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## Southport Learning Trust Vocal Festival 2024

A group of our year 5 and 6 students took part in the Southport Learning Trust Vocal Festival 2024, hosted by Meols Cop High School. Our children sang a choral piece: "True Colours" by Cyndi Lauper. We also had two fantastic soloists. It was a wonderful night to celebrate the singing talents of all of the children in our Trust!

## **ATTENDANCE:**

School attendance this week is 95.2% which is above national average. Well done to class 5K who had the highest attendance at 99.3%





## **Dates:**

### March

26th- Parents evening EYFS—Y5

27th- Parents evening EYFS—Y5

28th March school ends at 1:30pm

### April

15th- Summer term starts

16th- KS1 Altru mental health performance and workshop

17th- Mini marathon day

24th- Y2 trip to Martin Mere

29th- Y5 trip to Cuerden Valley



## #kNOwKnifeCrime Campaign

If you would like to sponsor our #kNOwKnifeCrime campaign, raising money for bleeding control kits, please follow the link and sponsor the Southport Learning Partnership Team.

https://www.cashforkidsgive.co.uk/campaign/charity-champions-liverpool-the-north-west/fundraisers/sefton-schools-say-knowknifecrime-/

## **Team Members**



We are currently in 3rd place. Thank you to all who have sponsored us so far.

All children will be taking part in a mini marathon of 2.6miles on Tuesday 16th April. On Wednesday 17th April a representative group from Y5&6 will run a relay event across Southport schools.

## This Week's Big Question

## World water day

## What is more precious – water or gold?

### **BIG QUESTION** of the week!

Here is a summary of what the pupils thought:

- Y1 Water is precious as we can't survive without it . Also gold is precious because you can use it to buy food and a home.
- Y2 Everyone has the right to have water but not gold. We think that water is more precious because it is more important.
  - Y3 Water might be cheaper to buy than gold but it is essential for life.
- Y4 Water is more precious as in some countries people have to walk 5K to get dirty water. Some people are not as lucky as we are to have access to clean water.
- Y5 Water is more precious than gold because 1 in 10 people don't have access to clean water and you wouldn't be able to survive without water. So therefore we know that water is more important. We know the importance of water in everyday life. Although gold would be nice.
- Y6— We all agreed that gold is a very precious metal that is valuable. The value of gold isn't just a number, having gold and money makes people feel better and more secure in themselves. Although gold is precious, it is also finite, meaning that its usefulness has an end. Money and gold are a luxury rather than being essential, and humans continue to live without gold, and they are still happy in their lives. Y6 agreed that water was 100% essential. We need water to drink, to clean, to power things and to travel. The opinion in Y6 was that water was far more precious.

Next week's BIG QUESTION is

Is it better to lie if the truth would hurt

# We played the Farnborough B Team in the Greenall Cup Quarter Finals and we won 2-1!

## It was a very exciting game!





This Week's Class Dojo	Winners	
Ella C	RK	
Riley D	RW	
Marcel	1K	
Darcey & Logan	1W	
Harry A	2K	
Jack L	2W	
Mia M	3K	
Siddig & Anaya	3W	
Faith I	4K	
Harry J	4W	
Darcey C	5K	
Kian A	5W	
Mia B	6K	
. Kacper	6W _	

# We wore odd socks to support World Down Syndrome Day



## **Forest School**

5W created their own game using a tyre, a box and a ball! The children also enjoyed playing in the mud kitchen making fabulous meals!



## **Forest School**

1W used their teamwork skills to teach each other to climb a tree! This resulted in a child climbing their very first tree!



## **Forest School**

3W had a fabulous last session! They developed their resilience and confidence while working brilliantly as a team! Well done 3W for a great half term of forest school!



# SEND Parent/ Carer Survey





Please take part in our survey and share your experience of being a parent/carer of a child or young person with SEND.



Your feedback will help us focus on the things that will really make a difference to you.



Scan the QR code now or visit yourseftonyoursay.sefton.gov.uk















## 10 Top Tips for Parents and Educators ENCOURAGING OPEN

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

#### CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shope, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

#### CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an apportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

#### **NORMALISE CHATS ABOUT FEELINGS**

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

## 4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'il simply 'get over 'whatever they're feeling. Children don't have your life experience, their resilience is still developing as they learn to push though difficulties and handle problems.

#### 5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

#### RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

## 1 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

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## HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

### 9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma cround asking for help. Older children could engage with resources such as Kooth or YoungMinds.

#### CELEBRATE EMOTIONAL **EXPRESSION**

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

## Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health areas names. green paper





The National College







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