

News Update

Dates for the Diary	
Pupil photos	Thursday 13th October
Flu vaccinations	Monday 18th October
Spooky Autumn Disco	Thursday 21st October
INSET DAY	Friday 22nd October
Half Term	Monday 25th October to Fri- day 29th October

Achievement Awards

This week's winners are:
 Reception: Jaxon and Ava
 Year 1: Eva and Ava
 Year 2: Ellis and Ruby
 Year 3: Harriet and Freya
 Year 4: Reuben and George
 Year 5: Daniel and Emma
 Year 6: Aimee and Miles
 Congratulations to all of this week's winners!



We have had 2 superstar litter pickers offering to help to keep the academy neat and tidy this week. Well done for showing the academy values.

Academy Update

Whilst it has been a difficult week in the academy due to a rise in the number of positive cases of Covid 19 within our academy community, we have been very impressed at how well both our pupils and staff have adapted to the additional short term measures we have put in place. Whilst we are unable to notify you of each individual case we now have multiple cases across the whole academy. We very much hope to be able to return to normal when we can but are reviewing this with the Trust, PHE and HPT.

Please continue to support us by only arriving at the academy at the agreed arrival and dismissal times and by wearing face masks when on the academy site.

We have been doing some planting in our fabulous new outdoor space!



We have been asked to remind parents and carers not to park in the doctor's surgery car park or block the entrance to their car park when dropping off or picking up children. The car park is strictly for surgery patients and staff only and access to the car park is needed at all times. Thank you for your co-operation.



Deep South Diner

07/10/21

Tasty Mains
 Californian Chicken Fillet Burger with Chips

The Incredible Vegan Burger with Chips

Scrummy Veggie Sides
 Sweetcorn and BBQ Baked Beans

Yummy Desserts
 Chocolate & Orange Drizzle Cake with Chocolate Sauce

Strawberry Jelly

Usual Meal Price Applies

Don't forget, school meals are free for all children in Reception, Years 1 or Year 2!

To sign up for this tasty theme day menu, please speak to your school.

Sadly, we had some of our new benches stolen from the academy during the summer break. Could we ask that you keep an eye out for them in gardens/wasteland etc and if you spot them please let us know as they are every expensive to replace—thank you!





This term we will be participating in the **NSPCC's Speak out. Stay safe. online** programme. This consists of an online assembly and supporting classroom based activities. *Speak out. Stay safe.* is a safeguarding programme available to all primary schools in the UK and Channel Islands. It aims to help children understand abuse in all its forms and to recognise the signs of abuse in a child friendly way. Children are taught to speak out if they are worried, either to a trusted adult or Childline.

In the online assembly, the *Speak out. Stay safe.* messages are delivered in a fun and interactive way with the help of their mascot Buddy as well as special guest appearances from Ant and Dec.

We have studied the content of the materials and are extremely confident that they are appropriate for primary-school-aged children. By the end of the programme, we're convinced children will feel empowered – knowing how they can speak out and stay safe.

If you would like to know more about the *Speak out. Stay safe.* programme you can find information on the NSPCC website www.nspcc.org.uk/speakout or I would be happy to discuss any questions that you may have.

Alex Reed—Designated Safeguarding Lead

Crumpet Pizzas

This is a great healthy recipe that children can have fun making.



Ingredients

- 6 crumpets
- 4 tbsp passata
- 4 tbsp ketchup
- ½ tsp dried oregano
- toppings of your choice (peppers, cherry tomatoes, red onion, sweetcorn, olives, ham and basil all work well)
- 75g cheddar cheese, grated

Method

STEP 1

Heat the grill to high. Lightly toast the crumpets in a [toaster](#) or under the grill. Meanwhile, mix the passata, ketchup and oregano together in a bowl. Season. Chop your chosen toppings into small pieces - young children can tear basil, or chop soft veg in a cup using safety scissors.

STEP 2

Line a [baking tray](#) with foil. Spread the sauce over the crumpets, then top with the veg and cheese. Arrange on the tray and grill for 3-4 mins, until the cheese is golden and bubbling. Leave to cool slightly before eating.

**MENTALLY
HEALTHY
SCHOOLS**



Anna Freud
National Centre for
Children and Families



Support and Resources for School Return

Free, 24/7 Text Message Support Service The Anna Freud Centre (AFC) has a free, confidential AFC Crisis Messenger text service that is open 24/7 for anyone who is struggling with things like anxiety, bullying, depression and more. If you or anyone you know needs support, they can text AFC to 85258.

Resources for Managing Children and Young People's Anxiety on the Return to School Anxiety is very common around the return to school, especially with the ongoing adjustments from the pandemic. Mentally Healthy Schools has some tips for managing anxiety for schools to access as well as other helpful resources for various mental health and emotional wellbeing issues (MHEW). <https://www.mentallyhealthyschools.org.uk/>

Young Minds has also created a Parents' Guide to Support for School Anxiety and Refusal for parents and carers to access and schools to share. <https://www.youngminds.org.uk/>