



Leamington Hastings C of E Academy

Plant, Grow, Flourish



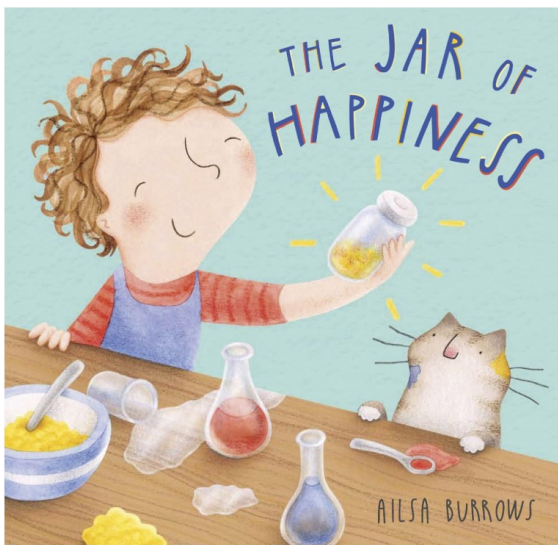
Newsletter number: 20

Date: 07.02.25

We have had a busy week in school this week, including carrying out work as part of children's mental health week. We have explored the zones of regulation, linking this to our emotions. The children also had an afternoon focussing on emotional wellbeing on Tuesday afternoon, creating jars of happiness linked to the story by Ailsa Burrows. See our spotlight to see the different ways that we promote mental health and wellbeing in school.

Have a lovely weekend,

Suzanne Marson



PUPIL ACHIEVEMENTS THIS WEEK

LEARNING BEHAVIOUR OF THE WEEK

Eagle Owls: Joseph, Georgia

Snowy Owls: Ashlyng, Emily

LEARNER OF THE WEEK

Eagle Owls: Will

Snowy Owls: Sadie, Edith

LUNCH TABLE OF THE WEEK

Brown Table

5 READS RAFFLE TICKET:

Eagle Owls: Emily, Georgia, Will, Zara, Ava

Snowy Owls: Ashlyng, Theo, Sadie

CAUGHT SHOWING VALUES

Courage: Lucas, Autumn, Max, Benjamin, Moriah, Sam

Forgiveness:

Generosity: Emile, Theo, Zara, Micaiah, James U, Will, James S, Edith, Ava

Friendship: Corrin, Autumn, Gregory, Arthur, Alasdair, Sophia, Freddie, Zara, Evie

Thankfulness: Georiga, Ray, Emily, Emile, Aeryn, Evelyn

Truthfulness:

ACHIEVEMENTS FROM HOME:

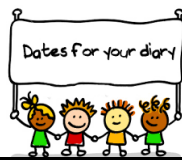
Achievements this week include gymnastics





Any new dates will be added in red

| | |
|---------------------------------|---|
| Friday 7th February | Hot Chocolate Pop up Shop Hot chocolate and chocolate Oatley Barista will be available to purchase after school in the playground, 3.15-3.45pm |
| Tuesday 11th Feb- ruary | Safer Internet Day Children will be learning about Safer Internet Day within school |
| Tuesday 11th Feb- ruary | Parent's evening Please contact the school office to book your slot between 3:30pm and 5pm. |
| Wednes- day 12th February | Parent's evening Please contact the school office to book your slot between 3:30pm and 6pm. |
| Friday 14th Feb- ruary | Passport to world views afternoon Children will be learning about the festival of Losar |
| Thursday 27th Feb- ruary | Film night A film night will be arranged for all children in school who would like to attend from 3:15pm until 5:00pm. More details to follow. |
| Tuesday 4th March | Shrove Tuesday Early Years children will be making and eating pancakes in school as part of Shrove Tuesday. |
| Thursday 6th March | World Book Day Children are invited to come to school dressed as their favourite book character. Competition for those who would like to take part—As we love reading at Leamington Hastings, we have decided to run an exciting 'story jar' competition to showcase our favourite books. Children are invited to think about how their favourite book could be represented in a jar or box, for example, by using certain items, quotes or clues about the story. If your child would like to take part in the competition, please send them into school on book day. |
| Tuesday 11th March | Science week As part of science week in school, <u>one parent per child</u> is invited to come into school from 1:30pm to join in with some science experiments with their child. |
| Tuesday 11th March | Class Photographs Class group photographs to take place on this date. |
| Friday 14th March | Passport to world views afternoon The children will be learning about the festival of Holi. This will include a colour celebration where children will walk through coloured powder. Please send your children into school in old clothes on this day. |
| Monday 17th March | CBSO Centre trip Children from reception to year 2 will be visiting the CBSO centre to listen to a selection of musicians from the Birmingham Symphony Orchestra. Please refer to the letter. |



Any new dates will be added in red

| | |
|------------------------------|---|
| Wednes- day 19th March | Oxford History Museum trip Children in Key Stage One will be visiting the Oxford History Museum as part of their class topic. Please arrive at school early as the coach will be leaving school promptly at 8.45am. |
| Thursday 20th March | Global recycling day Children will be making bird feeders within school as part of this day. We would be grateful for any donations of bird seed, yoghurt pots, cardboard tubes or plastic bottles in the lead up to this day. Please send them into your child's class teacher. |
| Friday 21st March | Red Nose day Children are invited to come into school wearing non—uniform, including something red if they have it, for a voluntary donation. Children are also invited to bring their favourite joke into school to share with their class. |
| Wednes- day 26th March | Mother's Day service Mums, or a female representative, are invited to attend a Mother's Day service within school. Please arrive in school for a 2:30pm start. |
| Saturday 5th April | Family games afternoon Save the date! The Friends are running a family games afternoon, including games such as Easter bingo and a beetle drive from 2pm. Further information to follow. |
| Tuesday 8th April | Easter Church service Parents and wider family members are invited to join us for our Easter church service at All Saints Church. The service will start at approximately 1:45pm. We would be grateful for any volunteers to help walk the children to and from the church. We will leave school at 1:15pm. If anyone is able to help, please let the school office know. |
| Thursday 10th April | Easter fun afternoon If your child is in nursery or reception, you are invited to come into school to join them in an Easter fun afternoon from 2pm. |
| Thursday 10th April | Easter competitions Children are invited to enter the following competitions, for a £1 entrance fee. This will be used to purchase resources to be used by the children. Easter bonnet competition—children are invited to make an Easter bonnet and bring it into school to share with the rest of the school as part of the morning assembly. Easter egg competition—children are invited to decorate a boiled egg and bring it into school to share with the rest of the school as part of the morning assembly. |

Alongside dressing up as your favourite character, This year we invite you to join in with our

'A Story in a Jar or Box'

Competition for World Book Day.

WORLD BOOK DAY

Using an empty jar or box, represent a story with drawings or items.
All entries to be in school by 6th March. Winners from each year group will be awarded prizes on the day.

Spotlight on

Mental health

At Leamington Hastings C of E Academy, we recognise the importance of the promotion of positive mental health and emotional wellbeing for our children and their families. We aim to create an open culture around the discussion of mental health and wellbeing, and to empower our children be able to regulate their emotions.

By implementing the Zones of Regulation (see a previous spotlight) as part of our approach to mental health, we aim to teach our pupils to identify emotions in themselves and others and provide them with bank of strategies to help regulate their emotions and support their wellbeing.

We have two mental health first aiders in school who are available to support with mental health— Suzanne Marson and Ally Morton.

As a school, we work in partnership with [Warwickshire Mental Health in Schools Team](#), [Compass \(Connect for health\)](#), and [RISE \(CAMHS\)](#) who have a wealth of resources for parents on their websites. Other organisations that we work with and that could support parents can be found on our mental health page on the [school website](#).

Other ways that we promote mental health within school includes:

- promotion of children’s mental health week and world mental health day
- a focus on anti-bullying week
- using the school rules and values to promote living well together
- including how to stay mentally healthy and regulate your emotions as part of the cycle of collective worship
- use of the Jigsaw PSHE scheme, including how to stay mentally healthy
- the use of a restorative justice approach in school
- using a PACE (playfulness, acceptance, curiosity, empathy) and emotion coaching approach with children
- targeted support and interventions for those experiencing difficulties

Tips for encouraging positive mental health for children



- ✓ **Establish a good routine** to provide structure and security - ensure regular sleep, mealtimes, and downtime to balance their day.
- ✓ **Have open communication** in a safe environment - encourage children to express their feelings openly and without judgement.
- ✓ **Promote physical activity** to boost their mood and reduce anxiety - activities like dancing, biking and other sports can be both fun and beneficial.
- ✓ **Teach coping skills** and how to manage stress - deep breathing, mindfulness and journaling can help to focus on what they can control during challenging situations.
- ✓ **Limit screen time** by balancing this with other activities like reading, outdoor play and hobbies - monitor content to ensure it's age-appropriate.

MOMENTS MATTER, ATTENDANCE COUNTS. #AttendanceCounts

DID YOU KNOW?

Being just 10 minutes late each day equates to 30 hours of lost learning each year...

Attendance Weekly Summary

Whole school: 96.22% (Target 97%)

| Reception | Year 1 | Year 2 |
|-----------|--------|--------|
| 92% | 100% | 94% |

PE Days

Children should wear their P.E. kits to school on the following days:



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|---------|-----------|----------|--------------------|
| Early Years KS1 | - | - | - | Early Years KS1 |

After School Clubs: Spring term 2

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|-----------|------------------------------|------------|--------------|
| Arts & Crafts | Gardening | Cookery Construction Club | Basketball | Street Dance |

BOOK OF THE WEEK



Title: Supertato

Author: Sue Hendra & Paul Linnet

Recommended by: Barney

Barney recommended the book this week where Supertato comes to the rescue, traps the naughty pea in jelly and saves the day.



Click on [Family Information Service](#) for a wide range of information to support families.



Warwickshire Local Authority SEND news-letter can be found here. [Click link](#)



[Click link](#)



Newsletter link please click [here](#).

Created by Connect for Health, your School Nursing Service.



ONLINE SAFETY TIP OF THE WEEK



 UK Safer Internet Centre




This week's top tip for parents to
keep children safe online.

Please find the [link](#) to the quiz relating to online
safety.

COLLECTIVE WORSHIP

In collective worship this week, we have focussed on children's mental health week. We have explored the Zones of Regulation, and the emotions associated with each zone. Each day we read a children's story that focussed on a different zone, and learnt strategies for how to get ourselves back into the green zone.

The **ZONES** of Regulation®

| BLUE ZONE | GREEN ZONE | YELLOW ZONE | RED ZONE |
|--|---|---|---|
|  |  |  |  |
| Sad Sick Tired Bored Moving Slowly | Happy Calm Feeling Okay Focused Ready to Learn | Frustrated Worried Silly/Wiggly Excited Loss of Some Control | Mad/Angry Terrified Yelling/Hitting Elated Out of Control |

TERM DATES 2024/2025

Autumn Term 2024

End of Term: 20th December

Spring Term 2025

Teacher Training Day Monday 6th January

Half Term: Monday 17th Feb to Friday 21st Feb

Teacher Training Day Monday 24th February

Term Starts Tuesday 25th Feb

Term Ends Thursday 10th April

Teacher Training Day Friday 11th April

Summer Term 2025

Term Starts Monday 28th April

Spring Bank Holiday: 5th May

Bank Holiday: 26th May

Half Term: Monday 26th May to Friday 30th May

End of Term Friday 18th July

**Disaggregated Teacher Training Day Monday
21st July**

CHRISTIAN VALUE




LEARNING BEHAVIOUR

Tough Tortoise



*I am brave and have a go at different things.
**I can persevere and keep going even when it is difficult.
***I can show resilience. I bounce back and try again to learn from my mistakes.



MHST
Mental Health In Schools Team
Tips For Wellness

Kindness

Kindness means being friendly, generous, and considerate to others. It's all about showing care and respect through our actions and our words.

Random Acts of Kindness Day is celebrated each year on **February 17th**, however you can practice random acts of kindness all year round!

Ideas for random acts of kindness

Here are some easy ideas to spread kindness:

- Give compliments – A genuine compliment can make someone's day brighter.
- Hold the door open for someone.
- Share a smile – Smiling at people can help to boost their mood.
- Send a thank you note – Write a note of appreciation to someone who has helped you.
- Be a good listener – Sometimes, all someone needs is someone to talk to.
- Help your teacher – Offer to hand out something to the class or do something to help them.
- Ask someone how their day is going – Asking someone about their day can make them feel cared for and happier.
- Pick up a piece of litter.
- Offer to help someone at home.

Why is being kind important?

Kindness is contagious! When you show kindness, it inspires others to do the same.

When you are kind to someone, it can help them to feel happy, it can brighten their day and boost their mood.

Kindness can help to make schools, homes and communities more welcoming and friendly. When people are kind, everyone feels more comfortable which can lead to better relationships and friendships.

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.

Snowdrop Walk

All Saints Church
Leamington Hastings

11am to 4pm
Sunday 16 February 2025



The Friends of All Saints Church invite you to enjoy local artisan & craft stalls in the church, and snowdrops throughout the village.

£2.00 entry - under 16's go free
free parking at CV23 8EB

Raising funds for the maintenance of All Saints Church



ALL STAR DANCE AND FITNESS ACADEMY



KIDS Club

ONLY £23 a day!

For Ages 5-11 YEARS

I am packed with Fun & Creative Activities

9.00-3.30
Early drop off & Late Pick up Available

FEBRUARY HALF TERM

MONDAY 17th FEBRUARY - FRIDAY 21st FEBRUARY 2025

Register Online Today

EDUCATION THROUGH PERFORMING ARTS. THEMED ACTIVITIES EACH DAY



For more information:
Call: 07823322803/07813991083
Location: Leamington Hastings Church of England Academy
Leamington Hastings Rugby, CV23 8EA

allstarkidsclubs@gmail.com

FEBRUARY HALF-TERM



ACTIVITY CAMP

AGES 4-12
17TH - 21ST FEBRUARY

@ RUGBY FREE PRIMARY SCHOOL
BAILEY ROAD, RUGBY CV23 0PD


TIMES & PRICES:

| | |
|---------------------------|---------------|
| FULL DAY: 9.15AM - 3.15PM | £15 PER DAY |
| EARLY BIRD: 8 - 9.15AM | £2.50 PER DAY |
| LATE STAY: 3.15 - 4.30PM | £2.50 PER DAY |

ONLY £15 A DAY

£10 SIBLING DISCOUNT
ON FULL WEEK BOOKINGS ONLY

BOOK NOW PLEASE CONTACT
BRANDON@GAMEONCOACHING.CO.UK OR
07478 229 186 OR BOOK ONLINE VIA OUR LINK

Warwickshire SEND Information, Advice and Support Service (SENDIAS) is a free, confidential and impartial service providing information, advice and support for parents/carers, children and young people aged 0-25 who have or may have Special Educational Needs and Disabilities. Contact Warwickshire SENDIAS [here](https://www.warwickshire.gov.uk/sendias).



Please find the link to the Friends of Leamington Hastings parents group.

Please contact Mel Bailey if you have any questions.

<https://www.facebook.com/groups/2845837583558>

Leamington Hastings Academy Parents Group

Discount Code - AHUNIFORM10
10% - Valid until March 2025



<https://ahyde.co.uk/>