Emscote Express

Issue 6, 7th February 2025



Thank you to our EYFS families who donated cakes for the Bake Sale, raising funds for a new sofa in the shared reading area.

In January we were delighted that a selection of Year 2 pupils enjoyed an enriching day at Warwick Castle. Our heartfelt thanks go out to the Castle and Warwick School for generously funding this memorable experience.

In March we will be taking our School Council to London, for a tour of the Houses of Parliament. We look forward to the children sharing their experiences with the rest of the school.

We recently hosted a vibrant Chinese New Year assembly for all pupils, with Year 1 participating in a special workshop. These events not only broaden our pupils' horizons but also foster a sense of global citizenship.

Looking ahead, we have our Valentine's Disco on Monday from 4-5 pm, promising an evening of fun. Next week, we'll be holding our Spring term Parent Evenings on Tuesday and Wednesday, providing an excellent opportunity to discuss your child's progress. Please contact the school office if you are yet to make an appointment. These will be 10 minutes in length and we ask that parents respect this time to ensure the evening runs smoothly. If you need a further appointment you can arrange this via the office.

Tuesday 11th February is Safer Internet Day with celebrations and learning for 2025 based around the theme 'Too good to be true? Protecting yourself and others from scams online' Your children will be learning about this and other aspects of Online Safety in assembly. Online Safety can be a real challenge and concern for parents, which is why we'd like to draw your attention to a free course, the Annual Award in Online Safety for Parents of Children 7-11, provided by the National College for Education. The course is 41 minutes long and covers the following brief:

'Developed by our safeguarding experts and presented by TV presenter, musician and passionate online safety advocate, Myleene Klass, this course takes you on a detailed journey through your child's digital habits, explaining the type of online world they're experiencing now, what risks they might be exposed to and just what you can do to support.'

You can access the course by following this link:

https://nationalcollege.com/courses/os-for-parents-carers-of-children-aged-7-11

It will ask you to book now by adding the course to the basket, but you will find that it is completely free and can be completed at any point at your convenience, it is not a 'live' event.

We hope that you find it useful.

A reminder that school closes on Friday for the half-term break (Monday 17th - Friday 21st February), school will reopen to pupils on Monday24th February, with gates open at 8.35. Mrs Nicol

Head of School

Tickets on sale at: https://www.ptaevents.co.uk/emscoteandallsaintspta/? Mon 10th Feb PTA Valentine's Disco 4-pm

Tues 11th Feb	Parent's Evening	Evening Booking system. Please contact the school office if you are have any difficulty booking.
Wed 12th Feb	Parent's Evening	Bookings available on line via Parents Evening Booking system. Please contact the school office if you are have any difficulty booking.
Mon 17th - 21st Feb	Half Term Holiday	
Mon 24th Feb	Children Return to School	
Mod Eth March	Reception Year Trip to St John's	Further details to follow

Dates for the Diary 2025

event=event&eventId=94037

Further details to follow

Children are invited to come into

school in their Pyjamas and Dressing Gowns and to bring their favourite bed

time story (please name any books

and arrive in outdoor shoes for

playtimes).

Parents welcome

More information to follow

More information to follow

brought in). Children may also bring in slippers to change into (please name

make payment at www.eduspot.co.uk

Bookings available on line via Parents

School Council Trip to the Houses Please compete permission form and Fri 14th March of Parliament Fri 21st March Willow Sharing Assembly Thurs 27th March Oak Sharing Assembly Fri 28th March

Fri 4th April

Wed 5th March

Thurs 6th March

Fri 7th March

Fri 14th March

Wed 2nd April

Mon 28th April

Tues 6th May

Wed 7th May

April

Museum

theme

Chestnut Sharing Assembly Maple Sharing Assembly

Easter Church Service Easter Holidays

Mon 14th - Fri 25th

1.45pm

1.45pm

Children return to school Year 1 Impact Workshop 9am and

Year 2 Impact Workshop 9am and

World Book Day, "Bedtime Story"

Sycamore Sharing Assembly

Cherry Sharing Assembly

Year 1 Chinese New Year Workshop and a visit from Athena the Gladiator!



Alanah Mann, one of our midday supervisors at All Saints' Junior School and also one of our former pupils, plays for Rugby Borough Women's Football Team. Very excitingly, they are playing Liverpool on Sunday 9th February, with coverage live on BBC iPlayer at 12.30pm so tune in if you can! Good luck Alanah and team, we look forward to hearing more!

https://www.rugbyboroughfc.co.uk/rugby-borough-draws-x-in-the-womens-fa-cup-5th-round/



This week our reception year children enjoyed a 'Warwick Bear and the Road Safety Code' Road Safety session.



We know the Road Safety Code

We know the Road Safety Code, Safety Code,

Road Safety Code,

We know the Road Safety Code,

That helps to keep us safe.



We all walk when near the road

Near the road,

Near the road,

We all walk when near the road

To help to keep us safe.



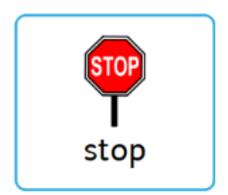
We all stop before we cross,

Before we cross,

Before we cross,

We all stop before we cross,

To help to keep us safe.



Warwick castle Local Resident Discount

Warwick Castle is offering a special 40% discount on gate price tickets for residents in postcodes B, CV, MK, and OX. This means tickets start from £17.40.

The offer is valid until March 31st (excluding February Half Term and Saturdays). You can find all the details here: <u>Locals Offer | Warwick Castle</u>. I've also attached an A4 poster.





ALL SAINTS EMSCOTE

Little Saints



Praise and play, with stories, singing, simple crafts, toys & refreshments. For babies, toddlers & their parents / carers.

Come and join us!

Mondays 9.00am – 11.00am

(Term time only)







Mood Boosters

Our mood can change, and this is completely normal. You may notice that sometimes you are feeling more tired than usual, maybe stressed or experiencing difficulties with schoolwork or friendships. Situations like these may cause you to feel a bit low, it can be really helpful to talk about these things with an adult, or someone you trust.

Whilst it is normal to feel this way at times, there are things we can do to **boost** our mood and help us to feel happier. By doing more of the things we love and value, or 'doing more of what matters', we can boost our mood. This helps us to feel less tired, have an increased sense of achievement, feel better about ourselves and have some fun!

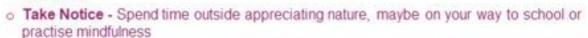
Our tips for boosting your mood:

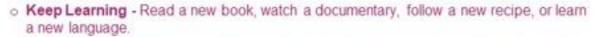
Have a look at the BBC Moodboosters video resources by scanning the QR code.
There are a selection of videos to try, you could do these with a friend/ family member,
with your class, or by yourself. But most importantly, have fun!



BBC loodboosters

- The five ways to wellbeing can you challenge yourself to try one of these for each day over the next week! Watch the video on the QR code for more information.
- Connect Reach out to a friend/family member, listen to music that reminds you of happy memories, look at old photographs, or arrange activities with friends.
- Be Active Try different ways to get your body moving. You could dance, walk, skip, or hula hoop!





 Give - Give someone you love a hug, hold the door open for the person behind you, or give your time to help others.

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Five ways to wellbeing!

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

> Please contact your school's Mental Health Lead for information and advice.





Kindness

Kindness means being friendly, generous, and considerate to others. It's all about showing care and respect through our actions and our words.

Random Acts of Kindness Day is celebrated each year on February 17th, however you can practice random acts of kindness all year round!

Ideas for random acts of kindness

Here are some easy ideas to spread kindness:

- · Give compliments A genuine compliment can make someone's day brighter.
- Hold the door open for someone.
- Share a smile Smiling at people can help to boost their mood.
- Send a thank you note Write a note of appreciation to someone who has helped you.
- Be a good listener Sometimes, all someone needs is someone to talk to.
- . Help your teacher Offer to hand out something to the class or do something to help them.
- Ask someone how their day is going Asking someone about their day can make them feel cared for and happier.
- Pick up a piece of litter.
- Offer to help someone at home.

Why is being kind important?

Kindness is contagious! When you show kindness, it inspires others to do the same.

When you are kind to someone, it can help them to feel happy, it can brighten their day and boost their mood.

Kindness can help to make schools, homes and communities more welcoming and friendly. When people are kind, everyone feels more comfortable which can lead to better relationships and friendships.

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Please contact your school's Mental Health Lead for information and advice.



Respect

Respect is important in our lives because it helps us develop a sense of self-worth and improves our general wellbeing. This in turn will enable us to develop healthy relationships with others and an environment where everyone feels valued and heard. As we grow, respect is a crucial life skill we need to manage our emotions and resolve conflicts peacefully.

When you respect yourself, this enables you to be open to new opportunities that will help you reach your personal goals. If you feel confident in your own worth, you are more able to recognise when others are not treating you well. Scan the QR code below to watch a video about Maslow's hierarchy of needs!

Our tips for respect:

- Listen to each other's point of view and recognise that it is OK if you do not agree with someone else's opinion.
- Try to keep discussions about the topic and not about the people who are sharing their views.
- As a class, create an agreement and list the ways you would like to be respected by each other in school. You could all sign your name and pin this on the classroom door to remind you about how to be respectful!
- Create a poster about how you can show respect outside of the classroom too. Think about what you could do at home and in the community.
- Respect role-play! Practice respect by imagining how someone else might feel in different situations. Think about how actions and words might affect others.
- Talk to your friends about what makes you unique. Focus on listening to each other and embracing each other's differences.
- Listen to the 'respect rap' by following the QR code and watching the video!



Maslow's hierarchy of needs



Respect rap!

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MHST are available to support you and your school throughout the school year including term time and school holidays.

> Please contact your school's Mental Health Lead for information and advice.

Pupil Premium Funding



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What is Pupil Premium funding?

Pupil Premium funding is additional financial support that is provided by the government and which is allocated to schools to meet the needs of certain pupils. For each pupil that qualifies the school receives a significant sum of money that is used to raise standards in the pupils who are eligible.

Does my child qualify for this additional support?

You may be eligible to apply for Pupil Premium funding if you receive any of the following...

Income Support

~ ☆

- Income-Based Job Seeker's Allowance (JSA)
- Income-Related Employment and Support Allowance (ESA)
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Or if your child...

- has been looked after (their care is managed by the local authority) for 1 day or more
- was adopted from care on or after 30 December 2005, or left care under a special guardianship order a residence order

Or

if either parent is in the Armed Forces



In association with









Step 1

Visit myschoolfund.org to sign up for free and link to your child's school



Step 2

Register your credit/debit card to your account



Step 3

Spend at participating retailers



Step 4

Start receiving your eGift Cards!



We're part of the My School Fund initiative.

Together we can boost our school's budget, plus your own!

It's completely free to sign up and both you and your child's school will receive eGift Cards to be used at participating retailers based on a percentage of your spend.

Visit myschoolfund.org today!









For parents/carers Our service explained

or up to 25 for people with SEND) can get in touch with any concerns related to health and wellbeing Warwickshire families with a school age child (aged 5-19 supports children, young people and parents/carers. Connect for Health is a school nurse-led service that

children, a healthy lifestyles programme, and specialist support such as on key topics such as sleep and continence, resilience workshops for healthcare plans for children with medical conditions that affect their The support we offer includes one-to-one advice, parent/carer workshops

Health Needs Assessments in schools; you'll receive a full description of these initiatives if your child is invited to take part Our team also carry out the National Child Measurement Programme and





Continence

What can Connect for Health help with?

- Sleep.
- Behaviour.
- Healthy eating & physical activity.

Parenting.

Changing Bullying.

school.

- Oral health
- Friendships and relationships

Many other health & wellbeing topics

emotional wellbeing Mental health &

compass-uk.org/c4h website & download our referral form -Learn more on our scan here or visit



▼ @schoolhealthC4H Text Parentline (parents/carers): 07520 619 376 Email us: connectforhealth@compass-uk.org Text ChatHealth (young people 11-19): 07507 331 525 Call us: 03300 245 20 © @compassc4h @c4hwarwickshire













Information Sessions for Warwickshire Parents and Carers

Courses available online – via Zoom

Emotionally Based School Avoidance Understanding and Supporting Children and Young People with

Thursday 26th September 2024, 9:30 am to 11:30 am

Thursday 10th October 2024, 9:30 am to11:30 am Understanding Emotion Regulation in School Aged Children

Thursday 24th October 2024, 9:30 am to 11:30 am Understanding and Supporting Children aged 3-11 Years with Anxiety

Thursday 7th November 2024, 9:30 am to 11:30 am Understanding and Supporting Children Aged 12+ Years Anxiety

Thursday 21st November 2024, 9:30 am to 11:30 am Understanding and Supporting School Aged Children Who Self-harm

Thursday 5th December 2024, 9:30 am to 11:30 am Understanding Sensory Needs in School Aged Children

Thursday 9th January 2025, 9:30 am to 11:30 am Understanding Low Mood in Children and Young People

Thursday 10th April 2025, 9:30 am to 11:30 am Understanding Self-esteem in Children and Young People

Places on our sessions are subject to availability. To book your <u>place please email risecommunityoffer@covwarkpt.nhs.uk</u>

Please note: the sessions are available for Warwickshire residents only

RISE/PMHS-002 Version 2: August 2024 Are you an exhausted, SEN and/or EBSA parent carer?
Running on empty with no time to shout "HELP!" let alone step off the hamster wheel to rest, relax or recharge?





I GET IT!

We face a **unique set of challenges** that not everyone understands.

After being on the brink of burnout myself I learned quick, simple and impactful ways to strengthen my coping skills, feel more calm, resilient, hopeful and happy and I'm on a mission to help YOU do the same!

The SHARE Project Zoom workshops
have been created to give you
sustainable strategies to help strengthen
your coping skills, rebuild your resilience,
boost your wellbeing and
feel like YOU again!







"The SHARE project helped me have a more positive outlook day-to-day and relaxation has helped with my sleep."

"I looked forward to the sessions each week, it gave me time to focus on myself for a change."

"The SHARE Project was a gentle, kind experience. The refocusing was extremely powerful and I felt nurtured by the sessions."

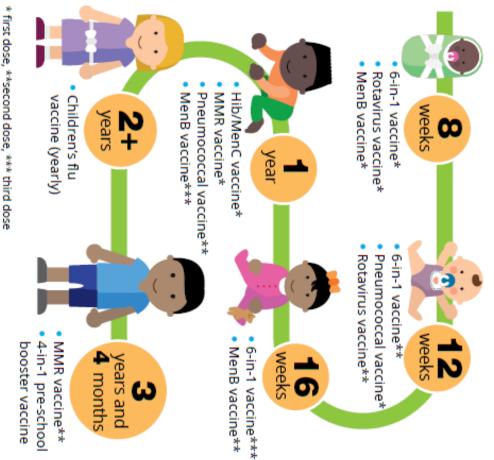
CLICK HERE for more info and to book your place

or email: hello@ausomemums.com Evening and daytime sessions available





Your child's vaccine schedule



6-in-1 protects against diphtheria, tetanus, whooping cough, polio, Hib and hepatitis B 4-in-1 protects against diphtheria, tetanus, whooping cough and polio

to protect them against illnesses Follow your child's vaccine schedule

useful reminder timeline up as a Stick this



- Childhood illnesses like measles and whooping cough are rising
- These illnesses can make children very sick, leading to hospital stays or lifelong problems
- If your child is not vaccinated, they are not protected
- It's important that vaccines are given on time for the best protection. Some need booster doses later too
- Check your child's red book or speak to your GP practice to see if they have missed any
- You can still catch up on most missed vaccines
- All the childhood vaccinations are free. As children grow up, they are teenagers. Some vaccines are offered at school will be offered more vaccine appointments, right up until they
- Vaccinations offered by the NHS are thoroughly tested to assess effects, but vaccines are among the very safest how safe and effective they are. All medicines can cause side
- Research from around the world shows that immunisation is the safest way to protect our children's health

Are your child's vaccines up to date? Book now at their GP practice

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FREE Chat, Craft & Companionship for Women 18+

All Saints Church, All Saints Rd, Warwick, CV34 5NL

9.15 - 11am Tuesdays,

July 1st & 8th February 4th & 18th May 6th & 20th April 1st & 15th March 4th & 18th June 3rd & 17th

Join us in the Coffee Room

Refreshments & Activity E.g. Mindfulness Colouring, Complimentary Light Communal Activities etc

(Please bring something to keep little ones Pre-school children welcome occupied so you can enjoy the session

Feel free to pop by

info@womensteppingout.co.uk

Warwickshire Youth Choirs Youthies - Open Rehearsal Youthies - Open Rehearsal

St Nicholas Church, Warwick Wednesday, 26th February

4:30 PM

LIKE TO SING AGES 4 - 7 YEARS CALLING ALL CHILDREN WHO

Join us at our first workshop of the year!

Great opportunity to learn about our choirs and enjoy one of our Youthies rehearsals for FREE

available at the St Nicholas Church Hot Chocolate for every attendee weekly Hot Chocolate Station





Warwickshire Youth Choirs

Sign Up Here





OUR FOOD PANTRY: FROM 12 TO 2PM

EVERY WEDNESDAY

FREE, CONFIDENTIAL AND IMPARTIAL ADVICE AND INFORMATION ON A WIDE RANGE OF SUBJECTS SUCH AS HOUSING, BENEFITS, DEBT, EMPLOYMENT, FAMILY AND **FUEL POVERTY AMONGST MANY** OTHER ISSUES

APPOINTMENTS: 10 AM AND 11 AM

DROP-IN SERVICE: 12 PM - 1 PM

To book your appointment, contact us or send us an email (packmores@thegapwarwick.org)

citizens advice

THE GAP COMMUNITY CENTRE

39 OAKWOOD GROVE WARWICK, CV34 5TD



JAZZ DANCE 4-7 yrs KEY STAGE 1



In this playful and lively class, children will explore the basics of jazz dance through exciting movements, catchy music, and imaginative games. With a focus on developing coordination, balance, and rhythm, young dancers will gain confidence while having a blast! Perfect for beginners, this class is designed to spark creativity and foster a love of movement in a supportive, ageann rapropriate setting appropriate setting.



All classes will start with an Invigorating warm up, travelling steps from the corner or the room and learning a routine or short phrase with a certain skill focus.

At the end of both the summer and winter terms we will put together a sharing for parents to see what we have been working on!

At the end of both the Summer and Winter terms, we will work towards a sharing of a routine or exercises that we have been working on to Parents and Caregivers.



₩ www.sole2soul.club



February 2025

<u>Newsletter</u>

19:00 - 20:00 20th Feb Thursday FREE



FREE SESSION

Supporting Healthy Screen Use

A range of steps that can help minimise

the harms from screens

10:00 - 11:30 3rd Feb

Monday

£24

practical interventions. Clear explanation Challenging the stereotypes and giving of the condition in all its forms and extremely useful advice.

Supporting a Child with ADHD

11th Feb 19:00 - 20:30 Tuesday £24

especially aimed at ADHD, ODD and PDA Specific strategy to help parents manage defiant and challenging behaviour, conditions, 5 to 12 years old. Facing Defiance

Tuesday 18th Feb

19:00 - 20:30 £24



Cannabis & Ketamine **Awareness**

Get the facts and know the harms about informed converstaion with your teens these two drugs so you can hold an

19:00 - 20:30 25th Feb Tuesday £24



Understanding the Teenage Brain A 'must see' for all parents and teachers differently from adults and how we can of teens and pre-teens. Explains why teens think, feel and behave very support them.

info@facefamilyadvice.co.uk

facefamilyadvice.co.uk.

Understanding Addictive Behaviour **AUTISM: Improving Communication** Understanding the Teenage Brain Improving Family Communication Cannabis & Ketamine Awareness Anxiety-Based School Avoidance Supporting Healthy Screen Use Supporting a Child with ADHD Supporting Healthy Sleep Decreasing Depression Understanding Anger Introduction to OCD Raising Self-Esteem Anxiety Explained Facing Defiance What is ACT? 27 JAN 7pm 25 FEB 10am 28 JAN 7pm 24 FEB 10am 24 MAR 10am 25 MAR 10am 17 MAR 10am 18 MAR 10am 3 MAR 10am 11 FEB 10am 25 FEB 7pm 18 MAR 7pm 17 MAR 7pm 17 FEB 10am 10 MAR 7pm 4 MAR 10am 14 FEB 7pm 24 FEB 7pm 18 FEB 7pm 10 FEB 10am 4 FEB 10am 3 MAR 7pm 3 FEB 10am 10 FEB 7pm 18 FEB 10am 17 FEB 7pm 4 FEB 7pm 4 MAR 7pm 3 FEB 7pm

Warwick School FEBRUARY HOLIDAY ACTION 2025 is now open!

KINGSLEY SCHOOL

Kingsley Kookaburras - available for children in Years 2 to 7

WARWICK SCHOOL

- Butterflies available for children who attend WPS or Kingsley Nurseries
- Cygnets available for children in Reception and Year 1
- Fun Short Courses available for children in Years 2 to 7
- Action Plus available for 12-14 year olds

Please see below and follow the link to see what exciting activities we have on offer! https://www.warwickschool.org/february-holiday-action-2025

Course	School Years	Dates
Kingsley Kookaburras	Y2-7	Tues 18th to Thurs 20th Feb
Butterflies	Nursery	Mon 17th to Thurs 20th Feb
Cygnets	Rec & Y1	Mon 17 th to Fri 21 st Feb
Fun Short Courses	Y2-7	Mon 17th to Fri 21st Feb
Action Plus Half-Day Courses	12-14 year olds	Mon 17 th and Wed 19 th F≥b

The following additional services are also available at WARWICK:

- Early Birds Swim (8.00am 9.00am) for children in school years 2 to 7
- Early Risers (8.00am 9.00am) for children in Reception and Year 1
- Night Owls (16.30pm 18.00pm) for children in Reception to Year 7, including tea

Warwick School - Butterflies (Nursery Group)

Each week will be based around a particular theme and will include a variety of outdoor, free play, sporting, creative and relaxing activities. All activities will be planned in accordance with the EYFS framework.

Our Butterflies program is based at Warwick Prep School Nursery (Squirrels) and day activities will operate between 9.00am and 16.30pm daily.

PLEASE NOTE - our Butterflies group is for children who attend Warwick Prep and Kingsley Nurseries only.

Warwick School - Cygnets

Our Cygnets group is open to boys and girls from Reception and School Year 1.

Led by our experienced Early Years Practitioner, children will experience a number of different exciting activities each day, including: Art and Craft / Fun Cookery / Multi-Sport / Indoor and Outdoor play / Bouncy Castle / Kapla & Unu / Mini Basketball Nature Trails / plus much more!

Please note that our Cygnets group is only available at WARWICK, and activities will be running on specific days only.

Warwick School - Fun Short Courses

Our Fun Short Courses for the Christmas holidays include:

Animation / Art & Craft / Badminton & Table Tennis / Curious Creatures / Drama with Lizzie / Fun Activities / Fun Ball Games / Fun Cookery / Fun with Felt / Jewellery Making / Junior Medics / Magic with Paul / Muti-Sports / NERF Wars / Pottery / Robot Wars Experience / Striking and Fielding Games / Target Games / Team Games / Wall Climbing. And NEW FOR FEBRUARY 2025 – Fizz Pop Science!

Please note - activities will vary from day to day and are subject to change.

Warwick School - Action Plus

This February Half-Term, we are running the following half-day courses for 12-14 year olds:

Monday 17th February	NERF Wars	9.00am - 12.15pm
	Bootcamp & Badminton	1.15pm - 4.30pm
Wednesday 19th February	Dungeons and Dragons	9.00am - 12.15pm
	Badminton & Table Tennis	9.00am - 12.15pm
	Animation	1.15pm - 4.30pm

For more details, please check our website.

Making a booking

For more information and to make your booking, please visit our website: https://www.warwickschool.org/february-holiday-action-2025



NEW IMPROVED PROGRAM FOR RECEPTION YEARS!!!

WE ARE BACK!

FINHAM PARK SCHOOL

EMSCOTE INFANT SCHOOL

PRIORS FIELD PRIMARY SCHOOL

HEATHCOTE PRIMARY SCHOOL WARWICK GATES



10% EARLY BIRD DISCOUNT AVAILABLE

PLUS 10% SIBLINGS DISCOUNT & PAYMENT INSTALMENT

See website by details Offers one not be used in construction

£34.50 FOR A STANDARD DAYS CARE FROM 9AM - 3.30PM

EARLY 8AM DROP OFF AND LATE 5.30PM PICK UP AVAILABLE WITH A SURPLUS FEE

W: www.gogomakers.co.uk |

🖪 hello@gogomakers.co.uk |

T: 01926 935377



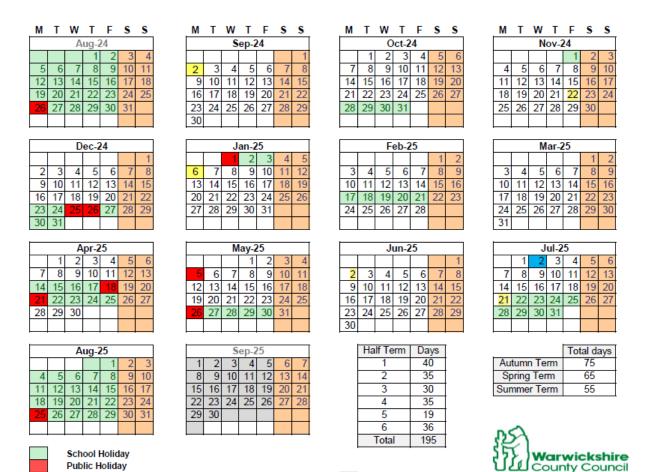








WCC School Term and Holiday Dates - 2024/25



Teacher Training Day (+3 to be set by school)