

# Newsletter

22nd May 2023

Spring Term

St Paul's Cray



C of E Primary School

Act Justly, Love Mercy, Walk Humbly

## Coronation Celebrations

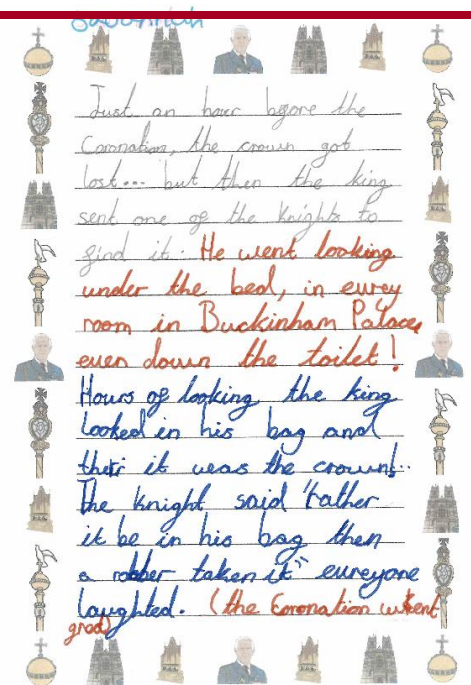


The children enjoyed Coronation Celebrations in school on Friday 12<sup>th</sup> May. They had fun in class. Nursery made crown biscuits; all children enjoyed decorating cakes and some made crowns. They learnt about the Coronation and had a special Coronation buffet lunch – of course the children also enjoyed wearing their own clothes, dressing up in red, white and blue!

We have some photos to share with you from the day :







## Phase Leaders

Should you have any queries or questions regarding your child in school you can speak to the class teacher or our phase leaders:

Early Years - Mrs Zegeling

KS1- Miss Bell

Lower KS2 - Mrs Jones

Upper KS2- Mrs Merredew

## Family Worker

If you have concerns or worries about your child, you can contact Mrs Brindle who is our Family worker.

Call 01689 821993

## Mental Health Awareness

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/what-can-we-do-cope-feelings-anxiety>

The theme for Mental Health Awareness Week is Anxiety. Many people feel anxious at some points in their lives - some people feel more anxious than others. Statistics state that 1 in 6 of us are affected by mental health problems every week. This link explains anxiety and gives some suggestions for support. Please remember we have a healthy minds team in school and we are always available to support you and your children.

Resources for parents and carers:

Booklet for parents and carers wanting to know more about anxiety:

<https://www.mentalhealth.org.uk/explore-mental-health/publications/anxious-child>

<https://www.mentalhealth.org.uk/explore-mental-health/publications/anxious-child>

Tips on how to talk to your children about scary world news:

[<https://www.mentalhealth.org.uk/explore-mental-health/publications/talking-your-children-about-scary-worldnews>]  
[<https://www.mentalhealth.org.uk/explore-mental-health/publications/talking-your-children-about-scary-worldnews>]

## Bromley Y

Do you have a child aged 11-18 years? Are they anxious or worried about something? Bromley Y offers a Signpost service - please see the attached for information. It is a text service for support.



## Water bottles

Please ensure your child has a named water bottle in school with them at all times.



## BYMT – Les Miserables Auditions

We would like to advertise the fantastic opportunity to take part in BYMT's next Musical Theatre production. It is going to be Les Miserables.

Shows are always with a live orchestra/band (a 30 strong orchestra on this occasion), professional lights and sound, staging, costumes, choreographer, music director and of course a director.

If people sign up using the link below, they are only signing up for the auditions. They would only be charged if they then actually take part from September.

All the details are on the site, following this link: <https://ukbromley.speedadmindk.com/registration#/course/164/0/0/162>

## Sun Cream and hats

As the weather gets warmer please ensure your child has a hat with them and apply sun cream to them in the morning before school.



## Hayfever

If your child requires Hayfever Medication please make sure you give this to them at home before school.





## Mental Health Awareness Week

On Thursday 18<sup>th</sup> May we all wore something green to school as we were raising awareness of Mental Health Awareness Week. It was lovely to see the support within school from the children and staff wearing green.



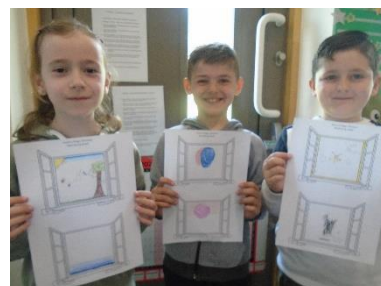
Reading has been able to move outdoors again due to the improved weather. Sharing books with friends has been proved to greatly help well-being.



Robins Class enjoyed a scavenger hunt in the playground. They created hearts displaying feelings by using different coloured tissue paper.



Year 3 enjoyed the Well-Being week story 'Hanni's Magic Window', they are proud to show us their drawing responses to the story.



# Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

Here are some handy tips on how you could begin talking to your children about their feelings.

## Ask them what they need

It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. For example, do you need some space right now?

## Name it

Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, 'You seem really angry today. I can see you are clenching your hands, and you don't have a happy face. I wonder if anything has made you angry or upset?'

## Listen carefully

This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.

## Choose your timing wisely

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

## Think about the setting

Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

## Practice asking open questions (rather than closed ones)

Closed questions usually encourage yes or no type answers. Open questions, on the other hand, go a bit deeper and encourage more thinking and exploration. This simple difference in style might help your child consider their own thoughts and feelings a little more and encourage them to share more of their story or problem with you.

## Think about whether your child feels ready to talk

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body, too, for indicators on whether they really want to talk about their feelings.

## Model it

Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

## Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

## Take away the intensity

It can be pretty daunting (on both sides) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.



If you are struggling to talk to a child in your life about their feelings, or you want to talk to the team about anything at all, you can reach out to us by logging into [qwell.io](https://qwell.io)



## OUR HEALTHY MINDS TEAM



Mrs E Bennett  
Head of School  
/Inclusion Manager



Mrs J Zegeling  
Assistant Head Teacher/  
With the responsibility of Early  
Years



Mrs A Brindle  
Family Liaison Officer

We value all children and promote and value positive mental health as much as physical health. We want our children to be happy, confident and resilient members of our community.

We are available to support children, staff and parents to enhance individual wellbeing, personal fulfilment and professional identity.

As well as the Healthy Minds Team, Children are able to talk openly to any trusted adult in school.



Mrs F Morris  
SENCO



Mrs M Wray  
Teaching Assistant



Mrs V Chapman  
Teaching Assistant

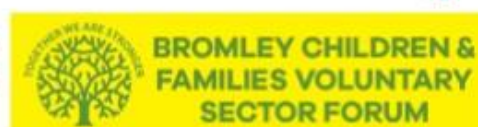


Blenheim CFC  
Blenheim Road,  
Orpington  
BR6 9BH

## One Stop Shop Coffee morning for Social Communication (incl Autism)

SAVE  
THE DATE

Weds 28 June (10:30am-12:30pm)



Plus ISAT & CNT Schools advisory team and Early Years advisory team...

# 10 POSITIVE MENTAL HEALTH HABITS THAT WILL HELP YOU DEAL WITH CHALLENGING EVENTS



## TALKING

By talking about your thoughts and feelings, people will be able to help you problem solve and get the best support



## CONNECTING

Connecting with friends and family on a regular basis can help boost mood and reduce stress



## VALUES

Staying connected to your values and things that are important to you will help provide you with a sense of meaning



## THINKING ERRORS

Writing down your thoughts on a piece of paper and identifying thinking errors will help you spot any unhelpful thinking styles



## RELAXATION

Scheduling in time for yourself where you can relax is important for your overall wellbeing



## EXERCISE

Engaging in regular exercise can support you to feel better and less stressed



## MINDFULNESS

Engaging in mindfulness activities can calm both your mind and body and help you stay focused on the present moment



## STRENGTHS

Identifying and working towards your strengths daily will provide you with an extra sense of confidence



## PROBLEM SOLVE

Problem solving can help reduce worry and provide you with a practical solution to any problems you are facing

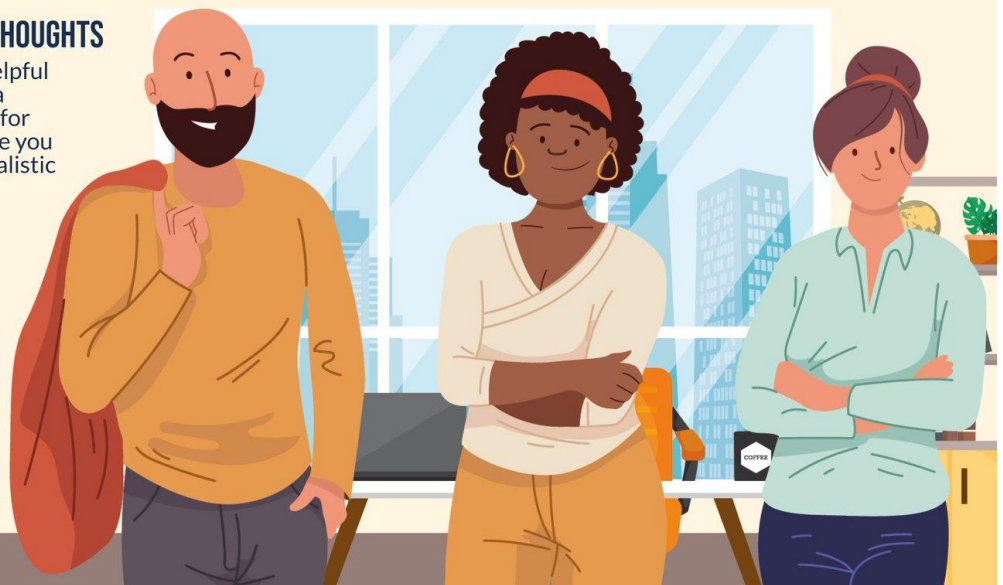


## CHALLENGING THOUGHTS

Challenging unhelpful thoughts can be a useful technique for helping to provide you with accurate, realistic and more helpful thoughts



@BELIEVEPHQ



## Friends of St Pauls Cray

Please help out with our fundraising opportunities:



<https://www.easyfundraising.org.uk/causes/stpaulscray/?searchSessionId=2f69c7f1-85fb-4534-b621-1d634df8d7ea>



De-clutter your wardrobe and bring all your unwanted clothes to school for collection: the more you collect the more your school will get! Collection bin is the car park

**They can take:**

**Women's, men's and children's clothing**

**Paired shoes and trainers**

**Handbags, belts, hats and accessories**

**Bed linen, towels and soft toys**

**They cannot take :**

**Duvets**

**Cushions**

**Off Cuts**

**Used underwear or socks**

**Carpets or curtains**



## PE Timetable Summer Term 1 - 2023

|                  | 9.00-<br>10.00                       | 10.00-<br>11.30 | 1-1.40<br>HALL                    | 1.40-2.20<br>KS1<br>PLAYGROUND | 2.20-3pm<br>KS2<br>PLAYGROUND<br>FIELD |
|------------------|--------------------------------------|-----------------|-----------------------------------|--------------------------------|--|
| <b>Monday</b>    |                                      |                 | Year 6<br>(Cricket)               |                                |  |
| <b>Tuesday</b>   |                                      |                 | Year 3<br>(Basketball<br>coach)   | Year 4 (Elms)                  |  |
| <b>Wednesday</b> | Nursery<br>Sport for<br>Tots<br>Hall |                 | Year 1 /Forest<br>School          | Year 2                         |  |
| <b>Thursday</b>  |                                      |                 |                                   | Year 5<br>Lacrosse             | Year 4 (Rowans)<br>(Swimming)          |
| <b>Friday</b>    |                                      |                 | Reception<br>(Gymnastic<br>coach) |                                |  |

### **Compulsory P.E. Kit (boys and girls):**

Children are to wear PE kit on their PE days all day. This should consist of:

trainers or plimsolls,

plain black joggers/plain black leggings or plain black shorts,

plain white t-shirt,

plain black hoodie or school jumper

**Children who are not in correct PE kit will be expected to change into the school's spare kit for the day.**

## Important Events

|                                 |  |  |
|---------------------------------|--|--|
| Thursday 24 <sup>th</sup> May   |  | Last day of half term – normal close   |
| Friday 25 <sup>th</sup> May     |  | Inset Day – School Closed  |
| Thursday 1 <sup>st</sup> June   |  | GRT History Month  |
| Monday 5 <sup>th</sup> June     | All day  | Inset Day – School Closed<br>World Environment Day   |
| Friday 16 <sup>th</sup> June    | All day  | Nursery trip to Swanley Park – Nursery closed all day  |
| Tuesday 20 <sup>th</sup> June   | All day  | World Refugee Day  |
| Wednesday 21 <sup>st</sup> June | All Day  | Class photos being taken by Braiswick Photography, if you wish to opt your child out please let the School Office know by Friday 16 <sup>th</sup> June |
| Friday 23 <sup>rd</sup> June    | All day  | Reception trip to Hastings aquarium and beach  |
| Thursday 29 <sup>th</sup> June  | 10am-12.30pm                                     | Nursery Sports Event and picnic  |
| Friday 30 <sup>th</sup> June    |  | Sports Day – further details to follow   |
| Wednesday 12 <sup>th</sup> July | All day  | French Day   |
| Friday 21 <sup>st</sup> July    | <b>11.45am</b><br><b>1.20pm</b><br><b>1.30pm</b> | Early close 11.45 – Nursery no PM session or lunch<br>Early close – Reception<br>Early close – Years 1 to 6  |

## SCHOOL TERM AND HOLIDAY DATES

**2022 - 2023**

### **SUMMER TERM 2023**

Summer 1 - Mon 17<sup>th</sup> Apr – Thurs 25<sup>th</sup> May

**Bank Holiday – Mon 1<sup>st</sup> May**

**Bank Holiday – Mon 8<sup>th</sup> May**

**Half Term – Mon 29<sup>th</sup> May – Fri 2<sup>nd</sup> Jun**

Summer 2 – Tues 6<sup>th</sup> Jun – Fri 21<sup>st</sup> Jul

### **STAFF TRAINING DAYS (school closed)**

Friday 26<sup>th</sup> May 2023

Monday 6<sup>th</sup> June 2023