



**A massive St John's well done to all our Silverdale Stars this week.**

**CURLEWS – Suzie**

For amazing effort and resilience in phonics and reading. Keep up the good work Suzie.

Well done!

**BITTERNS – Harry**

For having a great sense of humour. You have really matured the last few weeks, Harry, taking on board support in relationships and how to diversify

**HARRIERS – Thomas P**

For being so supportive and caring. You are going to be a great buddy for Axel!

## New families

We welcome Jax and Poppie to school this week.

What a joy it is to see such smiley, confident children joining our school. They have made so many new friends already. Our children have been fantastic at welcoming them.

## Mid-Morning Snack

We are giving Miss Sanderson's oven a rest this half term! Mid-morning snacks for this half term will be...

Rice cakes, Malt loaf, Cereal bars

All are 20p each. Seb C is our shop keeper for this half term

## After School Club

Our lovely Mia is having a knee operation on 28<sup>th</sup>

June. If anyone can support Trudy in after school club, that would be really helpful. The hourly rate would be £12.00. Hours 15:00-18:00 Monday to Friday.

Please remember if you have booked your child into ASC, Mia and Trudy will look for them at the end of the school day. If you change your mind, please call the school office. It really helps to plan for child/staff ratios.

## Half Termly Overviews

These are now available on the website for you to see. You can look at what lessons are taught in what subject. Week by week. If you have a look and think you can help with any teaching or have ideas, then please get in touch with class teachers. We love it when our wider school families support us in our learning



[Curlews](#)  
[Bitterns](#)  
[Harriers](#)

## Attendance

From 23.05.24 – 05.06.24

**A BRILLIANT week for Bitterns!**

Curlews - 93.3%

Bitterns – 97.3%

Harriers – 97.1%

## Lunches

**Week 3 WC 10.06.24**



## Field and Fun Day

The committee is still asking for field day raffle and tombola prizes. If you would like to donate a prize, please leave at the School office. School will be having a little stall. We need ideas for this! Children will be selling loom bands and selling crafts made by our after school club. We also need volunteers.. If you can give half an hour on 15<sup>th</sup> June, it would be very much appreciated.



## Lost Property

Lost property will be put out in the playground tonight. Please can you have a look and claim anything that might be yours? We will be taking leftovers to the recycling this weekend. As always, pre loved uniform will go on hangers in reception areas

## Reading Corner

### Recommended read...

#### 'The Witches' by Roald Dahl

Miss Jackson loves this book. She loves it because it's scary and has you on the edge of your seat. Roald Dahl has a way of engaging people of all ages!

#### 'Anne of Green Gables' by Lucy Maud Montgomery

Mia loved 'Anne of Green Gables' as a child. She loved the character of Anne and the era it was set in – the 19<sup>th</sup> century. Mia enjoyed reading about Anne's imaginary friends and how she loved to explore.

## FOSS

Thanks to all that joined us last night at the Silverdale hotel. We discussed fundraising – the big and the small. A calendar with all events will be going out very soon. In the meantime, our dads can look forward to bacon butties next Friday morning at drop off time. We want to say we love and appreciate you and a Happy Father's Day.

## Summer Production

Our summer production of Alice in Wonderland is on Thursday 4<sup>th</sup> July this year. Rehearsals are well on the way and children are frantically trying to learn their lines and their actions. It was with deep regret that we won't be performing in the Gaskell Hall this year. The hall has been booked up for months by various different groups, and although a couple were happy to swap with us on the rehearsal days, the evening performance date had been booked well in advance by a group with a guest speaker. Please know we have tried really hard. We are however exploring the methodist church and the Institute. Please watch this space!

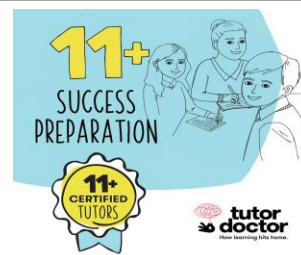
## Next Week...

10.06.24 – Speech and Language Therapist in school  
10.06.24 – Young leaders training  
10.06.24 – Year 5/6 football match against Arnside  
11.06.24 – Phonics screening Year 1  
11.06.24 – Learning support staff Appraisals  
12.06.24 – History training with advisor  
13.06.24 – Multiplication Tables Check – Year 4  
13.06.24 – Miss Sanderson/Chair of Govs catch up  
13.06.24 – New parents eve in school 1730  
14.06.24 – Father Days secret school  
Year 5/6 – Haffner Orchestra – Peter and the Wolf. Lancaster  
14.06.24 – Bitterns team building afternoon  
CHECK THE SCHOOL [WEBSITE CALENDER](#) FOR FUTURE DIARY DATES

## Transition Year 6 to Year 7

**QES** - Welcome evening for Parents and pupils - Thursday 20<sup>th</sup> June  
Induction morning Monday 1<sup>st</sup> July.  
**Carnforth High School** - Induction Day Thursday 4<sup>th</sup> July  
**Dallam** - Induction evening - Monday 1<sup>st</sup> July at 6pm  
Intake day Tuesday 2<sup>nd</sup> July.

## Tutor Doctor



Please see this [link](#) for more information on an 11+ Summer School with Tutor Doctor.

## Class Blogs

It's Harriers' class this week! Please [click](#) on the link to gain an insight into what the children have been learning in class. Please also check out our school [Facebook](#) page.

## Friday Thought

"When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you." — Matthew 6:6



# What Parents & Educators Need to Know about SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

## UNDERSTANDING SCHOOL AVOIDANCE

### REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

### PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

### COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

## IMPACT OF SCHOOL AVOIDANCE

### LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

### LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

### CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

## Advice for Parents & Educators

### WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

### MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

### FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

### REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

### Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College