

Friday 20th November 2020



SOUTHAM PRIMARY SCHOOL

Where Getting Better Never Stops

Dear Parents/ Carers,



Is your child wobbly & anxious? Are you unsure what to do, what will help & what won't help? Join in to our online seminar to find out more

If your child is anxious and its having an impact on the way you and they 'do life' please come along. Anxiety is on the rise and often as parents we don't know how to help our kids.

The workshop will look at:

What is anxiety?

What should I do if I'm anxious?

What techniques can help me manage this?

Is there anything that makes it worse?

When do I need more help?

Link in and meet our Mental Elf, he will help you understand what can help.

This workshop is suitable for adults and children. When you book tickets, please book 1 slot for each family grouping (no matter how many people) that is attending. It is a non participatory but fun workshop which allows children and adults to understand and learn how to manage their anxiety.

<https://www.eventbrite.co.uk/e/managing-anxiety-in-4-11-year-olds-a-zoom-workshop-tickets-120949275539>

Families ... we need you! Mystery readers!

We are hoping to have some mystery readers to share stories with our children.

Would you be willing to either record yourself or read live to a group of children over Teams?

This is to build excitement in reading and allow the children to hear other people reading great stories!

Choose an old story, a personal favourite or a fantastic new book- the choice is yours!

Are you up for the challenge?

Email Emma.Longworth@stowevalley.com if you are interested.

Thank you very much to everyone who has already responded. I will be in touch with you next week to confirm details of this project.



A new online After School Sport Club has been launched to help fill the void of school and community sport in children's lives created by the latest lockdown.

The club will then run every day at 5pm from 16 November for five weeks until 18 December. Every day, After School Sport Club will have a different theme based on which skills athlete mentors focus on for children to develop. They are:

- Adventure Monday – this might involve getting children to do floor wall climbing and map reading all within their living room or home space
- Tuesday Play – Imaginative play utilising resources in the house to create games and activities to get active
- Wild Wednesday – High tempo competitive activities involving personal challenges
- Thinking Thursday – Introducing cognitive challenges for children through movement. Games could include active noughts and crosses, and introducing an element of competition – whether that be against themselves, the clock, their siblings or remotely against friends
- Fun Friday – A chance for children to let loose and have some fun. Dancing and doing what makes them feel good

Sessions will be broadcast live for children and young people through the Youth Sport Trust's **YouTube channel** and access is free.

For more information, please visit www.youthsporttrust.org/AfterSchoolSportClub

Flu Immunisations

Children in all year groups will be having their nasal flu immunisation in school on 3rd December. This year, parental consent forms will need to be completed on line using the E-Consent form attached. The e-form needs to be submitted by the 25th November directly to the immunisation team using the link within the attachment. Should you have any queries regarding this, please contact the immunisation team on the telephone number given in the attachment.

<https://iv.covwarkpt.nhs.uk/form?identifier=a31c6b84-4c26-4a63-bcfa35871492cce4>

Southam Primary School, St James Road, Southam, Warwickshire CV47 0QB T: 01926 812520 E: southamprimary@stowevalley.com

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FOSPS

This year's Christmas events are going to look slightly different but rest assured we are looking at ways to ensure the children still have something exciting to look forward to. We are obviously unable to hold our annual Christmas Bazaar but we are still going to hold a raffle as we have plenty of exciting prizes on offer!!

We have sent home with your child 3 books of 5 **Raffle Tickets** for the Christmas fundraising draw, which will take place at School this year on 9th December. For the chance to win one of our fantastic prizes simply complete the ticket stubs (EVERY STUB PLEASE) and return them to school along with your money (Tickets are 50p each or £2.50 a book) in an envelope addressed to FOSPS by **Friday 4th December**. Please make any cheques payable to FRIENDS OF SOUTHAM PRIMARY SCHOOL.

The top prizes are £100 cash, A Luxury Christmas Hamper, a £60 voucher from Creative Cakes by Kay and Pamper vouchers. In addition there are many more prizes including a Ted Baker Set, Wine and Chocolates and much more Christmas Fayre! If you require any extra tickets or have a platform to sell them through work / family then please contact a member of the FOSPS team (Kay - on 07967 146518 or Tina on 07815 061818) so we can drop to your door or ask at the school office. Good luck everyone!

School Lunches The price of a child's school lunch is £2.30. Payment can be made via ParentPay or by cash or cheque – which should be made payable to Southam Primary School (WCC). Costs for this term/ year are:

Per lunch £2:30, per week: £11.50, year: £437
Autumn Half term 1 £85.10, Half term 2 £78.20, Autumn Term £163.30
Spring Half term 1 £66.70, Half term 2 £66.70, Spring Term £133.40
Summer Half term 1 £66.70, Half term 2 £73.60, Summer Term £140.30

As the children are having their lunches in the classroom, we are able to offer children a hot or cold deli bag option for lunch. The lunch menus can be found on our school website. <https://www.southamprimary.com/parents/lunch-menu>

2020- 2021 Academic Year Autumn Term 2020 December

2nd Year 5 and 6 Science and Technology day with Smallpiecetrust
3rd Flu immunisations
W/B 7th - Year 5 and 6 Bikeability course
15th Year 5 and 6 Virtual Reality Experience
17th Christmas lunch- details to follow
17th Christmas parties – details to follow

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18th - Last day of term

Spring Term 2021

4th January- staff training day, children not in school- playscheme available

5th January- Children return to school

15th - 19th February- Half Term

1st April - Last day of term

Summer term 2021

19th April- Children return to school

4th May - Bank Holiday

31st May- 4th June- Half Term

7th June - staff training day, children not in school

8th June Children return to school

21st July- Last day of term

<https://www.southamprimary.com/parents/term-dates>

Have a lovely weekend.

Stay safe.

Emma Longworth

COVID SYMPTOMS AT HOME FLOW CHART

