



South Avenue Primary School

Term 6 - Newsletter



Dear Parents, Carers and Guardians,

WOW! We managed to survive the heat!!

So here we are at the end of another academic year. I'm delighted that for the first time in 3 years we have been able to remain open for the full year!



I have a number of thank yous I would like to share.

To all of you for supporting the school. There are times when we have had to make decisions at short notice which we know is very frustrating for you, we have been delighted with the support at events we have put on this year from class assemblies, parents evenings, sports day and most recently our year 6 leavers show. To see you all back in school has been wonderful and we look forward to even more events next year.

To the children of South Avenue Primary School. Thank you for being amazing. Your resilience and determination have meant that we have now made a very positive move forward with your learning following the pandemic. Your smiles each day, your kind words, occasional hugs and little notes that we receive remind all of the adults in school why we do our jobs. It's for you, each and every one of you because we are all here to help you succeed and be the best that you can be.

To the staff of South Avenue Primary School. They are the most fabulous team of people. The way they have risen to many challenges this year, supported the children and each other is testament to the strength of character in each of them and the amazing team spirit among them. We are very lucky to have such wonderful staff supporting you and your children.

We have worked hard this year to 'catch up' on lost learning and have had the support of 2 teachers via the National Tutoring Programme. Some of your children may have had the benefit of their support and I would like to thank them for all they have done to improve the outcomes for the children.

We have had some volunteers in school as well. I would like to thank them for their absolute devotion to the children and ask that Miss Green gives Frankie some extra treats for all of his hard work around the school. Thank you to you all.

As you are aware we are saying goodbye to some staff. We wish them all well in their futures, whether this be a new and exciting role or in relaxing in their retirement. A huge thank you to them all for their dedication to the children and families of South Avenue.

Mrs Barton
Miss Buxton
Mrs Hawkins-Finn (Miss Avey)
Miss Mace
Mr Perry

Miss Sellar
Miss Woolston
Mrs Belsom
Mrs Byrne



We also say goodbye to Year 6. What a team they are! Many of us remember when these children joined in Year R and have watched with pride as they have become the amazing young people we see before us now. They should all be very proud of themselves. We wish them good luck as they move into secondary school and hope that they will pop back and see us when they can.

As we move into the summer break I would like to wish you all a happy, healthy and hot (but not roasting!) summer. Stay safe, have fun and we look forward to seeing you all on Monday 5th September,

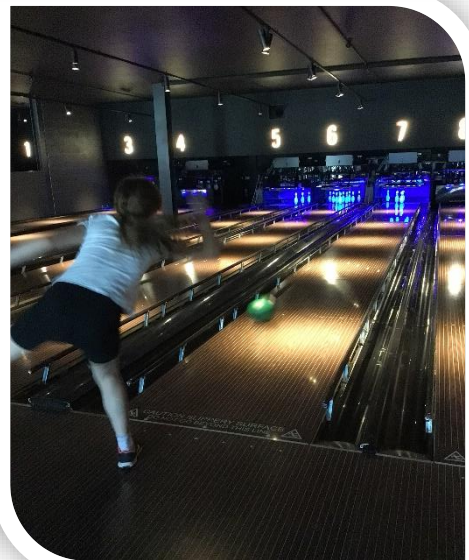
Warmest wishes

Miss T Cadwallader
Head of School



Y6 LEAVERS EVENTS

Y6 visit to Chessington World of Adventures, bowling and activity day



Collaboration, Commitment, Community, Courage, Challenge & Creativity

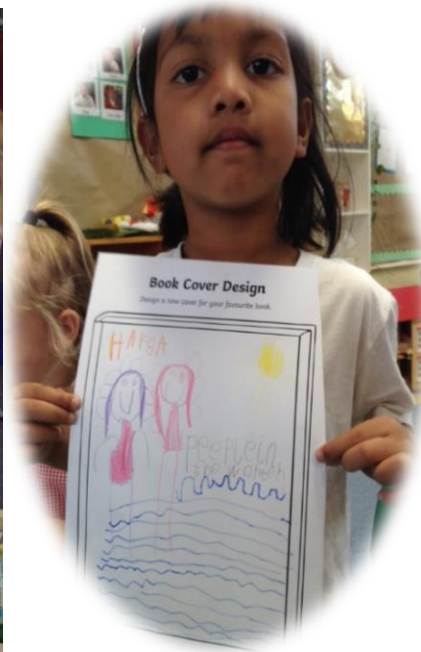


**Y6 visit to
Outdoor
Pursuits**



Collaboration, Commitment, Community, Courage, Challenge & Creativity

Reception classes



Some of the children from Reception went to the Library. At the Library they had the opportunity to listen to how the library works and how they can borrow books if they have a library card. The children shared books together and listened to a story from the adults.



Reception had a fun day on the field! Sadly, we had to cancel our visit to the park due to the hot weather but we definitely made the most of the day. All the children had fun taking part in a range of activities including; face painting, forest school, parachute games and natural art. We all enjoyed bringing our teddy bears into school to enjoy breakfast with our bears and then a teddy bears picnic at lunchtime! It was a wonderful day with lots of smiles!



Collaboration, Commitment, Community, Courage, Challenge & Creativity

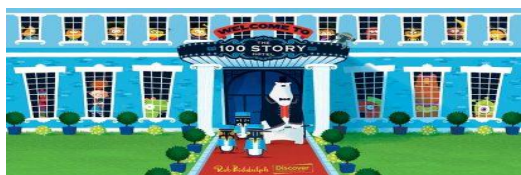
In **Year 3** we have had a very busy term! We have visited Wingham Wildlife Park and had the most amazing day gathering information about African animals!



As part of science we planted our own potatoes and have looked after them very carefully! We predicted how many potatoes we'd grow in total and Kim was the closest in with her guess of 70 potatoes because we grew a magnificent 65! We then voted as to how we'd like them cooked and we were very lucky because our marvellous lunchtime team cooked them for us and we all enjoyed a delicious roast potato or two!



Year 1, Year 2 and Year 3 really enjoyed their visit to The Story Telling Centre in Stratford, to the 100 Story Hotel. The children had a fantastic day solving the 100 Story Hotel mystery and even designing their own characters for a story!



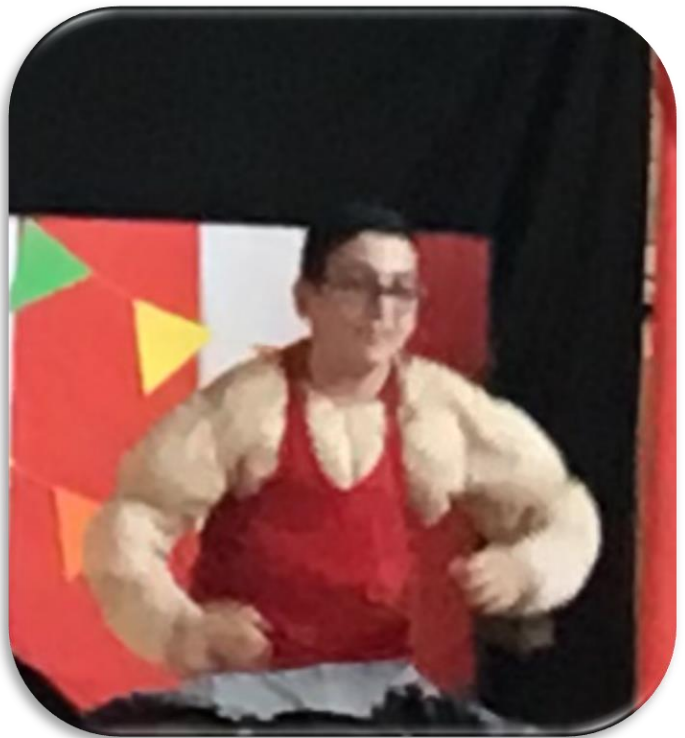
Collaboration, Commitment, Community, Courage, Challenge & Creativity



Year 6 Leavers Production



Collaboration, Commitment, Community, Courage, Challenge & Creativity



Year 6 wowed their audience with their end of year production of The Greatest Show. We are so proud of them all.



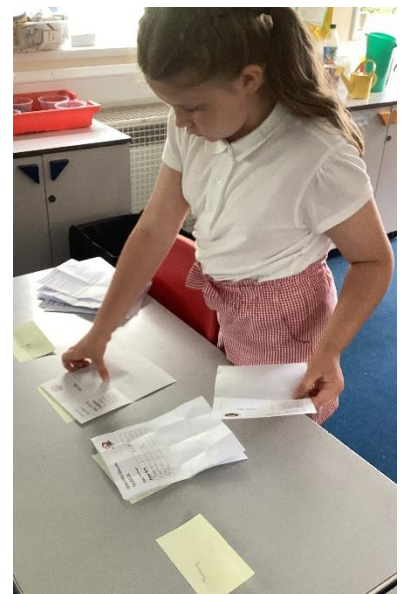
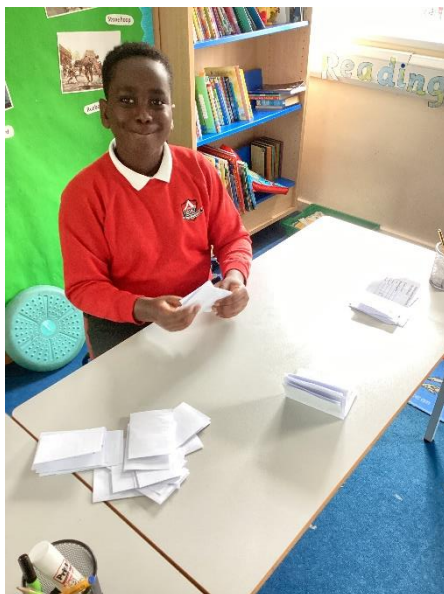
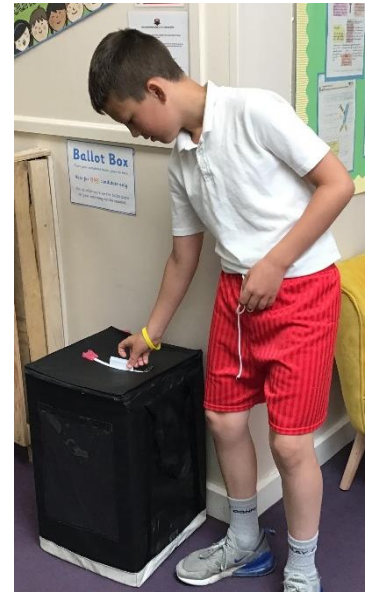
School Council, message from Mrs. Young and Miss Mace

'On Tuesday 5th July, we held our School Council Elections, to vote in the new School Council, who will start their role in September. Children in KS2 cast their votes on a ballot paper which was then put into a ballot box. Some members of the present School Council then spent the afternoon counting the votes. The results were announced the next day at assembly. Well done to everyone who showed an interest in joining the School Council and congratulations to the following children who were voted in.

Finley D. in Quartz Class, Jesse in Sapphire Class, Scarlett and Aris in Amber Class, Toby in Diamond Class, Scarlett in Onyx Class, Harry in Tanzanite Class, Emilia in Amethyst Class and Piranith in Opal Class. We look forward to holding the first meeting in September.

We would also like to thank the outgoing School Council members for all their hard work.

Reece in Amber Class, Amelia and Mikey in Diamond Class, Gabriella in Onyx Class, Mason in Tanzanite Class, Isabel in Opal Class, Harvey in Amethyst Class, Tullulah in Ruby Class, Charlie in Pearl Class, along with our prefects Kara, Kim, Ruby-Rose and Ethan.'





Alex S won the design a flower bed competition for *Swale in Bloom*. His wonderful design included colours from the Queen's Platinum Jubilee and it has been planted at the bottom of Chilton Avenue by Aldi. We are so proud of Alex for achieving this. Congratulations to the following pupils, who received certificates for their designs which were highly commended: Felicity McM, Lilah Y & Darasimi T.

As a school, we decorated crowns to celebrate both the Queen's Platinum Jubilee and these added the finishing touches. The judges were very impressed with Alex's design, colours and flowers used.



Collaboration, Commitment, Community, Courage, Challenge & Creativity

Tips for parents to support pupil wellbeing over school holidays

Six weeks or 42 days... the summer holidays can sound like a long time! How can you keep children feeling fit and well in this time? Here are some tips for parents.



Look at the Five Ways to Wellbeing guidance

The Five Ways to Wellbeing is a set of evidence-based actions aimed at improving personal wellbeing and mental health. You can try just one, a few or all of them and see how you feel afterward. As with most things to do with feeling good, it can take a bit of time to notice the difference, so keep trying them!

The five ways to wellbeing are:

1. Connect: this is about the fundamental human need for feeling close to and valued by other people. It can have a positive effect on mental health. Some simple ways to connect more could be to:
join a physical activity outside (an impromptu game in the park or something more organised like those led by the Holiday Activity Fund)
encourage children to talk to someone instead of sending a text or email
go for a walk and chat with someone.

You might like to encourage children to talk about what they can see, hear or smell on the walk and ask how children feel so that they and you can become more aware of their emotions at different times of the day.

2. Be active: this is a well-known way of improving wellbeing. There is a lot of research to say that being active can help you feel better physically and mentally as you are active and afterward too. Here are some ideas:
Walk up the stairs rather than take the lift.
Dance while the TV adverts are on.

Stretch while waiting for the kettle to boil or for dinner to be ready.

Get off the bus one stop earlier and walk the rest of the way.

Cycle or walk to the shops.

Play some energetic indoor games like musical statues.

3. Take notice: research shows that being aware of what is happening in the present moment directly enhances your wellbeing. Take some time to enjoy being 'in the moment' and notice the environment around you. You could encourage children to find and smell flowers; accompany them to visit somewhere new; go outside and listen for birds; notice the weather and embrace all the possibilities that it brings, or just stop and look at things in more detail.

4. Keep learning: lifelong learning can have a positive effect on self-esteem and self-worth, and setting goals has a strong association with better mental health and wellbeing. It doesn't have to be academic learning – it can be anything you didn't know before. Here are some examples:

Learn to play or understand a new sport that you didn't know about before.

Learn new skills that will be useful for now and the future (perhaps cooking, growing food or navigating).

Do a puzzle, crossword or quiz.

Read a different type of book, and maybe share your views about it afterwards.

Research something you're curious about – whether online or in a library.

Learn a new word or phrase, or if you're feeling adventurous, start to learn some words or phrases in another language.

It's all about keeping your mind active.

5. Giving: this is about giving your time, not money. Did you know that people who report an increased interest in helping others are more likely to rate themselves as happy? Committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing. Perhaps you could support children to offer their help to a friend or relative with a task; children could volunteer with a local charity and give their time; children could do a favour for a neighbour or friend (without expecting anything in return!).

Ensure children have enough rest and sleep

While it might be tempting to ensure children have something exciting to do every single day of the holidays, it is also vital to help children to rest and sleep properly. The daily act of attending school, with all the disruptions and changes over the past couple of years, can take its toll on children, who 'tell' or communicate to adults through their behaviour. How many times have you seen a distressed or agitated child and noticed that their behaviour was trying to tell adults that they are tired and need to rest?

There's a close relationship between sleep and wellbeing and a lack of sleep can also negatively impact our mental health and wellbeing. There isn't a magical cure for improving sleep but noticing what works better for children can help them enjoy better sleep and feel like they and you are more in control.

Top tips for rest and sleep for children (and adults!)

Try to go to bed at the same time each night and get up at the same time each morning. If you can, avoid sleeping in – try to maintain a routine.

Spend time outside during the day to get as much exposure to natural light as possible.

Avoid screens before bed – the 'blue' light emitted from devices interferes with your ability to sleep.

Take time to relax before bed: have a warm bath, read or have a story read to you, listen to relaxing music or meditation, do some simple stretches, write down or draw your thoughts...

Ensure your bedroom is cool, dark and quiet.

Make sure you have eaten and drunk enough during the day so that hunger and thirst don't wake you up at night.

Try some deep breathing exercises to help calm your body and make it ready for sleep: breathe in for the count of four and out for the count of seven.

Be physically active during the day so that your body is tired and ready to rest fully.

Overall, keep the holidays a simple time for children. Allow them to find what they enjoy rather than provide adult-led stimulation for them all the time. Teach them to nurture their wellbeing by showing them how you nurture yours and allow them to share their ideas with you so you can learn from them too.





**MAZE
MOON**

**GIANT
MAIZE
MAZES**

✦ Mini Mazes ✦ Café Stall
✦ Ice Cream Van
PYO Sunflowers & Sweetcorn

23rd July to 24th July (Weekend)

28th July to 29th August
(Thursday to Sunday)

10am – 4pm (Last entry at 3pm)

Open August Bank Holiday

Monday 29th August

10am – 4pm (Last entry at 3pm)

Maze tickets must be booked via website

For all our latest news, follow us on
facebook and Instagram @mazemoonuk



MAZEMOON.UK

Adolescent to Parent Violence & Conflict Online Support Groups



**Are you a parent/carer of a child
aged between 10 and 18 years?**

**Are you and your child/children
having arguments and conflict
at home?**

Do you want some focused support?

**Would you like to share ideas
and thoughts with other families
experiencing similar difficulties?**

We have online support groups. For informal chats and support from other parents /carers'. Focused family support if required.

Come along to one of our online Parent/Carer Support Groups

1st Tuesday of the Month 10.30am, 3rd Tuesday of the Month 7.30pm

For more information and to book your place, contact:
helen.calvert@restorativeresolutions.org.uk

2022-23 TERM DATES

Term 1 Monday 5th September – Friday 21st October (3.15pm)

Term 2 Monday 31st October – Friday 16th December (3.15pm finish)

Term 3 Wednesday 4th January – Friday 10th February 2023 (3.15pm)

Term 4 Monday 20th February – Friday 31st March (3.15pm finish)

Term 5 Monday 17th April – Friday 26th May (3.15pm)

Term 6 Monday 5th June – Thursday 20th July (3.15pm finish)

School closed for Staff Development Days

Thursday 1st September 2022

Friday 2nd September 2022

Monday 28th November 2022

Tuesday 3rd January 2023

Friday 21st July 2023

Dates for your diary!

Thursday 1st September 2022

Friday 2nd September

Monday 5th September

Thursday 8th September

Monday 12th September

Wednesday 14th September

Thursday 15th September

Friday 16th September

Monday 19th September

Wednesday 21st September

Monday, 26th September

Thursday 29th September

Wednesday 5th October

Tuesday 18th October

Thursday 20th October

Friday 21st October

Monday 31st October

Staff Development Day

Staff Development Day

Start of Term 1

Y6 Kent Test (11+)

Year 1 Meet the Teacher

Year 2 Meet the Teacher

Year 3 Meet the Teacher

Year 4 Meet the Teacher

Year 5 Meet the Teacher

Year 6 Meet the Teacher

Year 1 parents invited to Promoting a love for reading (3.15 to 4pm)

Whole school Harvest Festival (Dried/non perishable donations)

Fulston Manor Open Days for pupils starting Y7 Sept 2023 (1-3pm)

Parent consultations

Y6 Kent Test results emailed/posted out today

Parent consultations

LAST DAY OF TERM 1 (School finishes at 3.15pm)

Start of Term 2

