



Friday Flyer – 14th October 2022

Dear Parent,

This will be our final Friday Flyer before we break next **Friday 21st October** for half term. Please look out for the **diary dates** at the end of the flyer as all Christmas dates have been added. A reminder that **pupils return to school on Tuesday 1st November** as the Monday is an INSET Day for **staff only**.

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. Our **Nest Padlet** shares a range of online resources – [The Nest \(padlet.com\)](https://www.padlet.com) supporting pupils mental health and well-being – *if you have any good sites that you think would be worth adding – please let us know.*

In each Friday Flyer, Mrs Whiteside will sign post you to some valuable resources;

Mrs Whiteside led our assembly this week. We celebrated World Mental Health Day. We thought about what mental health is and how we can look after our own mental health.

Mental health is the way we think and feel about ourselves and the world around us.

When our mental health is good, we are able to:

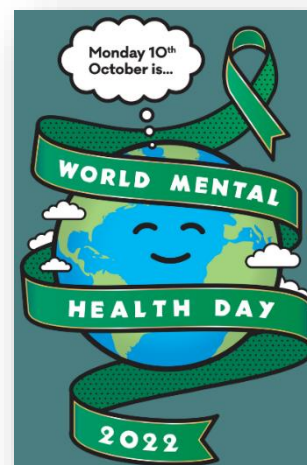
- feel happy and positive most of the time
- cope with changes
- manage our feelings
- have positive relationships with others.

You can help your mental health by taking time to:

- Get healthy (get active, eat healthy, get more rest)
- Keep learning (learn something new, do a jigsaw, play a musical instrument, paint a picture)
- Show kindness (give someone a compliment, pick up litter, hold the door for someone)
- Connect more (play a family board game, join a sports club, eat lunch with different people)
- Take notice (do colouring activities, try a breathing exercise, listen to music, play with a pet)
- Embrace nature (go for a walk, walk barefoot in the grass, plant a seed, have a picnic)

Little Wellbeing Lending Library

Mrs Whiteside has set up a **Lending Library** – on the entrance to [The Nest](https://www.padlet.com) where you can loan some of our wellbeing books to support your child at home. All that we ask is that you sign it out and return once you have used it. If you have any books you feel would be of use, please let us know. There are some super resources here: [PowerPoint Presentation \(tra-resources.s3.amazonaws.com\)](https://tra-resources.s3.amazonaws.com)



SchoolSpider

As a school we've been using our PING communication app for some time now and it has proved really successful. There is a substantial cost to school for this service and the company that has provided our school website for a number of years now offers this service to us for free. We will save £2000 per year by switching to use **School Spider** for our communications to you.

The office will have been in touch notifying you all of this. Please do download the School Spider app and login in – you may already be used to this as we use it to book after school clubs. **We will fully use this app after the half-term break.**

FLU VACCINATIONS

Our Flu Vaccinations will take place on **Thursday 10th November**. You will need to give your consent by **Tuesday 8th November**.

5 reasons
to get your child vaccinated

- 1. Protect your child**
The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- 2. Protect you, your family and friends**
Vaccinating your child will help protect more vulnerable friends and family
- 3. No injection needed**
The nasal spray is painless and easy to have
- 4. It's better than having flu**
The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- 5. Avoid costs**
If your child gets flu, you may have to take time off work or arrange alternative childcare

PYJAMA APPEAL!

Please donate a brand new pair of pyjamas for a poorly child in your LOCAL HOSPITAL OR CHILDREN'S HOSPICE

Each year, we collect donations of brand new pyjamas from new-born to age 18, which are then gifted to children in hospital on Christmas morning. In reality, they are also used in other situations where children may have had their clothes cut off in A&E or in an emergency situation where there hasn't been time to pack essentials.

HOW CAN YOU HELP?

Please donate a brand new pair of size 0-18cm pyjamas (see hospital for size range). Please a collection of sets, though 10, 20 or more is even better! Please have a 12 Day or simply donate a pair yourself.

LOOK ONLINE AT:
www.childrenshospitalpyjamas.co.uk

FOR YOUR NEAREST DROP OFF POINT
Or collect all donations with free delivery to St. Michaels Hospital

OUR APPEAL IS FROM 1ST SEPTEMBER TO 31ST OCTOBER 2022

Follow us on our Facebook, Instagram and Twitter pages 'Children's Hospital Pyjamas' to see us delivering your PJS x
Lisa, Area Coordinator | 07835 660083

Pyjama Appeal

We are collecting brand new pairs of pyjamas for children new-born to age 18 who are poorly or in a hospice over the Christmas period. **Please bring any pyjamas into school by next Wednesday 19th October and we will get the PJ's sent off.**

TEMPEST Photography

A reminder that **individual** photos will be taken on **Thursday 20th October** for all year groups including our Nursery pupils.

Date	Kick Off	Team
Saturday 3 rd December	15:00	Blyth Spartans
Saturday 14 th January	15:00	Curzon Ashton
Saturday 21 st January	15:00	Peterborough Sports
Saturday 4 th February	15:00	Spennymoor Town
Saturday 18 th February	15:00	Boston Utd
Saturday 4 th March	15:00	Banbury Utd
Tuesday 7 th March	19:45	Kidderminster Harriers
Saturday 18 th March	15:00	Scarborough Athletic
Friday 7 th April	15:00	Chorley
Saturday 15 th April	15:00	Farsley Athletic
Saturday 29 th April	15:00	Buxton

Chester FC Fixtures 2022/2023

If you would like to take advantage of our school **season ticket** for Chester FC then please get in touch with the school office to secure it. The games to the left are all still available.

The ticket give you 2 adults and 2 children **FREE entry** to the match.



Midday Assistant

We are still looking for a midday assistant to join our team. This would be an hour a day term time supporting pupils indoors and outdoors at lunchtime. Please let the office know if you are interested.

Joel Jones Football

One of our ex-pupils, Joel Jones, has set up a football coaching business and we are pleased to help him develop this. Look out for a PING with more details to follow. **Places will be limited and will all be booked through Joel directly.**

AFTER SCHOOL FOOTBALL SESSIONS

Sessions will include

- Warm up 3:20 - 4:20
- Ball control games
- Team games
- Skill development
- Matches & so much more

Dates...

- Wednesday 2nd November
- Wednesday 9th November
- Wednesday 16th November
- Wednesday 23rd November
- Wednesday 30th November
- Wednesday 7th December
- Wednesday 14th December

Price £20 per player

If you want to get involved please contact FootballPlayerDevelopment on any of the platforms below.

Email - FootballPlayerDevelopment@psd.com
Instagram - [FootballPlayerDevelopment](https://www.instagram.com/FootballPlayerDevelopment)
Facebook - [FootballPlayerDevelopment](https://www.facebook.com/FootballPlayerDevelopment)

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

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 \(padlet.com\)](#)

I have also attached the latest edition of Digital Parenting that you can read

online here; [Digital Parenting | Vodafone](#)

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/>

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.



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

Teach Active

Following our TeachActive staff meeting last week, it has been lovely to see so many classes getting involved in teaching Maths and English in a more active way. There is a padlet that has active activities to try at home linked to your child's English and Maths curriculum - [Teach Active \(padlet.com\)](https://padlet.com/MrsWhite) Please send me any photos of you trying out the activities.

This fab video also explains the importance of moving and exercise on the brain - [Movement is Life](#)

Conscious Discipline

Thank you to everyone who came along to our Conscious Discipline Parent Workshop. We hope that you found it useful. There will be another session in the spring term. A huge thanks to Mrs White and Mrs Whiteside for all of their hard work developing this approach with staff and pupils in school. Mrs White has put together a useful and informative padlet with lots of videos and strategies to support your understanding of Conscious Discipline.

<https://padlet.com/MrsWhite> Elm/mm272gs7im9g5slm

Camp Curiosity

Nursery and **Reception** enjoyed their Camp Curiosity sessions this week. Nursery dug up our late crop of potatoes, washed them, cut them up and then helped Gemma to cook them on the campfire before tasting with some melted cheese and butter. Reception collected all the windfall apples from our apple tree, sorted them, washed them, sliced and dipped in sugar before caramelising on the fire for a tasty treat. These sessions are supportive of the EYFS curriculum and the children love being outdoors exploring, connecting, creating and thinking.



Diary Dates

Wednesday 19 th October 22	Romeo and Juliet Workshops
Wednesday 19 th October 22	Parent's Evenings
Thursday 20 th October 22	
Thursday 20 th October 22	Tempest Individual Photos
Friday 21 st October 22	Share the Learning Afternoon – 2:00pm to 3:00pm
Friday 21 st October 22	School Closes for HALF TERM
Monday 31 st October 22	Pentagon Play installing Y2 Canopy and Reception Outdoor area.
Monday 31 st October 22	INSET Day – Staff ONLY
Tuesday 1 st November 22	School opens for pupils
Thursday 3 rd November 22	Year 2 – Cheshire Falconry Visit
Wednesday 9 th November 22	Year 5 – Playground Leaders Training
9 th & 10 th November 22	Year 6 – Hope Journey - Remembrance
Thursday 10 th November 22	Flu Vaccinations – Reception to Year 6
Friday 11 th November 22	Mr Wearing to CWAPH (Cheshire West Association of Primary Heads) Conference
Thursday 1 st & Friday 2 nd Dec 22	Y5 – Bikeability (last two sessions)
Friday 2 nd December 22	Santa Claus Breakfast and Reindeer Dash
Wednesday 7 th December 22	Y2 – Hope Journey Christmas Service
Wednesday 14 th December 22	Whole School Christmas Performance – 5:00 onwards
Thursday 15 th & Friday 16 th Dec	Class Silent Christmas Discos
Thursday 15 th December 22	Christmas Lunch
Friday 16 th December 22	School Closes for CHRISTMAS
Tuesday 3 rd January 23	INSET Day – Staff ONLY
Wednesday 4 th January 23	School opens for pupils

Be Curious, Creative and Kind.....

Mr Wearing, Mrs White and the Kelsall T.E.A.M