

News Update

Dates for the Diary	
INSET DAY	Friday 22nd October
Half Term	Monday 25th October to Friday 29th October

Achievement Awards

This week's winners are:

- Reception: Jasper and Athena
 - Year 1: Esmee and Harper
 - Year 2: Imogen, George and Charlotte
 - Year 3: Alexa and Olivia
 - Year 4: Logan and Rosie
 - Year 5: Holly and Anya
 - Year 6: Gabriel and Roxi
- Congratulations to all of this week's winners!



This is a lovely tweet from a Year 6 child. What great initiative and consideration for our environment.

@MrGerrard_RSJW my mum & I spend an hour after school today clearing up litter so it looks nice around the school - we have litter pickers & equipment from Tidy Up St Leonard's. We only did parts of 2 roads but filled a whole sack - there were lots of beer cans! #TidyUpStLeonards



Academy Update

It has been a busy week in the academy. The children have been enjoying all of our outdoor spaces and the beautiful sunshine. They were very excited to see a delivery of some new equipment, can anyone guess what our new huts will be?

We hope that lots of our pupils will take part in the Bike to School Week which starts on the 27th September. Do remember anyone can bike or scooter to the academy using the storage throughout the day.

We have launched some very important pupil roles in our assembly today, do have a look out on the website for the application forms for completion. We can't wait to see who applies.

Parking safety

Please can we again ask all parents and carers to drive and park safely and show consideration to residents, other parents and pupil around the academy site. It is always so busy around the roads near the academy at drop off and pick up times and whilst we do not have any jurisdiction to enforce parking restrictions near our site we do want to keep everyone safe. It is illegal to park on the yellow zig zag lines at any time for any reason. Parking wardens regularly patrol near our site and we have requested additional patrols to ensure that everyone is parking legally.



We are planting daffodils to brighten up our academy grounds with our academy colours. We will watch them grow and bloom like our pupils will this year.


Bike to School Week 2021
27 September – 1 October

- ✔ Be active and feel more energised
- ✔ Help the environment by replacing a car journey
- ✔ Improve local air quality and reduce congestion

 Let us know your family is cycling or scooting to school to be in with the chance of winning a Frog bike
Go to www.sustrans.org.uk/biketoschoolweek/pledge

Free family guide

Whether your children are seasoned pros at cycling, walking, wheeling or scooting to school, or you're just getting started, our free download is packed with top tips, brilliant ideas, and fun activities for an active school run.



Download your free family guide today at:
www.sustrans.org.uk/free-active-family-download

#BikeToSchoolWeek



Top Tips (NSPCC)

All children need love, guidance and to have rules and boundaries. Rules and boundaries help families to understand how to behave towards each other, and what's OK and not OK. But the best way to go about this will vary based on your child's age and stage of development. All children are different and develop and reach milestones at different rates.

for all ages

- Keep guidance simple and consistent.
- If your child is behaving in a way you don't want them to, clearly explain what you want them to do instead.
- Be available and make time so your child will come to you when they feel something is wrong or they are upset.
- Keep talking and listening to your child even if at times it feels like a challenge. Start listening from a very early age and set a pattern for life.
- Review family rules as your child gets older and recognise the different needs of children living at home. For example, you shouldn't expect the same from your 12 year-old as you would from your four year-old.
- Get support from friends and try any good ideas they have found helpful.
- If you are struggling and things are getting out of hand, get advice from your GP, a health visitor, or your child's teacher.

for babies – toddlers

- Introduce boundaries from an early age.
- Sympathise with how your child may be feeling – for example, saying "I know you are frustrated", if your child is struggling to do something.
- Share your own feelings if you find it helps to relieve your stress – for example, "I know you're tired but I'm tired too".
- Try to avoid using orders and ultimatums.

for school age – teenagers

- Be willing and give your child chances to show they can be trusted.
- Avoid criticism wherever possible. If your child has done something wrong, explain that it is the action and not them that you're unhappy with.
- Try to avoid getting trapped in petty arguments, there are rarely any winners!
- Consider ways to negotiate or offer choices as your child gets older.

PARENTING TWEENS & TEENS

A Survival Guide

Starting on 2nd November 2021 for 6 weeks
18.30 – 20.00



Funded by:



Are you struggling to manage your child's behaviour and issues?

Are you worried about how this is affecting relationships in your family?

And how it's affecting you?

Being a parent to your child when they hit the teen years is hard!

This 6 week programme will help you to understand and navigate the teenage years from hormones, to school life, relationships and family life.

Schedule

Week One: Development – understanding your child

Week Two: Communication and relationships – building strong connections and positive relationships.

Week Three: Connection and looking after yourself – being present and working with feelings and emotions

Week Four: Behaviour – boundaries and consequences.

Week Five: Trouble Shooting

Week Six: Putting it all together so you feel positive about yourself and confident in your parenting.



Introducing Jenny

I work with you to form and manage positive, healthy relationships with the people who are most important to you.

I am a fully qualified counsellor and have worked with children, young people and their families for over ten years. I worked in youth and family services in Melbourne and as a school counsellor in East Sussex providing counselling and support to children, young people and their families

The clients I work with have complex and multiple needs such as trauma, grief and loss, relationship and family issues. They have experienced separation and divorce, family violence, emotional and sexual abuse, behavioural problems in children and adolescents and managing life with a mental illness.

I have developed and designed this parenting programme with Holding Space to engage and help local families and parents.

This is a great book to help children improve their concentration and understand their emotions.

