



# St Margarets Academy

Dear Parents/Carers

Today we finished the week with our Harvest Festival. Thank you so much for all your donations which went to Riviera Life Storehouse in Torquay. Thank you also to the Reverend Nathan and the Jump Team from Cuthbert Mayne who entertained and led our festival event in the hall this morning.

Diary Dates

Please see the updated 'dates for your diary' at the end of the newsletter



## PTA AGM - 13.10.22

This will be held on Thursday, 13<sup>th</sup> October at 3.30pm in Year 3 Rowan Class opposite the sloped gate. There will be a crèche run by Miss Cullen in the Year 3

Birch Class next door to help with your little ones. It would be really excellent if you could attend to show your support to our dedicated PTA team. Thank you.

## National Teacher Day – 5.10.22

On Wednesday this week we had a small celebration to mark National Teacher Day with a few edible goodies in the staffroom. If you felt minded to say a thank you to any of our wonderful teachers and teaching assistants, you can do so by clicking this [personalised link](#).

## World Mental Health Day – 10.10.22

Monday 10<sup>th</sup> October is World Mental Health Day. We will be starting with a whole school assembly revisiting *HI FLK* which is our mnemonic / aide-memoire to remind us all how to look after our mental health. Here's a screen shot from our Curriculum Policy about *HI FLK*:



# HI FLK

To support pupils and staff with mental health awareness we refer to these images and talk about "5 a day for mental health". 'H' stands for healthy and fit (doing exercise). 'I' is for some I time (doing something for oneself). 'F' is for friendships (staying connected and hanging out with friend). 'L' is for learning (engaging and enjoying learning something). 'K' is for kindness (showing kindness to others is good for our own mental health).

In class, teachers will be following up with activities from the Anna Freud National Centre for Children and Families. Here's a link to a really useful parent leaflet for top tips on how we can support our children at home: <https://www.annafreud.org/media/11452/tmh-parent-leaflet-final-web-updated-by-ed-april-2020.pdf>. I've also added it to our website on the [Wellbeing for Families](#) page for any future reference.

## Fundraising

As a school we are very conscious of the cost-of-living crisis and are aware there are many events and fundraisers taking place during the autumn term. Because of this please do not feel you are obligated to make donations/contributions to all events. For example, in December there will be a special Rudolf run sponsored event. All children will be able to take part regardless of whether they get sponsorships or not. We're raising money for Rowcroft with this event: <https://rowcrofthospice.enthuse.com/pf/st-margaretsacademy>

## Scam Warning

Southwest Trading Standards has issued a scam warning. Unscrupulous people are sending unsolicited texts, emails, messages offering rebates and discounts from the government. Don't click links you're unsure of and look out for use of GOVUK. Anything without a full stop between GOV and UK is a fraud.

## Winter Covid Booster Update

Click the [link](#) to see who is eligible and what happens next.

## Half Term Fun Days

If you are looking for some free Halloween activities for half term, have a look what Play Torbay is offering: <https://www.playtorbay.org.uk/half-term-events>. Activities run from 11.00-2.00 on 25<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup> October but you'll need to book in advance.



## Family Fun

These free events for Parents and Tots, and family cooking, are worth a look:



## Building Works Disruption

Extensive building work at the front of school starts on Monday 17<sup>th</sup> October. As a result, there will be no access to the main school office from the car park side of school. This disruption is due to last until March 2023.

Reception children will still be able to be dropped and collected as normal via the car park but access to this area will be from the back gate or slope gate.

All other children and parents will access school via the back gate or slope gate only.

If you need to visit the school office at drop-off or collection, a member of the office staff will be based in the library which you can access via the back gate or slope gate, passing through the courtyard at the rear of my office.

If you need to attend school during the school day, you will need to go to the slope gate and call the front office for assistance.

Access to Breakfast and After School Club will be via the car park double gates without the barrier.

If you can keep most of your enquiries to phone or email, this will help.

Thank you for your understanding during this time. It's all for the benefit of your children. Once the building work is complete, we will have a more secure school entrance and increased room space for offices and teaching.

## Help with School Uniform Costs

The PTA has lots of good quality school uniform which you are very welcome to have for a small donation. Do see their Facebook page for more information.

## Help with Rising Costs - Reminders

- Martin Lewis: <https://www.moneysavingexpert.com/>
- CAP (Christians Against Poverty) is offering a free course on money. These are taking place at St Matthias Church Lounge at 7.00pm on 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> October 2022.
- 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>

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## Torbay Community Support - Reminders

The new community hub for Torbay is open at Paignton library next to the bus station, 9.30am – 1.30pm on Tuesdays, Wednesdays and Thursdays. You can just walk in and chat to somebody for advice on any of the following areas:

- Health and social care
- Caring for family and friends
- Access to local groups and activities
- Practical and IT support

- Finance and welfare benefits
- Housing
- Emotional wellbeing including bereavement and isolation
- Domestic abuse and sexual violence
- Other areas already supported via the Torbay Community Helpline (e.g. befriending)

### **0 to 19 Health Advice - Reminders**

- On our website under 'Wellbeing for Families' – 'Resources for Parents' you can find an excellent document which signposts you to all the resources and help you can access for you and your family from aged 0 to 19; direct [link here](#).
- Top parenting tips: <https://parentingsmart.place2be.org.uk/>

Wrap up warm and have a lovely weekend.



Tim Hughes (Headteacher)



# Diary Dates

DATE	EVENT
7th October	Harvest Festival
7th October	PTA Uniform Sale 2.30-3.30pm
13th October	PTA AGM 3.30pm
14th October	PTA funded Anti-Bullying workshops
19th October	PTA Meeting via zoom 8pm
21st October	Non-Uniform Day - Wear Yellow in honour of Frazer
<b>24th-28th October</b>	<b>Half Term</b>
1st November	Flu Vaccinations
1st November	PTA Halloween Disco - Time TBC
3rd November	Year 4 trip to Torquay Museum
W/C 14th November	Parents Evening Week
16th November	Deadline for Computing homework project
18th November	Mufti- Children in Need
21st November	School Photos (individual and sibling)
21st November	PTA World Cup Football Cake Sale
6th December	Christmas Disco - Times TBC
9 <sup>th</sup> December	Rowcroft Rudolf Run
13th December	Upton Vale Concert