

A word from Mrs Milner



Dear Parents,

I hope that you are enjoying this glorious weather. I am hoping that the weather will hold for our school fair tomorrow. I am sure that it will be a lovely day and I am looking forward to welcoming as many families as possible.

Our Year 3 pupils spent a wonderful day at the seaside this week. The accompanying adults reported that not only did the pupils love playing on the sand and paddling in shallow waters but they also talked to the life guards about sea safety and the local flora and fauna studies. For some children it was the very first time they saw such a vast expanse of sand and water – it made this experience so memorable for them. As always, all the children behaved impeccably and were a credit to the school and parents.

It has been another very busy week in a life of our school. Year 6 pupils are busy practising for their end of year production and I am happy to report that Mrs Bowers has been supporting our young musicians. I am looking forward to the actual performance, as I am sure that it will be fantastic. Children are also practising for the Woodside Got Talent auditions, which will be held very soon.

A message from Mr Cadman, the SENCo at Dr Challoner's Grammar School for Boys: The school is inviting parents to a free event which they are hosting later this month to provide information about autism.

Autism Information Evening:

Autism is a lifelong condition that can manifest itself in many different ways, sometimes impacting on home life or in school. Your child may not have a diagnosis but may still display autistic traits that can be managed with specialist strategies which will greatly improve their home and school experience. Dr Challoner's Grammar School is hosting a free parent information evening by Autism Teaching Company titled: 'The effect of autism' on Monday 27 June at 19:00. To find out more, please contact the school.

Can I please remind all the parents to ensure that your child has their water bottle and a sun hat in school. As the weather continues to be warm and sunny, please put sun cream on your child's face, arms and legs in the morning before school. Sorry if I state the obvious but it is important that the children stay safe in this hot weather.

As I believe, a little bird worked out which class teachers will be in each respective class in certain year groups, it would be no longer right for me to keep this away from the children and parents. Normally, we name class teachers on the transition day. However, here it is:

Current Year Group:	From September:
Year 2	Mrs Fox (3F)
Year 2	Mrs Jonwood (3J)
Mrs Bannister / Mrs Jonwood (3JB)	Mrs Tandara/ Mrs Bannister (4TB)
Mrs Fox (3FM)	Mr Ahmed (4A)
Mrs Carver (4C)	Mr Harvey-Mott (5HM)
Mr Harvey –Mott (4HM)	Mrs Webber / Mrs McCarthy (5WM)
Miss Croot (5C)	Mrs Drake/Miss Richer (6DR)
Mrs Webber/Mrs Richer (5RW)	Miss Croot (6C)

I hope that you have a lovely weekend.

With warmest wishes,

Dorota Milner

Dates for your diary

Date	Event
Sat 18th June	Summer Fair Click here for details
Tues 28th June	Year 6 Games Dr Challoner's High School
Wed 29th June	Year 4 to St Albans Verulamium Museum
w/c 4th July	Last week of after school clubs
Tues 5th July	Transition Day
Thurs 7th July am	Sports Day Parents welcome
Mon 11th July	PTA 'A Midsummer Night's Dream' whole school
Mon 11th July	BMT Music Concert 3.30-5pm
Wed 13th July	Yr6 Production Matinee 1.30 - 3 pm evening 6 —7.30pm
Fri 15th July	PTA Raffle drawn (tickets on sale after school fair)
Mon 18th July	Yr6 Leavers Assembly Starts 1.45pm All parents welcome
Tues 19th July	Rocksteady Summer Concert 11am-12pm

Upcoming term dates for your diary

Close Wed 20th July	1.30pm
Term starts Tues 6th September 2022	Gates open: 8.35am



Cedar



Elm



Maple



Willow

House Points: Weekly Totals

Safeguarding

As the weather gets progressively warmer, I would like to draw your attention to the information regarding Drowning Prevention Week 18th - 25th June.

From Water Safety Toolkit:

Short, free, online toolkit will allow you the opportunity to discover the skills you need to enjoy the water, safely-

<https://www.rlss.org.uk/pages/category/lifesaver-lifechanger>

Basic water skills can be life-changing. Not only will this toolkit give you the skills and confidence to enjoy being around the water, safely, but you could also, one day save somebody's life. Remember, that we want you to enjoy the water and all its benefits, but, as it does come with risks, it is crucial to understand and manage these. Once you've completed this toolkit, you will feel much more confident to enjoy the water and change lives.

Around 140 people lose their lives at the UK and Irish coasts each year, and over half never even planned to enter the water. It's important you know what to do in an emergency so you can help without putting yourself in danger.

Two simple skills you should know that could save a life ...

If you find yourself in difficulty in the water:

- ⇒ Float to increase your chances of survival.
- ⇒ If you see someone else in trouble in the water, call 999 or 112 and ask for the Coastguard.

Two things you should NEVER do:

- ⇒ Never enter the water to rescue - your personal safety, in any situation is the number one priority.
- ⇒ Never go into the water to rescue a dog. In nearly all cases dogs will be able to get out so don't put yourself at risk.

Cold water: Cold water shock is triggered in water temperatures lower than 15°C. The average temperature of UK and Irish waters is 12°C. So even in the summer, the water temperature is cold enough to cause cold water shock, which can steal the air from your lungs and leave you helpless in seconds.

Rip currents and waves: Rip currents can travel up to the same speed as an Olympic swimmer (4.5mph) and can pull even the strongest swimmers out to sea. And unexpected waves can quickly knock you off your feet.

Wellbeing

Helping your child to develop a positive body image: challenging negative messages from the media:

Body image is what we think and feel about our bodies, and how we feel about how other people see us. Having a positive body image comes from feeling good about what your body can do, and how it feels. It doesn't come from having a perfect body – no one does. Having a negative body image shows up in all sorts of different ways. Your child could worry about:

- ⇒ Their size, their skin colour, the condition of their skin (freckles, scars, eczema, acne and birthmarks)
- ⇒ Individual parts of their body - are they "right"?
- ⇒ How good they are at sports and physical activities especially compared with other children
- ⇒ If clothes fit or suit them
- ⇒ If they look like the images they see on TV, in movies, magazines or online.

Most children have some of these worries from time to time. But if they are thinking about them all the time it can affect their mental health and lead to feelings of anxiety, depression and low self-esteem. If it grows into deep worry or shame, it can start to affect how they join in with things or how they eat.

Supporting your child to make sure they develop positive body image is not easy! We all have very different bodies – but our society doesn't respect that very well. The media feeds us a 'norm' of what a perfect body looks like – it's really hard to get away from and with social media it's harder for our children than for any generation before. Many children judge themselves and others against fictional standards – and the pressure to fit in grows. Things to try:

- ⇒ Start to change the way you talk about bodies – yours, your children's and other people's.
- ⇒ Celebrate what your child's body can do.
- ⇒ Encourage your child to see differences in bodies as something to respect and celebrate.
- ⇒ Start by looking at your own negative attitudes and rebuilding them.
- ⇒ Help your child learn that comparing ourselves to others isn't helpful. Encourage them to celebrate the things that make them unique.
- ⇒ Challenge digital images – explain that they can be changed and air-brushed and that often they don't show what people really look like.
- ⇒ Make sure you leave space for them to share their feelings – let them know that it's ok if feeling positive about your body is hard. You want them to trust you and talk to you about worries they have.