



# Stapleford Abbots Primary Academy Newsletter 9th February 2024



## SAPA news

This week we celebrated Children's Mental Health in school, starting on Monday morning with a special assembly where we talked about the theme for this year, which is My Voice Matters. During the assembly, we found out about the UN Convention on the Rights of the Child's pledge that 'Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.' We discussed all the ways in school that we are given opportunities to express our views and opinions. We also shared some top tips for looking after our mental health both at school and at home. Below are some useful tips for families in how to make sure that we keep talking to support our children's mental health.

**TIPS FOR FAMILIES**

**Talking to your child about mental health**

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

To find out more about the great work that Place2be do to support children's mental health, look at their website or the Children's Mental Health Week website:  
<https://www.place2be.org.uk/>

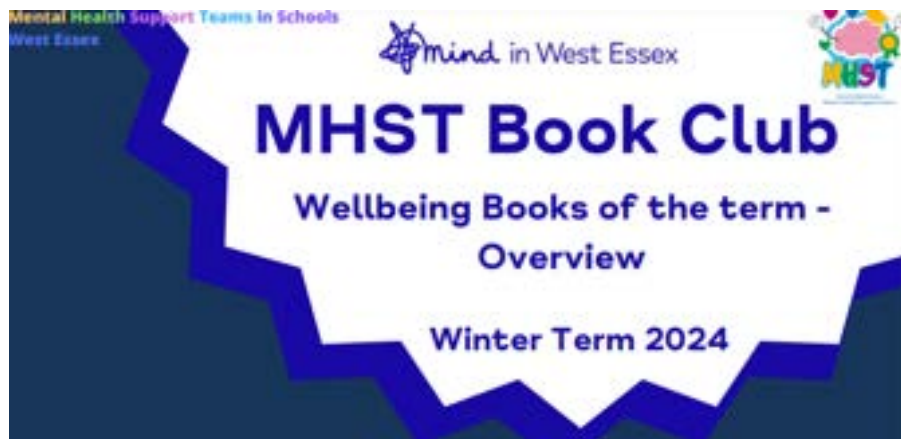


**Here's what children and young people told us they need from you:**

- 1 We don't need to have 'one-off' conversations about our mental health – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures).
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school – because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.

**PRINT ME OUT!**

<https://www.childrensmentalhealthweek.org.uk/>



Another great charity locally that can support with our children's mental health needs is Mind in West Essex. Their winter newsletter gives recommendations of books that can support your child's mental health. Here are a few suggestions and the full list can be found on the new mental health page of our school website.

<https://www.sapa-tkat.org/page/?title=Mental+Health&pid=95>



On Tuesday 6th February, we also celebrated Safer Internet Day. This special celebration, which takes place in February of each year, aims to raise awareness of a safer and better internet for all, and especially for children and young people. As part of the celebration, we encourage everyone - including children and young people, parents and caregivers, teachers and educators, policymakers, industry and others - to join "Together for a better internet". This annual day of celebration serves to promote a safer and better internet to both empower and protect children and young people in their digital lives. To find out more about how you can support your child online visit the Safer Internet Day website:

<https://www.saferinternetday.org>.

### Street Dance Classes a SAPA!

We are excited to announce that from 27th February the Christina Marks School of Performing Arts will be running a Street Dance class at our School on afterschool on Tuesday's. The class teaches children a mixture of styles and steps so that they can learn the latest dance moves to popular music. The club will run from 3:15 - 4:15 every Tuesday. If you would like your child to join please register using this link

<https://christina-marks-sopa.classforkids.io>. If you have any question or queries regarding the club please contact Christina Marks via [Christinamarksschoolofperformingarts@hotmail.com](mailto:Christinamarksschoolofperformingarts@hotmail.com) or 07525850232.



## Celebration Assembly

Well done to those children, both this week and last week that were awarded a Headteacher's Cup or Marvellous Mathematician or Wonderful Writer certificate.



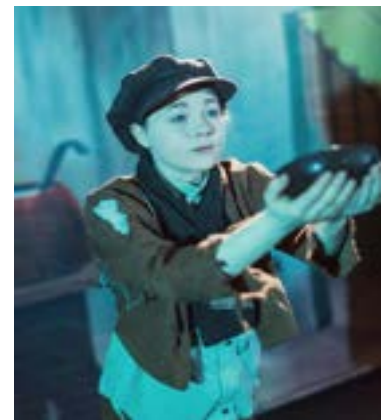
## Wednesday 14th February - Love Yourself Day

Just a reminder that next Wednesday is our PTA's Love Yourself Day and all children can come into school in something that makes them happy! This could be their favourite pair of PJ's, a sparkly party dress, onesie or football kit. The sky is the limit! Please send a £1 donation in with your child on the day. Each child will receive a positive pebble to paint in class on the day.

We will also be having a special 'Love Yourself Day' lunch prepared by our wonderful lunchtime team.

## Oliver twist - Theatre Production - 29th February 2024

Hopefully you will have seen our reminder email about our forthcoming visiting production of Oliver Twist that was sent earlier this week. We're all looking forward to this amazing production which promises to transport us to 1839 Victorian London for a magical theatre production of Charles Dickens classic tale. In order to be able to offer our children this fabulous opportunity to have the theatre come to the school we would be grateful for a payment of £6.50 per child. This can be paid via the School Gateway app.



Happy birthday to all our children who have celebrated their special day this week or last week:

**Kaiden, Jay, Arnie, Florence, Caua and James**



## Weekly class attendance

Willow - 86.1%

Cherry - 98.3%

Sycamore - 77.4%

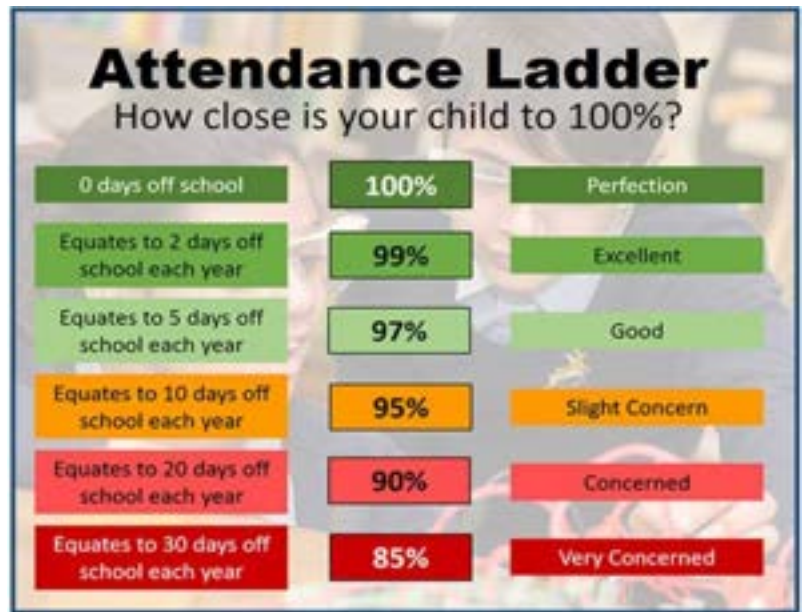
Silver Birch - 93.2%

Ash - 88.2%

Oak - 85.3%

The winner's of the Attendance Cup was Cherry Class who had 98.3% attendance this week.

Our Academy target is 96%. **This week our whole school attendance was 88.7%**



**Mindful Mondays** - One of the most incredible ways to encourage critical thinking and self-exploration is to ask children thought-provoking questions. Hearing the responses and exchanging ideas can really expand our perspectives and leave us with important food for thought.

**What is the most courageous thing I have done?**

- Going on a huge roller-coaster for the first time. Albie - Year 2.
- I slid down the water slide. Delilah - Year 2.
- I went on a bike with no stabilisers. Lillie Willow class
- Riding my bike without stabilisers - Olivia (Silver Birch)
- I rode my horse called Paris Summer cherry class
- I have swam with sharks (Jude, Ash Class)
- I was brave coming to school and I love it- Betty Willow class
- I went on an aeroplane- Rosie Willow class
- I can swing across monkey bars- George. F Willow class
- I climbed up a tree - Jonah - Acorns Class
- I went to Centre Parcs and went on the zip line that goes across a massive lake - Max Oak class
- Abseiling - Sommaiya Oak class
- Ice skating by myself (Sophie, Ash Class)
- Zip lining at Centre Parcs (Sienna, Ash Class)
- I went skiing for the first time in Italy. My dad took me on the red run and right at the end is a massive, steep hill - Winnie Oak class
- Going to bed by myself. - Aurora - Acorns Class
- Swimming with the sharks - Bridget (Silver Birch)
- I rode over a ramp on my bike without stabilisers. Stanley - Year 2.
- Performing on stage in front of hundred of people with my drama group - Ella Oak class
- When I had an accident at my old school, I really hurt my nose and I was very brave through the pain. (Class, Ash Class)
- Climbing tall trees in Wales (Blake, Ash Class)
- Riding my uncle's big motorbike - Levi-Blue (Silver Birch)
- I climbed the monkey bars for the first time in 2022. James - Year 2.
- I was brave when I went on the big, massive slide in the park. Sejalas - Year 2.
- Having our preschool injections recently - Acorns Class
- Climbing a tree and getting a pear for my horse Sophia cherry class
- I went on a roller coaster Oscar cherry class
- I went on top of a mountain Amy cherry class
- Sleeping on my own for the first time - Kaydon Oak class
- Having stitches in my hand after a bike accident. (Talulah, Ash Class)
- When I went horse riding for the first time Kaiden cherry class
- Going to the O2 and performing on a big stage. Ruby - Year 2.
- Standing on my bike seat, with one leg and no stabilisers. Jessee- Year 2.

## DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!



Here are some brilliant tips from children just like you\*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



## DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:



\*With thanks to the pupils at Seascapes Primary School and Ark Globe Primary School.

Beano Characters: A Beano Studios Product ©DC Thomson Ltd (2023)

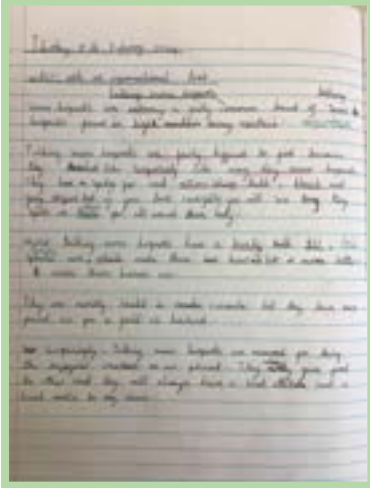
BEANO

PROUDLY  
CHILDREN'S  
MENTAL HEALTH  
WEEK



# Spotlight on Silver Birch

Talking Tigers is our new focus text in English, it is an informational text with a little twist. We are learning to use generalisers such as `The majority of...`, `Nearly all of them...`, `Most of them...`, in our writing to create more detailed sentences that will interest the reader. Children have innovated their stories creating a whole range of new characters: talking snow leopard, talking tortoise or talking penguins.



In Maths we have been learning how to solve calculations in the context of Multiplication and Division and to use the correct mathematical vocabulary to explain our understanding. We explored the relationship between multiplication and division and used our knowledge of the inverse to solve missing number problems.

In Science, we are learning about `Light` and we have conducted exciting experiments to help us understand how shadows are made. We went on a `Shadow hunt` around the school identifying sources of light and taking photos of shadows.

In Art, we have been exploring the life and artwork of Marc Quinn and we have created our own art inspired by the British artist.



## Calendar Dates

### February

14th - Love Yourself Day

15th - Silver Birch assembly to parents 2:30 to 3pm

26th - 28th - Book fair

29th - Theatre production of Oliver Twist

### March

7th - World Book Day

8th - Mother Day shop

11th - Parents Evening 3:30 - 6:30pm

13th - Sycamore class trip to Mountfitchet Castle

14th - Parents Evening 5 - 8pm

25th - Easter Bonnet Competition

27th - The Easter Journey at the school

28th - Easter Service at church 9.30am