



St. Peter's C of E Academy

Weekly Newsletter ~ Issue 23



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@StPetersEB

**Oh Lord, bless our school, help us to Take Care of ourselves, each other,
the world and with our work. Amen**



Click on the hands to take you to a video of our school take care prayer in sign language.



Our House Teams ~ Our Christian Distinctiveness
Striving for Life in all its fullness John 10:10



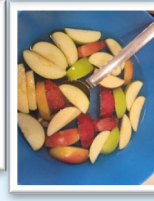
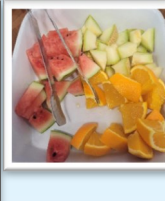
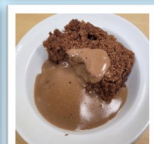
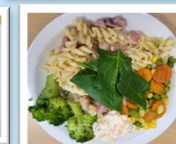
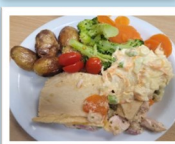
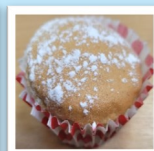
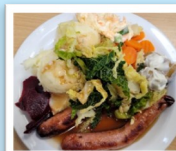
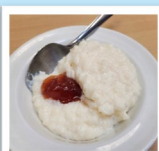
Message from Mr Tomlinson.

School Dinners

Our school dinners are fantastic! This week I have been sharing on our school Twitter just how scrumptious they are! We would like to

encourage, particularly Key Stage 2 juniors, to take up the offer of our hot school dinners, priced at £2.60, they are great value for money.

As a school, we receive a money injection based on uptake of school dinners throughout the year. A handful more of Key Stage 2 children having a school dinner could mean several thousands of pounds extra to school over the year. Please see our [3-weekly school menu](#) and feel free to feedforward with how we might make school dinners even more appealing.



Parents' Evening

We look forward to seeing you in school on these dates:

Tuesday 21st March and **Wednesday 22nd March 3.45pm-6.45pm, both nights.**

E-Safety

Useful E-Safety Website Links for: Parents, Children, Carers, Grandparents, Childminders,

Families (*click on the link and scroll to near the bottom*)

<https://www.eastbridfordstpeters.co.uk/safeguarding-risk-assessments/>

Thank you for your continued support. We value your trust in us. Don't let issues grow.

Stay safe. Stay connected.

Take Care.

Mr Tomlinson. Head Teacher



Science Week

13th to 17th March



Whole School Stem



investigations plus lots of



other science fun!

Message from Miss Fisher

It was so lovely to see so many parents attend the online meeting with Nottinghamshire's Mental Health Support Team (MHST). It was a great opportunity to discuss common aspects of mental health with children, exploring some of the signs and symptoms and how the Mental Health Support Team at school might be able to support you as parents. We hope the session was helpful to you. If you would like further support or information on courses they discussed, please email office@st-peters.notts.sch.uk FAO Miss Fisher. Here are some online resources and extra reading that the MHST recommended.

Recommended Reading for Infant and Primary



- Helping Your Child with Fears and Worries - **Cathy Creswell** BEE MINDFUL
- Starving the (anxiety, depression, stress, anger or exam stress) Gremlin - **Kate Collins-Donnelly**
- You're a Star/ Don't Worry be Happy/ Be Strong / Be Yourself / Be Brave / Sometimes I'm Anxious - **Poppy O'Neill**
- The Incredible Years - **Webster-Stratton** (for behaviour that challenges)

Online Resources: For Parents

* <https://youngminds.org.uk/find-help/for-parents/>
Local mental health advice and help for young people in Nottingham and Nottinghamshire. | NottAlone * <https://teenmentalhealth.org/parents/> * <https://www.papyrus-uk.org/>
Mental Health Support for Adults <https://www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county> * <https://www.trentpts.co.uk/self-referral> Self-Referral to CAMHS or by contacting MHL at school <https://www.nottinghamshirehealthcare.nhs.uk/camhs-self-referral>

Tips for Supporting your Child's Mental Health

Starting a conversation

"You don't understand", Non-judgemental approach, Don't try to fix it; encourage them to come to their own solutions, Drive the VAN - Validate, Acknowledge and Normalise, Say what you see, Me and you vs. the problem, not me vs. you, Talk about others and their mental health, Car conversations, The take away messages: "thank you for sharing", "I'm here for you", "I love you and nothing will ever change that"

What can I do?

Don't blame yourself! Be a role model Talk openly about mental health in the home, Encourage and demonstrate wellbeing habits; connect, be active, be curious, keep learning and give. 1:1 time, Communicate.

[Parents Mental Health Support](#) | [Advice for Your Child](#) | [YoungMinds](#)

All of the above information is now on our school website.

Click [here](#) to take you to that page where you can click on the various links.

Social Moral Spiritual Cultural (SMSC) & British Values
Next Week's Theme:

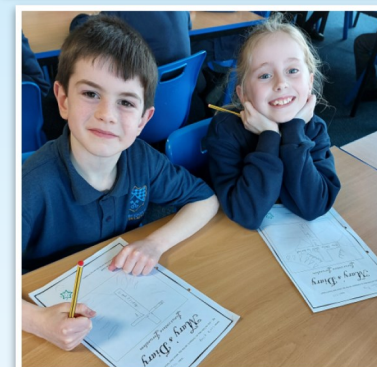
Respect

Beginning again

Discuss at home ready for next week's assembly



Tuesday Morning Snapshot!



Easter Egg Competition

Friday 31st March. - EGGstravaganza competition. Opportunity to be creative, by yourself, with other family members. Taking part is optional, however, we would like to encourage as many children to take part and think outside of the (egg)box!

Good luck! Click [here](#) for more EGGsamples from last year.

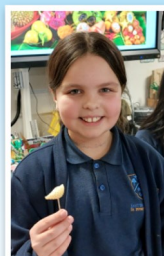


Fruit Tasting

Courtesy of Lani's Hotseat Talk.



White strawberry
Papaya



Out of School Achievements

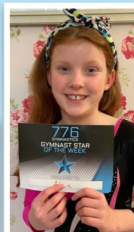
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Mycah and Neo make us so proud with their sports every week, and this weekend Mycah was man of the match at football, then Neo was player of the week at rugby! Fantastic work from both of them.



Super proud of Freddie for passing his stage 3 swimming! Well done Freddie and keep up the good work.



Last Friday, Alicia was awarded Gymnast Star of the Week for her stretch jumps on the big beam, and also for doing some amazing work on the bar. Keep having fun and working hard!



Martha started football at Bingham Wildcats and got player of the week! Well done Martha we are so proud of you!

We are very proud of Maya for achieving Brownie Theme Award 'Take Action' this week. She loves Brownies and taking part in different activities.



PTFA

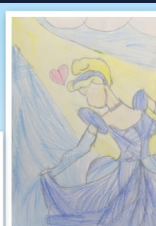
Mother's Day/ Someone Special in your life, gift shop! **NEXT** Friday, 17th March.

Click [here](#) for the information that was emailed home.



Art from Home

By Luca YR



By Zoe Y2