

Ellwood Community Primary School

Believe, Achieve, Belong

Telephone: 01594 833232
 email: admin@ellwood.gloucs.sch.uk
 Website: www.ellwoodschool.co.uk



Our value this term is: Respect

March 21st 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 95.6%** which is under our target of 97%.

Well done to Chestnut 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

Thank you.

Oak	90%
Chestnut	97.6%
Beech	97.5%
Sycamore	96.4%
Willow	94.4%

Summer Term 1 - P.E Schedule

Summer 1				
Please send your child into school wearing the appropriate clothing for either PE or Forest Adventures.				
Monday	Chestnut: PE Kit			
Tuesday	Beech: PE Kit	Oak Class: PE Kit (gymnastics) all children need a lunch box		
Wednesday	Sycamore: PE Kit	Willow: PE Kit	Beech: PE Kit	
Thursday	Chestnut: PE Kit			
Friday	Oak Class: Forest Adventures	Willow: PE Kit	Sycamore: PE Kit	
Oak	Chestnut	Beech	Sycamore	Willow
*If your child is swimming, biking or doing 'Forest Adventures' please note this is counted as a PE session.				

Gloucester Cathedral

On Monday, years 3, 4 and 5 went on an exciting trip to Gloucester Cathedral.

The children all behaved so well. Take a look below at what they go up to.....



Oak class news

We have had an exciting delivery of play sand for our new sand shack. You may have noticed our new shed at the bottom of our outdoor play area.

After Easter we will be making use of the new sand shack with lots of amazing learning opportunities this will have to offer.

We are very excited!



Meet our new sport leaders



I enjoy playing with younger children and encouraging them to learn new games.



I enjoy playing sports and I would like to show younger children new games they can play.



I like helping younger children develop their learning. I am looking forward to teach younger children new games.

The role of a Sports Leader

1. To show good sportsmanship
2. To organise and set up games at lunch time
3. To ensure equipment is being looked after
4. To teach younger children games
5. To gather feedback from their peers about lunch time
6. To encourage children to be active at lunch time

A few reminders on uniform, jewellery and fashion accessories

Hair - Please ensure long hair is tied up. We have had some reports of headlice in the juniors so we need to try and ensure long hair is up.

Earrings/jewellery - Please tape before school or take them out – they won't be able to do PE with earrings in or not taped. No bracelets, necklaces or smart watches should be worn in school.

Trainers - Trainers shouldn't be worn to school unless it is a P.E/activity day. On P.E days, sport trainers suitable for running should be worn and not fashion trainers.

Headbands - Boys are able to wear headbands to keep long hair out of eyes but not as a football fashion accessory please.

Football in the mornings - We love to see the children playing football with their friends in the mornings before school in the field, but please ensure they are changing their shoes before entering school. Muddy shoes can be placed in a plastic bag so we can try to keep the school as clean as possible.

Holidays in term time - Please remember that holidays during term time cannot be authorised. Further information can be found on our website and is always available a couple of years in advance on the GGC website, it is parents responsibility to check term dates. Any holidays booked in term time that result in a child missing 5 or more days of school within a 10 week period will result in a penalty notice regardless of the reasons given for the holiday. We follow GCC's and the school's policies and are not able to make allowances.

Water bottles - Children are required to bring in a normal water bottle (closed/pop up/twist lid) in to school each day. This week we have seen all sorts of bottles/cups/flasks being brought into school, which aren't suitable e.g expensive fashionable ones - large Stanley cups and lidded hot drink (costa coffee) type of cups. These are not suitable for school, cause a distraction, leak, spill and are hard to store in the classrooms.

Goodbye Mrs Olley!

Today we said goodbye to Mrs Olley one of our lovely Teaching assistants.

Mrs Olley has worked at Ellwood Primary School for 20 years! We gave her a big Ellwood send off and we wish her the best of luck on her new adventure.



CM COACHING FOOTBALL CAMP



Fully Licenced Coaching

10:00am - 3:00pm

Coleford Football Pitch

GL16 8DS

MARCH 25TH - 28TH

APRIL 2ND - 5TH

Fun-filled football for all ability levels, perfect for those who just want to play football, or those looking to kickstart a passion in a friendly and welcoming environment

**FOR MORE INFORMATION
AND BOOKING
CONTACT US ON:**

07484 767754

 cammillscoaching@gmail.com

 **CM Coaching**

10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE



Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES



If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE



Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a cafe, or just a weekly walk.

9 PROVIDE RESOURCES



It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Baleman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

Diary Dates

MARCH

- Thursday 21st March - Parents' evening
- Year 4 Gymnastics
- Friday 22nd March - Easter service Years R, 1, 2 & 3 - 2:15pm - 2:45pm
- Easter service Years 4, 5 & 6 - 2:50pm - 3:20pm

EASTER HOLIDAYS

APRIL

- Monday 8th April - First day back
- Tuesday 9th April - Gymnastics - Reception class (packed lunch needed)
- Monday 15th April - After school clubs begin
- Tuesday 16th April - Gymnastics - Reception class (packed lunch needed)
- Tuesday 23rd April - Gymnastics - Reception class (packed lunch needed)
- Tuesday 30th April - Gymnastics - Reception class (packed lunch needed)

MAY

- Monday 6th May - **BANK HOLIDAY**