



# NEWSLETTER

ISSUE 10



STOKE HEATH PRIMARY SCHOOL

## HEADS NEWS

Dear Parents and Carers,

Welcome back. I hope you had a good half term and you all managed to have a good break. We have had a busy week this week at school with lots of activities and events taking place, including World Book day! The children have enjoyed their activities, please ask them all about it when they get home.

Just before half term I reinstated celebration events with children. Each week the child with the most house points will join me for a drink and a celebratory biscuit! It has been lovely to share the celebration with the children and I hope to do this each week. This week saw Year 6 be allocated their places at secondary school. If you are not happy with the school you have been allocated please follow the instructions on the Council website. If you need any support let us know. We will be sending out information to Year 6 parents after Easter on the celebrations we will be holding here at school.

Have a lovely weekend.

Miss Kelman  
Headteacher

## ATTENDANCE

The attendance for this week each class is as follows

Class	% Attend
1A	91.8
1B	86.5
2A	89.9
2B	85.3
3A	83.8
3B	84.8
4A	76.5
4B	79.5
5A	84.2
5B	80.7
6A	85.3
6B	83.9
NA1	89.5
NA2	78.1
NB1	83
NB2	90
RA	85
RB	94.8
Whole School Attendance	94.2

## CHARITIES

This Half term Year 4 are raising money for the NSPCC.

More information will follow as to how year 4 will be doing this!

# NSPCC

## CHANGES TO LUNCHTIME

As you will be aware the menu has changed this half term and the children are enjoying the new choices.

We will be making more changes around lunchtime after the Easter Break however we will make you aware of those very soon!

## DATES FOR THE DIARY

### 6TH MARCH

Reception Trip to Leicester Museums and Galleries

### WC 13TH MARCH

Science Week

### 22ND & 23RD MARCH

Nursery A Parents Meeting

### 28TH MARCH

The Great Egg Race

### 29TH MARCH

Easter Bonnet Parades

### 31ST MARCH

Last Day of Term

## MILK BOTTLE TOPS

We are in need of coloured milk bottle tops for the creation of our new house shields!

Bring your milk bottle top into school and give to your child's class teacher.

## SHARE YOUR SUCCESS

Have you achieved anything out of school which has made you proud! Have you won Man of the Match or have got a swimming certificate.

Bring the achievement into school on a Friday to share in the Star of the Week Assembly!

## GOODBYE TO MRS SYMONDS-MCGRORY

Today we are saying goodbye to Mrs Symonds-McGrory! She is moving up to Scotland with her family! It has been many years in the planning and she is finally heading there! We wish her all the luck in the world!

## WORLD BOOK DAY!

We have had a wonderful day for World Book Day! Thank you to everyone who has entered one for the competitions! Below are a few photos from the Extreme Reading Competition!



Iga 1A



Aaron 3A



Saarah RA



Jakub 6A



## BOOK QUIZ WINNERS

Since October, 10 children from 6B have been taking part in the Hooked On Books category of the Coventry Inspiration Book Awards. The children were given a selection of 8 books to read, which were selected by Coventry Library to reflect a diverse range of genres and styles giving the readers many different viewpoints of the world. After reading the books (the longest one has over 400 pages!), they had the opportunity to vote for their favourite and take part in a quiz.

The quiz, held on World Book Day, had themed rounds based on the books they had read. Our children put in so much time and effort to prepare for this quiz, which pitted teams from primary and secondary schools across Coventry against each other.

We are so proud of all of them for the time and effort they put into preparing for this and we are thrilled to say that Stoke Heath won the competition! Well done!



# MENTAL HEALTH – Mindfulness March

Below are two posters to help you be more mindful this March!

Mindful March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>1</b> Set an intention to live with awareness and kindness	 <b>2</b> Notice three things you find beautiful in the outside world	<b>3</b> Start today by appreciating your body and that you're alive	<b>4</b> Notice how you speak to yourself and choose to use kind words	<b>5</b> Bring to mind people you care about and send love to them		
<b>6</b> If you find yourself rushing, make an effort to slow down	<b>7</b> Take three calm breaths at regular intervals during your day	<b>8</b> Eat mindfully. Appreciate the taste, texture and smell of your food	<b>9</b> Take a full breath in and out before you reply to others	<b>10</b> Get outside and notice how the weather feels on your face	<b>11</b> Stay fully present while drinking your cup of tea or coffee	<b>12</b> Listen deeply to someone and really hear what they are saying
<b>13</b> Pause to watch the sky or clouds for a few minutes today	<b>14</b> Find ways to enjoy any chores or tasks that you do	<b>15</b> Stop. Breathe. Notice. Repeat regularly	<b>16</b> Get really absorbed with an interesting or creative activity	<b>17</b> Look around and spot three things you find unusual or pleasant	<b>18</b> Have a 'no plans' day and notice how that feels	<b>19</b> Cultivate a feeling of loving-kindness towards others today
<b>20</b> Focus on what makes you and others happy today <small>dayofhappiness.net</small>	<b>21</b> Listen to a piece of music without doing anything else	<b>22</b> Notice something that is going well, even if today feels difficult	<b>23</b> Tune into your feelings, without judging or trying to change them	<b>24</b> Appreciate your hands and all the things they enable you to do	<b>25</b> Focus your attention on the good things you take for granted	<b>26</b> Choose to spend less time looking at screens today
 <b>27</b> Appreciate nature around you, wherever you are	<b>28</b> Notice when you're tired and take a break as soon as possible	<b>29</b> Choose a different route today and see what you notice	<b>30</b> Mentally scan your body and notice what it is feeling	<b>31</b> Discover the joy in the simple things of life		

ACTION FOR HAPPINESS

Happier · Kinder · Together

## REFRAMING my ANXIOUS THOUGHTS

**1. WHAT IS THE THOUGHT?**  
PERHAPS YOU HAVE MORE THAN ONE. WHAT'S WORRYING YOU? WRITE IT DOWN

**2. CHALLENGE THE THOUGHT.**  
IS IT TRUE? DO YOU HAVE EVIDENCE? HAS THIS HAPPENED BEFORE? IF SO, HOW DID YOU COPE LAST TIME?

**3. DO I HAVE CONTROL OVER THE SITUATION?**  
IF YES, WHAT CAN YOU DO? IF NO, IS YOUR ANXIETY KEEPING YOU SAFE OR STUCK?

**4. NOW, TRY TO REFRAME YOUR THOUGHT INTO A MORE POSITIVE ONE.** FOR EXAMPLE, IF YOU ARE WORRYING ABOUT SOMETHING THAT ISN'T WORKING, YOU COULD REFRAME YOUR WORRY AS A QUESTION AND ASK YOURSELF "WHAT SMALL TWEAK CAN I TRY?"

## The Great Egg Race

Stoke Heath School will be running the Great Egg Race on Tuesday 28th March. This event has been a firm favourite on the school calendar each year for many years. The event is open to all KS2 (Year 3 to 6) children as follows:

### **Create a Great Egg Race Vehicle -**

The egg race is open to all children in KS2 to enter. Participants can create a home-made vehicle to enter the race that carries a hard-boiled egg driver. The vehicle must be made at home. There are rules that the children must follow when creating their vehicle:

- **All vehicles must be made from scratch and children can use a variety of materials such as bottle tops for wheels, boxes, egg cartons etc for the vehicle bodies. Use your creativity!**
- **Inside the vehicle there must be a hard-boiled egg driver. The egg can be decorated as a character if you wish.**
- **The vehicle cannot be made out of Lego or Meccano or be a ready-made vehicle. CDs are NOT allowed to be used for the vehicles wheels. Vehicles may be disqualified from the race!**

Create a “Speggtator”-

All children from KS2 will watch the event. Children in Years 3 to Year 6, can if they wish, make a “Speggtator.” Children that make a Speggtator will be invited to parade their creation during the Great Egg Race.

Here are some examples of speggtators and egg vehicles:



The children will need to bring in their created vehicle or Speggtator on the morning of the race (Tuesday 28th March.)

## Easter Bonnet Parades

Stoke Heath School will be running the annual Easter Bonnet Parade on Wednesday 29th March for all children in Year 1, Reception, NA and NB.

All children in these year groups can make an Easter bonnet or hat at home. They can then bring it in and join their friends to parade their bonnets to parents. This is a lovely event that parents have enjoyed attending over the years and the children (and parents!) are always very proud of their creations.

The children will need to bring their bonnets or hats into school on either the day of the parade or if made before, Tuesday 28th March.

The parades will be as follows –

**Wednesday 29th February – 9:00am – 10:00am –  
RA, NA morning, NB morning and 1A classes**

**Wednesday 29th February – 1:45pm – 2:45pm –  
RB, NA afternoon, NB afternoon and 1B classes**





# ONLINE SAFETY

It's not always easy to tell if you've been spending too much time on your device. Mobile phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can seem seamless.

However, too much time on your device could lead to certain problems such as:

- affecting your mood and sleep
- lack of communication skills
- less time outdoors
- greater risk of online dangers
- screen addiction

Try to limit the time you and your child spends online.  
Keep devices out of the bedroom.  
Set screentime limits for devices and apps.

All National Online Safety are believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it's needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## A GUIDE ON HOW NOT TO BE A SCREEN ZOMBIE

It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie.'



### TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, keep your mind focused and help to look after your mental health and wellbeing.



### BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible – there's so much fun you can have with others!



### SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedrooms or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



### DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.




### ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.




### BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



### BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



### SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



### UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



### Meet our expert

Pete Smith is content specialist with over 10+ years in research and analysis. He has written various expert pieces and worked in a specialist role for the police, and previously worked in a specialist role for the police, writing high profile smart cases and writing as a subject matter expert for industry handbooks.



**National Online Safety**  
#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter: @natonlinesafety Facebook: /NationalOnlineSafety Instagram: @nationalonlinesafety

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COVENTRY CLOTHING

**Clothing Coventry**  
presents

**Vintage Clothes Sale**

**and Fete**

**Cake Sale, Raffle, Tombola  
& much more**

**Saturday 4th March**  
**10 - 2**



Registered Charity 1197270

**Earlsdon Methodist Church**  
**Albany Rd, CV5 6NF**

