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Dear Mothers, Fathers and Carers

**Learning Heroes** – We have two groups of Learning Heroes to report in this newsletter. On 9<sup>th</sup> November, in our Achievement Assembly, the following children were named as Learning Heroes



Yr 1; Amelia and Lucy S

Yr 2; Summer and Millie-Rose

Yr 5; Thomas O and Amelie

Yr 6; Ben and Jasmine J

Then on 16<sup>th</sup> November, the following children were also awarded with the Learning Heroes awards;

Yr1; Harvey and Harry

Yr 2; Corey and Jacob

Yr 3; Charlie and Jenson

Yr 4 ; TJ and Logan T

Well done to all our children for showing their use of 'building learning power'.

**Courtesy Awards** – Our courtesy award winners were: Jacob W in year 2 and Ashton T in year 4.

**Flash book sale** – Mrs Anstey in the library has a small selection of books that are no longer needed by school but may be of interest to your child. The left over children's books from the Friends pamper evening have also been added to the selection. She is going to do a one off book sale in the library at lunchtime on Wednesday 21<sup>st</sup> November. The books are **mostly** of a key stage 2 interest level and will be priced at 50p each or less. If your child would like to buy a book they can bring in some money on that day and go to the library during their lunchtime.

### Premier League Primary Stars

**Poetry Competition** - Details of the competition and what to include in your poem can be found on this website:

<https://plprimarystars.com/competitions/writing-stars>

Please name all entries and return to Miss Leach by 10th December.



### Children In Need – 16<sup>th</sup> November

The children look fabulous dressed up in their 'Spotacular' theme today. Thank you for your donations and we will get them sent to Children In Need as soon as we have finished counting!



**Free Range Play** – Children have enjoyed creating and designing 3D lettering as part of their free range play. Thank you Mr Ryan for your creative ideas!



**Reading Shed** - The reading shed competition was won by Louis (Mayflower) for coming up with a new name for it - 'The Book Ark'. He came up with the name by thinking about the school's ship theme. We loved the idea.

Jacob (Pinta) also won a prize as he submitted a beautiful design showing a rainbow theme. We will try to add some colourful stickers to the Book Ark as soon as we can.



Well done also to Pinta and Endeavour for winning the reading star trophies for term 1! Children need to be reading at home at least three times a week!



### KS2 Science AIM event–

A few lucky children from KS2 were chosen to take part in a fantastic science event on the last day of term 1. They were visited by a forensic scientist and had the opportunity to identify finger prints, take their own finger prints,

identify footprints, match DNA and examine crime scenes. They thoroughly enjoyed taking part in the activities and some of them are considering this as a career.





### Wellbeing Award

Thank you for completing the online questionnaire that we sent out in regards to wellbeing. We will be using this to inform our action plan and enhance our provision at Waycroft. We will be adding in tips and guidance on wellbeing for parents, carers, children and families over the course of the year. Here are ten top tips about talking to a child about mental health and feelings from the Duchess of Cambridge's charity The Anna Freud Charity for raising the awareness of mental health. If you would like further information on them, or to access some of their resources for parents then please go to

[www.annafreud.org/parents](http://www.annafreud.org/parents).

- 1 **Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings. 
- 2 **Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions. 
- 3 **Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.
- 4 **Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
- 5 **Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation. 
- 6 **Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.
- 7 **Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.
- 8 **Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.
- 9 **Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
- 10 **Some ways to start a conversation about feelings might be:**
  - "How are you feeling at the moment?"
  - "You don't seem your usual self. Do you want to talk about it?"
  - "Do you fancy a chat?"
  - "I'm happy to listen if you need a chat."

**School shoes** – Please remember our school uniform asks for children to be wearing plain black shoes. There should be no logos or white soles. Thank you for your support with this.

**Local Bristol based parent courses** - We are very fortunate to live in an area where there is support in place to help parents, carers and children. There is an Incredible Years course being led at the Southern Links Children's Centre on Whittock Road on Tuesday 20<sup>th</sup> November, which will run for approximately 14 weeks. The Incredible Years is a well-established group parenting programme for parents of children with challenging behaviour or ADHD. The programme is for 13 or 14 sessions during term-time, for 2 ¼ hours a week. A typical group will be 8 to 14 parents. If you would like any more information on this please pop into school and see Mr Howells or contact the course provider, Vicky Mundy on 0117 903 7770 or [Victoria.mundy@bristol.gov.uk](mailto:Victoria.mundy@bristol.gov.uk).

**Donations** – If you are having a clear out before Christmas, please think of us before throwing things away. To help supplement free range play activities, we are looking for the following items:

- \* Buckets and spades for the sand pit
- \* Children's dressing up clothing
- \* Small world toys such as people, cars, farm animals etc
- \* Old kitchen pots, pans, baking trays, cake tins and utensils for the mud kitchen
- \* Craft papers and drawing materials
- \* Wool
- \* Good quality children's books
- \* Sports equipment you no longer use such as tennis rackets, balls, Velcro catch games, small goal nets
- \* Unwanted Christmas decorations



Breakfast club would also appreciate any colouring/puzzle books, packs of pencils/pens, Top Trumps card games etc if you have any unwanted gifts or duplicates after celebrations. Thank you in advance for any donations – as the school budget tightens, it is important we are thinking outside of the box to continue to provide the standard of activities we do. These donations can be made at anytime throughout the school year.

**Book Fair** – Thank you to everyone, who bought a book at the book fayre during parents' evenings. It helped to raise £404 for the school.



**Road Closure**- Please note that Wessex Water are due to close Sturminster Road on Monday 26<sup>th</sup> November between 9.30 - 3.30. Please make sure you give yourselves plenty of time for drop-offs and pick-ups that day.

**New menu** – You should have now all received a copy of the new menu for terms 2, 3 and 4. For future reference, the link on the website is:



[https://www.waycroftacademy.com/web/winter\\_lunch\\_menu/375393](https://www.waycroftacademy.com/web/winter_lunch_menu/375393)

**Thank you to the Friends for a successful pamper evening** – The pamper evening raised £446 for the school on Wednesday evening which was a real success. Feedback on the Friends' Facebook page and on the night was excellent.

**Football trading cards** – Some of our KS2 children have requested the opportunity to trade football cards in school. As you all know, children are not allowed to bring in toys and items from home, however we are going to trial a club for KS2 children to trade their cards on a Tuesday and Thursday break time only. This club will be supervised by Mr Ryan in the sun shelter on the key stage 2 playground. If children are found with these items at any other time in school, they will be placed in an envelope and put in the office for parents/carers to collect. This privilege will be removed if abused as we have already had to ask children to put these cards away in lesson time. This was explained to children in assembly today.

**Breakfast Club and Allergies** – Waycroft Academy runs our breakfast club so parents/carers can use it as and when, which works well for our school community at present. But, it does rely on parents/carers giving the team who run breakfast club information about their child's allergies.

At lunchtimes, our full kitchen team are now briefed on each individual child's allergy needs that has ordered a dinner and this is checked with our Healthcare plans. However, this is much trickier for breakfast club due to its ad-hoc nature.



Please see the allergen information to the right, which we believe may affect our pupils. If you send your child to breakfast club, please can you make sure the breakfast club team are aware of any allergies or if you are sending your child as a one off, please send them in with a letter so we can make sure they are only served the appropriate food items. I am happy to meet with you to go through the menu and create a personalised breakfast menu as required. We can also meet dietary requirements if we know in advance.



## Breakfast Club



### Price List

FOOD	Allergens	PRICE
Toast – ½ slice Buttered or plain	Wheat, gluten (Dairy, lactose if buttered)	10p
Beans	Tomatoes	50p
Egg (per portion)	Egg (Scrambled egg also contains milk, lactose)	50p
Grated Cheese (per portion)	Milk, lactose	30p
Cheese on toast	Wheat, gluten, milk, lactose	50p
Ready Brek/Porridge	Oats, barley, wheat, gluten, milk, lactose	50p
Yoghurt	Milk, lactose	40p
Fruit		40p
Cereal	Wheat, gluten	50p
<b>FRIDAY'S ONLY</b>		
Sausages	Wheat, gluten	50p
Bacon		50p
Roll	Wheat, gluten	50p
Hash Browns	Milk, lactose, wheat, sulphites, gluten	50p
Mushrooms		50p
 <b>DRINKS</b>		
Cup of Fruit Juice		40p
Fruit juice cuplet		30p
Cup of Squash		20p
Bottle of Water		50p
Cup of Milk	Milk, lactose	30p
Tea (Child)	Milk, lactose to taste	50p
Tea (Adult)		£1
Coffee (Adults Only)		£1
Drinking Choc. (Child)	Milk, lactose	50p
Drinking Choc. (Adult)	Milk, lactose	£1
 <b>EXTRAS</b>		
Jam/Marmalade/Marmite		10p
If your child is pupil premium, your child is able to attend breakfast club and is entitled to 80p of food/drink a day free of charge.		

Yours sincerely

Lisa Craig, Head of School