

12 January 2023

Dear Parents and Carers,

The weather is cold and drizzly; please ensure your children have a warm hooded coat as they will continue to play outside, even if it rains. Equally, although the children may say that they are not cold, we would advise grey tracksuit bottoms for both PE days. For indoor PE sessions we suggest wearing shorts underneath these so they can remove their tracksuit easily if they become warm when active. If your child has their ears pierced, we recommend that they do not wear them on PE days so they do not need to store them during their PE session. Earrings should be small plain studs. We take no responsibility for the safe keeping of valuables.

## Head Lice

As head lice spread through contact, may I remind you that all children should have hair longer than shoulder length tied back; we again have reports of head lice across the school and particularly in the older year groups. More information about treating headlice can be found [here](#).

## Useful information and websites

I would like to let you know about several courses that may be of interest to you. [Surrey Adult Learning](#) offer a variety of [free Family Learning courses for parents and carers](#), to help you support your child's learning and development. You can sign up on the [Surrey Adult Learning website](#). For adults wanting to boost their own confidence in numeracy, free [Multiply courses have recently been launched](#) and are available to anyone aged 19+ who does not have a GCSE at grade C (or equivalent) in maths. You can learn more about [Multiply](#) via the Surrey County Council website.

## [Be Your Best: provide support for families who need help becoming healthier](#)

[Mindworks website](#): emotional wellbeing and mental health service for children, young people and families. It offers an extensive range of advice, support and treatment: 0300 222 5755. If you are worried about a child aged 6 plus, call Mindworks 24/7 mental health crisis line free 0800 915 4644 to talk with a trained call handler.

[Healthy Surrey website](#): provides a welcoming space for digital mental health care, called **Kooth**

[Every Mind Matters](#) has some very helpful videos aimed at young people, especially on self-care tips to help manage emotional well-being.

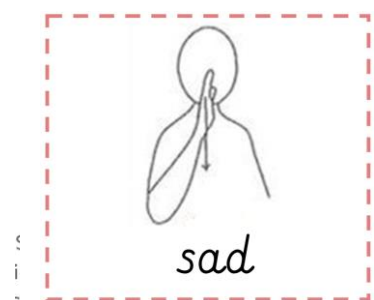
[Healthy Surrey](#) website: offer support for parents and carers with their own mental health and emotional wellbeing.

[The Wheel of Well-being](#) is a tool which can help parents and carers improve wellbeing in six different ways.


## Makaton Sign of the week

This half term our Makaton signs are linked to our emotions. Our Makaton sign this week is 'sad'.

We reassure children that we all have 'big feelings' and use Zones of Regulation to help them identify how they are feeling. We also share strategies they may use to return to 'happy', 'calm' or the Green Zone of Regulation.



## How can you help yourself?

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
			
How might you feel?	How might you feel?	How might you feel?	How might you feel?
sad tired bored moving slowly	happy okay focussed ready to learn	nervous confused silly not ready to learn	angry frustrated scared out of control
What might help you?	What might help you?	What might help you?	What might help you?
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

### Theme this week

Our theme this week focuses on Andrea Spadolini-Siriex's achievements and how she used strategies to overcome the pressures of competing and how we too can use strategies to manage stressful situations.

## TAKEHOME



### In the news this week

18-year-old Andrea Spadolini-Siriex has been named as a BBC Young Sports Personality of the Year finalist. She is one-time National Champion, two-time Commonwealth Champion, and two-time European Champion across 10 metre diving and 10 metre synchronised diving. Skateboarder, Sky Brown, and gymnast, Jessica Gadirova, were nominated alongside Spadolini-Siriex. Andrea is continuing with her A-Levels, attending school 3 days a week.

#### Things to talk about at home...

- What do you think Andrea is feeling as she prepares to dive?
- Can you think of a time when you felt under pressure? What happened and what helped you manage?
- Do you think some people are better at dealing with pressure than others?

Please note any interesting thoughts or comments



### Mutual Respect and Tolerance

We are all different so the way we respond to the demands or pressures we may face will be different too. We understand and respect that not everyone is the same and everyone needs to be treated as an individual.

### Protected Characteristics

'I think this year especially has shown that women are strong and nothing can stop you doing what you want to do. Your age or gender don't stop you.' – diver, Andrea Spadolini-Siriex



### UN Rights of a Child

Governments should let our families and communities guide us. They can help us find ways to respond to life's pressures and learn to use our rights in the best way. As we grow, we will need less guidance.



# Newsletter

## Basketball Club

We are excited to announce that a new Basketball club will be starting for KS2 children. The club will initially run on Friday's before school but will also run on Mondays if enough children are interested.

Please see the attached flyer for more information.



## Doodle

Top Doodlers this week:

Top Doodler in school and KS1  
Elliot (Chestnut)



Top Maths Doodler  
Henry Latimer (Pine)



Top English Doodler  
Evie (Rowan)



Top EYFS  
Ella (Willow)



***Congratulations to all of you!***

## Slimming World

Slimming World are starting a new group here at CPS. It will run on Wednesdays at 7pm and there is a banner outside the school with more information.

## Dates for your Diary

SPRING TERM 2023	
13.1.2023	Aspen Class Assembly (9.10am)
17.1.2023	EYFS 'Winter Day'
19.1.2023	Green House Day
20.1.2023	Chinese New Year Mix Up Day & Lunch
20.1.2023	Pine Class Assembly (9.10am)
23.1.2023	Handwriting Day / Choir at Young Voices
23.1.2023 – 27.1.2023	Year 6 – Bikeability Week
26.1.2023	Parents Forum – Writing – Online (9.30am)
27.1.2023	Chestnut Class Assembly (9.10am)
30.1.2023 – 3.2.2023	Year 6 – Bikeability Week
1.2.2023	Year 5 – Hampton Court
3.2.2023	Sycamore Class Assembly (9.10am)
3.2.2023	Year 1 – Drop in and Read Session (2.40pm-3pm)
7.2.2023	Safer Internet Day
7.2.2023	Enrichment Assembly – Alder Class (2.50pm)
8.2.2023	Enrichment Assembly – Aspen Class (2.50pm)
8.2.2023	Parent Pop-Ins (3.30pm-4pm)
10.2.2023	Hazel Class Assembly (9.10am)
HALF TERM	
20.2.2023	INSET Day – School Closed to Children
21.2.2023	Children return to school
27.2.2023	Years 5 & 6 – 'Who Cares' Performance
27.2.2023	Childnet Online Safety Workshop for Parents (7pm-8pm)
1.3.2023	Parents Forum – Communication – Online (9.30am)
3.3.2023	Elm Class Assembly (9.10am)
10.3.2023	Oak Class Assembly (9.10am)
17.3.2023	Alder Class Assembly (9.10am)
24.3.2023	Reception Assembly (9.10am)
28.3.2023	Enrichment Assembly – Oak Class (2.50pm)
29.03.2023	Enrichment Assembly – Pine Class (2.50pm)
EASTER HOLIDAYS	
SUMMER TERM 2023	
17.4.2023	INSET Day – School Closed to Children
18.4.2023	Children return to school

Please do keep an eye on the [calendar on the school website](#) as dates are added regularly and occasionally dates may change.