



Ellingham CE Primary School Friday Flyer

27.03.26

Executive Head Teacher Update

Dear Parents and Carers,

Thanks to everyone for donating to Comic Relief and raising a superb £127!

Last week, we welcomed Jo Suddes, School Improvement Lead for Pele Trust, to review our school's behaviour and attendance. During a review, lesson observations, discussions with staff and groups of pupils take place. Some of the report findings are below:

"Pupils at Ellingham are polite, show consideration for others and are supportive of each other in classrooms and during breaks and lunchtimes. Pupils recognise and appreciate the positive relationships they have with the staff. This creates a supportive and caring environment where pupils feel safe and supported; they know who to speak to about concerns. They all have a trusted adult whom they would go to if they had any worries. One Year 4 child described Ellingham as 'a peaceful place, where everyone is caring'."

"...classrooms are purposeful and productive. Pupils concentrate well and stay focused on their learning. This positive behaviour extends to break and lunchtimes, creating a safe, supportive culture where pupils are happy and enjoy coming to school."

One recommendation, to keep you in the loop, will be sharing regular half-term updates on your child's attendance. Our goal is to celebrate great attendance and offer support early if any barriers arise, ensuring every child gets the most out of their learning.

Best wishes,

Diane Lakey



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WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

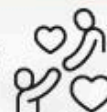
ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



GIVE TO GIVE. NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency: 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'
RA KATZ

The National College

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>

Web: www.thenationalcollege.co.uk | Email: enquiries@thenationalcollege.co.uk | Facebook: [@thenationalcollege](https://www.facebook.com/thenationalcollege) | Twitter: [@thenatcollege](https://twitter.com/thenatcollege)

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Attendance

Class	Weekly attendance	Annual attendance
Splash	75	93.6
Space Base	87.5	94.3
Earth Works	92	88.6
Time Zone	93.3	92.3

Did you know? Each pupil has 175 non-school days a year to spend however they like. The table below shows the significant impact of absence over time.

Days of school add up to lost learning						
Days in school	190	186	180	175	171	170
Percentage attendance	100%	98%	95%	92%	90%	<90%
	Excellent	Excellent	Good	Caution	Cause for concern	Serious concern

Absence Procedures If your child is ill, please keep them at home until they are well enough to return to school. Please notify us by phone call or email before 9.15am if your child is to be absent, and continue to inform us on a daily basis if they continue to be ill.

We have a continual focus on attendance and punctuality and this is of the utmost importance in your child's education. Please remember that our school gate closes at 8.55am as this is when our lessons begin. Anyone arriving after this time is classed as late and will miss valuable learning opportunities which take place immediately after registration, such as phonics.

What are the risks of missing a day of school?

'Being in school is important to your child's achievement, wellbeing and wider development. Pupils with the highest attendance throughout their time in school gain the best GCSE results. The higher a pupil's attendance, the more they are likely to learn, and the better they are likely to perform in exams and formal assessments.' The Education Hub - Department for Education



Splash Class

What an exciting week we have had. On Monday we went to Bailiffgate Museum where we learned all about living long ago and what it would be like to go to school. We all listened really well and had lots of fun dressing up in old fashioned clothes. Yesterday we welcomed the children from Embleton School to our forest and we showed them how we play and learn. The sun shone and we made lots of new friends and even took a picnic to have over there. We toasted hot cross buns on the fire and made seed bombs and elder jewelry.





Space Base Class

This week, Space Base went on a trip to Bailiffgate Museum with Splash. The children looked at old toys that were used in schools and wore the clothes people would have worn over 80 years ago! The children loved this trip and learned so much.

The children have continued to participate in Karate lessons and, this week, they focused on the kicking aspect.

In maths, Year One has been comparing the height of different objects. They had the chance to make their own objects and compare them to their classmates.





Key Stage Two Time Zone and Earth Works

In DT, we drew our designs inspired by Egyptian or Mayan symbols or patterns onto the fabric for our bags. We then used fabric paints to paint them, with eye-catching results.



In Science, Earth Works learned about the functions of muscles and we made a moving arm model to demonstrate the actions of the biceps and triceps working together.



We all tried playing the ancient Maya game pok-a-tok. Teams have to hit the ball back and forth using only their hips and upper arms. It wasn't the easiest game to play!





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Dates for your Diary

Friday 27th March	Interactive Science at Alnwick Playhouse for KS2
Wednesday 1st April	Billy Goats Gruff at Alnwick Playhouse for Nursery - Y2
Thursday 2nd April	Easter Service - Ellingham Church 9.30am Everyone is welcome.
Friday 3rd - Sunday 19th April	Easter Holidays
Monday 20th April	Return to school

Please remember, Breakfast club is available from 8.15am if anyone needs to drop off a child earlier. Please book in advance if possible. £2.50 includes cereal or toast.

The whole school Nursery - Y6 started Karate lessons after half term. We will be running a Karate club after school on Mondays. Please speak to Kathy. Karate will continue for summer 1, Y3 and 4 will continue to swim in summer 1.



Stars of the week

Names:

Splash: Jack - for being kind and friendly in the forest with the children from Embleton.

Space Base: Evelyn- for amazing handwriting and reading her sentences back to ensure they make sense.

Earth Works: Rose - for great writing of her setting description.

Time Zone: Lydia - for excellent writing all week.



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Next Thursday, the children going to church, Nursery - Y6 will need a waterproof coat and boots to walk across the field. Following the church service, all the children will be taking part in a fun Easter activity before returning to school.

Over the Easter Holidays, our PTA would like you to participate in a sponsored, fun fitness activity of your choice, to raise money for the school.

A sponsor form will be sent home before the end of term to take part in our [Easter Energy Challenge](#).



Please could you pay anything owing in your Parentmail Accounts, particularly Karate, swimming and lunches.