely school dinners are still being served; our parents are showing understanding and patience (which is so appreciated) and our wonderful children are adapting and getting on with their learning in school and at home. We also have some staff at home who are still posting work and messages on Tapestry and Google Classroom even though they are unwell. We hope, like us, you feel very proud of being part of the Ravensthorpe School community at this time with everyone pulling together as a team.

George Harrison (of The Beatles – before our time, but still great music!) once wrote a song called 'All Things Must Pass' - the current situation won't last forever. Let's keep working together and supporting each other and it won't be long until our school can get back to doing all the lovely things we enjoyed before the pandemic.

Wishing you all a safe and restful weekend.

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



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 10th – 14th January:

Class	Attendance %	Class	Attendance %
Barn Owls	96.92%	Snowy Owls	90.8%
Yellowbill Kites	83.53%	Red Kites	94.62%
Sparrowhawks	90.37%	Goshawks	95.86%
Golden Kestrels	91%	Spotted Kestrels	92%
Western Ospreys	95.36%	Eastern Ospreys	90.37%
Peregrine Falcons	87.31%	Merlin Falcons	85.93%
Sea Eagles	89.63%	Martial Eagles	94.07%

MENTAL HEALTH AND WELL BEING

School staff have found some resources to help families who may be in need of mental health support. Please see links on this page and also a video link. Some of this information may be useful as children move to secondary school and then enter the teenage years.

[Dad and son on how to be in your child's corner - YouTube - 2 minutes](#)



Find out more about mental health, stigma and discrimination, and how you can start your conversation.

Time-to-change.org.uk/parents



Mental health problems affect people of any age, race, religion or income. The most commonly diagnosed mental health problems are anxiety, bipolar disorder, depression, eating disorders, schizophrenia, OCD, personality disorders and phobias. 9 in 10 people who have a mental health problem say they have experienced stigma and discrimination as a result. Similar to other types of discrimination, people who experience mental health stigma describe feeling isolated, ashamed, misunderstood and demeaned. Talking about mental health can be really helpful. You don't need to be an expert. The more we talk about mental health, the more we can break down the taboos surrounding it – enabling young people to look after their own health, reducing the stigma around asking for help, and allowing them to support peers.

it's time to talk. it's
time to change
let's end mental health discrimination



We all have mental health

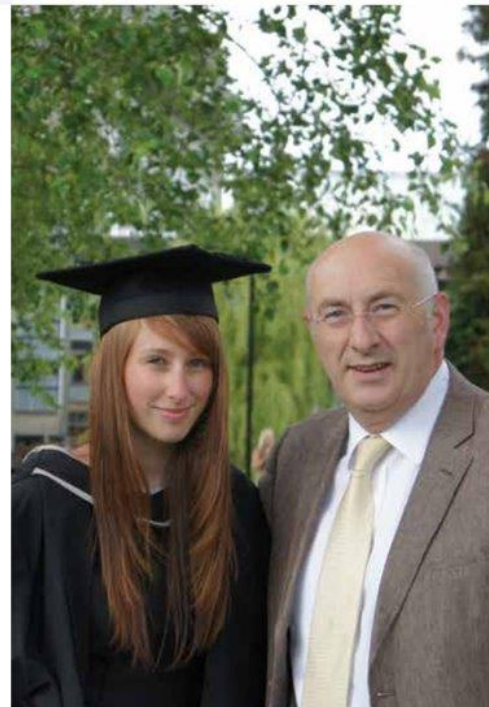
We all have mental health, like we all have physical health. It's important we take care of both as they are part of our overall wellbeing.

When someone experiences a mental health problem, it can affect their thinking, their mood, and their ability to relate to others as they usually would.

Actually, you might be surprised how common mental health problems are. 1 in 4 of us are affected in any year. (It's 1 in 10 young people, or 3 people in the average classroom). So, even if your family isn't affected directly, you or your children will know someone who's going through the experience right now.

Considering all this, you'd think we'd speak about mental health more, wouldn't you? But it's still often a topic we avoid.

If discussing mental health isn't everyday and ordinary in your house, you're not alone. It's really important though, and just being open to speaking and listening as a parent can make a real difference.



Elizabeth experienced symptoms of depression a few years before her diagnosis, aged 19, but she didn't want to worry her parents. For a long time she didn't speak with anyone about how she was feeling.

Elizabeth:

"As a teenager, you think it's something that happens to adults, not young people. When my parents tried to talk to me, I denied there was anything wrong – I didn't want to talk about my feelings. So, when the GP diagnosed me with depression I think it was a bit of shock to all of us."

David:

"We didn't really know much about mental health and, to be honest, weren't aware how many young people experience mental health problems. Still, my wife and I noticed a change in Elizabeth's overall demeanour and that prompted us to ask whether everything was OK."

I really think talking to children more about mental health would remove the stigma. And from a parent's perspective, we would understand what to look for."

Ten tips for talking

1. Mental health isn't just about illness. It is also about wellbeing.
2. Showing you're happy to talk and listen will mean a lot.
3. You don't need to set aside hours. Just opening up the conversation helps.
4. You could chat while doing something else, like driving or preparing dinner.
5. Explain that every one of us has mental health.
6. You don't have to be an expert, or have the answers.
7. Hypothetical situations might be easier to talk about than personal experiences.
8. Familiar ideas might include feeling stressed, depressed, low or anxious
9. You could suggest learning together.
10. There are lots of good information resources on the internet.

Peterborough Youth Choir - Now Recruiting!

Peterborough Youth Choir is now recruiting, offering FREE singing and music tuition to ALL children aged 7 and above. Further information is at peterboroughsings.org.uk/peterborough-youth-choir or call Jo on 01733 425194.

Men United in Song - supporting Prostate Cancer UK

Our community singing project *Men United in Song* is launching in March 2022 and we're looking for men from across the city and beyond to get involved. No previous experience is needed and there's no audition, it's all about stepping up to the challenge and raising money for our charity partner Prostate Cancer UK. Further information is at www.peterboroughsings.org.uk/men-united-in-song-2022 or call Jo on 01733 425194.



**READY
STEADY
SING!**

NO AUDITIONS,
NO PREVIOUS
EXPERIENCE NEEDED;
JUST YOUR VOICE!

Peterborough's FREE singing club for children aged 7+

Wednesdays from 4pm during term time

All Saints' Church Hall, Park Road PE1 2VL

SIGN UP TODAY!

Call Jo on 01733 425194 for more information
or visit www.peterboroughsings.org.uk

**PETERBOROUGH
YOUTH CHOIR**

Peterborough Sing! England Charity No. 1171950

Men United In Song

40 MEN WANTED!

We want **YOU** to perform live on stage in a charity event in the spectacular setting of Peterborough Cathedral.

- 9 week project
- Starting from scratch in March 2022
- Your chance to learn to sing
- No previous experience needed
- Professional direction and support
- Great social opportunities

Find out more at one of our introductory sessions at the John Mansfield Campus PE1 4HX on

- Thursday 3rd March 7pm - 10pm
- Friday 4th March 7pm - 10pm

For more information call **NOW** on 01733 425194

Email menunited@peterboroughsings.org.uk

or scan this QR with your smartphone



SUPPORTING
**PROSTATE
CANCER UK**



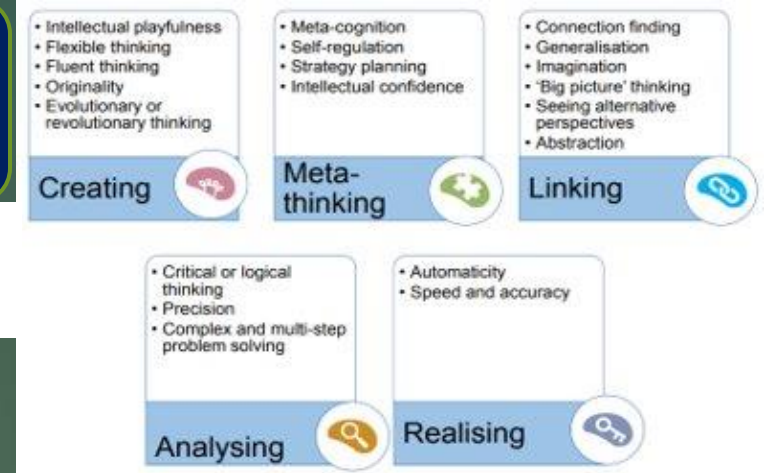


Our Champions of the week.



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:
Robert

3 Spotted Kestrels:
Harley

5 Merlin Falcons:
Laura



Snowy Owls:
Mia T

3 Golden Kestrels:
Florence

5 Peregrine Falcons:
Dominika L

1 Yellowbill Kites:
Osezomo

2 Sparrowhawks:
Elijah A

4 Eastern Ospreys:
Sebastian

6 Sea Eagles:

1 Red Kites:
Fares

2 Goshawks:
Sophie N

4 Western Ospreys:
Perla

6 Martial Eagles:
Helen





High
Performance
Learning

VAAAs

Values Attitudes and Attributes



EMPATHETIC

Empathetic

This VAA includes the skills of **Collaboration**, **Concern for society** and **Confidence**. Our KS1 children will recognise the **Collaborative Camel**; the **Concerned Caterpillar** and the **Confident Crocodile**.

Our KS2 literary character is **Tintin**. **Tintin** is a Belgian comic strip boy reporter created by Herge. **Tintin** has a sharp intellect, can defend himself, and is honest, decent, compassionate, and kind. Through his investigative reporting, quick-thinking, and all-around good nature, **Tintin** is always able to solve the mystery and complete the adventure. **Tintin** **collaborates** with his friends to solve the mysteries; he is driven by his **concern for society** and is **confident** in his abilities to solve each mystery.



TINTIN





High
Performance
Learning

VAAAs

Values Attitudes and Attributes



EMPATHETIC

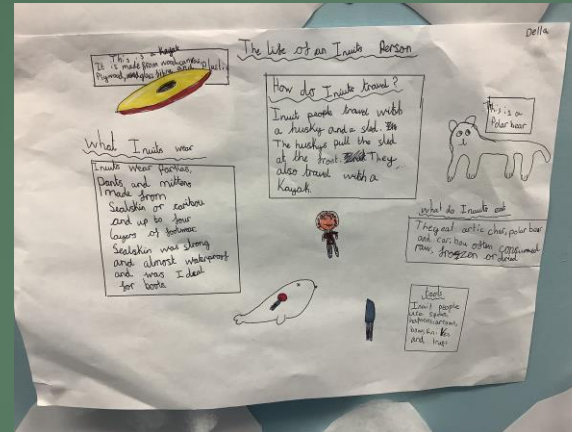
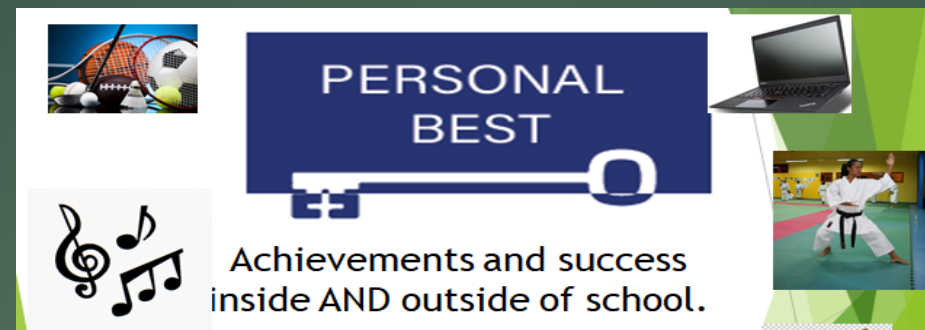
Empathetic – School based examples

- Collaboration
 - Working together on a project with a partner or group
 - Playing your part in a team or performance
- Concerned for society
 - Keeping your table or classroom tidy
 - Picking up any litter seen in the playground
 - Raising money for good causes
- Confident
 - Understanding what you are good at
 - Know what you need to improve
 - Using your skills but ready to learn new ones



TINTIN





Della in Golden Kestrels enjoyed her research on Inuit People so much that she decided to do more work at home and produced her own report.

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



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.

Suvan
5



Arya R
9

Bethany
11

Karolis
11

Fiona
5

Finley
10

Chloe
11



Happy Birthday from everyone at Ravensthorpe!