

Newsletter



3

Friday 18th September 2020



What can you see in these 2 bug houses?



Building bug houses!



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01865 880443



www.st-petersoxon.co.uk



THANKS FOR REMEMBERING
THIS IS A



PEANUT/NUT FREE
SCHOOL

We currently have two children who have serious nut allergies. Please remember that we don't allow any nuts or nut products in school. **This includes Nutella.** Thank you for helping us to keep St Peter's School a safe place.



Important Information



In Nursery, Reception and KS1 (Apple & Oak) the children are offered a piece of fruit as a mid-morning snack so they don't need to bring one in. If your child is in KS2 (Maple & Willow) and you want to send a snack in, please make sure that it is fruit or vegetables only.

Children need to bring water bottles each day. Because of the current circumstances, we cannot lend anyone a water bottle and we certainly don't want them sharing anyone else's! Please remember that the bottles they drink from throughout the day must only have water in them and not juice or squash. (The drink in their packed lunch doesn't need to be water).



Coats / wellies are essential this term as we will be going outside for each break, whatever the weather!

	Apple	Oak	Maple	Willow
PE	Monday afternoon	Friday afternoon	Tuesday & Friday	PE kit to be in school all week
Reading	Reception are listened to reading every day Nursery have their books changed each week	Children will be listened to and have their books changed on Monday, Wednesday and Friday	Children should be listened to reading every day at home	Children are set a weekly reading target & should be reading at least 3 times a week to an adult at home
Spellings	Tuesday for Reception	Wednesday	Given on Monday & tested on Friday	Given on Monday & tested on Friday
Homework	N/A	N/A	All homework is on Google classroom (set on Friday)	Learning log given out on Monday week 1– to be handed in Thursday week 2 Maths homework set each Monday & due in on Thursday
Other	Forest School on Tuesdays	Forest School on Tuesdays	Times tables tests on Friday	N/A

Don't forget there is an INSET day next Friday (25th September) so we are **closed to children!**



SPSA Welcome

Welcome back – I hope you all managed to have a nice summer and are coping with the 'current normal'.

If you are new to the school, the SPSA (St Peter's School Association) is our PTA and we run events through the year to raise funds to benefit the children, parents and teachers of our school.

Recent funds have been spent on Chromebooks (and charging cabinet), picnic tables and projector but over the years we have also funded larger projects like half of the climbing frame and a new liner for the pool.

Another important use for our funds is the subsidising of school trips – to ease the burden on you as parents and guardians.

The events we run range from two big annual ones – Bike Night (more on that another time!) and the Christmas Fayre – but we are also at many school events (plays etc) selling teas and the wonderful cakes this village can conjure up! We also run two popular discos each year and run the School pool during the summer.

Since March, we have had to suspend our activities – and unfortunately had to cancel a popular comedy night fundraiser at the 11th hour – but now school is back, we will endeavour to return to some kind of normal. Trips are already being organised and the school has asked if we will buy more Chromebooks – which became an invaluable resource to many parents during lockdown.

We usually meet once a month and are always looking for new members to help us. Our first meeting of this academic year includes our AGM and is at 7.30pm on Wednesday 7th October. Our meetings usually take place in the Red Lion pub but, to comply with current guidelines, will have to be via Zoom for the time being.

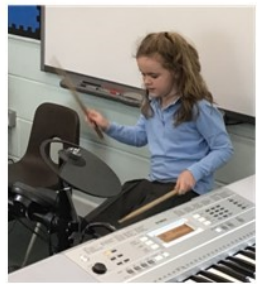
Most of us can be found outside the school gates during drop off and pick up and are always happy to have a quick chat.

Garry Peasley
SPSA Chair

Photos of SPSA members will be in next week's newsletter!



iRock is **BACK!**



iRock sessions are starting again this term.

The previous children had a huge amount of fun joining in and getting on stage to play. We even had a staff band! Please see the attached letter to join in the fun!

Awards of the Week

If your child has an award below, you will be sent a link next Friday (or the following Monday) to watch the recorded virtual celebration assembly:

Class	Special Award Term Focus - Reflection	Star Award
	Beau Jameson	Zoe Thomson Molly Rees-Horsley
	Poppy Taylor	Tobias Woolley Islay Jameson
	Lila Batt	Leila Lee Jack Armitage
	Lola Madge	Alice Armitage Samuel Claridge
	Martha Paulin	



A Message From Mr Jeffries



Dear Parents/Carers,

It was another first for St Peter's this morning where we conducted our celebration assembly online! We were really happy with how it went and Emily will send a video clip of children receiving awards directly to parents on Monday. The children looked so proud (and the younger ones a little bewildered!) to be recognised for their hard work and we look forward to this becoming a regular part of our week once again. Ultimately, we want to welcome families back in to school to celebrate with their children though of course this looks some way off at the moment.

In the newsletter, be sure to have a look at the INSIDE OUT wellbeing guide – the first of this new academic year. If you watched the videos on the Let's Keep Sharing Blog during lockdown, you'll know how much we appreciated the activities they suggested. This week there are mindfulness and relaxation stories for the Look Inside key and making a bird's nest out of twigs and leaves for Be Curious. As you will see from the lunchtime photos from today, St Peter's children have long enjoyed making their own bug houses! If you want to try some of the suggestions, click on the links in the pdf version which is on the website under the 'Children' and '5 Keys to Happiness and Wellbeing' headings.

I am really pleased to say that we have had our first response to the letter I sent a few weeks ago where we want to invite role models/inspirational people from the community and over time build up a wide range of people from as many different backgrounds as possible (including cultural/ethnic/economic/abilities/disabilities), to inspire the children and open their eyes to all the wonderful diversity there is in the world and appreciate the opportunities there are for them. We are currently organising our first guest (who we will keep as a surprise for 2 weeks time!) and look forward to welcoming them into the school where we will video link the classrooms so the whole school can be involved simultaneously. If you have personal experience of or know someone who would like to come and inspire the children, we would love to hear from you!

Have a lovely weekend,

Jon Jeffries

Wash Your Hands!



Wet Hands
under warm running water



Add Soap
to help kill germs



Scrub
for at least 15 seconds



Rinse
well under warm
running water



Dry
hands with a clean towel



Please note:

If you'd like anything put into the newsletter, I need it by Friday, **1pm at the latest.** Thank you



Wellbeing Guide

Issue #19

Welcome to the Wellbeing Guide - practical activities to boost children's wellbeing.

INSIDE OUT is an innovative education charity created to improve the wellbeing of primary school children through our [5 Keys to Happiness](#). Our purpose is to inspire children to be happy, inside and out. You can find our 5 Keys poster to print out on the next page.

Have fun. Stay safe. Stay well.



KEY 1 / LOOK INSIDE

Tune in to Churchie the dog's adventures in [Little Chapters of Chill](#), free 12-minute mindful stories to bring some chill to your day.

Simply sit back, relax and listen!

KEY 2 / MOVE OUTSIDE

Try this fun [physical activity bingo](#) with your family or your classmates and see who can be the first to complete a line or get a full house!

If you finish it, why not try making your own?



KEY 3 / SHARE MORE

Share your favourite summer memories with your friends and classmates and practice your listening skills with a simple sharing circle and a ball.

Whoever is holding the ball shares their stories, then pass it around the room!



KEY 4 / BE CURIOUS

Did you know you can build your own [birds' nest](#) using just a few twigs and fallen leaves? Make sure to only use what you can find on the ground.

Don't forget to snap a picture of your visitors and share it with us on [Facebook](#)!



KEY 5 / BE KIND

Compliment cards are a wonderful act of kindness that can spread joy and brighten someone's day. Write your own or print [these](#) and spread the love.

You could hand them out to friends or leave them for a stranger to find!



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



2 / MOVE OUTSIDE

Promote non-competitive
outdoor exercise



3 / SHARE MORE

Encourage connection,
teamwork and communication



4 / BE CURIOUS

Stimulate growth mindsets,
exploration, experimentation
and making



5 / BE KIND

Support an attitude of
caring for oneself, others
and the environment



How to book a place

 0800 634 9310

 www.irockschool.com/parents-form

 info@irockschool.com

Dear Parent or Guardian,

*COVID Secure Music Lessons – Join this September

The new school year is a great opportunity for your child to start iRock in-school rock band lessons. iRock band lessons are inclusive, fun and support children's wellbeing by building confidence, resilience and encouraging motivation through music.

How it works:

- o Children choose to become either a **vocalist, drummer, keyboard player or guitarist**. Please let us know what your child's preference is.
- o A dedicated and professional musician runs **30-minute weekly lessons throughout the school day**. We provide all the instruments and equipment in every lesson.
- o Lessons available to children **from reception to year 6** with no musical experience necessary.
- o ***COVID Secure:** Instruments set at a safe distance and regular disinfecting of equipment before and after every use. *(Further information can be requested via email)*

Booking a place:

Your child can experience all the benefits of our weekly lessons for a monthly rolling subscription of just £29.99 with no payment due in August. We are confident your child will love iRock and we therefore give you the opportunity to cancel your subscription by the 20th of any month giving you full control and flexibility with your subscription.

To book your child's place please register your interest by visiting www.irockschool.com/parents-form, email us on info@irockschool.com or call us on 0800 634 9310.

Kind regards,

John & Josh Franklin

Founders of iRock

Disney Day Menu

Thursday 1st October

Mulan's Mains

Mickey's & Minnie's Hot Dog and Ketchup

Tigger's Chicken Nuggets with Dips

Moana's Vegan Nuggets

Woody's Jacket Potato with Choice of Toppings

Snow White's Super Sides

Happy's Chips

Grumpy's Garden Peas

Bashful's Baked Beans

Dumbo's Desserts

Elsa's Iced Chocolate Cake

Princess Jasmine's Yoghurt

Olaf's Fresh Fruit



Primary School Health Team Newsletter

Term 1 September 2020



This newsletter aims to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instil healthy habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential educationally.

Welcome back to school

School health nurses are here to support children and families to stay healthy, especially during these very stressful times. Our nurses are available, and we are also using digital means to attend meetings virtually, and to keep in contact with children and families. If you have a concern regarding your child, please use the contact details at the bottom of this newsletter to call or email. Alternatively visit our website or Facebook page which has lots of resources and information, including how to help your child through COVID 19. We are working closely with our colleagues in Education and are looking forward to supporting all children as they return to school.




YOUNGmINDS

Parenting can be hard work. It won't always be easy. Watching your children grow is rewarding but there will be challenges and if you're reading this now, you might be facing a tough time. If you are worried about your child and think they are unhappy, you might be hard on yourself and think you aren't doing a good job. There are some great tips for any parent or carer who is worried about their child, or their own parenting skills, on the <https://youngminds.org.uk/> website.



Hear, Respond
Support Hub

Believe in
children
 Barnardo's

<https://www.barnardos.org.uk>

Flu Vaccine – nasal spray – quick & easy!



All children in primary school are eligible for the Flu vaccine

The program is being delivered in all schools between the 12th October and the 15th December

Please watch out for an email from school which will provide

further details and the link to the Online Consent Form

<https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine>

For your child to be immunised in school don't forget to submit your consent form before the closing date

It is important to enter your child's NHS number on the form – this can be found in your red book or from your GP

Is my child too ill for school? - NHS

<https://www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school>

It can be tricky deciding whether to keep your child off school, nursery or playgroup when they're unwell. But there are government guidelines for schools and nurseries that say when children should be kept off school and when they shouldn't.



It is important to ensure routines are in place after an extended break from school. An organised environment helps children feel safe and secure as well as teaching them healthy habits

<https://www.familylives.org.uk/advice/primary/learning-school/establishing-a-school-routine/>

Children's Integrated Therapies Services in Oxfordshire include [occupational therapy](#), [physiotherapy](#), and [speech & language therapy](#).

We aim to support children and young people and their families by working with our partners in health, education, social care and voluntary and independent agencies

For queries please contact: Single Point of Access (SPA)

Telephone: 01865 904435 Or visit

https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/



New campaign to prevent the spread of coronavirus this winter

HM Government has launched a new campaign HANDS FACE SPACE that urges us all to continue to wash our hands, cover our face and make space, to control infection rates and avoid a second peak. The spread of coronavirus, particularly in enclosed spaces is shown in new film (click on link) produced with experts in the field, which highlights the risk in simple, everyday interactions and how we can all reduce the spread of the virus.

https://www.youtube.com/watch?v=Y_N1rTPhv04

Child and Adolescent Mental Health Services (CAMHS)

Oxfordshire CAMHS offers a single point of access for students and parents/carers, who have concerns around mental health. Single Point of Access (SPA): **01865 902515**

You can also visit <https://youngminds.org.uk/>

which has a helpline

YOUNG MINDS

Or visit <https://www.familylives.org.uk/>



If you would like to speak to your school nurse, please call Rebecca Priscott on 07771 812 473

Please leave a message and I will call you back

You can also email your school nurse on rebecca.priscott@oxfordhealth.nhs.uk



During school holidays please call **07769 235149**

or Email SHN.Oxfordshire@oxfordhealth.nhs.uk

School Health Nurse website <https://www.oxfordhealth.nhs.uk/school-health-nurses/>

School Nurse Facebook page <https://www.facebook.com/oxschoolnurses/>