



Little Stoke Primary School

January 2025

Key Dates:

Monday 3rd to Friday 7th February – Children's mental health week

Reception class parents evening – 3rd, 4th, 12th and 13th February - (separate communication has been sent) – booking via Arbor

Tuesday 4th February – Y5 visit to Pizza Express

Tuesday 11th February – Safer Internet Day

Tuesday 11th February – Parent workshop with Daria (EMHP) 9 – 10am – further information and sign up will be sent separately.

Friday 14th February – End of term 3

Monday 24th February – Start of term 4

Wednesday 26th and Thursday 27th February – Parents' evening – booking will be through Arbor.

Thursday 6th March – World Book Day

Thursday 3rd April - last day of term 4

Friday 4th April – INSET day, school closed to pupils

Tuesday 22nd April – Start of term 5

Dear Parents and Carers,

It has been a very positive start to term 3. I am so proud of how the children have come back for the festive break (which now seems a long time ago) and settled back to working hard in school.

Please note key dates shared in this newsletter for the upcoming terms.

Attendance

Our whole school target is 96% attendance. We now celebrate attendance weekly, with classes receiving an extra 5 minutes of play time if they achieve 96% or above.

School's current attendance stands at 94.7%. Attending school regularly is one of the most important factors in improving both social and academic outcomes. Please continue to support good attendance at school by ensuring your child is here every day.

Best wishes,

Mr Dan Ross – Headteacher
Facebook: @littlestokeprimary
www.littlestokeps.co.uk



SEND Updates

This is a new addition to the newsletter to help communicate information and events linked to SEND and mental health and well-being.

Sensory Circuits

This is an intervention that we use to help children regulated their nervous system first thing in the morning and the afternoon to help them feel calm and ready for learning. They have been up and running in school since September for targeted pupils. We have been pleased with how these are supporting children to transition into class and have had many positive comments from parents too.

The circuit starts with the **Alerting** station which wakes the body up, moves on to the **Organising** station where they do activities require a bit more skill and focus. Lastly the children move to the **Calming** station where they do activities to centre their energy and calm them ready for learning.

Alerting:



Organising:



Calming:



If you would like some more information about this intervention, please contact the school office.

Thank you to those of you who have completed the pupil support questionnaire. We would love even more responses, so if you have been sent the questionnaire, and have 5 minutes spare, please do fill it out. Thank you, Mrs Sutton.

Mental health and well-being

- Classes will be undertaking some work for Children's Mental Health Week – the theme this year is 'Know Yourself, Grow Yourself'.
- Daria (our EMHP) will attend parents evening on Wednesday 26th February. She will be on hand to give more information about the service. She will be based in the main hall where appointments are taking place. You are still welcome to pop in even if you don't have an appointment that day.

Some highlights from Little Stoke Primary Face Book:

Thank you to the **Centre For Sustainable Energy** for delivering a workshop to year 5 about making Little Stoke more environmentally friendly. Excellent opportunity to apply map skills whilst considering environmental impact.



MODESHIFT STARS AWARD!

“We are absolutely delighted to announce that Little Stoke Primary was awarded the title of **Modeshift STARS Local Authority Primary School of the Year 2024/25!**

This brilliant accomplishment reflects your school’s hard work and dedication to promoting sustainable travel choices, such as walking, cycling and wheeling for the journey to school. By achieving Modeshift STARS Accreditation, you’ve demonstrated a true commitment to creating a healthier, greener future for your school community. Out of all the schools across the country you are one of only **47** schools selected as Local Authority winners, making your achievement even more special!”



Please continue to support getting to school in a sustainable way: walking, bike and scooter. We will continue to promote and encourage this – look out for some more initiatives coming soon.

Staffing update



Mrs Taylor and Mrs Cook will be returning to school following maternity leave after the February half term. They will be sharing the role of EYFS teacher, Mrs Taylor teaching Monday – Wednesday and Mrs Cook Wednesday – Friday.

You may see them in school as they are visiting for transition hand over from Ms Rudkin and Mrs Graham.

FOLS

(Friends Of Little Stoke)



All FOLS event information can be found on the “Little Stoke Primary Parents Info Group”.

There is also a WhatsApp Group, which you can join by scanning the QR code above.

Meet Your Educational Mental Health Practitioner (EMHP)...

Daria

Hi I'm Daria (she/her) from the Mental Health Support Team. I'll be working at your school each week, say hello next time you see me!



Starting from this term I will be working at Little Stoke Primary every Tuesday. I am going to be supporting students with anxiety, low mood, and other struggles with wellbeing. I will be using a type of therapy called low-intensity Cognitive Behavioural Therapy (CBT). The support I will be offering will include:

- Working with students on a 1-1 basis to show them ways that they can take care of their mental health.
- Working with parents to give them new ideas for supporting their child's mental health.
- Supporting a 'whole-school approach' to Mental Health, supporting student wellbeing by delivering group workshops, creating resources and lots more!

If you think your child could benefit from some support please speak to a member of staff in school, they will reach out to me and we can discuss how we can best help you. If we can help, we will arrange a 'meet and greet' session, where I can tell you a little bit more about the support I can offer.

FREE Triple P and Stepping Stones Parenting Programmes



Parenting is one of the hardest jobs in the world - our free parenting courses are designed to support parents to be the best they can be

Our regular 6 week programmes will not tell you how to parent, but give you a toolbox of ideas to improve your confidence in:

The staff are amazing!
Friendly, great communication and make you feel at ease."

- Boundaries
- Routines
- Behaviour management techniques
- Looking after yourself as a parent



Our programmes are:

- Free to access
- For parents of children aged 0-12
- Run by professionals with SEN Experience
- Friendly and Non judgemental
- A chance to meet like minded people who understand your situation
- Flexible - run across the year, at different venues across South Gloucestershire, with day, evening and online options to attend

"We've seen a huge improvement in our confidence as parents. Since implementing strategies learned on the course, our family life is much calmer and happier."

For more information, get in touch via family.referrals@ccp.org.uk, or to book a place please scan the QR code

