



St Matthias CE Primary School Newsletter

Friday 7 October
2022

Latest news from school:



School recipe book

We are putting together a school recipe book to sell at the school Christmas fair. We would love your favourite family recipes. This is being set as homework next week so please look out for

it. Please send in your recipes electronically as we will not have the time to type them all up!

Breakfast club feedback: Parent/Carer Surveys

The company that we work with for our breakfast provision are keen to engage parents and carers in finding out more about morning routines and breakfast eating habits. Parents will have the option to be entered into a prize draw for their time.



<https://surveys.qaresearch.co.uk/magicbreakfastparent.asp>

Hot chocolate Friday! Pupils enjoyed hot chocolate this week. They have consistently displayed exemplary behaviour and learning.



Yr 1 Crystal	Yr 2 Ruzgar	Yr 3 Fareedah	Yr 4 Daniel	Yr 5 Roshni	Yr 6 Le'Mari
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City of London 'Getting Help with the Cost of Living' [webpage](#)
Hackney money help and advice [webpage](#) including a [new PDF guide](#) of support available to Hackney residents

General Advice: The MoneySavingExpert 'Cost of Living Crisis Survival Guide' has some good tips.

Mental Health support ([CAMHS Alliance Support](#))

Support Service Locator ([Hackney](#))

Parenting Resources ([City of London](#))

Domestic Abuse Support in [City of London](#) and [Hackney](#)

Council Tax Rebate in [City of London](#) and [Hackney](#)

Foodbanks: The Trussell Trust '[Find a Food Bank](#)' (includes a [Hackney](#) specific page)

Important dates:

Individual/Sibling Photos
Tuesday 11th October

Parent consultations
(more details to follow)

2 November 13.00 - 15.30 and 16.00 - 17.00

Remembrance service
Friday 11 November at 2.00pm.
Everyone is welcome

Year 4 residential to Ufton Court
14 - 16 November

Year 6 residential to Penrith
21 - 25 November

School Panto
Thursday 8th December

School Christmas lunch and Christmas jumper day
Friday 9 December

Service of Thanksgiving
Monday 12 December 2.45pm. Everyone is welcome

Christmas Events
Tuesday 13 December
EYFS Nativity at 9.00am

Search 'food bank' on the City of London Family Information Service directory		<p>KS1 and KS2 Carol service at 2.00pm <i>Everyone is welcome</i></p>
<p>News from our classes: What has been the most memorable learning this week?</p>		
		<p>Year EYFS: This week, children in EYFS have been learning about what makes a good friend and how to share. We have been reading 'Hello Friend' and thinking about how people's facial expressions show how they are feeling. We then thought about how we would ask people if they wanted to play with us.</p>
<p>Year 1: This week we have started our new story Traction Man! He gets up to all kinds of adventures. We are learning how to write a narrative and are planning to produce our own adventure stories!</p>	<p>Mr Daniel's PE: This week in PE all years have been continuing to work on their sport for the term. Year 1 and 2 have been focusing on fundamental movements and skills through games. Year 3 and 4 continue to show their progress and development in handball. Year 5 and 6 have also been working excellently in netball.</p>	
	<p>Year 2: In year 2 we have been learning about how quickly the fire spread in 1666. We have also been learning about temptation in RE. In writing we wrote amazing Bluebird fact files that will be sent home.</p>	<p>Year 3: Have been exploring bones and muscles this week. We have learnt many names for our bones and have been learning about how our muscles help us to move. We love testing our scientific understanding!</p>
<p>Year 4: Year 4 learnt all about the Roman Army, and how its military was essential to the empire's expansion. We studied maps of Rome's expansion and also investigated what life was like for a Roman legionary.</p>	<p>Year 6: This week Year 6 have been learning about how the Christian message has been spread. The class thought about what beliefs and values that they held and how they would like to use this to spread kindness to others.</p>	
<p>Year 5: This week, In Science, we have looked at how forces affect everyday life. In writing, we researched the Syrian refugee crisis and planned a persuasive letter to Liz Truss, to address the problem.</p>		

School value in focus this week: **Forgiveness**

Each week the class teacher nominates a pupil in their class who has shown the school value that was in focus.

The pupils who received badges are:

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Selasi	Amaya	Alberta	Aaliyah	Hephzibah	Lebron

Family Friday: What is a Family Friday? This is a time when you can come into school to find out about the curriculum your child is learning. It is a great opportunity to ask all the questions you may have. Family Fridays run from 8.45 - 9.30 each week. We will share the themes for each week but if there is something in particular you would like to know more about then please let us know so we can organise a session.

Keeping Children Safe:

The safeguarding of the children at St Matthias is our number one priority. We adhere to stringent safeguarding procedures to protect the welfare of all the children who come to our school. We will endeavour to work with parents and carers as it is our duty as a school to protect our children and to keep them safe.

If you have any concerns or queries, please do not hesitate to contact our designated safeguarding lead (Ms Redman) or leadership team (Ms Martin)

St Matthias Church of England Primary School

Wordsworth Rd, London N16 8DD

Tel: 0207 254 1148 • Fax: 0207 275 9215 • Email: admin@st-matthias.hackney.sch.uk

Executive Principal: Sian Davies • **Head Teacher:** Kate Redman (Interim)



Is coaching right for me and my family?

Have you noticed that you are sometimes finding it difficult to manage one or more of the following:

- Feeling anxious?**
- Low self-esteem?**
- Feeling stressed?**
- Anger or frustration?**

‘Yes! That sounds like our family.’

Coaching could support you to understand these feelings and how you can manage them with greater success.

It could also enable you to realise your strengths and use them to overcome difficulties.

All are welcome to attend our drop in sessions, coffee mornings and support groups, where we can offer wellbeing advice.

As coaching is a tool to support those in distress but coping, we are happy to speak with you and recommend alternative services that can support you with your needs.

Family Coach Offer

What we do

We act as a connection between family home life, school and community.

Aims of the service

We aim to provide coaching and mentoring opportunities;

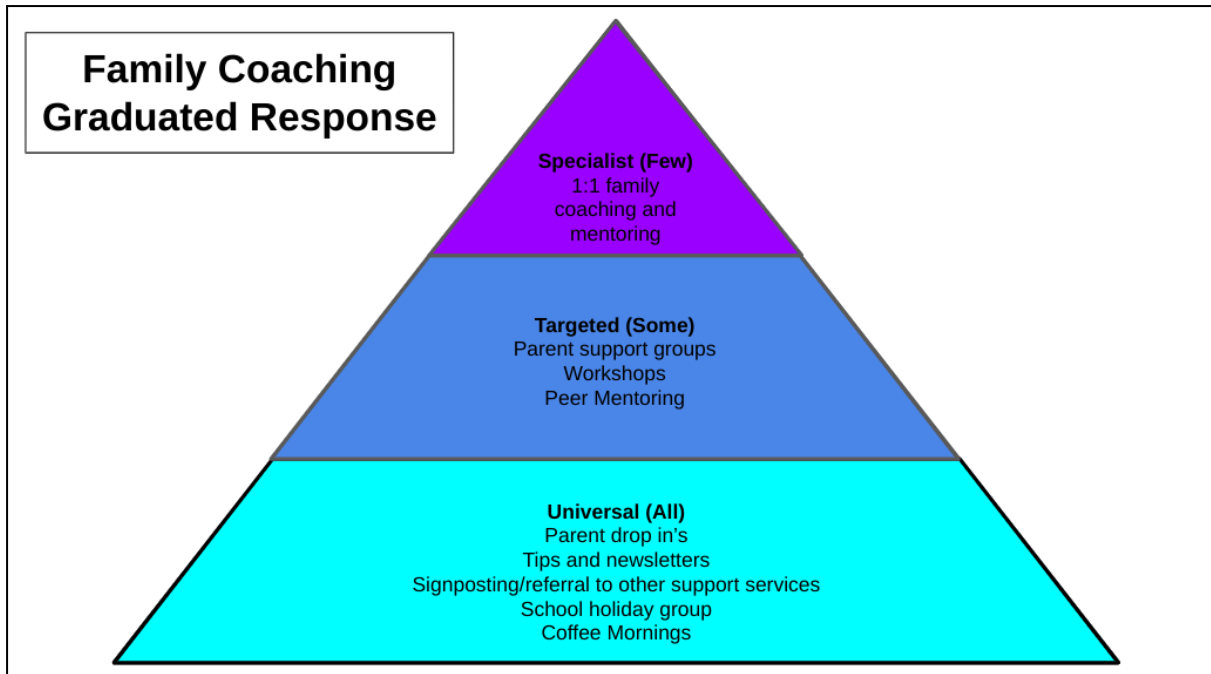
- ★ To support families to identify and talk about difficulties they are currently facing and then find a way forward in their journey.
- ★ To actively listen to families and identify possible workshop opportunities within communities.
- ★ To provide a non-judgemental and confidential space for families.

Long term goals of the service

- ★ To empower families to realise they have the answers and put their ideas into action.

- ★ To create a network of support with the community. For example; Parent peer mentors.

Service graduated response



Universal (All)

Parent drop-ins are safe spaces that are created to encourage parents to share current concerns, stresses and challenges. Within these drop-ins, the family coach aims to offer advice, signposting to other services and support.

Tips and newsletters are a half termly collection of family success and challenges within the community that can be shared to support others in their journey. Family identities will remain anonymous. We also aim to signpost families to local activities during the holidays.

Signposting/referrals. As Hackney Education is an integrated service it makes signposting and referring families to appropriate services easy.

School Holiday Groups are an opportunity for the whole family to come together and engage in activities that help strengthen the bond you all share. It's an opportunity to share your successes with the community and build connections with other families in the local area.

Coffee Mornings

Supporting schools to set up a relaxed space where you can come and meet other parents in an informal setting.

Targeted Support

Parent support groups are targeted towards parents who have children with additional needs. It is a safe space where parents are encouraged to recognise their parenting strengths and share their experiences, working with everyone to find solutions and develop their parenting styles. They are spaces for parents to work towards goals with the support of a wider community who can celebrate successes. They are a place where you can feel heard and listened to.

Workshops are a chance for parents to develop their existing knowledge, learn new skills and share skills and experiences to support them in managing common challenges faced by families or specific to their child's needs. For example; How to support your child's learning at home, understanding autism and the importance of parental well-being.

Peer mentoring is an opportunity for parents who have accessed the family coaching services, workshops and groups to guide and support other parents. These parents would support other parents who may be experiencing the challenges of having a child with additional needs for the first time or during a new experience (e.g. moving from primary to secondary school).

Specialist Support

1:1 Family Coaching and mentoring aims to work with the individual parent or whole family unit to identify areas where support is needed and change is required and work towards self directed goals based around this. It may also include some prescribed goal setting around managing your child's needs

FAQs

What is a family coach?

A family coach aims to work alongside the family to build connections between school and the community. We aim to do this through coaching and mentoring one to one with a family member, as a family unit or in a wider group setting. For example; within parent support groups.

What is coaching vs mentoring?

Coaching is seen as a short term intervention where we support you to achieve your own goals towards a specific outcome. Here are some examples of what coaching could support your family to with:

- Develop a self care plan to manage stressful situations
- Feeling more confident in your parenting abilities
- Empowering you to connect with professionals to enhance your child's school experience.

Mentoring is working together to achieve directed goals, typically over a longer period of time. For example, supporting you to action suggestions on your child's EHCP.

How do families access the service?

If you feel a family may benefit from support from the Family Coach team please contact:

- emily.sadana@hackney.gov.uk - Supporting schools based in North Hackney.

- rachel.gellett@hackney.gov.uk - Supporting schools based in South Hackney.

Can a family receive the support if a child hasn't had an official diagnosis?

Yes. If a child has identified additional needs they will be welcome to work with us. The level of support offered will depend on the identified level of need.

How is information stored/what is confidentiality like?

All information is stored confidentially on our virtual drive. Information will only be accessed/shared by relevant professionals whom you have consented to unless there is a safeguarding concern. In which case, appropriate safeguarding procedures will be followed.



Yoga Club at

St Matthias CofE Primary School

For Reception, KS1 & KS2 Children

Dear Parents/Carers,

At BEAM ACADEMY children step into the realm of pure imagination. Whether it is climbing aboard a pirate ship and sailing the seven seas, dancing with the monkeys and exploring the jungle or blasting off to the moon on a spectacular space adventure. The only limit is a child's imagination.

Our programmes are great for developing emotional, mental and physical well-being, using a combination of storytelling and yoga inspired moves and combining it with music, yoga postures, accessible and fun breathing techniques and games.

Children love nothing more than play, imagination and learning how to be creative. BEAM ACADEMY's yoga classes do just this.

The club will run on every **Tuesdays 3.30pm for Reception to Year 2 Children** and **Thursdays 3.30pm - 4.30pm for Year 3 to Year 4 Children**. The club costs £8 per hour.

If you're interested in signing up for the yoga class, please email classes@beam.academy with your child's name and year group.

Regards,

BEAM ACADEMY

All Beam Academy Instructors are enhanced DBS checked, insured, trained in first aid and safeguarding



BEAM ACADEMY
BODY ENERGY AND MINDFULNESS

