



# St Luke's C E First School

20<sup>th</sup>  
September  
2024

## Dates for your Diary

### September

Thursday 26<sup>th</sup> –  
Lions Class  
Adopt a Chef

Friday 27<sup>th</sup> –  
Languages Day

### October

Work with me  
Dates 1<sup>st</sup>, 2<sup>nd</sup>, 8<sup>th</sup>  
& 9<sup>th</sup> – check  
which date is for  
your class

Thursday 3<sup>rd</sup> –  
Harvest Festival  
@ The Bridge  
Church – 9.15am

Friday 18<sup>th</sup> – St  
Luke's Day

Tuesday 22<sup>nd</sup> –  
Flu Vaccinations

Wednesday 23<sup>rd</sup>  
– School  
Photographer

Friday 25<sup>th</sup> –  
Break up for Half  
Term



### **This Week**

We have had another busy week in school – Tigers have enjoyed their second swimming session; our OPAL playtimes are going from strength to strength and all classes are working hard in their lessons. There is a very purposeful atmosphere around school with all children working hard, and this is recognised through our stars of the week who have all been chosen for demonstrating their very positive attitudes to learning.

**School Uniform:** Can we please ask parents and carers to check that all uniform items are clearly labelled with your child's name. We currently have unnamed uniform and we are unable to return it their owners! Thank you for your support with this.

### **Work with Me Dates**

Apologies for the error on the Tigers' class date last week!

Giraffes – Wednesday 2<sup>nd</sup> October

Elephants – Wednesday 9<sup>th</sup> October

Tigers – Tuesday 8<sup>th</sup> October

Lions – Tuesday 1<sup>st</sup> October

### **Attendance:**

We have had a really strong start with our attendance this academic year! Our attendance to date is **96.97%**.

We understand that there may be occasions where your child is unwell. To report an absence please contact the school office via telephone. Please do not send Dojo messages as these may not be picked up.



Please remember that it is parents' legal responsibility to ensure your child attends school and there have been changes to the laws surrounding this in August 2024. Please see information at the end of this newsletter.

Bears	Giraffes	Elephants	Tigers	Lions	Whole School
96.76%	96.33%	91.09%	98.62%	92.5%	95.16%



## Nut Free School

Please continue to remember that due to severe allergies, we are a nut free school! This means no nuts or products which contain nuts are to be brought into school. Thank you for your support with this.

## Wrap Around Consultation

Thank you to those parents/carers who have returned a wrap around consultation form. If you have returned a form, I will be writing to you again next week to find out further information about the wrap around you require.

## ASDA Rewards

Calling All Asda Shoppers...

Please note, 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 £89.96 – thank you!



## Languages Day

Thursday 26<sup>th</sup> September is European Languages Day and we have decided that we will be celebrating languages on Friday 27<sup>th</sup> in school.

Our school vision identifies that here at St Luke's we are one big family and we recognise that we are all God's children, even though we may speak different languages, experience different cultures and celebrate different faiths. We are a diverse school and proud of this! Our vision also references developing our relationships with each other – and what better way to do this than to find out more about each other's lives.

As we have many children in our school who speak languages other than English, we would like to start the day by celebrating the languages and cultures of the children in our school. If English is not your first language, we would love the children to come to school ready to share some key words/phrases from their home language, and please do feel free to send in any information, photographs or items which relate to this. Each class teacher will be arranging time and activities in class for the children to share their first language with everyone else if they would like to.

For the remainder of the day, each class will be learning about a specific European country and we invite the children to come to school wearing clothes which are in the colour of that country's flag:

Bears: France (red, white & blue)

Giraffes: Italy (red, white & green)

Elephants: Greece (blue & white)

Tigers: Spain (yellow & red)

Lions: Portugal (red & green)

Class teachers will be posting further information to their Class Dojo pages, including information about some possible food tasting which we are hoping to be able to provide.

We look forward to seeing the children dressed in the above colours and can't wait to see the learning that takes place as we celebrate these different languages.

## Harvest Festival

The children will soon be preparing for their Harvest Festival service which is being held on Thursday 3<sup>rd</sup> October at the Bridge church at 9:15am. All classes will be attending and we hope to see as many parents and carers there as possible – all classes will be performing a Harvest song.



## Open Days for September 2024

If you have a child due to start school in September 2025, we are holding open day events on Tuesday 12<sup>th</sup> 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 15<sup>th</sup> January 2025.

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

## OPAL Playtimes

Our OPAL playtimes have been an absolute joy this week! The children have been engrossed in their play – whether that be dressing up, dancing, creating with cardboard boxes, drawing, making colourful bunting, getting fit in the fitness area or enjoying the messy kitchen – it has all been a delight to see and the children have loved these new experiences. Thank you also for the very positive parental feedback we have received on our new approach to play. We look forward to later in the programme when we are able to invite parents and carers into school to join us!



## Kindness Week

This week the children have brought home sponsor forms to raise money for the NSPCC Childline by completing Kindness Challenge week.

This will take place from Monday 30<sup>th</sup> September - Friday 4<sup>th</sup> October.

Our well-being focus this half term is to **give**. The well-being champions

thought raising and giving money to a charity, through showing extra acts of kindness, was a great way to do this.

We would really appreciate your support with sponsoring your child to complete the Kindness Week.

All money and forms need to be returned to school by Friday 11<sup>th</sup> October so the champions can count how much we have raised and send the money to the NSPCC. Thank you for your support.



## Reading Ambassadors

This week, Mrs Broughton met with our school Reading Ambassadors to discuss how we can raise the profile of reading here at St Luke's. They have decided they would initially like to:

- Share book recommendations monthly on our school newsletters

See below for this month's recommendations

- Read stories to children at lunchtime

This will take place during our OPAL playtimes and will start week beginning 23<sup>rd</sup> September.

- Create book swap opportunities for both pupils and parents

Watch this space... the book swap trolley has been ordered and will be launched soon!

Jemimah recommends *The Snail and The Whale* by Julia Donaldson.

"I like this book because the snail goes on an adventure!"

JV recommends *Diary of a Wimpy Kid* by Jeff Kinney

"This book has lots of jokes and is really funny!"

Noah recommends *Superworm* by Julia Donaldson

" I love this book because there is another Julia Donaldson character hidden in the pictures!"

## RECOMMENDED READS



### World Mental Health Day – 10<sup>th</sup> October 2024

We would like all staff and pupils at St Luke's to show support for World Mental Health Day on Thursday 10<sup>th</sup> October by wearing something yellow. This could be a hair band, socks, badge, scarf or any other accessory you can think of. Children must wear their school uniform/PE kit as usual but show support and brighten the day with a yellow accessory. We are not asking for any donations for the charity, but would like to mark world mental health day by wearing something yellow and the children will be completing some mental health activities in class.

Please also see the mental health poster at the end of this week's newsletter.



### Is your child eligible for free school meals?

Children who are registered for free school meals don't have to eat them if you prefer them to have packed lunches. However, registering them is still important because for every child registered for free school meals, the school gets an extra money through 'Pupil Premium' funding. Every child registered for free school meals makes a big difference to the school.

We have previously used Pupil Premium funding for:

- Educational provision/resources
- Support with payment for educational visits
- Academic interventions
- Wellbeing and self-esteem building interventions
- Paying for school clubs

If you receive these benefits, your child may be eligible:

- Income Support
- Income-based Jobseeker's Allowance or Income-related Employment and Support Allowance
- Support under part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (as long as you're not also entitled to Working Tax Credit)
- If you have an annual gross income of no more than £16,190

- Working Tax Credit run-on - but not if you receive Working Tax Credit
- Universal Credit, if your earned income after tax is £616.67 per month (£7,400 per year) or less.

### How do I register?

For information on registering for free school meals please go to

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

If you would like any further information, please speak to Mrs Cox in the school office.

### Collective Worship

This week, we have continued to reflect on our theme of *Harvest* and Mrs Broughton and the wellbeing Champions have led a worship to introduce our upcoming Kindness Week.

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 Huzaifa (Bears) Yasmine (Giraffes), Kudzayi (Elephants), Aleksandra (Tigers) and Nelson (Lions).

Lunchtime award winners: Jemimah (Elephants) and Isreal (Tigers)

OPAL Golden Welly Winner: Debora (Lions)

Bears, Giraffes and Tigers 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:** Anaya for working incredibly hard during all areas of her learning. She is always willing to take on a challenge and has been keen to complete her literacy work!

**Giraffes:** Jayla for trying her best in everything since being in Giraffes. She's had such a good start to the year, she's come back ready and eager to learn!

**Elephants:** Ethan for his hard work and dedication in all of his work, especially his writing. He remembered all of his writerly skills in his independent write!

**Tigers:** Rayan for his excellent effort in English, selecting effective vocabulary to describe the Tiger's journey.

**Lions:** Paisley for challenging herself in Maths and developing confidence to reason after finding correct answers independently.

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.

# PENALTY NOTICE FINES FOR SCHOOL ATTENDANCE IS CHANGING

## FIRST OFFENCE

1

The first time a Penalty Notice is issued for Term Time Leave or irregular Attendance the amount will be:

£160 per parent, per child if paid within 28 days  
Reduced to £80 per parent, per child if paid within 21 days

2

## SECOND OFFENCE (WITHIN 3 YEARS)

The second time a Penalty Notice is issued for Term Time Leave or Irregular Attendance the amount will be:

£160 per parent, per child to be paid within 28 days. No reduced rate will be offered.

The following changes will come into force for Penalty Notice Fines issued after **19th August 2024**.

3

## THIRD OFFENCE AND ANY FURTHER OFFENCES (WITHIN 3 YEARS)

The third time an offence is committed for Term Time Leave or Irregular Attendance a Penalty Notice will not be issued, and the case will be presented straight to the Magistrates' Court. Magistrates' fines can be up to £2500 per parent, per child.

Cases found guilty in Magistrates' Court can show on a Parents future DBS certificate, due to failure to safeguard a child's education.

## 10 SESSIONS (5 DAYS) OF UNAUTHORISED ABSENCE IN A 10-WEEK PERIOD

Penalty Notice Fines will be considered when there has been 10 sessions of unauthorised absence in a 10-week period.

# SUPPORTING CHILDREN'S MENTAL HEALTH

## 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.

 **National Online Safety**  
#WakeUpWednesday

### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

### 2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

### 7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



## Sources of Information and Support

Your GP  
Young Minds <https://youngminds.org.uk/>  
<https://www.nhs.uk/conditions/stress-anxiety-depression/>  
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>  
<https://www.themix.org.uk/mental-health>