

Don't forget that from Friday 18<sup>th</sup> October, our tuck shop will be open again! At 2.30pm, every Friday, children who have brought in money for the tuck shop will be taken down to the main entrance by their teacher to buy their Friday treats!

## Kindness Challenge; the collection has begun!

Last week, I told you about Brooke's fantastic idea to host a domino extravaganza, with a difference! We are going to stand cereal boxes up like dominoes around the school and set off a chain reaction to create the domino effect! Once we've had our fun, we are going to donate all of the cereal boxes to our local food bank. The children will watch this challenge on Monday 21st October.

Brooke has already made a great start; look at all the cereal boxes she has already donated!

Please don't forget to bring in your cereal boxes by Friday 18<sup>th</sup> October (children can wear non-uniform on this day).



## Bewsey Lodge Primary School Weekly Newsletter

Friday 11th October 2024

# The Importance of Mindfulness

Paying more attention to the present moment, to your own thoughts and feelings and to the world around you can improve your mental wellbeing. Some people call this awareness 'mindfulness.'

Mindfulness can help us to enjoy life more and understand ourselves better.

As part of the support we receive from the Schools Link Mental Health Team, we have two mental health practitioners in school during the autumn term running a mindfulness session in each class in KS1 & KS2.

During these sessions the children are taught about the importance of mindfulness, how it can help them in everyday life and are shown some different techniques to use.

The sessions have been great and we've had some really positive feedback from the children about what mindfulness can do:

Ralphy - 'It teaches you how to be calm.'

Anabia - 'It's a stress relief!'

Tommy - 'It can help you feel good inside.'

Shachin - 'It clears my brain.'

In our classes, we have posters to remind the children of the different techniques they have learnt. If you get chance this weekend, ask your child to teach you one of them! Our children really do make the best teachers!



I hope everyone has a relaxing weekend.

Mrs Bailey

PRIDE in all we do: Perseverance Respect Individuality Diversity Equality!

### Stars of the week

Nursery - Penelope Nursery - Joann

Red - Jessie Orange - Wisal

Yellow - Jackson Green - Alvis

Blue - Ali J Purple - Kyrah

Silver - Sauda Gold - Beshdar

Diamond - Amelie Jade - Henry

Ruby - Iya Sapphire - Frankie

Topaz - Hamza Opal - Harley

Emerald - Kaiden Amethyst - Nate

### **Well Done Everyone!**

#### **Attendance**

From 30.09.24 - 04.10.24

Class	%
Red	98.1
Orange	89.5
Green	97.7
Yellow	100.0
Blue	92.3
Purple	95.6
Diamond	98.4
Sapphire	92.3
Opal	100.0
Emerald	95.3
Topaz	96.4
Amethyst	77.8
Jade	98.8
Ruby	91.2
Silver	86.0
Gold	100.0
Totals	95.3

Three classes achieved 100% last week: Yellow, Opal and Gold who will no doubt enjoy their 10-minute extra playtime. The whole school figure is 95.3% which is lower than our target of 96% and above. Some classes need to try a bit harder to achieve over 96%.

## Attendance Update from the Local Authority

The link below will take you to the LA updated webpage with information about penalty notices. There have been changes made by the Department For Education.

School attendance | warrington.gov.uk



#### **Polite Reminders**

**SchoolPing** - all parents/carers need to be set up to receive communication via SchoolPing. You will be missing important information without this, including letters and permission slips. If you need your login details printing please contact the school office. Please ensure you update the app regularly.

Parent Pay - all parents/carers need to set up a Parent Pay account in order to pay for school meals (KS2), trips and other school events. If you need any support to do this, please contact our school office.

**School day** - our school day starts at 8.45am. Children should be in their classrooms ready to start learning by this time.

**Little Links** - please remember to complete a registration form before your child attends little links (before or after school) even if they are only going to be attending once. The forms are available at the office, thank you.

#### **Dates for your Diary...**

Flu Spray - Thursday 17<sup>th</sup> October

Non-uniform day & cereal boxes in - Friday 18<sup>th</sup> October

Kindness Challenge - Monday 21<sup>st</sup> October

School breaks up - Friday 25<sup>th</sup> October at 1pm

School reopens - Monday 4<sup>th</sup> November

Parent's Evening - Wednesday 6<sup>th</sup> & Thursday 7<sup>th</sup> November

(Amethyst Tuesday 5<sup>th</sup> & Wednesday 6<sup>th</sup> November)

School will close at 3.15pm on Thursday 7<sup>th</sup> November for parent's evening