

# CAWSTON GRANGE PRIMARY SCHOOL NEWSLETTER

# Friday 21st March 2025

Our Junior Leadership Team are excited to introduce a new way of celebrating Dojo points. From now on, each term the child in every class with the highest number of Dojo points will receive a special Dojo Champion medal to keep. These medals will be presented during our termly Excellence Assembly, alongside our Core Value Certificates for excellence, respect and friendship, which are awarded by class teachers.



We're also pleased to share that we will begin inviting parents of children who are receiving awards to attend our termly Excellence Assemblies. Invitations will be sent out to parents one week in advance. The assemblies usually take place on the final day of each term with Key Stage 2 at 9.00am and Reception/Key Stage 1 at 2.45pm.

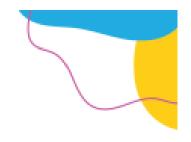
A huge congratulations to Tehara in Year 6, who achieved a silver award in the Primary Maths Challenge – an excellent achievement. Well done also to our cross country team – nine children have been selected to represent the school at the Warwickshire finals this weekend. We're very proud of you all and wish you the best of luck. A special mention goes to Bella in Year 4, who has been chosen to represent Warwickshire in the national finals – an outstanding achievement!

In OPAL news, we've launched our Opal Bingo challenge this week – thank you for all the donations we've received so far. We also opened our brand new sandpit, which has already brought plenty of fun (and sandy toes!) to lunchtimes.

Mrs Worthington Head Teacher

## **Mental Health in Schools – Positivity**





# **Positivity**

"Every day may not be good, but there is something good in every day." - Alice Morse Earle.

Positivity means focusing on the good things in life, even when things get tough. It's about thinking and acting in a way that makes you feel happy and hopeful. Being positive can help you feel better, solve problems, and have a more joyful life.

#### Our tips for practising positivity:

- Focus on the good Look for the positive in every situation. Every day, there is always something positive.
- Use positive words Try saying things like "I can do this" or "I'll keep trying and I will get there".
- Be kind to yourself Don't be too hard on yourself. Try to remind yourself that you are trying your best. Celebrate any small successes!
- Practise gratitude Think about three things that you are thankful for each day. It could be something as simple as a sunny day or a friend saying something nice to you.
- Spend time with positive people.
- Find something you enjoy Whether it is a hobby, sport, quality time with friends and family, or watching your favourite TV programme, doing something you love can bring you joy.
- Try using positive affirmations Tell yourself one positive thing every day, like "I am enough" or "I am trying my best".
- Help others Helping someone else, even in a small way, can make you feel good about yourself too.
- Keep a positive journal Write down things that you are proud of or moments that made you smile.

### Positivity makes a big difference!

When you practise positivity, you start seeing the world in a brighter way. You can face challenges with confidence and believe in yourself.

Positivity is also contagious - when you're positive, you inspire others to be positive 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.

# **Weekly Online Safety Bulletin – Streaming**

Livestreaming is now a major part of children's entertainment, evolving from gamers sharing screens into a booming industry with diverse personalities. While watching streamers can be entertaining, it comes with no small number of risks for children, such as misinformation, negative influences, and inappropriate content. With over 2.5 million viewers on Twitch – the current most popular streaming platform – at any one time, this guide highlights the potential dangers associated with watching livestreams and the importance of staying informed.

# **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.



# **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         | More details to follow, teams to be           |  |  |  |
|            | Gala  | selected                                      |  |  |  |
| 07/04/25   | RockSteady Concert to parents with          | 2.30pm School hall                            |  |  |  |
|            | children attending RockSteady Club          |   |  |  |  |
| 08/04/25 & | Year 4 Pirates V's Mermaids                 | Book your seat via SCOPAY, Maximum            |  |  |  |
| 09/04/25   | Performance, 2pm                            | of 2 adults per child                         |  |  |  |
| 8/04/25 &  | Parents evening                             | Booking opening Monday 24 <sup>th</sup> March |  |  |  |
| 10/04/25   |   | at 5pm Via SCOPAY accounts                    |  |  |  |
| 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

| Diary Dates - Summer Term 2023 |                                       |   |  |  |
|--------------------------------|---------------------------------------|---|--|--|
| 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                 |  |  |
| 06/05/25                       | Braiswick Class Photos                |   |  |  |
| 21/05/25-                      | Year 6 Residential                    |   |  |  |
| 23/05/24                       |                                       |   |  |  |
| 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                      |                                    |                                |  |  |
| 01/07/2025                     | Sports Day                         | Weather permiting              |  |  |
| 02/07/2025                     | Secondary School Induction Day     |                                |  |  |
| 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**

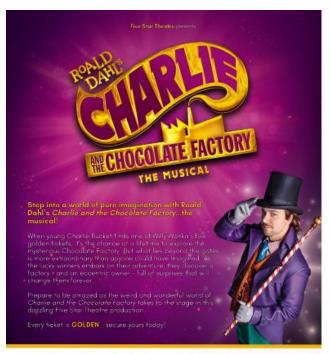
Mental Health in Schools – Positivity Weekly Online Safety Bulletin – Streaming



| Spring Timetable  all sessions delivered live online via zoom £24 each 90 minutes long book online at facefamilyadvice.co.uk |             |  |  |
|--|-------------|--|--|
| Anxiety Explained  | 18 MAR 7pm  |  |  |
| What is ACT?   | 20 Mar 7pm  |  |  |
| Understanding the Teenage Brain  | 24 MAR 10am |  |  |
| Supporting Healthy Sleep   | 24 MAR 7pm  |  |  |
| Decreasing Depression  | 25 MAR 10am |  |  |
| Raising Self-Esteem  | 25 MAR 7pm  |  |  |
| AUTISM: Improving Communication  | 2 APR 10am  |  |  |
| Supporting a Child with ADHD   | 3 APR 10am  |  |  |
| Improving Family Communication   | 3 APR 7pm   |  |  |
| Supporting Healthy Screen Use  | 7 APR 10am  |  |  |
| Facing Defiance  | 7 APR 7pm   |  |  |
| Anxiety-Based School Avoidance   | 8 APR 10AM  |  |  |
| Understanding Anger  | 8 APR 7pm   |  |  |
| Anxiety Explained  | 14 APR 10am |  |  |
| Cannabis & Ketamine Awareness  | 14 APR 7pm  |  |  |







#### Performance Dates & Times

| Thu 3 April |        | 7:30pm |
|-------------|--------|--------|
| Fri 4 April | * 1    | 7:30pm |
| Sat 5 April | 2:30pm | 7:30pm |

#### Ticket Information

Standard: £19.50 Concession: £17.50 Box Office: 01788 533719 Open Monday to Friday Sam to 4on

(Open Monday to Friday, Sem to 4pm)

Book Online: bennhall.co.uk

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