



## St Matthias CE Primary School Newsletter

**Friday 15th March  
2024**

### Latest news from school:

This week, some of our year 5s and 6s practised their cycling skills, with some of them cycling on the roads. They learnt about how to look after their bikes, road safety and the importance of listening when cycling.



### Upcoming Coffee Mornings

Please join us from **8:45-9:15** in the **Community Room**.

These are opportunities for us to share information with you about a range of subjects. We hope to see as many people as possible.

### Spring 2:

<b>Thursday 21st March</b>	Neurodiversity Week
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<b>PE next week - please ensure pupils are in appropriate PE kit</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
Y5	<b>Y6</b>	EYFS Y3	<b>Y1 and Y2</b>	Y4 <b>Swimming</b>

### **Hot chocolate Friday!**

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

Yr R	Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
Zayn	Ryaan	Selasi	Joellianna	Artem	Jennah	Kaiden

### Important dates:

**Thursday 21st Mar:**  
Neurodiversity Week  
parent workshop  
(8:45-9:15am)

**Thursday 21st Mar:**  
Parents Evening  
Nursery - Y6

**Thursday 28th Mar:**  
Last day of term  
3:30pm Finish. Clubs  
are still running.

Sports sessions  
throughout the day -  
All pupils to wear  
sports kit

**News from our classes: What has been the most memorable learning this week?**

<p><b>EYFS:</b> It has been a fun and busy week in EYFS. Well done to the children who walked all the way to the bookshop on Thursday - everyone was very sensible and we loved looking at all the books to choose from. For British Science Week we explored the question "What happens to our body when we exercise?". We have been doing lots of workouts and having interesting conversations about how our pulse and heartbeats feel, and how we feel out of breath or tired afterwards.</p>	<p><b>Year 1:</b> We have had a great week! This week we celebrated British Science Week. We know that we are all scientists and had great fun carrying out an experiment to observe weather changes. We also had a lovely time walking to the bookshop in the sunshine! We are very excited to read our new books at home!</p>	<p><b>Year 2:</b> We have had lots of fun celebrating British Science Week this week. We conducted an experiment to investigate why birds have different shaped beaks. We have also been writing some amazing speeches about achieving equity in sports and we had lots of ideas for how we could encourage more girls to take up football. We also went to Stoke Newington Bookshop to spend our World Book Day vouchers - What a great week!</p>	
<p><b>Year 3:</b> As part of our new writing cycle year 3 has begun to focus on 'what a debate is'. Alongside this, they have been focusing on developing their oracy skills to ensure they are able to effectively present their argument using the structure PEEL (point, evidence, explanation, link back). Well done year 3!</p>	<p><b>Year 4:</b> We had amazing fun celebrating British Science Week! We created our own switches to embed into a circuit, trialling different materials to build the perfect switch. We are excited to share all of this learning with our parents at the end of the week.</p>	<p><b>Year 5:</b> During Science Week, Year 5 focused on the fascinating topic of changing materials, investigating the differences between physical changes, such as states of matter and dissolving, and chemical changes from reactants to products. This exploration underscored the significance of understanding material properties in everyday life and environmental conservation, enhancing their scientific literacy and curiosity.</p>	
<p><b>Year 6:</b> Friday 8th March was International Women's Day. The class have looked closely at some of the challenges that women have faced within support and have written biographies about two female footballers. Check out the achievements of these sporting stars in our class book!</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 have shown excellent **forgiveness** are:

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Jasmyne	Maya	Enzo	Chantae	Alberta	Whole Class	Abigail

### **Neurodiversity Week and Coffee Morning**

Next week is neurodiversity week. ALL parents and carers are invited to our next coffee morning next Thursday on Neurodiversity. Here are some top tips to get you started:

[Talking to your child about autism - CBeebies - BBC](#)

[Neurodiversity Early Years & KS1 Service - ADHD Foundation](#)

[Neurodiverse Parenting](#)

Tip for keeping pupils safe online (taken from [saferinternet.org.uk](https://saferinternet.org.uk))



#### **Talk with your child about responsible use of their tablet**

Discuss what is okay and not okay to use it for and look at the possible risks. Tell your child what they should do if something goes wrong while using it. This could be to turn off the screen and tell an adult.



#### **Think about the location of the tablet**

Will it be in a shared family space or in a bedroom? Where will the tablet charge overnight? Think about: setting time limits; reminding your child about the risks of communicating online with people that they do not know; and encouraging them to come to you with any worries.



#### **Explore parental controls**

Take a look at the controls available both on the tablet itself and on your home Wi-Fi. Talk these through with your child too. Parental controls are a helpful tool, but an open conversation with your child is the most important thing.

[https://www.youtube.com/channel/UCoP\\_ymSdwEBhB530cmcBW\\_g?app=desktop](https://www.youtube.com/channel/UCoP_ymSdwEBhB530cmcBW_g?app=desktop)

#### **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 Baez) or leadership team (Ms Martin/Ms Frohock/Mrs Blewett)

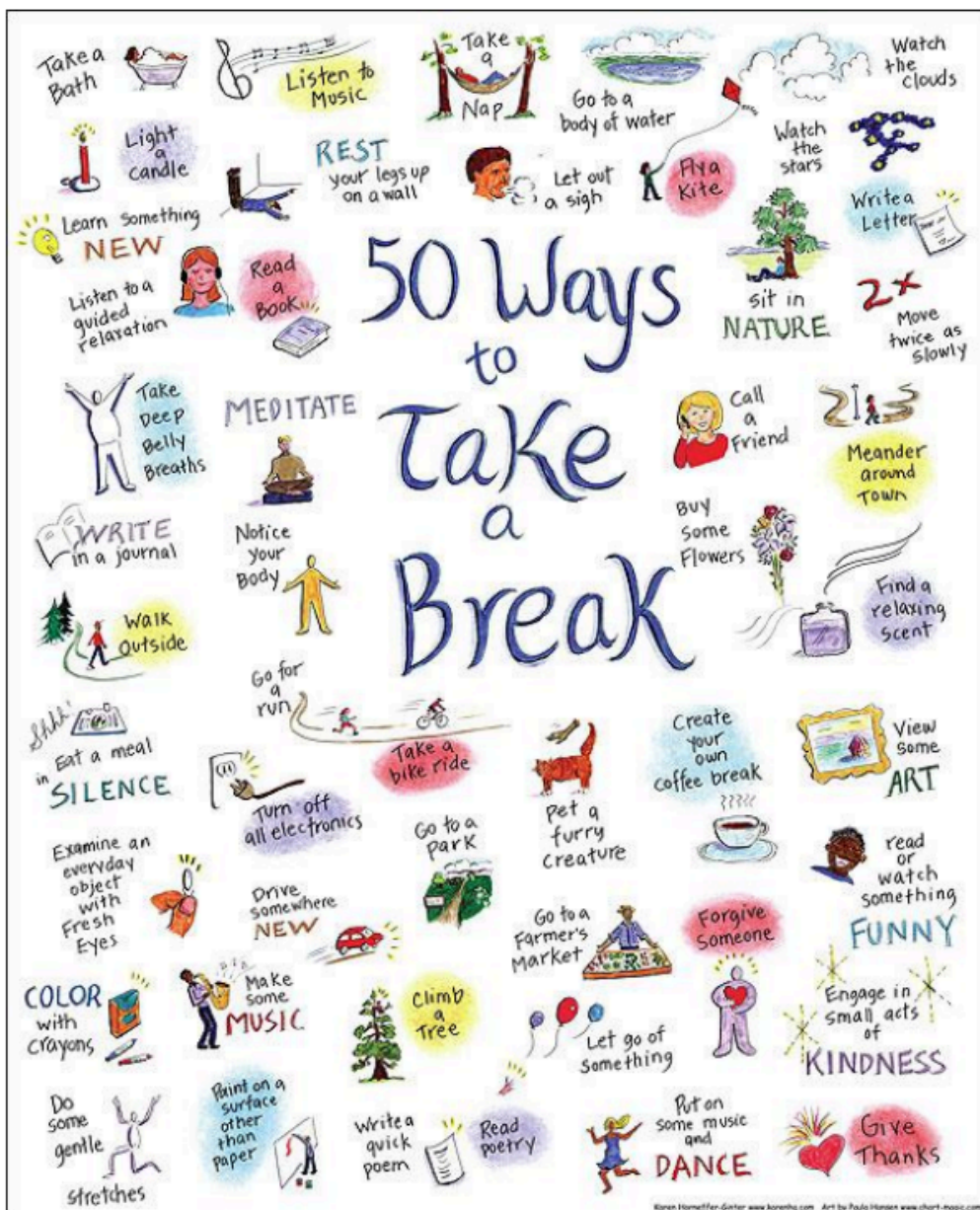
## Pupil Attendance and Punctuality

As a school it is really important that we keep accurate records of the children's attendance and punctuality. If your child is unwell, or will be absent from school for any reason, please telephone the school office and speak to Ms Janiece to report the absence. Alternatively you can email on: [admin@st-matthias.hackney.sch.uk](mailto:admin@st-matthias.hackney.sch.uk)

It is important that we have this information by 9:00 am at the latest.

## Wellbeing

Here are some lovely short ideas that support our physical and mental wellbeing. *How many have you tried this week?*



## Helplines to Support Wellbeing and Mental Health



To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email [jo@samaritans.org](mailto:jo@samaritans.org) or visit some branches in person.



If you're under 25, you can call The Mix on 0808 808 4994 (3pm–midnight every day), request support by email [using this form on The Mix website](#) or [use their crisis text messenger service](#).























If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10pm every day).



Campaign Against Living Miserably (CALM). You can call the [CALM](#) on 0800 58 58 58 (5pm–midnight every day) if you are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the [CALM webchat service](#).

## Zones of Regulation

We use Zones of Regulation across the school to support us to articulate our feelings. We encourage all parents and carers to use the language of zones at home too:

 <b>Green Zone</b>	 <b>Yellow Zone</b>
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  happy         </div> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  calm         </div> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  good         </div> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  ready to learn         </div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  excited         </div> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  silly         </div> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  confused         </div> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  worried         </div> </div>
 <b>Blue Zone</b>	 <b>Red Zone</b>
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  sick         </div> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  sad         </div> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  bored         </div> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  tired         </div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  mad         </div> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  angry         </div> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  terrified         </div> <div style="border: 1px solid white; border-radius: 10px; padding: 5px; text-align: center;">  furious         </div> </div>



## STARTING WEDNESDAY 28TH FEBRUARY 2024

Increasing confidence and reducing stress

Parent Empowerment group - Delivered by the Family Coach Service

WEDNESDAYS 9:30 - 10:30 AM @ ST MATTHIAS PRIMARY SCHOOL

<b>Cognition &amp; Learning</b> 	<b>Communication &amp; Interaction</b> 
<b>Social, Emotional &amp; Mental Health</b> 	<b>Sensory &amp; Physical</b> 

For families with children that have special educational needs (SEN).

In any of the 4 areas of SEN.

No formal diagnosis or EHCP required.



<b>28TH OF FEBRUARY</b>	<b>6TH OF MARCH</b>	<b>13TH OF MARCH</b>	<b>20TH OF MARCH</b>	<b>27TH OF MARCH</b>
Establishing your best hopes	Identifying your strengths	How to catch and change your thoughts in stressful situations	Exploring what supports you when you feel stressed	What would you do if you knew you couldn't fail?

10 spaces available. Please send us an email to book your place today [familycoach@hackney.gov.uk](mailto:familycoach@hackney.gov.uk)

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**APPLICATIONS CLOSE  
SUNDAY 17TH MARCH 2024**

**Enquiries:**

**[applyforjuniorbakeoff@loveproductions.co.uk](mailto:applyforjuniorbakeoff@loveproductions.co.uk)**