

St Margaret's Academy

This week we have been marking *Children's Mental Health Week*. We started with our Monday assembly thinking about real courage and how we can show acts of kindness towards others. We heard Bear Grylls talking about how people think he is strong because of what they see him do when in reality, the hardest thing he ever did was ask for help after his dad died. We used the image of an apple to show that we might look okay on the outside but on the inside, it could be very different. We finished assembly with some lovely mindful yoga from Miss Adwick, helping us to find that inner calm time.

Composer of the Month

February's composer of the month is Johann Sebastian Bach, 1685-1750. In assembly, we enjoyed watching and listening to his Cello Suite No.1 in G. Well worth a calming watch:

<https://www.youtube.com/watch?v=mGQLXRTI3Z0>

HI FLK – 5-a-day for Mental Health

In school we use this mnemonic to remind us about our 5-a-day for good mental health:

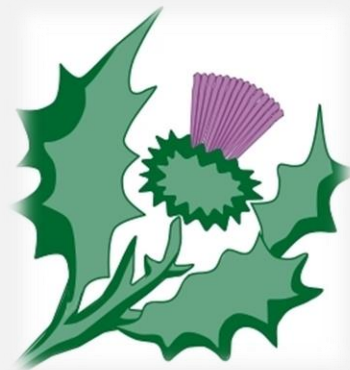
H is for **H**ealth – all those fitness things we know are important: good sleep, a balanced diet, exercise and drinking lots of water

I is for *me time* as in **I** time – maybe a bit of yoga, maybe a bit of meditation, maybe some time on a favourite activity, some time all to ourselves

F is for **F**riendships – having friends around us, making connections, chatting, hanging out with people we trust and enjoy being with

L is for **L**earning something new – it feels really good to learn something new, whatever that might be

K is for **K**indness – doing something kind for somebody else is a real boost to our own wellbeing – *a win win on every level*



Reminder to parents that sessions for Breakfast and After school Club must be booked and paid for in advance using the gateway app. Spaces are limited at these clubs so booking is essential.

ATTENDANCE

The class with the highest attendance this week goes to

OAK CLASS
98.3%
WELL DONE

Curriculum News

In the Sports Blog you can see how [Years 3 and 4](#) got on with positive values ball games last week, led by a teacher from Cuthbert Mayne. You can also read the latest news from Mrs Scaife about the [Lionesses' recent success](#) on Tuesday this week. In the Arts Blog, enjoy a look at [Year 6's](#) realistic work inspired by their study of Hundertwasser. In the Design Technology Blog, have a look at [Year 3's](#) shell structures for their scrummy biscuits and [Year 5's](#) parent child workshops, making sustainable bags. In the Geography Blog you can see some photos of [Year 5 Holly Class](#) reading their persuasive speeches to me to try to remove single-use plastic from our school. I can also recommend you read a report into the quality of our local environment that [Joshua in Year 3](#) wrote following the geography fieldwork – well done to Joshua!



Following the success of *reading for pleasure*, we have recently introduced *writing for pleasure* to help the children gain a greater love of writing, as they have for reading. Have a look in the Writing Blog to see how much [Year 4 Hazel Class](#) enjoyed getting stuck into this last week.

Thank you to those parents who came for the “book look” after school on Thursday. We hope you find these a useful insight into your child’s learning. We will aim to do these at the end of each half term, keep a look out on the diary dates at the end of the newsletter each week for the next one.

World Book Day – Friday 3rd March

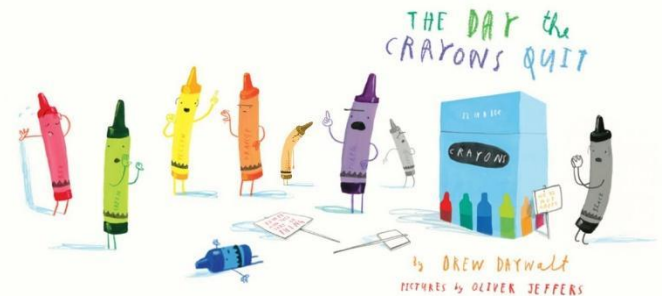
Message from our Reading leaders, Mrs Turner and Miss Pilkiewicz:

To celebrate World Book Day on Friday 3rd March, students are invited to dress up as a character from the book ‘The Day the Crayons Quit’ by Drew Daywalt. All classes will be doing some work linked to the book and staff will be joining in by dressing as their favourite crayon!

World Book Day celebrates the joy and value of books and reading, especially for students. To encourage and help them on their reading journey, every student will receive a £1 book token which can be exchanged for one free World Book Day 2023 book or £1 off a book costing £2.99 or more. You can find out more information about this on the token given or the World Book Day website. (The local book shop

Fables in St Marychurch Precinct will be stocking the World Book Day books and we can also accept them towards other books at our Scholastic Book Fair in March)

We are also holding a ‘Story in a box’ competition, where the children are invited to recreate their favourite stories in a shoebox. We look forward to seeing the amazing entries and some will be put on display in the library!



Stay SMART in the Online World

Don't forget to stay SMART (see last week's newsletter if you need a reminder what this stands for). Tuesday was national [Safer Internet Day](#), themed around *Want to talk about it?* In all aspects of helping children to stay safe, we always remind them to tell a trusted adult.

On [Childnet](#) there is a lovely cartoon child-friendly video we use in school to help demonstrate SMART. Well worth sharing with your child at home.

Social Media Apps

All the main social media apps that we hear children talk about in school are rated age 13+. This means they're judged suitable for use from the second year at secondary school: Year 8 and upwards. If your child does use one of these popular apps, it is a good idea to get to know their safety and privacy settings, and explore these with your child. If children share their location publicly, it could be seen by someone they don't know. The NSPCC has a very useful website to help you with further information: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/>

Online Gaming Concerns - Reminder

Last week, I shared with you the age-restrictions on popular games we hear children talk about in school, all of which are rated higher than their actual age. Check our last week's newsletter for all the details.

Interested in being a Trustee?

We are still looking to grow our school trustees. Please do get in touch if you would like an informal chat to find out more.

Help with Rising Costs – Reminders

- Do you need help with child care? If so, try this website: <https://www.childcarechoices.gov.uk/>
- Help for households – very useful government website: <https://helpforhouseholds.campaign.gov.uk/>
- This community kitchen has some very affordable meal options and is well worth a look: <https://www.turningheads.org.uk/community-kitchen/>
- The PTA has lots of quality school uniform for a small donation – see their FB page
- Martin Lewis: <https://www.moneysavingexpert.com/>
- Free uniform and help with rising costs: <https://www.punkagainstopoverty.org/>
- Try here for cheaper broadband: <https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs>

Wishing you a wonderful half term. See you back on Monday 20th February for more fun.



Tim Hughes (Headteacher)



Beech	Jonathan is our star of the week for his amazing speedy reading. It has been great seeing you in school so much and we have loved hearing all your Pikachu stories!
Pine	Star of the week in Pine class is Maddison for her kindness. She has been spotted all over the place for being kind to other members of Pine class in all different ways. Well done Maddison!
Oak	Oak's star this week is Evelyn. She always demonstrates our school values and could be chosen every week. This week she has particularly shone in our DT lessons and has created an amazing trolley for the Jolly Postman, working independently with skill and taking great care in her work.
Apple	Our star this week is Isaac. He could quite easily be nominated every week as he consistently shows our school values and is one of those pupils who you can always rely on to be doing the right thing. Thank you Isaac, for being an amazing Apple!
Birch	Our star this week goes to Ella for amazing improvements in all areas of learning, including her learning behaviours - consistently trying her best to sit, look and listen at all times. Keep this up!
Rowan	Aoife - for her fantastic contributions during our final lesson in Geography. She demonstrated amazing observation and explaining skills when interpreting a range of satellite images showing changes on a global scale. Keep up the great work Aoife!
Cherry	Bertie is the star of the week in Cherry class for the aspiration he has shown to improve his handwriting and the general presentation of his work since the beginning of year 4. Well done, we are proud of you.
Hazel	Jemima - For your effort and enthusiasm with learning all of your times tables up to 12 x 12. Your consistent hard work means that you are now regularly achieving 25/25 on your times table sound check - what an achievement!
Willow	Willow's star this week is Lincoln. Lincoln has been on a roll this week! He has had perfect manners, excellent classroom behaviour and aspiration in his work. We have really noticed how much effort he is putting in this week! We are so proud of you, Lincoln, keep it up!
Holly	Jake - he always shows such kindness, however this week he has really impressed me through his perseverance during our DT unit. He has found sewing particularly tricky but has carried on until he has finished and I am so proud of him. Well done!
Maple	Jake is our star of the week this week for being so aspirational. He has put so much effort into speeding up his independent work and has made so much progress since September (particularly in his maths where he scored 100% in a recent quiz!). Well done Jake!
Hawthorn	Ellie is Hawthorn's Star of the Week for the terrific effort she has put into her latest narrative writing. She showed aspiration by carefully editing her work in order to improve it. Well done Ellie - keep this up!



Diary Dates

13th - 17th February 2023	February Half Term
22nd February 2023	Head Teacher Coffee Afternoon for Parents of Years R, 1 & 2 2.45pm
3rd March 2023	World Book Day - dress up as a character from 'The Day the Crayons Quit' by Drew Daywalt
6th March -10th March 2023	Book Fair (after School)
29th March-31st March 2023	Year 6 residential to Skern Lodge
3rd April- 14th April	Easter Break
17th April	Start of the Summer Term