



### **Message from the acting Headteacher**

Another week has flown by in school! It has been so lovely to see so many families join in us school to celebrate the significant people in our lives and join us in worship. We are aware that, despite the warm welcome offered by St Bernadette's, some parishioners are not always able to get to Communion. We will be opening a Mass in school to those parishioners who have found it difficult to make their way to Ensbury Park. More details will follow when we have arrangements in place. Easter is approaching quickly and I know that many of you will be looking forward to some time off with your children. Please, could we ask that they attend all school sessions until the end of term? The more children are in school, the better they will do.

### **Dates**

<b>BIG LENT WALK ALL WEEK</b>				
<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>
	<b>Y3 PUFFINS TO PIZZA EXPRESS ALL DAY</b>			<b>LAST DAY OF TERM 3.10 FINISH AS NORMAL</b>

### **Stay Safe**

As parents and carers, we all want our children to be safe. The news often has stories about the dangers of online life that children face today. You could use the following advice from the NSPCC to start a conversation with your child about staying safe on phones, tablets or other devices.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

### **SATS Week**

Parents of children in Year Six should be aware that the SATs test are during the week beginning the 12<sup>th</sup> of May. Please ensure your child is in school this week. SATs can be a worrying time for some children. Please see the attached information on how to support your child in the run up to the SATs tests. If you have any concerns about your child discuss these concerns with their class teacher.

# Parents and Carers Guide

## Year 6 Wellbeing for SATs

### Why is wellbeing particularly important in Year 6?

It is widely understood that positive health and wellbeing – including mental health – contribute to a child's ability to flourish, thrive and achieve (Public Health England, 2014), and equipping children with the skills to enhance their resilience against adversity will enable them to navigate challenges without compromising performance.

The phrase "Key Stage 2 SATs" is can be trigger for stress in teachers, parents and children all over the country. Opinion is divided over these National Assessments but it is still vital that Year 6 pupils are able to navigate SATs season without experiencing undue stress or anxiety.

### Keep talking

The most positive thing you can to contribute to your child's wellbeing during SATS or at any time is to talk to them, reassure them, and where possible, provide a relaxed home environment.

### What can I do as a parent / carer?

- ✓ Attend any meetings the school holds about SATs.
- ✓ Direct any questions or concerns you have about SATs to your child's teacher, rather than worry your child with them.
- ✓ Give your child opportunities to go outside and avoid overuse of screens - this can apply to leisure pursuits as well as how they study.
- ✓ Try to provide a quiet corner of the house for homework and study, that's as free from distractions as possible.
- ✓ Encourage your child to talk to their teacher or another adult they trust if they express persisting anxieties about SATs. Remember that a small amount of anxiety is normal and not harmful.
- ✓ If your child is unwilling to talk to their teacher, talk to them yourself.
- ✓ Plan something nice and fun for the weekends before and after SATs – this will help your child start the week well and also give them something to look forward to.
- ✓ Ensure your child is eating and drinking well, and getting a suitable amount of sleep.

## Steps to take:

### ✓ Talk to the school

Is your child showing the same symptoms at school as they are at home? Is there anything else going on at home which may be contributing to your child's overall level of stress? Work with the school so everyone concerned can be offering the support that's needed.

### ✓ Spend time with your child

Try to understand what aspect of SATs concerns them most. Is it the worry of 'failing'? Is it the worry of getting stuck on a paper? If your child can pinpoint what's bothering them most, you can take specific steps to help reassure them.

### ✓ Try not to project your own anxieties or views on the SATs

If you don't believe in SATs, or do not think your child should be doing them, then neither will they.

### ✓ Confront any media coverage

Show clippings if there's been anything negative and ask them to talk about what they're seen and how they feel. Reinforce the reality.

### ✓ Encourage your child to talk to their teacher

SATs are obviously linked to school, so don't be surprised if they favour the reassurance of teachers above family members!

## Good luck!

Children are very resilient and, with support from you and the school, most will have a very positive experience of SATs.

## Remember this about SATs

### 1 SATs focus on what they know about maths and English

They won't reflect how talented they are at Science, Geography, Art or PE, and they certainly won't highlight positive personal characteristics such as kindness and integrity.

### 2 SATs results don't always tell the whole story

The results will say they DID or DIDN'T meet a certain standard, but not necessarily by what margin. Additionally, the thresholds tend to change each year according to overall national performance, so what was classed as 'did meet the expected standard' in 2016 may have been considered a 'did not' in 2015. Your school may be able to provide you with more detailed feedback, so don't let your child see SATs as a simple case of 'pass' or 'fail'.

### 3 SATs last for one week

In reality it's just one or two papers lasting 30-60 minutes each day. You can't emphasise enough the importance of keeping that in perspective.

## What should I do if I'm worried about my child?

It would be unnatural for SATs not to induce a certain degree of worry or anxiety but there is, of course, a tipping point. SATs should not:

- ✗ affect a child's appetite
- ✗ affect a child's ability to sleep
- ✗ alter a child's personality
- ✗ induce panic, tears or disengagement from lessons
- ✗ be a reason not to attend school

If any of the above are evident, then SATs may be causing an excessive degree of anxiety, and your child may benefit from additional support. This isn't about removing the reality of SATs, but rather equipping your 10 or 11 year old child to cope with the situation and be stronger for it.

### **Staff spotlight**

Mrs. Watts is our SENDCO at Christ the King Catholic Primary School. She grew up locally and has spent the last twenty years teaching in schools in the BCP area. When she's not at work implementing and monitoring provision for special needs alongside class teachers she loves spending time with her family. Mrs. Watts has a very cute French bulldog who loves a trip to the park. Mrs. Watts will be outside at drop off in the morning on Mondays and Wednesdays. Please feel free to say hello.



### **School trips**

This week classes from Years 3 and 4 have been on trips to support the DT curriculum. Puffins class visited Pizza Express to look at food safety and hygiene whilst all of Year 4 went to Flavours Cookery School to look at recipe design. The minibuses smelled fantastic on the way back to school! Flamingos will visit Pizza Express next week.



### **Swimming**

Although we are happy to take children swimming in school, the short course of swimming lessons offered through in school time will not be enough to make the children proficient swimmers. There are lots of swim schools locally that offer

lessons or you may wish to spend some family time at the pool as a way of increasing the children's confidence in water.

### **Mufti Day**

Our school councillors have identified a need for more activities in the playgrounds and have worked hard to come up with a list of equipment to buy. We would like to raise funds for this and are having a mufti day on the last Friday of term. Children can come in their own clothes and we would ask if you would consider making a voluntary contribution of £1 if you are able.

### **Uniform Sale**

Children seem to grow out of school clothes in the blink of an eye. Fortunately, the PTFA will be holding a uniform sale at the front of the school on Wednesday after school. Come and grab yourselves a bargain!

### **Community News**

Kinson and West Howe Family Hub is part of a network of family hubs across BCP. Services that the offer include:

- Family support from our early help family support teams
- A range of programmes to support parents and their children, covering four key areas:
  - Parenting, Young Parents and Volunteering
  - use of the Home Learning Environment
  - the Brighter Futures Programme
  - Communication, Language and Literacy.
- Health services such as midwife clinics
- Information, advice and guidance, including information on and signposting to local childcare, signposting to a range of services including debt advice and information on community activities
- Domestic violence support
- Foodbank vouchers and support with accessing food
- Breastfeeding pump loans

Contact details and further details can be found on their web link.

<https://www.fid.bcpCouncil.gov.uk/family-information-directory/directory/family-hubs/centre-details/family-hub-at-kinson-and-west-howe>

Our local constituency MP for the Bournemouth West constituency is Jessica Toale. Part of her role is to help constituents with problems regardless of whether they voted for her or not. MPs can discuss issues covering anything from housing, access to healthcare, anti-social behaviour or work issues amongst many others. If you feel you have a problem that she may be able to help with she can be contacted via the following email address: [jessica.toale.mp@parliament.uk](mailto:jessica.toale.mp@parliament.uk)

### **Mission moment**

This week's Mission Moment is a huge group of people. Well done to all the children, staff and families and carers who have joined together to celebrate and worship in school. This has been a great reflection of the Catholic Social Teaching principle of Solidarity as we join in community and the British Values of Tolerance and Mutual Respect.

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Have a great weekend!