



Summer Reading Challenge



Congratulations to the 101 children who completed the Summer Reading Challenge this year, a mighty effort!

Bikeability for Year 6



'This has been the best week ever, I have loved cycling!' - just one of the many comments overheard in Year 6 last week. It was a delight to see how enthusiastically the children headed out each day, whether to develop initial skills, receive some additional coaching or put their training into practice on the local roads. All of our pupils made excellent progress and even the rather unpredictable weather couldn't dampen their spirits!

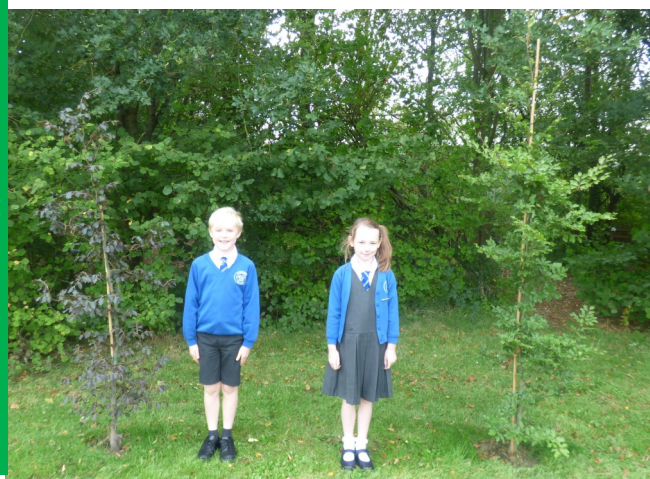


New Trees



A short time ago we were contacted by the marketing manager of Coombes, a provider of specialist services to the Rail and Forestry sectors, offering us eight free beech trees! We were delighted to accept their offer and these were planted for us by their team on 1st September. The six trees seen in these photos, with members of our new Eco-Council, run along the existing copse boundary and new fencing; a further two trees stand in the opposite corner of the field. We look forward to watching them grow over the coming years and the additional shade they will afford our children on hot, summer days.

Thank you Coombes!



Pre-loved Clothing

When having a clear-out, please be aware of our textile recycling (green) bin in the school car park. As a school, we get money back when this is emptied and this can be put toward additional resources for pupils.

We are also still accepting items of school uniform for our second hand collection in the foyer. This is very well stocked so please do come and help yourselves; all donations are voluntary and there is no expectation for this so help yourselves!

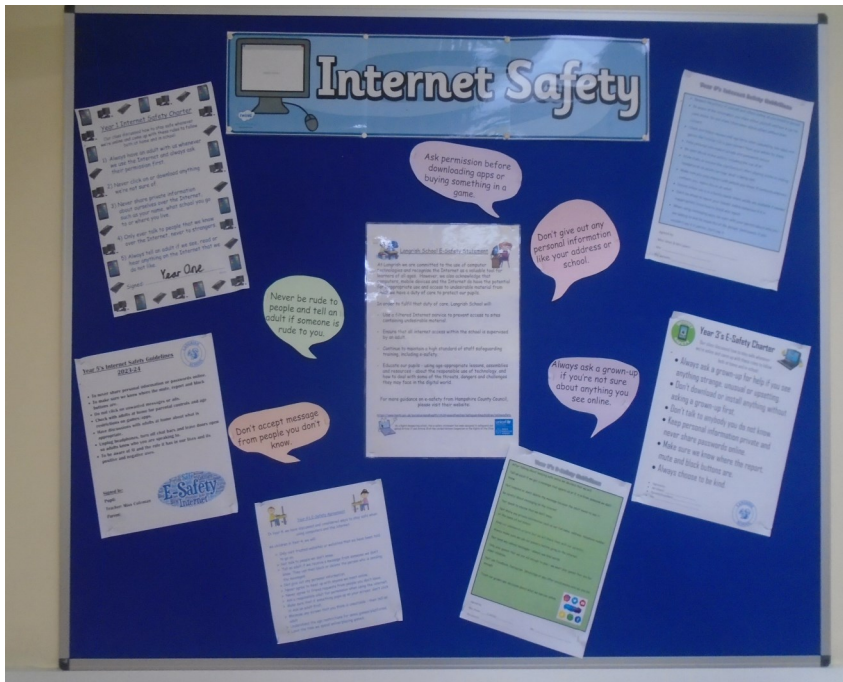
Home Learning: please note

As term is now well underway, we hope you are beginning to see the routines explained at Meet the Teacher becoming established. Weekly Home Learning menus are now at the top of all class web pages, updated on Fridays, and additional resource books should be appearing as indicated. The maths topic booklets, which come home on completion of a unit, should begin to appear and be referenced along-side other tasks - these are to be completed slowly, over the course of a few weeks to ensure learning is revisited and not lost.

Reading Records are moving between home and school daily so some children may need help with this. Thank you for your support in establishing good habits of little and often.



Internet Safety



Our Computing curriculum begins every year with an internet safety unit and the creation of our Class E-safety Charters. Using age-appropriate resources, each year group is reminded of the rules around using the internet, the possible risks they may face, and what to do if they come across a problem online. The children then create their charters, which are also linked to their UNCRC Rights, such as Article 16 (the right to privacy), Article 17 (the right to access accurate information) and Article 19 (the right to be protected from harm).

Once finished, the Class E-Safety Charters are then displayed in the Computer Suite for all the other year groups to see, and as a constant

reminder of how to use the internet safely and responsibly, enabling every child to thrive online.

Alongside our rigorous online safety curriculum in school, we'll also be emailing out a monthly Online Safety Newsletters to families, as well as offering termly webinars for parents and carers to stay up to date with the latest issues and advice, helping them to keep the whole family safe online. The Autumn Term webinar will take place on Wednesday October 4th at 4.00pm until 4.45pm. Look out for a link which will be emailed out from the school office.

Congratulations to Miss Rhodes and her partner who are expecting their first child in January! We look forward to meeting the new addition to our Langrish family in the new year!

GDPR: protecting our children's privacy

When visiting the school, please be mindful of the privacy of our pupils, including their right to anonymity regarding their work. **Photos should not be taken around site**, whether of children themselves or pieces of work unless they are your own child's and a member of staff has given consent. Many thanks for your support.

Mental Health and Well-being

Our School Development Plan this year is about Mental Health and Well-being. This is a broad, far-reaching area which takes into account our curriculum, pupil self-regulation and control, celebrating identity, staff training and parent communications. Part of this includes a monthly staff discussion around a relevant area of mental health; time to learn, reflect and adapt our practice as needed to address the needs of our current community. We are keen to share these discussions with you and will therefore be adding the prompt sheets used as a final page to our monthly newsletters. While we are not attempting to diagnose or label and are certainly not mental health professionals, we are finding these discussions interesting and helpful and hope you may too.

We look forward to updating you on further developments as the year progresses.



Rights Respecting Behaviour Policy

Our classes have been busy creating their Rights Charters this month in readiness for the year ahead. As staff we have also revisited the school's Rights Respecting Behaviour Policy to ensure it is fit for purpose and underpins the children's charters. Please [click here](#) to have a read for yourself. Later this term, our School Council will be working on creating a child-friendly version of this policy which we look forward to sharing with you.

Please park considerately and use the Seven Stars whenever possible; the safety of our pupils and the local community are adversely affected when you do not.

Walktober

Walktober is a challenge held each October to celebrate International Walk to School Month. School communities are asked to walk, wheel and use other active and sustainable travel as much as possible throughout the month.

You can help make a change for our wellbeing, our community and our planet by travelling actively and sustainably throughout October. Walking, wheeling, cycling, scooting, using Park and Stride and public transport will reduce car use, benefit health and wellbeing and have a positive impact on our local community by reducing congestion and making our routes to school safer for all.



Autumn Term Diary Dates:

Tuesday 3 rd October	Flu immunisation day	
Wednesday 4 th October	Year 1 Harvest Assembly	8.50 - 9.00am
Friday 13 th October	Year 3 Mary Rose visit	
Monday 16 th —Friday 20 th October	Year R Open Clinics for parents	After school
Wednesday 18 th October	Parents Evening (invites only)	1.00 - 5.30pm
Thursday 19 th October	Feedback emails to parents not attending appointments	5.00pm
Monday 23rd—Friday 27th October: HALF TERM		
Friday 10 th November	Year 6 Remembrance Assembly	8.45 - 9.00am
Tuesday 14 th November	Years 1 - 6 Anti-bullying workshops by Perform	
Friday 8 th December	School Christmas Fayre	1.15 - 2.45pm
Monday 11 th December	Christmas sing-a-long	2.30 - 3.00pm
Wednesday 13 th December	Infants Nativity to parents	9am & 2.15pm
Thursday 14 th December	Christmas Jumper/lunch Day & Christmas parties	
Friday 15 th December	Pantomime	1.45 - 3.00pm
Monday 18th December - Wednesday 3rd January: CHRISTMAS HOLIDAYS		



Thrive 365

Dragonfly: Impact Education



Did you know?

Having Attention Deficit Hyperactivity Disorder (ADHD) means that you're more likely to experience a mental health problem, such as anxiety, depression or a conduct disorder. This isn't because ADHD is a mental illness, but because things are much more challenging and there are many more unseen pressures for those who are neuroatypical. The two categories of symptoms are:

- Hyperactivity and impulsiveness
- Inattentiveness (trouble concentrating)

Although many people fall into both categories, around 3 in 10 people are inattentive but not hyperactive. This is known as ADD (Attention Deficit Disorder).

① Raise Awareness

Those who have ADHD or ADD are more likely to feel isolated and have low self esteem. Their symptoms naturally makes school more challenging for them and so they might find themselves constantly singled out for the wrong reasons.

Raising awareness of the symptoms of ADHD with the whole school community can reduce the stigma and self-stigma associated with the condition. It's obviously important for staff to know how ADHD manifests so they can praise effort appropriately, but it's equally important for pupils to know and understand that we all have different strengths and face different challenges - even if these are sometimes invisible.

② Avoid Comparisons

It can be all too easy to focus on what you lack - especially when those around you seem to find things so easy. When you hear comparisons from pupils with ADHD, challenge them. Spend time reinforcing the idea of different strengths for pupils with ADHD and have these visible. For example, you could have displays of famous people with ADHD and list the strengths each one has, or you can create a 'personal profile' for a pupil who is struggling by creating a file and filling it with examples of strengths that they've shown - certificates, achievements, and observations from around school (even including photographs or specific pieces of work).

③ Teach Strategies

Lack of organisation or impulsivity means those with ADHD can often feel out of control or overwhelmed. This can be worse during puberty when ALL children have their ability to forward plan and think things through compromised because of the changes to the brain that occur during adolescence. Teaching strategies such as repeating back instructions, the process for packing for school, making a list, having reminders set or given, doing 10 minutes on and 2 minutes off, and recognising physical cues, for example, can all help to empower those with ADHD and give them back that sense of control.

www.dragonflyimpact.co.uk @dragonflyimpact
www.dragonflyimpact.com/how-we-can-help
Email: info@dragonflyimpact.co.uk



Islands in the Stream:
Senior Mental Health Leads
in Schools
by Claire Pass & Rachael Bushby

