

Slindon CofE Primary School Newsletter



21st July 2023

The end of the year!

Dear Parents/Carers,

Firstly, I would like to say a huge thank you for all of your support, acceptance and patience this year. I have really enjoyed getting to know everyone and it has been a wonderful first year at Slindon. However, I am very sad to see our Year 6 children leave. They have been a constant source of fun, laughter and challenge (at times). As a school we know they are ready to move on and can't wait to see them and hear of their adventures, as they progress onto their next stage of education.

We are also saying goodbye to some members of staff.

Firstly, Mrs Anita Redman, who has worked at the school for an incredible 25 years. She is leaving us to take a well-earned retirement and although we will miss her greatly, we hope that she enjoys every moment.

Mrs Nathalie Soal, who has taught for the last term in Hazel Class, is also leaving us, but we know she will be back to cover classes in the autumn term. Finally, Mrs Natalie Puttick, our lovely teaching assistant in Catkins, has secured a position at another school and we wish her the best of luck.

I know that many people consider the summer term as a wind down, but for us this has definitely not been the case. In the last few weeks, we have seen trips to the River Arun and Arundel Castle, a full scale KS2 production, Leavers service and not to mention all of the learning that has happened in school!

Finally, on behalf of all the staff at Slindon CofE Primary School, I want to wish you all a happy, restful and relaxing summer holidays.

All the best,
Laura Webb
Headteacher

*After summer our first theme is: **Courage.***

We will be considering how we can show courage in the new term and how this will help us in the new school year.

Galatians 5:22-24 But the fruit of the Spirit is love, joy, peace, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Let Your Light Shine ~ Matthew 5:16

Dates

1/09	INSET day for staff
04/09	School reopens to children
20/09	Yr 5/6 Football tournament
22/09	Jeans for genes day.
27/09	Football tournament for yr 3/4
2/10	INSET day 2
4/10	Harvest Festival
10/10	Open day for new starters
12/10	Open day for new starters
18/10	Open day for new starters
18/10	KS2 Girls football tournament
30/10	INSET day 3

What's happening in school?

River Walk

On the 6th July 2023, Acorn Class visited Arundel to walk along the River Arun. This was to support their understanding of how a river is formed, what lives on a river and the growth of Arundel around this. It also allowed them to compare this river to the River Nile, which they have been studying as part of their Geography work.



Arundel Castle

The children in Catkin and Hazel class spent a wonderful day at Arundel Castle, finishing their learning on 'Turrets and Tiaras.' They explored the features of a castle, including the battlements, the grounds and some of the impressive rooms. They also had the chance to get up and close to some of the weapons in the classroom, and played a few games when there. The children behaved impeccably and created some very impressive writing when they came back to school.

Maths fact – Minuend

The first number in a subtraction. The number from which another number (the subtrahend) is to be subtracted. minuend – subtrahend = difference

SPAG fact- Future perfect progressive tense
The future perfect progressive tense is used for an ongoing action that will be completed at some specified time in the future.
For example:
John will have been baking a cake.
They will have been painting the fence.

Art work



Birthday celebrations!

From September, for each child's birthday, we would like to invite them to come to school in their own clothes.

If their birthday falls in a holiday, they can come in on the last day of term, or the first day back in their own clothes.





Parenting support service

Supporting children and young people's mental health

Our parenting support service aims to increase the confidence, knowledge and skills of parents and carers around supporting their children and young people's mental health.

If you would like support, contact our Help Point:

Monday to Friday, 10am – 4pm

0300 303 5652 or
helppoint@westsussexmind.org

Support includes:

- Online peer support groups
- Talks from 'experts by experience' on topics such as stress and anxiety
- One to one telephone support
- Casual check-ins
- Private Facebook group
- Signposting.

West
Sussex
mind

westsussexmind.org
Charity no. 1155918



the national sleep helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541

Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am

the national sleep helpline

50%

Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am

POWERED BY  the sleep charity

IN PARTNERSHIP WITH  Furniture Village

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*Survey of 2,000 adults by OnePoll, Aug 2021

NHS



PROTECT

YOUR CHILD

VACCINES GIVE THEM

THE POWER TO FIGHT

PREVENTABLE

CHILDHOOD DISEASES

Ensuring your child has their vaccinations at the right time gives them the best protection, but it's not too late to catch up on any vaccinations they've missed.

Vaccines are one of the most effective ways to protect your child against a range of unpleasant and often serious childhood diseases.

If you are not sure whether your child has had all their vaccines for their age:

- look in your RED BOOK
- ask your Health Visitor
- contact your GP practice

[westsussex.gov.uk/
childhood-immunisations](https://westsussex.gov.uk/childhood-immunisations)



Parents and carers support

Maintaining positive mental health and good well-being is important for us all, regardless of age. Children and young people can experience issues with their mental health such as anxiety, low-mood, emotionally based school avoidance, issues linked to disabilities (physical or neurodiversity), LGBTQI+ and more.

West Sussex Mind provides a service aimed at increasing parents and carers confidence at providing support to their children and young people.

The Parenting team has both lived and professional experience of supporting people with poor mental health and understand how hard being a parent with extra challenges can be. The service would like to support you by helping to increase your own resilience in supporting your children and young people, and to help you get the right support for them, by providing the following:

Peer support groups (on-line and some in-person); 1:1 peer led support sessions; monthly guest speakers covering topics chosen by the parents and carers including: supporting those affected by self-harming; autism, ADHD and mental health, planning for school transitions and managing self-care; signposting and on-line training.

The peer support groups offer a safe, non-judgemental space for parents and carers to come and share their thoughts and feelings with others going through similar situations and pick up new ideas or tips. It also provides parents and carers a chance to build a network of support and learn new strategies.

If the service sounds like something you would benefit from, please contact our Help Point: Monday to Friday, 10am – 4pm 0300 303 5652 or helppoint@westsussexmind.org stating you would like to access the Parenting Support Service. Once you have been referred into the service, the Project Manager will arrange a suitable time with you for a chat to arrange access to the support provided.

Alternatively, if you would prefer to access some of free eLearning courses on subjects such as LGBTQ+ awareness, eating disorders and suicide, please visit our Eventbrite page to register [West Sussex Mind Events | Eventbrite](#)

Or, visit our website for access to free webinars on areas including supporting parents of carers with children and young people presenting with aggressive behaviour and emotionally based school avoidance [West Sussex Mind | Webinars for parents and carers](#)

Standard School Year 2022/2023

Recommended school term and holiday dates for the academic year 2022/2023 for West Sussex
The School Year

	2022				2023													
	September				October				November				December					
Monday	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26	
Tuesday	6	13	20	27	4	11	18	25	1	8	15	22	29	6	13	20	27	
Wednesday	7	14	21	28	5	12	19	26	2	9	16	23	30	7	14	21	28	
Thursday	1	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29
Friday	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30
Saturday	3	10	17	24	1	8	15	22	29	5	12	19	26	3	10	17	24	31
Sunday	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	18	25	

	2023				2023				2023				2023					
	January				February				March				April					
Monday	2	9	16	23	30	6	13	20	27	6	13	20	27	3	10	17	24	
Tuesday	3	10	17	24	31	7	14	21	28	7	14	21	28	4	11	18	25	
Wednesday	4	11	18	25	1	8	15	22	1	8	15	22	29	5	12	19	26	
Thursday	5	12	19	26	2	9	16	23	2	9	16	23	30	6	13	20	27	
Friday	6	13	20	27	3	10	17	24	3	10	17	24	31	7	14	21	28	
Saturday	7	14	21	28	4	11	18	25	4	11	18	25	1	8	15	22	29	
Sunday	1	8	15	22	29	5	12	19	26	5	12	19	26	2	9	16	23	30

	2023				2023				2023				2023					
	May				June				July				August					
Monday	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28
Tuesday	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29
Wednesday	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30
Thursday	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	31
Friday	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	
Saturday	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	
Sunday	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	

Bank and Public Holidays 2022/2023

Christmas Holiday	27th December 2022 (in lieu of 25th)	May Day	1st May 2023
Boxing Day	26th December 2022	Spring Bank Holiday	29th May 2023
New Year Day Holiday	2nd January 2023 (in lieu of 1st)	Summer Bank Holiday	28th August 2023
Good Friday	7th April 2023		
Easter Monday	10th April 2023		

Useful Information

Term Lengths (days)			
School holidays	■	September to October half term	37
		October to December	35
Bank holidays and national holidays	■	January to February half term	29
		February to April	30
Start of Term	□	April to May half term	29
		June to July	35
End of Term	□	Total	195 days

Please note that the first day of the autumn term in September 2023 will not be determined until the 2023/24 timetable has been consulted upon and approved.

Summer 2023



DEDICATED SCHOOLS TEAM DROP IN OFFER

We are offering a drop during the school summer holidays for parents/ carers, and young people who might want to talk about any worries they or their children have about returning to school in September. This is open to all parents regardless of whether a child is just starting school or transitioning to secondary school.

Please come along for a cuppa and a chat!

We will be available at:

- Arun East Family Hub, (Wickboorne), Clun Road Littlehampton BN17 7DE
 - 15th August 9.30-12.30
 - 22nd August 9.30-12.30
 - 29th August 9.30-12.30
- Arun West Family Hub (Treehouse) Basted Bognar Regis PO22 9HT
 - 16th August 9.30 - 12.30
 - 23rd August 9.30 - 12.30
 - 30th August 9.30 - 12.30

We look forward to seeing you!