

# Academy Newsletter

Friday 22<sup>nd</sup> March 2024  
Spring Term  
Issue: 11



Our penultimate week of the spring term has been another busy one.

On Wednesday, we were one of 25 schools selected to receive a special primary arts program delivered by A New Direction. 'The Paper Allotment' was a hands on arts experience for Year 3 and 4. In the morning the children worked collaboratively to create allotment patches for the paper allotment that was situated in our gym. After lunch, each class received a 1-hour workshop with the artists to create beautiful stained glass windows of flowers and nature for their classrooms. The rest of the school got to explore the paper allotment in this time and loved looking at the vegetable patches created by Lower Key Stage 2.

On Thursday, I had the pleasure of taking Year 1 on their trip to the London Eye. We had an amazing day seeing Big Ben and the Houses of Parliament from the river Thames, and then all the other London landmarks from our capsules. The children were very knowledgeable and their behaviour was exceptional.

Today we held our Easter Mass with Fr Cyricaus. Thank you to those parents and carers who were able to attend. The Year 3 children led us very well in our collective worship in the lead up to this special time of year. We also held our PTA Easter event, where the weather held off. It was great to see all the wonderful Easter Bonnets and see the children doing the Easter Egg Hunt.

Next week we are looking forward to sharing the Easter story with you via the Year 3 and 4 Easter Passion. All parents are welcome to watch this performance next Wednesday, even if your children are in another class.

Thank you for all your support in these events. Have a great weekend.

## Lent Appeal – Building Bridges

If you are able to keep adding any small change to your box this would be much appreciated.

**Please keep adding to these over Lent, we will collect the boxes in after the Easter break.**



# HAPPY BIRTHDAY!

Jesse – EYFS

David – EYFS

Mayah - Year 3

Imogen – Year 5

Thanos- Year 5



## VIRTUES AWARD – VIRTUES TO LIVE BY Reflection



*“What then shall we say to these things? If God is for us, who can be against us?” Romans 8:31*

Attendance	
EYFS	88.3
Year 1	95.7
Year 2	97.7
Year 3	96.9
Year 4	91.8
Year 5	94.3
Year 6	91.9
Whole School	94.52

The winning class this week was **Year 2** gaining two stars for having the highest attendance. No other class won any stars as no-one achieved over 97%.

How many children were late for school this week?

47

EYFS	Marcus
Year 1	Alice
Year 2	Clay
Year 3	Evie
Year 4	Alexandra
Year 5	Thanos
Year 6	Kamiati

## Nursery Star of the Week



**Tanaka**





*St Peter and St Paul  
Catholic Primary Academy*

# EASTER PASSION

Join Year 3 and Year 4 whilst they perform  
the Easter story to you on  
Wednesday 27th March at 9:30am

All families welcome



## Year 1 School Trip to the London Eye



### Catholic School Inspection Report

Please use the link to view our report:

[Catholic School Inspection Report](#)

We are happy that the inspectors were able to identify lots of good we do at the school such as:

- Pupils have a good understanding of the lives of St Peter and St Paul, so that they can live out their Catholic mission to 'spiritually follow our saints'.
- Virtues education has been embraced and implemented effectively by the head teacher, so that pupils can articulate how their everyday actions are guided by the virtues.
- Improvement in pupils' religious literacy is supported by a consistent whole-school focus on vocabulary.
- Pupils feel loved and respected by adults and peers, resulting in behaviour which is consistently good both within and beyond the classroom.
- Pupils have the opportunity to use their gifts to enhance prayer and liturgy, both in their excellent communal singing and in their individual leadership of class prayer.

We acknowledge there are some areas for development and are actioning these points.

### Girls Football Match Report

**Biggin Hill Primary School v St Peter and St Paul Catholic Primary Academy**

**Thursday 19<sup>th</sup> March 2024**

**By Mr. Rowe  
PE Lead**

We went over to Biggin Hill Primary School on a pleasant Thursday afternoon. We didn't know what to expect but we came up against a well-drilled, competitive team. Like our previous matches, it was tough going. Their team kept a good shape, were aggressive tacklers and had no mercy in front of goal. Our team played their best match so far in terms of shape, effort and all round positive camaraderie. Although we lost 11-2, I don't feel the score reflects the closeness of the game in fairly lengthy patches. Again, our players were brave, ran hard for each other and enjoyed their experience - we're proud of you girls, great effort!

The Team (in alphabetical order):

- Chiedza
- Freya
- Lyla
- Madison S
- Maddison H
- Poppy C (goal scorer)
- Poppy S



## Spring Term

Amendments are highlighted and Cancellations are in red.

Please note the lists of dates below are subject to change and we encourage you to look each week for any changes.

Monday 25 <sup>th</sup> March 2024	Eggshibition entries in
<del>Tuesday 26<sup>th</sup> March 2024</del>	<del>Year 1 Free Range Assembly at 9am (all parent/carers welcome)</del>
Wednesday 27 <sup>th</sup> March 2024	Easter Passion – Year 3 and 4 9:30am (parents/carers welcome)
Thursday 28 <sup>th</sup> March 2024	School Closes at 2pm – No Twilight or Evening Stars
Wednesday 17 <sup>th</sup> April 2024	Year 5 Swimming Starts
Friday 19 <sup>th</sup> April 2024	M and M Theatre Company – The Hobbit (Whole School)
Tuesday 30 <sup>th</sup> April 2024	Year 1 Free Range Assembly at 9am(all parent/carers welcome)
Monday 6 <sup>th</sup> May 2024	Bank Holiday – School Closed
Wednesday 8 <sup>th</sup> May 2024	Year 5 Bright Sparks Trip – Swimming cancelled
Monday 13 <sup>th</sup> May 2024	Year 6 SATs Week
Wednesday 22 <sup>nd</sup> May 2024	Year 5 Free Range Assembly at 9am (all parent/carers welcome)
Thursday 23 <sup>rd</sup> May 2024	Year 1 Church Visit
Friday 24 <sup>th</sup> May 2024	Crowning of Our Lady
Friday 24 <sup>th</sup> May 2024	Half Term Begins – No Evening Stars (4:30pm finish)
Thursday 6 <sup>th</sup> June 2024	EYFS Church Visit









### Meeting with the SENDCO (Mr O'Dwyer)

Please scan the QR code below should you wish to meet with Mr O'Dwyer. You may want to discuss an ongoing concern, or discuss a new concern all together.



## Treasure Hunt

Find the treasures, then use them to inspire you to write a story or poem!

Something to do with outer space 	Something you can eat 	Something you can read 	Something made of metal 	Something to do with monsters 	Something square shaped 
Something star shaped 	Something with a number on 	Something a superhero would wear 	Something with lots of numbers on 	Something to write with 	Something a snowman would wear 
Something that grows 	Something a cowboy would wear 	Something you can put on your head 	Something that could go in a sandwich 	Something a pirate would wear 	Something with a letter on it 
Something you use in the shower 	Something triangle shaped 	Something with a flag on it 	Something used to play sport 	Something hexagon shaped 	Something to do with dinosaurs 
Something a builder might use 	Something smooth 	Something you can open 	Something to measure things with 	Something rough 	Something you can see through 



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and well-being, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 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 well-being 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 café, 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 Koeth 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 28 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Coleman has a top-up 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