



The Parkside Weekly



Friday 9th February 2024

W/b Mon 5th Feb	Owlcotes Theme Week– Literature Festival Emotional literacy and the 5 point scale.
Friday 9th Feb	Break up for half term
Monday 19th Feb	Back to school
Thurs 29th Feb	Y5 Shakespeare in Schools Performance

Good afternoon and welcome to this week’s newsletter. I think I may have spoken too soon last week when I said that I hoped that February was going to bring us some more settled weather!

Unfortunately, the Key Stage 2 dance tournament, which was scheduled to take place on Thursday after school, fell victim to the weather conditions and couldn’t take place. I am not sure whether this was a cancellation or a postponement– we will have more information about this shortly.



This week has been our annual Owlcotes Literature Festival. The children at Parkside have been focusing on the books by Tom Percival.

More information about the things we have been doing this week can be found later in the newsletter.

Attendance Information

Our school attendance target: 97%

Last week’s attendance: 92.02%

This year’s attendance: 94.77

The class with the **highest** attendance last week was:

Beech—Y1

The class with the **best punctuality** last week was:

Hazel—Year 3

The class with the **most improved** attendance last week was:

Hazel—Year 3



Please remember how important it is for children to be arriving at school on time and attending every day.

Skipping Workshop

On Wednesday afternoon, Year 2 took part in a skipping workshop in preparation for the Skipping School festival which will be taking place in June. During the workshop, they learnt and practiced a wide range of different skipping techniques and had a great time perfecting their moves! Some of them are really complicated! I look forward to seeing them continue to practice in the playground over the coming months.



School Development:

At Calverley Parkside, we are continually reflecting on our provision and working hard to move our school forwards. This is what we have been focusing on this week:

This week in our professional development meeting, teachers spent time reflecting on the sections of their lessons which they had filmed. They did this individually to begin with and we then had some discussion time, during which we talked about things that teachers had identified in their teaching and about how the filming process can be used as an effective professional development tool. We look forward to continuing to do this next half term.

Parkside Superstars...

Well done to the following children for being awarded an achievement certificate this week to recognise their hard work and positive attitudes towards their learning:

Star awards:

Ash: Talia, Arthur

Beech: Emily, Joey

Chestnut: Safiya

Hazel: Zakariya, Joshua

Rowan: Inaya, Kamran

Sycamore: Darcy, Eleanor

Willow: Evelyn, Lola



Maths awards:

Ash: Freddie

Beech: Nancy

Chestnut: Martha

Hazel: Ivy

Rowan: Jasmine

Sycamore: Jacob F

Willow: Libby



Special mention:

Special mentions go to Aida (Y6) for all her work in the office on Thursday—she was a superstar!

Special mention to Flynn (Y2) for supporting Aida.

Our Assembly Focus...

Each week, children in years 1 to 6 have an assembly on a Monday morning during which we focus on something linked to our school values. We also have a Key Stage assembly every other week in which we look at something linked to current affairs.

These have been our assembly themes this week. Please ask your children about what we have been discussing in assemblies.

Monday assembly: Introduction to theme week

Key Stage assembly: People who inspire us

Our assembly music...

Each week, we choose a different band, artist or composer to listen to as the children enter and leave assembly. The intention is to provide the children with additional opportunities to listen to a wide range of different musical genres.

This week's music has been brought to us by:

Roxette

Quote of the week

As part of the KS1 assembly on Wednesday morning, Mrs Sherwin asked the children if they knew who the Prime Minister is. There were a few guesses before someone gave the right answer. My favourite one of these guesses was...

“Mrs Knighton!”

I'm not sure how she makes time for running the country with everything she does for us at school!

History and Geography at Parkside

On Tuesday morning, we were joined in school by two of our Governors who were conducting a learning walk (they do three of these each year). The focus for this one was History and Geography. Throughout the morning, they spoke to the leaders of these subjects, spoke to some children about their learning and looked in some books to see the range of learning activities the children take part in during their lessons. It was lovely to listen to the children talking so confidently about their learning across a wide range of topics.

Ready

Respectful

Responsible

Literature Festival

This week each class in school has explored a range of feelings and emotions. The main aim of the week has been to develop an emotional toolkit. Ask your child about the 5 point scale, about what their bodies/face may look like and what strategies they came up with to support them when they were at each point in the scale. You may also wish to look at some of the works by Tom Percival, as each class had read a different one of his books this week to explore different emotions/situations and how to manage in these. They have also designed badges to show off something unique to them that they may have otherwise masked and hidden.

Children have also been using and exploring calming strategies.

We have some amazing reflections and comments from the children this week!

“Counting to 10 and taking deep breaths helps me when I’m angry” - Vivienne—Year 1

“A calm box can help me with my emotions and making a happy jar” - Skye—Year 5

Children have also made artwork/drawings based on what their feelings may look like.

I have attached an emotional toolkit template you may wish to use at home, alongside the calming strategies children have been exploring in classes this week.



FEBRUARY HALF TERM

GO WILD OUTDOORS

FOREST HOLIDAY CAMP 2024

10 - 4 PM

13TH-16TH FEBRUARY

CALVERLEY COFE PRIMARY SCHOOL

ACTIVITIES INCLUDE-

- OUTDOOR PLAY
- DEN BUILDING
- SOFT ARCHERY
- WOODLAND CRAFTS
- WHITTLING
- SURVIVAL SKILLS
- CAMPFIRE TREATS + MANY MORE

ALL CHILDREN ACROSS DISTRICT IN RECEPTION (23-24) ONWARDS ARE WELCOME TO JOIN (NOT SUITABLE FOR NURSERY AGES!) WRAPAROUND CARE + INDOOR FACILITIES AVAILABLE

EARLY BIRDS SPECIAL DEAL!
£25 OR MULTIPLE DISCOUNT DAYS
HURRY DEAL ENDS SOON!

BOOK YOUR CHILDS PLACES VIA-

WWW.GOWILDOUTDOORS.ORG.UK



Sat 17 Feb | 10am - 5pm | Calverley Methodist Church Hall

Calverley Wellbeing Festival

A day of discovery into the world of wellbeing, right in the heart of Calverley. Meet your local teachers, practitioners and guides, receive consultations, information and try out some of the classes and treatment they offer locally. Plus products to purchase and refreshments served all day.

Tickets from only £3 at wildwoodmovement.co.uk

Yoga | Pilates | Reiki | Hypnotherapy | Osteopathy | Colonic Hydrotherapy
Massage | Sound Bath | Somatic Breathwork | Reflexology | Jiu-jitsu | Meditation
FIIYA | Tropic Skincare | Herbal Nourish



Keep talking....




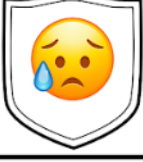

Please remember that should you have any questions about any aspect of school life, you can contact the school office or speak to a member of the senior leadership team in the playground before or after school. Alternatively, you can contact the leadership team by emailing us at:

cpsleadership@cps.owlcotesmat.org

Ready

Respectful

Responsible

RATING		LOOKS/ SOUNDS/ FEELS LIKE ...	I CAN TRY TO/ AN ADULT CAN HELP...
	5	Angry Mad Furious	
	4	Upset	
	3	Frustrated Disappointed	
	2	Scared Nervous Anxious	
	1	Feeling good Happy	

Relaxation activities

An adult can help you try these relaxation activities. Rate out of 10 (10 being really helpful and 0 being not helpful) how helpful it was.



Relaxation activities	Score out of 10
Meerkat Paw	
Sleepy elephant	
Monkey Climb	
Meerkat Stretch	
Elephant squish	
Should and neck: Hide in your shell	
Jaw: Chew the carrot	
Squeeze the lemon	
Stretch like a cat	
Elephant Stretch	
Grounding technique	
Flower and candle breathing	



Meerkat Paw

Pretend you're a meerkat and your hand is a paw. Place your thumb over the palm. Gently and lightly circle your thumb over the palm. This will help your meerkat brain calm down. Repeat this with your other hand. How does this make you feel?



Sleepy elephant

Imagine you are really sleepy elephant and are about to sleep for a hundred years. Take a deep breath and notice how your chest expands as you breathe in. As you breathe out, let out a long yawn. See how long and big you can make your yawn. How do you feel now? Do you feel sleepy? Repeat this exercise until you do it.



Monkey Climb

Get into partners and put your hands around your partner's wrist. Imagine your partner's arm is a tree and your hands are the monkey's. Gently squeeze their wrist, lower arm, upper arm and shoulders as you climb the tree. Climb down the other arm. Say to yourself, "I am relaxed, I am relaxed".



Meerkat stretch

Imagine you are a meerkat. Sit up straight. Look all the way over to your right. How far can your head go? What can you see? Now come back to the front and close your eyes. Keeping your head still, imagine you are a meerkat keeping watch, and can turn your head all the way round. Now, open your eyes and look at your right. What is the furthest thing you can see now? ...pause ..What do you notice? Has your head stretched further?

Jaw: Chew That Carrot



Now, pretend that you are trying to eat a giant, hard carrot. It is very hard to chew. Bite down on it. As hard as you can. We want to turn that carrot into mush! Keep biting. Hold for ten seconds. Good. Now relax. You've eaten the carrot. Let yourself go as loose as you can. Repeat!

Stomach make sure the elephant does not squish you



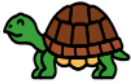
You are lied down and a baby elephant is coming towards you. Tighten your stomach muscles incase it walks over you. The elephant has gone so you can relax..oh wait its back, quick, tighten your stomach muscles again, just incase it walks over you. Don't worry it has passed you so you can relax again.

Hands and Arms: Squeeze a Lemon



Pretend you have a lemon in each hand. Squeeze it hard so all the juice is squeezed out! Feel the tightness in your hand and arm as you squeeze. Squeeze hard! Don't leave a single drop. Hold for 10 seconds. Now relax and let the lemon drop from your hand. See how much better your hands and arms feel when they are relaxed.

Shoulders and neck: Hide in your shell



Now pretend you are a turtle. Try to pull your head into your shell. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold it tight! Hold for ten seconds. OK, you can come out now. Feel your shoulders relax.

Arms and Shoulders: Stretch Like a Cat



Pretend lazy cat and you just woke up from a nap. Stretch your arms out in front of you. Now raise them way up high over your head. Feel the pull in your shoulders. Stretch higher and try to touch the ceiling. Hold for ten seconds. Great! Let them drop very quickly and feel how good it is to be relaxed. It feels good and warm and lazy.

Elephant Stretch



Imagine you are an elephant. Stand with your legs spread out wide and stretch your arms by your side. Take a deep breath and as you breath out, bend your body forward from the waist. Clasp hold of your legs and imagine you are a heavy relaxed elephant. Stay very still and quiet as you enjoy stretching your whole body.