



St Luke's C E First School

25th
October
2024

Dates for your Diary

November

Monday 4th -
School Re-opens /
Autumn 2clubs
start

Wednesday 6th –
Giraffes Animal-
Tastic visitor

Thursday 7th –
Special Children in
Need visitor!

Friday 8th – Lions
History visitor in
school

Friday 8th – Tigers
visit to Bishops
Wood

Monday 11th –
Anti-bullying Week:
Wear odd socks to
celebrate
differences

Tuesday 12th –
Open Day

Wednesday 13th –
Tigers Invasion
Games @ Trinity
High School

Friday 15th –
Children in Need



This week

We have come to the end of a long, 8-week half term... and what a busy half term it has been! Our Bears class have now completed their first half term of school life, and what a joy it is to see them thriving in their learning and enjoying all their new experiences. All our other classes have settled so well into their new routines and relationships with staff - it is always so enjoyable to walk around school and pop into classes to see the learning that is taking place. Thank you to all the parents/carers who attended our parents evening sessions this week – I know the staff have really enjoyed chatting to you about your children and passing on all the good news about their progress and attitudes to school life.

This week we carried out our first fire drill and I am pleased to report all members of school had exited the building safely in under 3 minutes. Again, our Bears impressed me so much with how sensibly they approached this new experience.

I would like to say a big thank you to our wonderful PTA for hosting our fabulous 'pumpkin party' last Friday – everyone had a great time and the costumes were amazing!

Thank you also to our parents and carers for all of your support this half term, and thank you to our brilliant staff team who work tirelessly to give the best to our children every day. I wish you all a lovely, relaxing half term break next week.

Please remember, school re-opens on Monday 4th November – we look forward to seeing you then!

Attendance:

Our attendance to date is **95.45%**.

*Please **do not** send Dojo messages to report an absence as these may not be picked up and we will still contact you by telephone.*



Bears	Giraffes	Elephants	Tigers	Lions	Whole School
91.23%	91.0%	96.54%	94.48%	96.43%	93.85%

Open Days for September 2025

If you have a child due to start school in September 2025, we are holding open day events on Tuesday 12th November 9.30am – 10.30am and 5pm – 6pm. Please contact Mrs Cox to make an appointment and please spread the word to any families you know who are looking for a Reception school place for September 2025.

If you are applying for a first or middle school place to start in September 2025, please ensure you have completed your online application by 15th January 2025.

<https://www.worcestershire.gov.uk/council-services/schools-education-and-learning/apply-school-place>

Severn Arts Music

This week we enjoyed a visit from Ian from Severn Arts who gave us a demonstration of several different brass instruments. We are hoping to be able to offer parents and carers the opportunity to sign their child/ren up to music lessons later this academic year – watch this space for more information!



Remembrance

When we return to school on 4th November, each class will be learning about the significance of Remembrance Sunday and we will be creating art work for a whole school display. Our Lions children will also be selling poppies from Monday 4th until Monday 11th November. Please bring in your donations – we are asking for 50p per poppy to try and raise as much money as possible to support the British Royal Legion



ASDA Rewards

Calling All Asda Shoppers...

Please remember, we are signed up to the ASDA 'Cashpot for Schools' scheme. For every pound you spend, money is donated to the school which is used to enhance the learning opportunities for each and every child here at St. Luke's. We currently have £157.20 – thank you!



Lumi Nova – A new free APP to support children (aged 7-12) with anxieties, fears and worries

Herefordshire and Worcestershire NHS have partnered with BFB Labs to offer children and young people in Herefordshire and Worcestershire free access to Lumi Nova from 1st October 2024.



Lumi Nova: Tales of Courage is a digital therapeutic mobile game supporting children with fears, worries and anxiety. Designed for children aged 7-12 years, Lumi Nova helps children to reflect on their feelings, build resilience and learn lifelong skills to self-manage their worries in a fun intergalactic adventure.

- Recommended by NICE (The National Institute for Health and Care Excellence)
- Lumi Nova offers a Gold Standard of Care by facilitating graded exposures (the active ingredient of Cognitive Behavioural Therapy) with psychoeducation
- Parent/guardian supported intervention
- Built in safeguarding & accessibility features

You can access the app here - <https://luminova.app/>

You can watch this short-animated video to learn more: <https://www.youtube.com/watch?v=mmgrU4zXU3M>

SAVE THE DATES - Christmas is coming...

Is it too early to mention Christmas?

Monday 9th December – KS2 Performances in school. Our Tigers and Lions will be performing at 9:15am and 2:30pm in the school hall.

Tuesday 10th December – Our Bears children will be performing to parents and carers at 9:15am and 2:30pm in the school hall.

Thursday 12th December – KS1 Performances in school. Our Giraffes and Elephants will be performing at 9:15am and 2:30pm in the school hall.

Friday 13th December – PTA Santa Breakfast, Christmas Grotto and Christmas Fair after school.

Monday 16th December – **Christmas Lunch** - As soon as we have further information from Cupcakes Catering, we will share this with you.

Tuesday 17th December - All the children at St Luke's have been invited over to the Bridge church in December for a Christmas Experience. This will involve an interactive walk around the church to hear and act out the Christmas story.

School Council

This week I have met with School Council to finalise plans for a new reward system we will be introducing to the children after half term. Each class teacher will be choosing a child each week who has consistently shown our school rules of 'Ready, Respectful, Safe.' These children will become our 'VIPS' for the week, wearing a special lanyard and having certain perks such as being the line leader for the class.

ECO Team

Don't forget, our ECO team has signed up to the Rags2Riches4Schools recycling scheme, to raise money and help others around the world benefit from our good quality unwanted clothes and shoes. We get 40p for every kilo we collect of reusable items towards the Eco Council and OPAL, and we would be most grateful if you could help us with this challenge at home.

We have a collection booked on Monday 9th December 2024 so if you are planning to have a clear out over the half term break, please keep good clothing to donate to us on this date. Thank you.

Parking

I have been made aware of another 'near miss' outside school after our disco last week. Again, can I please remind parents and carers to not park on or near the dropped kerb in order for pedestrians to be able to cross the roads safely.



Collective Worship

This week, we have completed our theme of Harvest, and have focussed on 'T is for Tithing'. We have shared and discussed the story of Zaccheus and we have thought about how God has no favourites and is generous with his love for everyone. Maureen from The Bridge Church also came and shared the parable of the man who didn't tithe and wanted to build bigger barns. The children have then reflected on: What is precious in our lives? What do we have that we can we share?

This week's picture news question was:

What impact can music have on our lives?

As part of our Picture News assembly, the children consider and reflect on the British Values. This week, they have been considering the British Value of Democracy.



Democracy

We all have a voice and can use it to bring about change. After ten years of campaigning, exam boards will now formally recognise Sikh sacred music.

In our Celebration Worship we have said "congratulations" to children impressing their teachers by showing our school values. I was delighted to hand out values certificates to Arthur (Bears), Tilly (Giraffes), Shakir (Elephants), JV (Tigers) and Aarsal (Lions).

Lunchtime award winners: Emily (Lions) and Savannah (Lions)

OPAL Golden Welly Winner: Abhinav (Tigers)

Attendance Winners – We launched our new half termly attendance reward today. All children who have over 96% attendance for this half term were entered into a class raffle to win a prize. Our winners were: Zaiba (Bears), Oliwer (Giraffes), Eliza (Elephants), Habib (Tigers) and Iustina (Lions).

Elephants and Lions received attendance certificates for attendance over 95% this week – well done!

We also celebrated this week's St Luke's Stars of the Week:

St Luke's Stars of the Week!

Each week in our celebration assembly, the teachers will be choosing a pupil to recognise for their excellent work and attitude to learning. Please see Class Dojo for pictures of our 'St Luke's Stars of the Week'. We are very proud of everyone for their hard work and achievements.



Bears: Taro for excellent junk modelling skills and teamwork.

Giraffes: Haaniya for applying her phonics when writing a letter.

Elephants: Iyla for using her number bonds to 10 to help her solve other calculations, such as bonds to 100.

Tigers: Eisa for writing an excellent reflective letter in RE based on the Parable of the Wise and Foolish Builders

Lions: Iustina for excellent story writing.

Please continue to send in certificates and awards from outside of school achievements so we can share them with the whole school community during our celebration assembly.

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

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