

# Ellwood Community Primary School

*Believe, Achieve, Belong*

Telephone: 01594 833232  
email: [admin@ellwood.gloucs.sch.uk](mailto:admin@ellwood.gloucs.sch.uk)  
Website: [www.ellwoodschool.co.uk](http://www.ellwoodschool.co.uk)



**Our value this term is: Respect**

February 2nd 2024

## Weekly Attendance

Our aim is to have our weekly attendance above 97% in line with the Local Authority's expectation. This week, our **whole school attendance was 96.38%**.

Well done to Willow class this week for getting the highest attendance!

Please remember to report a child's absence before 9.30 a.m. ideally before the start of school by either phoning the school on 01594 833232 or emailing

[admin@ellwood.gloucs.sch.uk](mailto:admin@ellwood.gloucs.sch.uk)

Thank you.

Oak	99.38%
Chestnut	89.11%
Beech	98.75%
Sycamore	95.09%
Willow	99.57%

### Contacting teachers - Reminder

If you need to speak to your child's class teacher, please phone the office to make an appointment, email [admin@ellwood.gloucs.sch.uk](mailto:admin@ellwood.gloucs.sch.uk) or leave a message with the office staff or the member of staff on the gate in the morning.

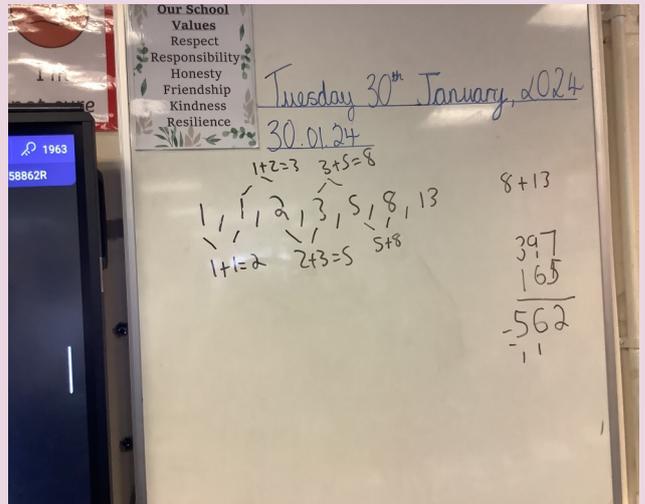
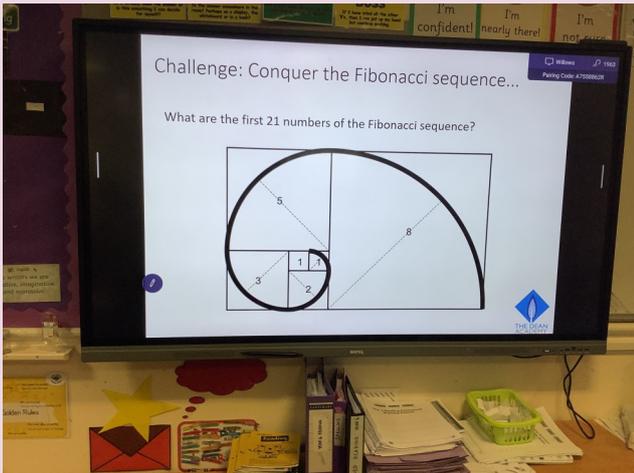
The teachers are in class first thing in the morning preparing lessons and greeting/registering the children. They are more than happy to speak to parents if available, but first thing in the morning can sometimes be tricky.

Thank you for your understanding.

## Mr Fessy Maths Lesson - Willow

This week Willow class had an exciting maths lesson taught to them by Mr Fessy from The Dean Academy. Mr Fessy is a maths teacher and is the lead of primary transitions in to The Dean Academy. The lesson was a taster of what maths lessons at Dean Academy are like.

The children enjoyed this experience and worked really hard for Mr Fessy.

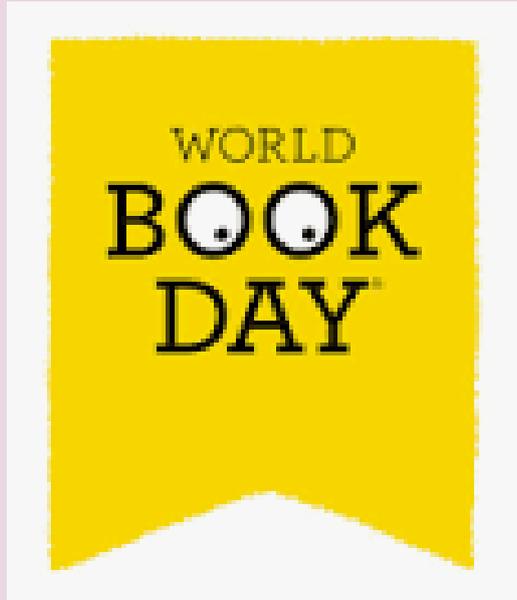


## World book day - Friday 8th March

We are going to celebrate World Book Day on Friday 8th March. All children are invited to dress as their favourite character from a book and they can bring the book in with them too if they like (if its not too precious!)

As Oak class have Forest Adventures on Fridays, they can dress up and bring in their Forest Adventure clothes to change into. Or just wellies/boots a warm coat etc if their outfit is appropriate to wear out.

Thanks.



## Football with Cam (lunchtimes)

After February half term, it will be years 4 and 5 for football on a **Tuesday** at lunchtimes.

Thank you!



## **Sycamore Class Focus**

This week Sycamore have been learning the 12 bar chords for Blues music. They have practised and will be moving on to create a melody to accompany it next week.

In maths, we have focused on using a written method of division and in PE, they have been working hard at their swimming skills! Well done Sycamore!

# **FEBRUARY FOOTBALL CAMP**

**FEBRUARY 13TH - FEBRUARY 16TH**

10:00am -3:00pm  
COLEFORD FOOTBALL PITCH  
GL16 8DS  
£20 PER PERSON PER DAY



**FOR MORE INFORMATION  
CONTACT US ON:**

**07484 767754**

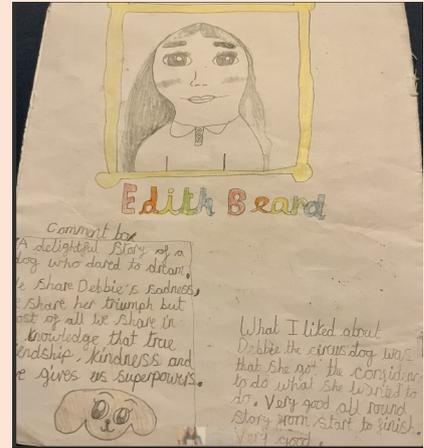
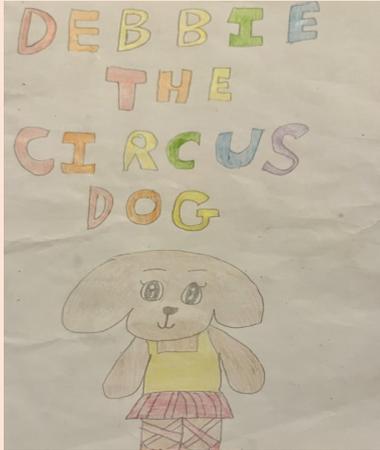
**CAMMILLSCOACHING@GMAIL.COM**

## Out of school achievements

BBC 500 Words Short Story Competition.

Well done to Edith Beard in Willow class who entered the BBC 500 words short story competition.

Edith made it through to the second round of the competition which means she was in the top 5% of entries. This is a fantastic achievement and we are all very proud of you!



## Fundraising/Event dates

**Friday 9th February** - Cake sale in aid of Little Princess Trust (organised by Isabella Caruana)

Please send donations in on the day.

**Friday 1st March** - Non uniform day in exchange for chocolate/easter chocolate

**Thursday 14th March** - School disco!

EYFS, Y1, Y2 & Y3 5pm - 6pm. Y4, Y5 & Y6 6:15pm-7:15pm (£3 per ticket more details to follow.)

# MY VOICE MATTERS

Place2Be's  
**CHILDREN'S MENTAL HEALTH WEEK**

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

**Are you a parent or carer who wants to talk to your child about mental health?**

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour – and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCC0B](https://bit.ly/3PzCC0B)

[For secondary children: bit.ly/3L8D2wK](https://bit.ly/3L8D2wK)

## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT YOUR DAY

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?



WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?



## Support for families

# Lumi Nova

Lumi Nova is a therapeutic digital intervention for children with low to moderate anxiety and is currently **free** for all children in Gloucestershire. It is aimed at pupils aged 7-12 years old and is NICE approved. Parents can sign their children up for free and support their child at home with managing their anxieties.

For more information visit

[Lumi Nova: Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](http://Lumi Nova: Gloucestershire Healthy Living and Learning (ghll.org.uk))

Does your child struggle with worries or anxiety?

Help your child build confidence with a new digital therapy game

**LUMI NOVA**  
TALES OF COURAGE

Free for schools in Gloucestershire

- ✓ For 7-12 year olds
- ✓ NICE recommended
- ✓ Free instant access

To learn more visit:  
[luminova.app/glos](http://luminova.app/glos)

Download on the App Store | GET IT ON Google Play

One Gloucestershire

## Anna Freud Mentally Healthy Schools

Anna Freud has produced two toolkits of resources to help schools and colleges celebrate Children's Mental Health Week 2024 under the theme of 'My Voice Matters'

[Children's Mental Health Week 2024: toolkit of resources: Mentally Healthy Schools](#)

## **CBBC**

CBBC has a range of free activities that help support children with their mental health including exercise with Joe Wicks, instructions on how to make a worry pet, and mindfulness activities.

[Children's Mental Health Week 2024 - CBBC - BBC](#)

[Wellbeing - Study support - BBC](#)



with



## Free Workshops



## for Young Gardeners

**Activities at Bream Community Library - for primary children and above**

1	Friday 16 <sup>th</sup> February 2.00 – 4.00pm	<b>How do plant seeds spread?</b> Make wildflower seed bombs to grow more wildflowers in our area.
2	Friday 5 <sup>th</sup> April 2.00 – 4.00pm	<b>All about herbs</b> , how we cook with them and how to grow them. Make decorative containers and plant with herbs.  PLUS get involved with a national science experiment. Our local science expert will join us to tell you how to get started.
3	Friday 31 <sup>st</sup> May 2.00 – 4.00pm	<b>Propagation.</b> Grow a new plant from an old one.

**Places are limited so ..... booking is essential**

To join in - email [breamgardeningociety@gmail.com](mailto:breamgardeningociety@gmail.com)

Remember to tell us your name and age

## *Diary Dates*

### **FEBRUARY**

Thurs 1st February - Year 5 Gymnastics  
- Follow my lead (biking) for Oak class

Monday 5th February - Safer internet day

Tuesday 6th February - 5 year old dental checks (NHS)

Thursday 8th February - Year 5 Gymnastics  
- Follow my lead (biking) for Oak class

Friday 9th February - Cake sale in aid of Little Princess Trust  
(donations welcome please!)

### **HALF TERM**

Tuesday 20th February - Swimming Years 3 & 4

Thursday 22nd February - Year 4 Gymnastics  
- Follow my lead (biking) for Oak class

Friday 23rd February - Archery enrichment day - whole school to wear  
PE kit (If your child has Forest Adventures they  
can wear clothes suitable for both)