

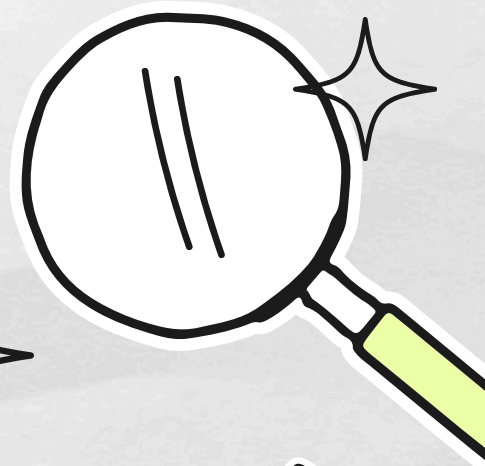
# BOORLEY PARK NEWSLETTER

## HEADTEACHER'S MESSAGE

It's been an absolute pleasure to welcome the children back to school and to meet our new Year R children this week. Talking to children, staff and parents, I am reminded of the wonderful, kind community we have here at Boorley.

It's been a pleasure to see the children engaged in their learning, thinking deeply and working collaboratively with each other when walking around the school this week. There has been a wonderful, focused atmosphere.

In assembly we thought about the opportunities we are looking forward to in the year ahead and it was fantastic to hear children's thoughts including our first residential next week where we know Year 5 are going to be fantastic representatives of Boorley.



## INSPIRING MINDS

Children thoroughly enjoyed an assembly and workshop led by Rock Steady on Thursday. Information has been sent home separately on Thursday with how to sign children up for this musical opportunity should they wish to become the next Rockstar!

Places will be allocated on a first come, first served basis. If you don't get a place this time a waiting list will be formed and all children will be part of the rock concert at the end of each half term.



# NURTURING FUTURES

Learning to read is our window into the world and helps us understand and build knowledge about the world around us. Over the summer, we have changed our phonics scheme. Phonics helps children learn how to read in a systematic way.

We are running workshops in the week beginning 16th September to support parents with how to support their children with phonics and early reading in Year R, 1 and 2. Further details about these will follow.



# STRENGTHENING COMMUNITY

The Dart will be running some fantastic family-friendly music sessions. The first is 'Exploring Woodwind Instruments for young musicians and parents/carers' on 28th September. It is an opportunity for families to create music together in a fun and welcoming atmosphere, led by a Wildern Music Teacher, Mrs Anita Hall. Please use the link below for further information.  
<https://www.thedart.co.uk/saturday-classes-and-courses/family-melodies-creating-music-together/>



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# SPOTLIGHT ON...PSHE

As a subject, PSHE aims to provide children with the knowledge and skills to keep themselves happy, healthy and safe, as well as to prepare them for life and work. Our PSHE curriculum aims to give children the knowledge, skills and understanding they need to lead confident, healthy and independent lives.

At Boorley Park we teach the Jigsaw scheme of work that covers all of the recommended PSHE content, all of the statutory Relationships and Sex Education (RSE) and Health Education plus also makes links with mindfulness and other wellbeing techniques.

The programme is split into six sections or 'puzzle pieces' which we deliver one of each half term. Each year group has a jigsaw character which they have in their classroom. This half term, the children in all year groups are completing the 'Being Me in My World' puzzle.

- **Year R** learn how they have similarities and differences from their friends and how this is OK. They work on beginning to recognise their feelings, identifying different ones and the causes these can have. They also learn about working with others and why it is good to be kind and use gentle hands.
- **Year 1** learn about rights and responsibilities and choices and consequences. They learn about being special and how to make everyone feel safe in their class as well as recognising their own safety.
- **Year 2** discuss their hopes and fears for the year ahead - they talk about feeling worried and recognising when they should ask for help and who to ask. They learn how to work collaboratively; how to listen to each other and how to make their classroom a safe place.
- **Year 3** learn to recognise their self-worth and identify positive feelings about themselves and their achievements. They discuss new challenges and how to face them with appropriate positivity. They learn about the need for rules and how these relate to rights and responsibilities.
- **Year 4** explore being part of a team. They talk about attitudes and actions and their effects on the whole class. They learn about the school and the community, discuss democracy and how it works and learn about effective group work. They explore how to deal with conflict and how to consider the thoughts and feelings of others.
- **Year 5** learn about how to face challenges positively. They discuss their rights and responsibilities associated with being a citizen in the wider community and they learn about democracy and how having a voice benefits the school community.



# 10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

## 1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.



## 2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.



## 3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.



## 4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.



## 5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.



## 6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.



## 7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.



## 8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.



## 9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.



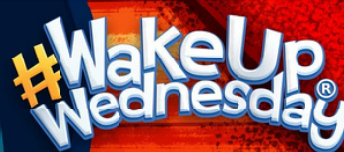
## 10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.



## Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



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# SAFEGUARDING NOTICES

Please could we kindly remind all parents to ensure that children have nut free school lunches and snacks. Boorley Park is a nut free school and we do have children and staff with allergies. Please note that this includes Nutella or spreads with nuts in them.

Please remember to order children's lunches in advance.



## KEY DATES

**Thursday 12th - Friday 13th  
September - Year 5 Residential to  
Fairthorne Manor**

**Wednesday 18th September -  
Individual School Photos - all  
pupils**

**Friday 20th September - Messy  
Church at 3.30pm**

**Monday 23rd September - Nasal  
Flu Vaccinations - all pupils, more  
details to follow**



| SEPTEMBER 2024 |     |     |     |     |     |     |
|----------------|-----|-----|-----|-----|-----|-----|
| SUN            | MON | TUE | WED | THU | FRI | SAT |
|                | 1   | 2   | 3   | 4   | 5   | 6   |
| 7              | 8   | 9   | 10  | 11  | 12  | 13  |
| 14             | 15  | 16  | 17  | 18  | 19  | 20  |
| 21             | 22  | 23  | 24  | 25  | 26  | 27  |
| 28             | 29  | 30  |     |     |     |     |