



# St Luke's C E First School

6th  
September  
2024

## Dates for your Diary

### September

Monday 9th –  
After school  
clubs start

Thursday 12th  
Tigers Class 1st  
swimming lesson

Thursday 26th –  
Lions Class  
Adopt a Chef

Friday 27th –  
Languages Day

### October

Thursday 3rd –  
Harvest Festival  
@ The Bridge  
Church – 9.15am

Friday 18th – St  
Luke's Day

Tuesday 22nd –  
Flu Vaccinations

Wednesday 23rd  
– School  
Photographer



### **This Week:**

Welcome back to academic year 2024-2025! I hope you have all had an enjoyable and restful summer break and are now ready to get back to the usual routine. It was a delight to see the children racing into the playground on Monday morning to catch up with their friends and meet their new teachers. In every classroom I have visited this week I have been so proud to see everyone working hard and the children's big smiles and positive attitudes have been wonderful to see. Our new Lions class are rising to their responsibility of being our oldest children in school brilliantly and our new Bears class have been fantastic in their transition visits this week. I would like to warmly welcome all our new Bears children and their families to St Luke's – we are really looking forward to getting to know you all and being on your educational journey with you.

### **Attendance:**

If your child is unwell, please contact the school office by telephone to let us know as soon as possible, preferably before 9am. Please do not message class teachers as they may not pick up the message due to their teaching commitments.

When children are not in school, we will contact parents to find out the reason why if we have not already heard from you. No contact from a family when a child is absent is a safeguarding concern for us so please keep school fully informed. Good attendance in school is vital for children to achieve all they are capable of and the Department for Education is recognising this as a serious issue in schools across the country.

As we start the new academic year, our attendance figures reflect the first three days back in school. Our new Bears class are not included as they are not yet all in full time. As last year, we are aiming for at least 95% attendance and will be contacting parents to follow up with attendance concerns. What a great first week back we have had!!

Bears	Giraffes	Elephants	Tigers	Lions	Whole School
N/A	97.13%	98.67%	99.4%	98.78%	98.64%



## **School Uniform**

Our children all look wonderful in their smart school uniforms! Thank you for getting your child “school ready” and ensuring that they are looking so smart for the start of term. We would like this to be maintained throughout the year and should you have any difficulties in doing so please discuss this with your child’s teacher at the earliest opportunity.

Here is a reminder of the correct school uniform, including PE kit:

School uniform – grey trousers, shorts or skirt, white/blue/yellow polo T-shirt or white shirt, blue jumper or cardigan, black shoes

PE Kit – navy blue jogging bottoms and top, plain white T-Shirt, blue/black shorts, white or black pumps/trainers

Parents can purchase uniform with the school logo but parents are also welcome to purchase non-logo clothes as long as they are plain and the correct colour. If your child arrives at school in the incorrect school uniform or PE kit, we will change them into spare uniform which we keep in school. PE kit t-shirts and jumpers must be plain, without large logos and branding.

Our school operates a ‘tie hair back’ policy for pupils whose hair can be combed back into a pony tail or plait. We ask that pupils only wear small hair accessories, preferably in school colours.

For safety reasons, children who have pierced ears should only wear small stud earrings – and no hooped earrings should be worn. County Health & Safety Guidelines state that earrings should be removed or covered during PE sessions. As this procedure will be difficult for many young children, we highly recommend that earrings be left at home on identified PE days. Please note staff are unable to cover or take out a child’s earrings.

Please ensure your child does not wear any other jewellery, make up or temporary tattoos to school.

As is the tradition at St Luke’s all children are welcome to wear their own clothes on their birthday or on a day closest to their birthday if it falls in a school holiday or a weekend.

Staff will be monitoring school uniform closely and will speak to parents if our high standards are not met. Thank you for your support with this.

## **Birthdays**

As mentioned above, the children are welcome to wear their own clothes in order to celebrate their birthdays. Please do not send in sweets or cakes for birthday celebrations.

## **After School Clubs**

Our after-school clubs will begin from the week beginning **9<sup>th</sup> September** and will run for 6 weeks. The letters were sent home yesterday so please send back your form asap if you wish to join a club. You will be contacted by Mrs Cox if your child has been allocated a place in the club you have requested. Clubs finish at 4:10pm so please collect your child promptly from the school playground.

## Information for Parents

Class Dojo is our primary method of communication with parents and carers. Each week, there will be several school story posts designed to give you important information and reminders. Each class also has its own page where class teachers will post information, reminders and details relating to the learning in the classroom. If you need to contact your child's teacher, you can send them a message on Class Dojo and they will get back to you as soon as possible.

This week, class teachers have posted their curriculum map and the knowledge organiser for Geography this half term in order to keep our parents/carers informed of what your child is learning in each subject.

On our school website you will also find a page for each class as well as lots of other information about our school.

If you need the answer to any question you can't find the answer to online, please contact Mrs Cox in our school office. She will be able to help with a range of ways, including ordering lunches through Parent Pay.

## Health and Safety

Due to allergies, we are a nut free school. Please ensure that you do not send any nut products in your child's lunchbox. This includes Nutella (and similar chocolate spreads) as well as peanut butter.

I would like to remind parents and carers that smoking and/or vaping is not permitted on the school premises, which includes the playground.

With the exception of guide dogs, no dogs are allowed on the playground – including those which are being carried.

If you have pre-school aged children, please do not allow them to use equipment in the Bears class outside classroom. This is not play equipment – thank you.

## School Vision

As we start a new school year, I would like to remind our families of our school vision. We think about and reflect on our vision regularly in school and the children are used to talking about what it means to us here in school:

In our **St Luke's family**, we recognise we are all **God's children** and through our **caring and nurturing environment**, we follow His word. We **trust and rely on God's teaching** so that we can **encourage** each other, **develop our relationship** with one another and the world, and **flourish** in all that we do.

*God's word is a lamp to my feet and a light to my path. (Psalm 119 v.105)*

## Reading

Reading is a skill which is essential for all learning. Reading practise is the homework we expect every child to do at least three times per week or ideally every day. As a school, we monitor the number of times children read at home to an adult each week so it is therefore important that parents sign their child's reading diary each time they listen to their child read. The children all have a reading diary for this year where parents just need to write the date, book title, pages read and their signature, no comments

are required. We are currently waiting some diaries to be delivered – we hope they will be with us soon.



### Summer Reading Challenge

If you completed the Summer Reading Challenge, please let Mrs Broughton know so we can share your success in collective worship!

### E-Safety

We are dedicated to ensuring we teach our children how to be safe both on and offline. We teach the children online safety regularly through our Computing curriculum and our weekly newsletters often include some E-Safety information or guides for parents. At the end of this newsletter, you will find general a guide about supporting your child back to school.

### Collective Worship

Our first celebration worship will take place on Friday 13th September. If your child has been selected for a Value or Star of the Week award, I will contact you on Class Dojo to invite you to the worship. Our celebration worship will begin at 2:45pm.

This week in our collective worship we have focussed on returning to school and we have reflected on how it feels to start something new, like being in a new class. We have also reflected on the summer of sport we have seen through the Paris Olympic Games and have used several of the key moments of the Olympics to highlight to the children how showing emotions is a strength, working hard and never giving up brings great rewards and the importance of encouraging each other.

Our first Picture News question of the year was:

***How can communities help each other in times of difficulty?***

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 Mutual Respect and Tolerance.



### Mutual Respect & Tolerance

Our behaviour, actions and words can affect others. It is up to us to decide what kind of impact we want to have within our communities and beyond.

**Have a wonderful weekend and we look forward to seeing you back in school on Monday!**

# 10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

## 1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.



## 2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.



## 3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.



## 4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.



## 5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.



## 6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.



## 7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE Kits.



## 8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.



## 9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.



## 10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.



## Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



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