

## Friday Flyer – Friday 3<sup>rd</sup> March 2023

Dear Parent

I hope that you all had a good half-term break. It's great to be back and we are all looking forward to the next few weeks before the Easter break. In this flyer – Parenting in a Digital World (next Tuesday), Mintopia, Cheshire Roar and more. If you've any suggestions or additions for the flyer then please let me know;  
[principal@kelsall.cheshire.sch.uk](mailto:principal@kelsall.cheshire.sch.uk)

### Parenting in the Digital World

To allow you to help your young people navigate themselves through their ever rapidly growing digital lives, whilst at the same time allowing them to be independent digital users, we are running a special live, **virtual online safety presentation on 07.03.23 at 7pm (On Zoom).**

During the informal Q&A session at the end of the presentation, Richard will be happy to stay online for as much time as needed to help address any of your individual questions and comment. Please see separate message for the Zoom link.



### Attendance

Attendance at school is important both academically and for social/emotional reasons. Whilst we understand that pupils will be absent from time to time due to illness; absence from school for other reasons should only be for exceptional circumstances. As a school we look at each request for leave from school on a case by case basis.

**Holidays taken in term time will be subject to a fine.** Where **attendance** falls below **90%** for any pupil, **we will contact you** to discuss this and put in any additional support needed. Persistent absence can also result in a fixed fine.

### Breaktime snacks

Please ensure that snacks for break are healthy – no crisps, sweets or chocolate please. We are a **NUT FREE** school as many of our pupils are severe allergies – please **do not** send in snacks that contain nuts or nuts as snacks. Fruit is always offered free of charge firstly to Nursery & Reception and then to the rest of the school. **We now offer a snack at break; toast, crumpet, bagel etc each day – get in touch with the office if you would like your child to have a snack.**



## ACORNS NURSERY CLASS

We have places in our Acorns Nursery Room; 2/3 year olds.  
These are morning/afternoon or all day sessions.

If you are interested and wish to arrange a tour of our setting,  
please contact [admin@kelsall.cheshire.sch.uk](mailto:admin@kelsall.cheshire.sch.uk)

Childcare vouchers accepted. ☒



Outstanding Teaching, First Class Resources – OFSTED



## Mindful March 2023

Mindful March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <div style="background-color: #d9ead3; padding: 5px; margin-top: 5px;"> <b>6</b> If you find yourself rushing, make an effort to slow down                 </div>	 <div style="background-color: #f4cccc; padding: 5px; margin-top: 5px;"> <b>7</b> Take three calm breaths at regular intervals during your day                 </div>	<div style="background-color: #d9ead3; padding: 5px; margin-bottom: 5px;"> <b>1</b> Set an intention to live with awareness and kindness                 </div> <div style="background-color: #f4cccc; padding: 5px; margin-top: 5px;"> <b>8</b> Eat mindfully. Appreciate the taste, texture and smell of your food                 </div>	<div style="background-color: #d9ead3; padding: 5px; margin-bottom: 5px;"> <b>2</b> Notice three things you find beautiful in the outside world                 </div> <div style="background-color: #f4cccc; padding: 5px; margin-top: 5px;"> <b>9</b> Take a full breath in and out before you reply to others                 </div>	<div style="background-color: #f4cccc; padding: 5px; margin-bottom: 5px;"> <b>3</b> Start today by appreciating your body and that you're alive                 </div> <div style="background-color: #d9ead3; padding: 5px; margin-top: 5px;"> <b>10</b> Get outside and notice how the weather feels on your face                 </div>	<div style="background-color: #d9ead3; padding: 5px; margin-bottom: 5px;"> <b>4</b> Notice how you speak to yourself and choose to use kind words                 </div> <div style="background-color: #f4cccc; padding: 5px; margin-top: 5px;"> <b>11</b> Stay fully present while drinking your cup of tea or coffee                 </div>	<div style="background-color: #d9ead3; padding: 5px; margin-bottom: 5px;"> <b>5</b> Bring to mind people you care about and send love to them                 </div> <div style="background-color: #f4cccc; padding: 5px; margin-top: 5px;"> <b>12</b> Listen deeply to someone and really hear what they are saying                 </div>
<div style="background-color: #d9ead3; padding: 5px; margin-bottom: 5px;"> <b>13</b> Pause to watch the sky or clouds for a few minutes today                 </div> <div style="background-color: #f4cccc; padding: 5px; margin-top: 5px;"> <b>20</b> Focus on what makes you and others happy today <small>dayofhappiness.net</small> </div>	<div style="background-color: #d9ead3; padding: 5px; margin-bottom: 5px;"> <b>14</b> Find ways to enjoy any chores or tasks that you do                 </div> <div style="background-color: #f4cccc; padding: 5px; margin-top: 5px;"> <b>21</b> Listen to a piece of music without doing anything else                 </div>	<div style="background-color: #d9ead3; padding: 5px; margin-bottom: 5px;"> <b>15</b> Stop. Breathe. Notice. Repeat regularly                 </div> <div style="background-color: #f4cccc; padding: 5px; margin-top: 5px;"> <b>22</b> Notice something that is going well, even if today feels difficult                 </div>	<div style="background-color: #d9ead3; padding: 5px; margin-bottom: 5px;"> <b>16</b> Get really absorbed with an interesting or creative activity                 </div> <div style="background-color: #f4cccc; padding: 5px; margin-top: 5px;"> <b>23</b> Tune into your feelings, without judging or trying to change them                 </div>	<div style="background-color: #d9ead3; padding: 5px; margin-bottom: 5px;"> <b>17</b> Look around and spot three things you find unusual or pleasant                 </div> <div style="background-color: #f4cccc; padding: 5px; margin-top: 5px;"> <b>24</b> Appreciate your hands and all the things they enable you to do                 </div>	<div style="background-color: #d9ead3; padding: 5px; margin-bottom: 5px;"> <b>18</b> Have a 'no plans' day and notice how that feels                 </div> <div style="background-color: #f4cccc; padding: 5px; margin-top: 5px;"> <b>25</b> Focus your attention on the good things you take for granted                 </div>	<div style="background-color: #d9ead3; padding: 5px; margin-bottom: 5px;"> <b>19</b> Cultivate a feeling of loving-kindness towards others today                 </div> <div style="background-color: #f4cccc; padding: 5px; margin-top: 5px;"> <b>26</b> Choose to spend less time looking at screens today                 </div>
 <div style="background-color: #f4cccc; padding: 5px; margin-top: 5px;"> <b>27</b> Appreciate nature around you, wherever you are                 </div>	<div style="background-color: #d9ead3; padding: 5px; margin-bottom: 5px;"> <b>28</b> Notice when you're tired and take a break as soon as possible                 </div>	<div style="background-color: #d9ead3; padding: 5px; margin-bottom: 5px;"> <b>29</b> Choose a different route today and see what you notice                 </div>	<div style="background-color: #d9ead3; padding: 5px; margin-bottom: 5px;"> <b>30</b> Mentally scan your body and notice what it is feeling                 </div>	<div style="background-color: #f4cccc; padding: 5px; margin-bottom: 5px;"> <b>31</b> Discover the joy in the simple things of life                 </div>		

ACTION FOR HAPPINESS

Happier · Kinder · Together

## Camp Curiosity/Storyhouse

	Lottie - STORYHOUSE				Gemma – CAMP CURIOSITY	
	9:15 – 10:30	10:45-11:45	1:15 – 2:00	2:00 – 3:00	Morning	Afternoon
7 <sup>th</sup> March	Nursery	Reception	3	4	2	1
14 <sup>th</sup> March	3	4	5	6	Nursery	Reception
21 <sup>st</sup> March	1	2	3	4	6	5
28 <sup>th</sup> March	1	2	5	6	4	3


## Cheshire Roar

Cheshire Roar are looking for girls aged **7+** to join their team. The training sessions run every Tuesday night – 5.30pm – 6.30pm at Blacon High School. The first two sessions are **FREE**. Contact Jessica for more information.


## Mintopia

We are pleased to become a 'Mintopia' school. There are over 100 different varieties of mint plant and we have teamed up with Dr Si Poole, who has the largest collections of mint in the UK, indeed the world, to develop our own mint garden. We are starting small to establish a few species and will grow our own collection over the year. [Home | mintopia \(bigcartel.com\)](https://www.bigcartel.com/mintopia)





# GIRLS BASKETBALL



AGED 7 +

Blacon High School | CH15JH  
5:30 - 6:30pm  
Every Tuesday

Contact - Jessica: 07713694469 | Instagram: @CheshireRoar



## The Nest

Our Nest is a superb sanctuary where pupils across school can be supported by our **ELSA** (Emotional Literacy Support Assistant) trained **Learning Mentor** – Mrs **Whiteside**. The Nest has its own entrance and a wide range of resources to support pupils and teachers. Mental health and well-being is an important part of our ethos at Kelsall and **The Nest** brings together a range of resources and strategies to do that in a highly effective way. Mrs Whiteside has recently taken courses in **Drawing Therapy** and **Lego Therapy** to support her role. We will keep developing our **Nest Padlet** to share a range of online resources – [The Nest \(padlet.com\)](https://www.padlet.com) – if you have any good sites that you think would be worth adding – please let us know.



## Before and After School Club

For working parents/carers, or those just needing some extra time in the day, Kelsall Club can help to ease the challenges. Fully qualified and trained staff care for the children in a safe and stimulating environment where children can socialise with their peers, engage in activities and have fun. Whether they wish to play games with their friends or just 'chill out' quietly after the school day, their needs will be catered for at the Club. Kelsall Club is open to all children from 3 – 11 years old.

### Breakfast Club

- Operates Monday to Friday during term time
- Open from 7.30am – 8.40am
- Located in the school hall
- Children are offered a selection of healthy breakfast items
- **Cost £5.00 per session**

### After School Club

- Operates Monday to Friday during term time
- Two sessions to provide flexibility to working families
- Children attending the early session are offered a selection of healthy snacks.
- Children attending the full session are offered a further healthy snack at 4.45pm.

Early Session – from 3.15pm – 4.45pm • **Cost £6.00 per session**

Full Session – from 3.15pm – 6pm • **Cost £12.00 per session**

Payments are made in advance via ParentPay as per our terms & conditions.

To book onto club please contact;

**Club Manager: Donna Dunn on 07572264215** (Please leave a voice message if there is no reply.)

More information here: [Kelsall Primary School: Before and After School Club](#)

# KELSALL Club



The Chill-Out Zone

## PARKING

Please can we all make sure that we park safely and considerately around school. **The yellow zig-zag lines at the main and nursery entrance to school should NOT be parked on under any circumstances.** These are the areas where children are more likely to be crossing. Could you also remember to only use the pedestrian gate to enter school; not across the staff car park as cars come and go at all times of the day.

## Diary Dates

Tuesday 7 <sup>th</sup> March 23	E-Safety Parent Zoom Meeting
Wed 8 <sup>th</sup> March to Friday 10 <sup>th</sup> March	<b>Y4</b> Residential - Tattenhall
W/B 20 <sup>th</sup> March 23	Last week for School Led Clubs
Tuesday 28 <sup>th</sup> March	<b>Parent's Evenings</b>
Wednesday 29 <sup>th</sup> March	<b>3.30 – 7.00</b>
Friday 31 <sup>st</sup> March 23	School Closes for <b>EASTER BREAK</b>
Monday 17 <sup>th</sup> April 23	School opens for pupils
Mon 17 <sup>th</sup> April to Fri 21 <sup>st</sup> April 23	<b>Y5</b> to Isle of Man
Friday 21 <sup>st</sup> April 23	Class/Group Photographs (Y5 will be rearranged)
Monday 1 <sup>st</sup> May 23	<b>MAY DAY</b> – School closed
Monday 8 <sup>th</sup> May 23	<b>KING's Coronation Day</b> – School Closed
Tuesday 9 <sup>th</sup> May – Friday 12 <sup>th</sup> May	<b>Y6</b> SATS Tests
Tuesday 2 <sup>nd</sup> May 23	School opens for pupils
Thursday 25 <sup>th</sup> – Friday 26 <sup>th</sup> May	<b>Y3</b> Residential - Delamere
Friday 26 <sup>th</sup> May 23	School Closes for <b>HALF TERM</b>
Monday 5 <sup>th</sup> June 23	<b>INSET Day</b> – <b>Staff ONLY</b>
Tuesday 6 <sup>th</sup> June 23	School opens for pupils
Friday 21 <sup>st</sup> July 23	School Closes for <b>SUMMER HOLIDAYS</b>



**Sign of the Week**  
27<sup>th</sup> February – 5<sup>th</sup> March 2023

This week's sign is 'Salad!'

Join in with our Sign of the Week. Make and share your own video using the hashtag #WefishMakethis.



Salad



Salad

## Internet Safety

Visit our E-safety padlet for hints and helpful tips for navigating the vast array of apps that our children are using. Click here - -> [E-Safety \(padlet.com\)](https://www.padlet.com)

I have also attached the latest edition of Digital Parenting that you can read online here; [Digital Parenting | Vodafone](https://www.vodafone.co.uk/digitalparenting)  
**CEOPS** is the Child Exploitation and Online Protection command agency.

If you are worried about online sexual abuse or the way someone has been communicating with you online, you can make a report at the CEOP website.

<https://www.ceop.police.uk/safety-centre/>

There is also a wealth of information about keeping your child safe online. Our RSE curriculum ensures that children learn about e-safety at school and we ask that you follow this up by chatting to your child at home.

Internet Matters has a huge range of advice from social media settings to home filtering. I would start with this website: <https://www.internetmatters.org/>

Think you Know (Think U Know) is dedicated to educating young people and parents on the dangers of the internet:

<https://www.thinkuknow.co.uk/>

The Safer Internet Centre is also a good place for information: <https://saferinternet.org.uk/>



Has someone done something online that has made you or a child or young person you know, feel worried or unsafe? Click on the link to the left



Follow us on Twitter.  
**@KelsallSchool**

## Be Curious, Creative & Kind

Have a lovely weekend

Mr Wearing, Mrs White and the Kelsall TEAM