



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

**CURLEWS – Sam**

For settling so well into his new class and being so quick at making friends

**BITTERNS – Seb B**

For super singing in rehearsals and serenading Mrs Alderson!

**HARRIERS – Audrey**

For growing in confidence in her performing skills. She is doing a great job at being a Caterpillar in our production!

## FOSS – Playground project

Last week was 'giving weekend' for school. We are pleased to share that our wonderful school family and community have done us really proud.

**We have raised £2600**, and are hoping that that PCC might be able to come alongside us too. It would be awesome if we could make it up to £3000.

This figure is amazing! An average of £65 per donor. It will help us complete phase 3 of our playground project. Low level 'stepped areas' with varying surfaces ready for trim trails, reading areas, gardening etc. We are hoping to create a canopy area too, for children and parents.

**A MASSIVE THANKYOU TO YOU ALL.** The governors are also blown away by the generosity.

## Host family

A Ukrainian family are looking for Silverdale residents to host and sponsor them. If you can support at all, please get in touch with Miss Sanderson. It's for a mother and two daughters. The family are familiar with the village.

## Welcome...

Welcome to Sam, who has joined us in Year 2. Sam has already made lots of lovely friends and is proving to be a wonderful addition to our school family.

## Parenting

We have some parenting books on behaviour and child development in the reception area for loaning. Please sign them out with the office staff, and return within a month.

Remember, parenting isn't easy. There is no rule book. If you would like support, please email Miss Sanderson. There are resources out there, that she can signpost you to. For example, if you are concerned about any of the following - Emotional Health & Wellbeing, Keeping Healthy, Bedwetting, Sleep, Bullying, Dental Health, Growing Up, Keeping Safe, Support with Medical Conditions in School... You can text the school nurse on 07312263554



Triple P is a fantastic course. It helps promote positive, caring relationship between you and your child and empowers you as a parent/carer

Wednesday 11 <sup>th</sup> September 2024	Group	13:00-15:00	Westgate
Thursday 12 <sup>th</sup> September 2024	Group	9:30-11:30	Lune Park
Wednesday 30 <sup>th</sup> October 2024	Teen	17:30-19:30	On Teams
Thursday 31 <sup>st</sup> October 2024	Group	9:30-11:30	Poulton

## Sponsored Run

The children did so well with this. If you can sponsor them asap and then send money into school, that would be great. We would like to arrange a time for a representative from Alderhey Children's hospital to come into school to present them with a cheque early in the Autumn term.

## Lunches

**Week 1 WC 08.07.24**



## Community cinema



Silverdale Film Society  
presents  
Community Cinema  
**WONKA (2023)**

Join us for a special screening  
on  
Saturday 13<sup>th</sup> July  
at 5:30pm (doors open at 5:00pm)  
in the Gaskell Hall

£5 Adults £2 Under 18s  
Tickets available on the door (cash only)  
Books and ice cream available

Please bring in raffle prizes for this, or ask businesses in the village to give us a donation? Tickets are available for this from the school office. One golden ticket gets admission for one adult and one child.

Ticket prices are £5. There will be a raffle to raise money for school in the interval.

## Attendance

Attendance 27.06.24-03.07.24

Well done to Curlews!

Curlews – 95.8%  
Bitterns – 95.7%  
Harriers – 92.2%

## FOSS Governor

It was decided at the QofE meeting in June, that Anna McCoy would be the nominated governor for FOSS. Hopefully, Anna will be able to attend all FOSS meetings with Miss Sanderson as we gather ideas for fundraising for school for the future. She will then report back to governors all the amazing work you do. Thanks, Anna

## Lockerbie

Thanks to all who attended the Lockerbie information evening on Thursday. Please return all contact/medical information back to school asap. The children (and staff) are all very much looking forward to this 3 day residential.

## Feel Good Friday

Feel Good Friday will be on Friday 19<sup>th</sup> July. The children can wear own clothes for £1. If anyone would like to support us with this, then do get in touch with Miss Sanderson. Dog walkers, make up artists, photographers, artists, gymnasts, stage directors, dancers etc. You can be anything! All we ask is you come and share your wonderful talents with our children so we can 'feel good' for the day!

## Reports

End of year reports will be sent home with children on Tuesday 16<sup>th</sup> July. If you require an additional copy please email the office.

## Summer Production

This is on Tuesday. The show times are 1330 and 1830. We cant wait to see our children perform Alice in Wonderland

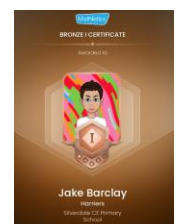
## Next Week...

05.07.24 - Rehearsal Gaskell Hall  
08.07.24 – Jess Warren in school QES student placement  
08.07.24 – Rehearsal Gaskell Hall  
09.07.24 – Alice in Wonderland performance 1330 and 1830  
09.07.24 – Home visits new September starters  
10.07.24 – Harriers leave for Lockerbie  
12.07.24 – Harriers arrive back from Lockerbie  
CHECK THE SCHOOL [WEBSITE CALENDER](#) FOR FUTURE DIARY DATES

## UNIFORM PROJECT IF YOU NEED UNIFORM

If you need uniform, please fill in this [self-referral form](#)  
Morecambe Bay Foodbank are urgently seeking the following items:  
•Our Ladies Catholic High School uniform – all sizes, boys and girls  
•Central High School uniform – all sizes, boys and girls  
•Bay Leadership Academy – all sizes, boys and girls  
•Morecambe Bay Academy – all sizes, boys and girls

## Mathletics



## Class Blogs

It's Curlews' 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

This is what the Lord Almighty, the God of Israel, says: Reform your ways and your actions, and I will let you live in this place.  
Jeremiah 7:3



# 10 Top Tips for Parents and Educators

## PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

### 1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

### 2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

### 3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

### 4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

### 5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

### 6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

### 7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

### 8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

### 9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

### 10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

## Meet Our Expert

Adam Olllett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College