

# Newsletter



9

Friday 7th January 2022

Happy  
**NEW YEAR**



Look inside to see what Willow Class  
have been learning to do!



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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.



# Information



## **Starting School—RECEPTION ADMISSION SEPTEMBER 2022**

It's now time to apply for children to start in Reception for September 2022. Please apply online at [www.oxfordshire.gov.uk/primaryadmissions](http://www.oxfordshire.gov.uk/primaryadmissions) as this is the easiest and most secure way of applying. All the information needed to make your application is available on the admissions website.

**The closing date of Reception applications is Saturday 15<sup>th</sup> January 2022,**

and the National offer date is Tuesday 19<sup>th</sup> April 2022. The 15<sup>th</sup> January closing date is extremely important, as late applications will not be considered until May 2022 after the first offers have been made. Parents who make a late application are less likely to be offered a place at their preferred school.

It is PARENTS responsibility to make an application. It is not something that we as a school can do for you, although we can obviously help if needed. Please speak to Emily if this is the case.

## **JUDO**

**Judo will be starting next week, Friday 14th January, at 8am.**

**If your child is thinking about having a go at it, bring them along for a free taster session! It's loads of fun!**

**There's no need to book - just turn up at 8am in comfortable joggers and a long sleeve top. (Age 5+)**

**Visit <https://www.oxfordshirejudo.com/> or speak to Emily in the office for more information.**



## **Job opportunity**

Dolce schools catering are looking for a Kitchen supervisor to look after the catering at Freeland school.

This is a term time only role working Monday to Friday, doing 22.5 hours per week at £10 per hour. Full training and uniform provided.

We are also looking for a General Kitchen Assistant at Freeland school term time only, Monday to Friday doing 12.5 hours per week.



On Wednesday, Willow class received a visit from the IMPS team from the John Radcliffe hospital. IMPS stands for **Injury Minimisation Programme for Schools** and the purpose of the visits is to help children to avoid being the victims of accidents which may necessitate a visit to accident and emergency.








The children learned about how to look after themselves and others in a range of scenarios which covered events such as learning how to administer CPR, how to put someone in the recovery position, how to cross the road safely, how to minimise the number of accidents in the home by ensuring they use electrical equipment safely and appropriately and how to negotiate road traffic situations. It was an enjoyable and informative start to the spring term and one which should stand the children in good stead, both now and in the future.

Soraya said, "I thought it was very fun and interesting to learn how to do CPR for when a person is breathing and when they're not breathing. I think people should learn to do it because it helps people to stay safe in case something happens."

Beau reflected, "I acted like I was unconscious to show people how to get into the safety position when a person is unconscious. It felt like a comfortable position to stay in."

## Awards of the Week

If your child has an award below, you are invited to join us for our Celebration Assembly next Friday at 9 o'clock in the school hall:

Class	Special Award Term Focus - Resilience	Star Award
	Nellie Paulin	Arthur Ashworth Molly Rees-Horsley
	Poppy Taylor	Raymond Brown Alex Judd
	Stella Brandon	Layla Black George Rasmussen
	Oliver Rees	Bella Thomas-Clarke Amelie Johnson
	Acton Forest	



# Important Dates



Please see the website calendar for more information— <https://www.st-petersoxon.co.uk/>

## JANUARY

Thursday 13th	Willow class - Natural History Museum online session
Thursday 27th	Year 3 / 4 Dance Festival at Bartholomew School

## FEBRUARY

Wednesday 2nd	Year 1 / 2 Dance Festival at Bartholomew School
Monday 21st	<b>HALF TERM</b>

## OSTMA LIONS

**Life and safety skill programme for 4 - 6 year old boys and girls.**

*This specialist programme teaches and develops children's self esteem, increased awareness of body and space, fundamental motor skills, respect, discipline, self control, initiative, stranger awareness and a love of learning.*



**Classes available in:**  
**WITNEY**  
**EYNSHAM**  
**CHIPPING NORTON**

For more information or to book your child in to the session, please call Claire on 07540 316188 or email: [cmmartialarts@live.co.uk](mailto:cmmartialarts@live.co.uk)

**GIVE YOUR CHILD THE EDGE**

## Childrens Beginner



# KARATE CLASSES

## AGES 6 - 12 YEARS

**Classes available in:**  
**EYNSHAM**  
**CHIPPING NORTON**  
**WITNEY**

Pick up the phone and call 07540 316188 or email: [cmmartialarts@live.co.uk](mailto:cmmartialarts@live.co.uk) for more information or to book your child into one of our free introductory lessons. WE LOOK FORWARD TO HEARING FROM YOU.

[www.clairemaden.co.uk](http://www.clairemaden.co.uk)

**FREE 4 Week Class Pass**

# Oxfordshire Skill Acquisition Academy

St Peters Primary, Cassington - After School Football Club



**DATES** Monday 10<sup>th</sup> January – Monday 28<sup>th</sup> March

**TIME** 3.00pm-4.00pm

**PRICE** £44.00 for 11 Sessions

**Childs Name** \_\_\_\_\_

**Age** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_ **Gender** Male / Female

**Address**

**Parent/Guardian Name** \_\_\_\_\_

**Contact Number** \_\_\_\_\_

**Email** \_\_\_\_\_

**Allergies/Illnesses** \_\_\_\_\_

**I give permission for promotional photographs to be taken during the course**

**YES / NO**

**Please state how your child will get home** \_\_\_\_\_

**Paid by** (please circle) **CASH** **CHEQUE**

**Please make cheques payable to Oxfordshire Skill Acquisition Academy.**

- All coaches are fully UEFA/FA qualified and hold up to date DBS checks, Emergency aid and safeguarding certificates.
- Payment must be enclosed with this form.
- Players may be recommended to our Skill Acquisition Centres with links to professional clubs.

I understand that Oxfordshire Skill Acquisition Academy coaches are not personally liable for any personal loss or damage whilst attending the course.

**Signed Parent/Guardian**.....

This is an introduction to our **5 Keys to Happiness and Wellbeing**.

The following pages have information about this week's focus key Look Inside.

## 5 KEYS TO HAPPINESS

This year we are working with an education charity called INSIDE OUT with a mission to improve the wellbeing of primary school children.

There is a strong public health message on 5 fruits and vegetables a day but what are the 5 things you can do every day to feel happier and look after your mental health?

This is where INSIDE OUT helps.

The charity has taken the '5 Ways to Wellbeing', an evidence-based approach to improve wellbeing recommended by the UK government, and made this child-friendly with what they call the '5 Keys to Happiness'.

Through the 5 Keys, children gain a 'toolkit' of fun and practical life skills that they can use in their daily lives to help them reduce stress, increase confidence and build resilience. INSIDE OUT's motto is: happy children learn better!

We understand that you want to help your children to be happy and healthy both inside and out. So over the next term, we will be introducing the 5 Keys in our newsletters and sharing fun and simple activities you can try at home with your children, to support our work in school.



This week's Key is **LOOK INSIDE** which inspires self reflection, focusing, being quiet and self-calming

The LOOK INSIDE Key helps children develop:

- A common language to discuss emotions
- An awareness that there is a range of emotions and accept it's ok to feel them
- A variety of strategies to focus the mind better, regulate emotions and reduce anxiety

Sometimes it can be hard for children to describe their feelings so INSIDE OUT has come up with using the weather to describe them. For example: sad = rainy; happy = sunny. It is important for children to realise that all weather is welcome, just as plants need all types of weather to grow, we need all feelings to be healthy.

This week at school we had a go at an **FBW** which stands for Feet, Breathe, Weather. The FBW is a simple breathing technique to help children calm their mind and body and improve their weather inside. It can be used ANYWHERE and ANYTIME.

If you want to have a go at an FBW at home, please follow these simple steps:

**F ...** Feel your **Feet** on the floor.

**B ...** Feel your **Breathing** - place one hand on your belly and one hand on your chest. Close your eyes. Take a few deep breaths. It's a bit like your belly is a balloon getting bigger and then getting smaller.

- Breathe in and feel your belly rise and breathe out and feel your belly fall.
- Breathe in 1...2...3... and breathe out 1...2...3...
- Breathe in and feel your belly rise and breathe out and feel your belly fall.
- Breathe in 1...2...3... and breathe out 1...2...3...

**W ...** Feel your **Weather** inside - you and your child could each share what your weather inside is now. Hopefully, it is calm and the weather inside is sunnier. Remember to emphasise that all weather is welcome.

If you are concerned your child is feeling stormy or unsettled a lot of the time, please come talk to your child's class teacher.

### Please note:

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

