



HAPPY NEW YEAR

CAWSTON GRANGE PRIMARY SCHOOL NEWSLETTER

Friday 10th January 2025

Welcome back to a new term! We hope you all had a wonderful Christmas break, it's been lovely to see the children returning with smiles on their faces and plenty of enthusiasm for the term ahead.

As we settle back into our school routines, here are a few important reminders and updates to ensure everything runs smoothly:

- Please ensure that all items of clothing—especially hats, gloves, and scarves—are clearly named. This helps us reunite children with any misplaced items quickly. The winter months can see an increase in missing items, so a name label can make all the difference!
- The frosty mornings are well and truly here, so please make sure your child has a warm coat for outdoor playtimes. Layering up will help them enjoy their time outside while staying snug.
- To avoid slips and trips, we kindly ask everyone to stick to the gritted paths when walking around the school site. These are carefully prepared to keep everyone safe during frosty weather.
- A gentle reminder that the play equipment is not to be used before or after school. In wet or frosty weather, it can become slippery and unsafe

Young Voices Trip – Tuesday 🎵

We're looking forward to the Young Voices trip this Tuesday, which promises to be an exciting experience for the children involved. Parents of participating children should ensure they have read the information letter for details about the day.

For KS2 children not attending the trip, the remaining children from each year group will be based in one classroom for the afternoon. Children will exit at home time as follows: year 3 from Ocelots, year 4 from Brown Bears, year 5 from Turtles and year 6 from Polar Bears.

Thank you for your continued support as we begin our new term, we look forward to sharing many highlights and achievements with you all.

Mrs Worthington
Head Teacher

Princess Trust

Isla from year 1 had 12 inches of hair chopped off over the Christmas break for Little Princess Trust, so real hair wigs can be made for children who have lost their hair through illness. She is currently fundraising, as the wigs cost £700 to make and Isla and her family would love to raise enough to make a whole one.

The link to donate is [here](#)



Teacher Led After School Clubs

Details for our spring term after-school clubs were sent out before Christmas. Places for each club have now been allocated, you should have received an e-mail letting you know if your child has secured a place or if they have been put on a waiting list.



Important: Please only send your child to clubs if you have received the confirmation email confirming their place.

Weekly Online Safety Bulletin – Supporting children to return to routine

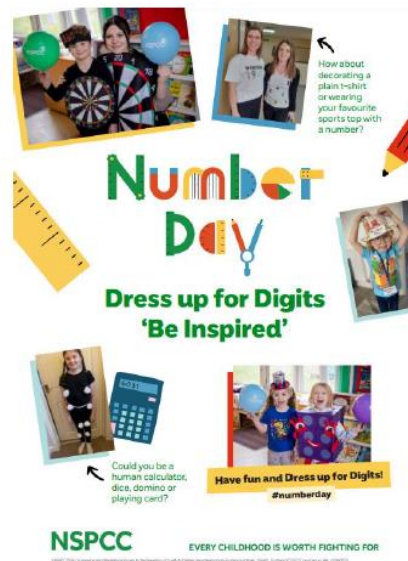


For some children, the return to education at the end of the school holidays can be a difficult time for a variety of reasons. The start of the new term comes with plenty of challenges, from social worries to the stress of ensuring they're entirely ready for upcoming lessons and learning. This free guide offers you expert advice on how you can be there for children and young people as they transition back into their school's routine.

Friday 7th February 2025

For a donation to the NSPCC.

More details to follow.



Playtime Snacks



Key Stage 2 children are allowed to bring a snack from home to eat at playtime. Please ensure that this is either a piece of fruit or a cereal bar (nut free). Many children are taking items such as packets of crisps or sandwiches from their lunchboxes but these should be eaten at lunch, not playtime. We have also reminded the children of this in school.

Breakfast Club

Just a reminder that bookings and payment for breakfast club places is via SCOPAY, all breakfast places must be pre booked 5 days in advance. Any questions please contact the school office.





School Lunches

Remember that if your child is having a hot school dinner, meals need to be booked no later than 9am via your Stir/Select account.

Stir will be running a themed menu day on 16th January 2025, if you book lunches in advance please double check your child's orders for changes.

Stir Stars!
serving your favourite dishes!

16th January 2025

Beef Burger in a Bun
Or
Veggie Sausage Hotdog
Served with Potato
Wedges & Beans

Followed by
Chocolate Brownie

Baguettes/jacket potatoes also available

Stir
SCHOOL LUNCHES

The graphic is a vertical rectangular poster with a white background. It is framed by a blue border decorated with yellow stars and colorful circles at the bottom. The text is centered and uses a mix of bold and regular fonts. The Stir logo is at the top and bottom.

NHS Pharmacy First Service

Did you know that the NHS Pharmacy First Service enables children and adults to get convenient access to healthcare advice and treatment where appropriate, for seven common conditions without the potential delay of having to wait for a GP appointment? Accessing the service may mean that can help children feel better and back to school as quickly as possible, as well as supporting parents/carers to also get better if they are unwell with one of the conditions covered under the service.

There is no need to make an appointment; parents or carers can pop into their local Boots pharmacy with their child and ask for help under the service.

Support for the following conditions can be accessed under the service, free of charge (unless NHS prescription charges apply):

<u>Common condition</u>	<u>Patient eligibility</u>
Earache	1 to 17 years
Impetigo	1 year and over
Infected insect bites and stings	1 year and over
Sore throats	5 years and over
Sinusitis	12 years and over
Uncomplicated urinary tract	Women 16 to 64 years
Shingles	18 years and over



Here is the link to the Nov/Jan (Christmas) digital version of Allsorts magazine https://bit.ly/ALLSORTS_NOVJAN24

- You can **tap** straight to advertisers' websites too when viewing the mag on your phone (please mention allsorts). There are lots of attraction to visit, services and articles to help your

family. You can view this issue at www.allsortsmag.com too or on the allsorts Facebook page soon. Take care - Michelle Love (Editor).



Mental Health in Schools



Mental Health in Schools Team

Tips For Wellness



Happy New Year

As we welcome the New Year, many of us will focus on resolutions, which may include to become healthier, more active, or learn a new skill. New Year's resolutions are generally seen as promises we make to ourselves to achieve or improve an aspect of our life. Some people can stick to their goals easily, while others may find it more of a challenge. Setting goals can make us feel motivated and inspired, but if everything does not go to plan, it can leave us feeling disheartened. This can happen if we are unsure about how to get started on our goals, or if they feel too big to achieve.

For that reason, this year, take a moment to create **SMART goals** that focus on small steps. SMART goals are specific, measurable, achievable, realistic and time based.

Our top tips:

1. Focus on your **strengths and interests**, perhaps there is something you are already doing that you want to do more of. Setting small, strength-based goals will create hope and build your self-confidence, empowering you to accomplish new things that make you feel happy and healthy.
2. Think about setting a **mentally healthy goal** this year:
 - Find new ways to get active. Maybe you could join a new club or after-school activity.
 - Make time for self-care and relaxation, such as participating in some mindfulness activities.
 - Learn more about something you are interested in. Perhaps you could put more time into a particular skill or hobby you are already doing.
 - Practice being kind to yourself. Positive self-talk is a simple way to achieve this – try saying positive statements such as "I am kind" or "I am on the right track".
 - Establish a good sleep routine. Try going to bed and waking up at the same time every day, even at the weekend!
 - Limit your screen time. By setting boundaries for your usage, you may have more time for other activities.
3. Remember, **goals can change!** Especially if they are not giving us or teaching us what we need, so be kind to yourself.

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.

PTA

Happy New Year to everyone! We hope you have all had a great start so far.

Thank you to all the wonderful donation of unwanted gifts and uniform, we are hugely grateful.

The next PTA event coming up is our Bags 2 school collection, this will take place during morning drop off on Tuesday 21st January, please place all donations in a bin bag and drop off at bike shed.

Bags2School WILL COLLECT the following Items for RE-USE:

Men's, Ladies and Children's clothing

Paired shoes (tied together or elastic band around)

Bags, Satchels, Rucksacks & Handbags

Hats

Scarves and ties

Jewellery

Underwear / Lingerie

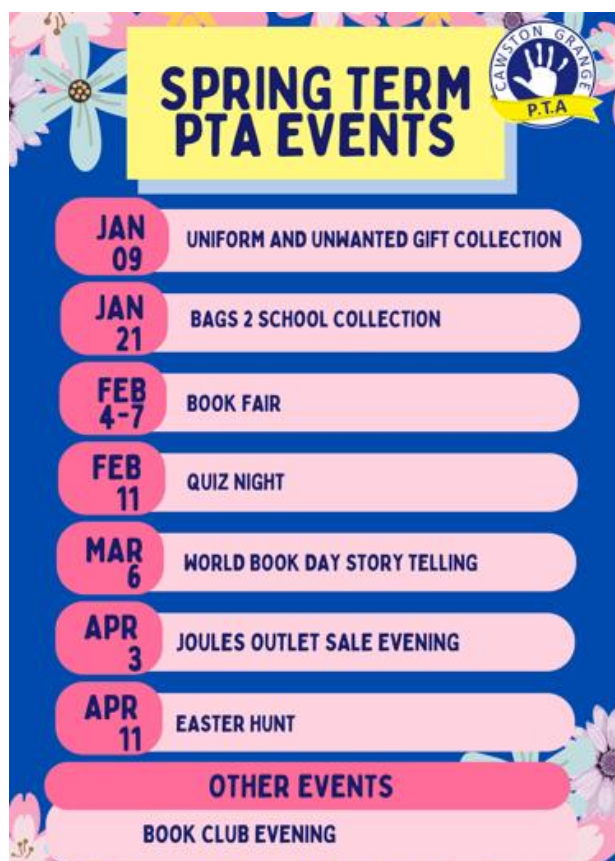
Socks

Belts

Soft toys

Household linen including Curtains, Towels, Bedding (bed sheets, pillow cases and duvet covers).

Thank you again for all your incredible support.



COULD YOUR EMPLOYER HELP?

We would be grateful if you could see if your employer has a match funding scheme, or if they are willing to match fund any of our events. If you can't help out this time, but you know the company you work for has a match funding policy, please let us know. This could be a really large source of income for Friends of Cawston Grange PTA and help us raise more money to support the school.

IT WONT COST YOU A PENNY!

A collection of logos for various companies and organizations, including British Gas, BT, Argos, ASDA, BOC, Dixons, First, Kellogg's, Morrisons, M&S, National Grid, IBM, HSBC, Microsoft, Sky, Vodafone, and many others. The text 'UK Companies currently running Match Funding schemes' is overlaid on the logos.

IF YOU CAN HELP PLEASE MESSAGE ON PTA WHATSAPP OR EMAIL AT - CAWSTONGRANGPTACHAIR@GMAIL.COM

School Year 2024/2025

Diary Dates – Spring Term 2025

January 2025		
13/01/25	Year 3 Science Dome Workshop	Consent on SCOPAY
14/01/25	KS2 Young Voices	Places have now been filled
21/01/25	PTA Bags 2 School collection	Please drop off by school bike sheds
24/01/25	Year 1 Rugby Museum Trip	Consent and payment via SCOPAY
February 2025		
07/02/25	Dress up for Digits – Numbers Day	Donations going to NSPCC
14/02/25	School Closes at 3.30pm for Half Term	
17/02/25 to 21/02/25 Half Term		
24/02/25	School reopens at 8.40am	
26/02/25	Reception – Vision Screening	Details e-mailed 25/11/24
March 2025		
07/03/25	Final Payment for year 6 residential due	
31/03/25	Last Week of Teacher Led After School Clubs	
April 2025		
11/04/25	School Closes at 3.30pm for Easter	

Diary Dates – Summer Term 2025

April 2025		
28/04/25	School reopens at 8.40am	
May 2025		
05/05/25	Bank Holiday	School Closed to Pupils
21/05/25- 23/05/24	Year 6 Residential	
23/05/25	School Closes at 3.30pm for Half Term	
26/05/25 to 30/05/25 Half Term		
June 2025		
02/06/25	School reopens at 8.40am	
20/06/25	Designated Teacher Training Day	School Closed to Pupils
July 2025		
18/07/25	School Closes at 3.30pm for Summer Holidays	

Please check dates regularly as more trips and events will be added as the year progresses.

Attachments

Supporting children to return to routine

Mental Health in Schools Team – Happy New Year

FREE TRIALS see below *

StreetDance 3.30pm-4.30pm, Wednesdays. (Yrs Rec - 6)

Learn the coolest commercial & hip-hop moves to the latest songs whilst having fun in a relaxed and safe environment.

Musical Theatre 3.30-4.30pm, Thursdays. (Yrs Rec - 6)

Have fun with drama games, singing, dancing, scripts and more. Gain confidence, shine and become an acting star!

In both clubs we incorporate challenging games and a reward system which encourages children to be active, gain self-confidence and improve mental health with a mini performance opportunity at the end of term.

£5 per session. Fees paid upfront for full term. All dates & full information on website.

***FREE TRIALS are available!**

(Please email us with the subject line **free trial** if your child is apprehensive and would like to try a session before committing to the term.)

TO REGISTER: please go to www.funstareducation.co.uk
Class size is limited and offered on a first come first serve basis.

Also available:

[Funstar Birthday Parties](#)

[Funstar Holiday Clubs](#) Easter, Summer & Winter (Free HAF places)

Venue - Dunchurch Baptist church.



新年快乐
Happy
Chinese New Year 2025
Year of the Snake 蛇

**Join us at Rugby town centre for
the New Year Celebrations
on Sunday 26/01/2025
with live performances, food and crafts**

11:00 Opening Ceremony

11:30 Parade
incl. Dragon Dance & Lion Dance

12:00 Stage Performances
**Traditional Chinese Dance, Music
and more**

16:00 End

**Rugby Warwickshire
Chinese Society**

RUGBY

**Rugby
First**

Rugby Chinese New Year Celebrations