



CAWSTON GRANGE PRIMARY SCHOOL NEWSLETTER

Friday 14th March 2025

We were delighted to welcome our Opal mentor into school this week. It was a fantastic opportunity to reflect on the progress we've made so far and look ahead to the exciting next steps in our Opal journey.

Next week, we are excited to be launching 'Opal Bingo'! This fun challenge will see classes competing to complete their Bingo grid the quickest, with prizes up for grabs. If you have any of the items listed on the Bingo grid, we would love your help—please send them in to support our Opal project. Look out for the Opal Bingo letter, which will be sent home on Tuesday with all the details.

This week, we also welcomed Mrs Cheekati to our lunchtime play team, and we say a fond farewell to Miss Whelan, whose last day as a midday supervisor will be Monday. We are grateful for all her support at lunchtimes and wish her all the best.

Parent Survey Feedback – thank you to everyone who took the time to complete our recent parent survey. Your feedback is invaluable in helping us shape the best possible experience for our children and I have sent a more detailed letter to all parents earlier today to summarise the main headlines.

Following parent feedback, we have made the difficult decision to end our Doodle Subscription. We know that some children have really engaged with the platform, and families of keen 'Doodlers' may wish to consider a home subscription. Our school subscription will end on 31st March, so if your child wants to save their streak, please take action over the next two weeks.

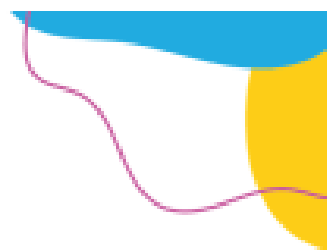
Thank you for your continued support!

Mrs K Worthington
Head Teacher

Mental Health in Schools – Self-Care



Mental Health in Schools Team
Tips For Wellness



Self-Care

Self-care is all about the little things we do to help ourselves feel better or to keep ourselves feeling good. This is a great way to look after our mental health and wellbeing. Self-care involves 'checking in' with yourself and thinking "how do I feel today?" and understanding "what do I need today?" Self-care looks different for everybody. What works for one person may not work for someone else!

Our tips for self-care:

- **Taking** time-out when we are feeling overwhelmed.
- **Making** time for an activity which makes us feel good e.g., taking a bath, listening to music, going for a walk, or playing a game you enjoy.
- **Doing** the basic things to look after ourselves e.g., eating and sleeping well.
- Practise self-care by asking yourself the questions in the box below:

How do I feel today? What do I need today? Do I need physical or mental self-care? When can I add self-care into my day? Make time to do it! Repeating these Self-Care check-ins at least once each day can help improve our mental health.

Make time for a relaxation activity. Scan the QR codes below for more information around self-care. Why not try the mindfulness activities in the QR codes below too!

Primary resources:



Self-Care



Mindfulness



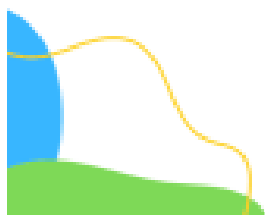
Self-Care



Mindfulness

Watch the Mindfulness animation! The Mindfulness in Schools Project has lots of other great resources too.

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.

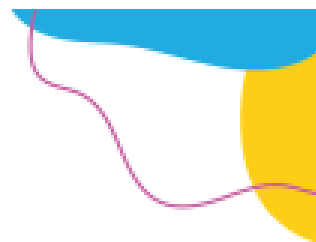
Please contact your school's Mental Health Lead for information and advice.



Mental Health in Schools – Nutrition



Mental Health in Schools Team Tips For Wellness



Nutrition

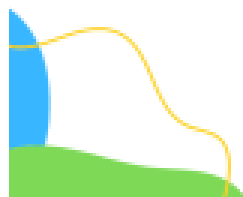
Nutrition refers to the nutrients in food and how our body uses them to stay strong and healthy. There are lots of positive benefits for our **physical health**, nutrition is also really important for our **mental health**!

Our brain works hard taking care of our thoughts, movements, breathing, heartbeat and senses (even when we are sleeping!), so we must fuel our brain with nutritious foods to help us function. This can help us to think clearly, increase our energy levels and support concentration. What we eat also affects our mood too!

Our tips:

1. **Get involved in the cooking**– Can you help your parent/carer to prepare dinner? This can be a fun way to spend time with others and learn a new skill.
2. **Make it fun**- There are lots of different ways different foods can be prepared. You could try experimenting putting different food together to see what you like and don't like.
3. **Try something new**- When was the last time you tried a new food? It can be exciting to find out what food we like and don't like. Also, our tastes can change as we grow and develop. See if you can set yourself a challenge to try a new food this week.
4. **Keep Hydrated**- Dehydration could lead to headaches, difficulty focusing and may impact sleep. Try to ensure you are regularly drinking water, it can be useful to bring a bottle of water to school every day to remind you to stay hydrated!

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



PTA

A Big Thank You to Our Amazing Parents!

We would like to extend a heartfelt thank you to all the parents who helped make our Storytelling Evening a huge success! Your support, enthusiasm, and involvement made the event truly special for everyone.

As a token of our appreciation, we are excited to announce that we have sent out 13 thank-you vouchers for free entry to future PTA events! To find out how you can get your hands on one of these vouchers, please reach out to us via the following channels:

- PTA WhatsApp groups
- Email: cawstongrangeptachair@gmail.com
- Our Friends of Cawston Grange PTA Facebook group

Thank you again for your continued support, and we look forward to seeing you at future events!

Exciting Upcoming Event: Joules Outlet Sale!

We are thrilled to announce our next exciting event – a **Joules Outlet Sale**! This is your chance to grab brand new Joules clothes at **massive discounts**! Whether you're shopping for yourself or your family, this is an event not to be missed.

Details:

- **Exclusive deals** on brand new Joules clothing
- **Huge discounts** on a wide range of styles

Important: To ensure entry, please book your tickets in advance by following this link:
<https://friends-of-cawston-grange-pta.sumupstore.com/>

Please note: We cannot guarantee on-door entry, so be sure to pre book your tickets to avoid disappointment. All proceeds from ticket sales will go towards raising funds for our school.

Don't miss out on this fantastic opportunity to shop and support a great cause!

PTA next meeting is Wednesday 19th March, 6.30pm at Cawston Grange Primary School

- If you would like to know more about our upcoming events please come along.



Weekly Online Safety Bulletin – Using Technology to Boost Reading Skills

The way we engage with text has changed dramatically over the years. Whether reading captions on social media, instructions in a video game or an e-book on a digital device, technology plays a major role in modern literacy.

To help struggling readers, many digital platforms offer tools that enhance readability by making text more accessible and engaging. There is also a broad range of accessibility features available, such as screen customisation and text-to-voice technology, which may help children and young people improve their literary confidence. This free guide offers ten top tips on how you can help young readers engage in text and foster a love for reading.

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

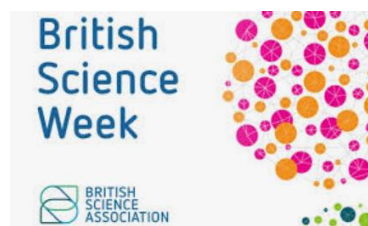
School Lunches - New Ordering system

Remember that if your child is having a hot school dinner, meals need to be booked no later than 9am via your Swiftkitchen app. If you have booked a lunch and no longer require please cancel it before 9am on the day, as we are unable to remove orders.



British Science Week

British Science Week 2025 is running from the 7th - 16th March with a theme of "Change and Adapt". We have been celebrating it in school this week with lots of classroom-based activities. We would also like to remind you about this year's poster competition as there is still time before the closing date on Monday.



Encourage your child to think about change and adaptation – what it means to them and how it relates to science they've learnt about – to come up with ideas to include in their poster. Here are some points and questions to get you going:

1. Get children to think about ways that they might have changed or adapted to new experiences and places as they've grown.
2. What about change and adaptation in the world, and beyond? How do plants and animals adapt to a changing environment? Do the stars and planets in space change?
3. Technology changes all the time, how is it changing our lives? Is it always for the better?

The judges will be looking for creativity in approach, clear and accurate content and effective communication. They should be on A3 or A4 paper and you can use pop-up pictures, pull out tabs or use materials such as pencils, paints, crayons and paper to create your posters. Please give your completed posters to your child's class teacher before the closing date of Monday 17th March.

School Year

2024/2025

Diary Dates – Spring Term 2025

March 2025		
21/03/25	Year 1 Spring Assembly 2.30pm	Book your seat via SCOPAY, Maximum of 2 adults per child
25/03/25	Year 6 Leavers Hoodies, Final order Day	Details sent via e-mail
27/03/25	Year 1 Butterflies DT Workshop	2pm, Please book places via SCOPAY account
28/03/25	Year 1 Red Pandas DT Workshop	2pm, Please book places via SCOPAY account
31/03/25	Last Week of Teacher Led After School Clubs	
April 2025		
01/04/25	Year 1 West Lodge Farm Trip	Consent and payment via SCOPAY accounts
03/04/25	Year 2 Seaside Day Workshop	Consent and payment via SCOPAY accounts
03/04/25	PTA Joules Outlet Sales Evening	Booking via PTA
05/04/25	Years 5 & 6 Primary School Swimming Gala	More details to follow, teams to be selected
07/04/25	RockSteady Concert to parents with children attending RockSteady Club	2.30pm School hall
08/04/25 & 09/04/25	Year 4 Priates V's Mermaids Performance, 2pm	Book your seat via SCOPAY, Maximum of 2 adults per child
8/04/25 & 10/04/25	Parents evening	More details to follow
11/04/25	PTA Easter Hunt	More details to follow
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	
28/04/25	Year 4 Egyptian Day Workshop	Consent and payment via SCOPAY accounts
30/04/25	Reception Twycross Zoo Trip	Consent and payment via SCOPAY accounts
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		
05/07/25	Summer Sizzler	
7-18/07/25	Year 3 & 4 Swimming Lessons	More details to follow
17/07/25	Year 5 Trip to London	Consent and Payment via SCOPAY
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

Mental Health in Schools – Self-Care

Mental Health in Schools – Nutrition

Weekly Online Safety Bulletin – Using Technology to Boost Reading Skills



SAFELINE'S PARENT WORKSHOP

HOW TO KEEP YOUR CHILD SAFE ONLINE!

Online Safety Workshop
Wednesday 9th of April 2025
5-6pm

This workshop provides key knowledge around how social media/apps can be used safely and the risks/dangers of the online world.

If you would like to attend please confirm by emailing ramandeepd@safeline.org.uk | please include your child's school name

Please join by going into Zoom and putting in Meeting ID: 765 294 7590




CODING CLUB



Every child born this century should learn to code!

- Bill Gates

ESSENTIAL SKILLS FOR YOUR FUTURE

LIMITED PLACES

Innovation Pod will be running its award-winning Coding Club at Cawston Grange

YEARS 1-6 - WEDNESDAY

Children in KS1 will be learning our Creative Music module. Children learn and apply their coding skills to create melodies and rhythm that come out of their computer's speakers. They apply these skills across four different platforms, including the virtual micro:bit and Pencil Code Gym. This module is an excellent opportunity for the children to learn about how they can be creative with their coding as they build up their block coding skills whilst also learning a little bit about music creation.

Children in KS2 will be learning our Code Combat module. In this module, pupils will need to type lines of Python to complete a series of exciting programming games. They will solve puzzles and learn the basics of this important coding language, including: syntax, arguments, strings, loops, variables, and algorithms.

Sign up using this link: <https://app.johns.online/0/app/johns/login>

Classes will start straight after school and finish at 4:30pm. Clubs cost £7 which is paid via a one-off Direct Debit. This is NOT a recurring payment.

Clubs will run on the 26th April - 14th July (including half term)

Follow us on any of our social media platforms to see our lessons in action [@InnovationPodUK](#) [@InnovationPod](#) [@InnovationPod](#)

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Friday 25th April

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3.30 to 4pm collection



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