



**BOOTHVILLE  
PRIMARY SCHOOL**

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## School Newsletter

It has been lovely to see the children enjoying time outdoors in the lovely weather that we have had this week. Next week our Year 6 children will be taking their SATs. They have all been working extremely hard in preparation and we know that they will all do their best.

Good Luck!

### Next Week's Diary Dates

| Day   | Name of Club       | Year Group   | Time        |
|-------|--------------------|--------------|-------------|
| Mon   | Drums              | KS2          | 12:30-1:40  |
|       | Cricket Club       | KS2          | 3:30-4:30   |
|       | Tennis/Hockey      | KS2          | 3:30-4:30   |
| Tues  | Latin and Ballroom | Yr 2/3/4/5/6 | 7:45-8:40   |
|       | Football           | Yr R/1/2     | 7:45-8:40   |
|       | Guitar             | KS2          | 11:00-12:00 |
|       | Football           | Yr 3/4       | 3:30-4:30   |
|       | Dodgeball          | Yr 5/6       | 3:30-4:30   |
|       | Rock Choir         | KS2          | 3:30-4:30   |
|       | Gardening          | KS2          | 3:30-4:30   |
| Weds  | Keyboard           | KS2          | 9:00 -12:00 |
|       | Brass              | KS2          | 10:10-10:40 |
|       | Girls' Multisports | KS2          | 3:30-4:30   |
|       | Football           | Yr 5/6       | 3:30-4:30   |
| Thurs | Gymnastics         | Yr 1/2       | 7:45-8:40   |
|       | Archery            | KS2          | 3:30-4:30   |
|       | Woodwind           | Thursday     | 2:30-3:00   |
|       | Girls' Football    | Yr 3/4/5     | 3:30-4:30   |
|       | Illustrator's Club | Yr 1/2/3     | 3:30-4:30   |
|       | Coding Club        | KS2          | 3:30-4:30   |
| Fri   | Archery            | Yr R/1/2     | 7:45-8:30   |
|       | Upper Strings      | KS2          | 11:15-12:15 |
|       | Multisports        | Yr R/1/2     | 3:30-4:30   |
|       | Gymnastics         | KS2          | 3:30-4:30   |

### Save The Date

16.5.24

Reception to West  
Lodge Farm

23.5.24

Year 6 to Holdenby

### Last Week's Attendance Heroes

1TD  
97.3%

**FANTASTIC**  
**Well done Tiddlers!**  
Current overall school  
attendance is 93.5%  
OFSTED minimum  
expectation is 97%

### Next Week's Dinner Menu

#### Monday

Chicken curry and rice or jacket potato with a choice of beans, cheese or tuna and salad

#### Tuesday

Roast chicken/halal chicken or Quorn roast fillet with roast potatoes, Yorkshire pudding, carrots and broccoli

#### Wednesday

Pork meatballs or halal chicken in tomato sauce, wholemeal pasta, garlic bread and diced mixed vegetables  
Macaroni cheese

#### Thursday

Pork sausage/halal chicken sausage or Quorn vegetarian sausage, bread roll, potato wedges and mixed salad

#### Friday

Double cod fish finger or fish star or veggie nuggets and chips with beans or sweetcorn

**Reception, Year 1 and 2 are eligible for a hot meal at lunch time with no payment needed.**

**All dietary needs and requirements can be catered for.**

**Please remember to book your school dinner via the Payments section of the Parent App. This includes children who are entitled to a hot meal in Reception, Year 1 and Year 2 as well as children who have Free School Meals in KS2. Remember that this needs to be done by midnight the night before.**

## Sports Report

### OUTSTANDING EFFORT.

Well done to our Year 4 Quadkids who competed in the NSport Quadkids on Wednesday. Over 32 schools entered this town competition and we were silver medalists coming 2nd overall. The children have been practicing athletics in their PE lessons and we visited the athletics club last week and had some specialist training. The children were very confident and all the children performed their best. Well done to Austin, Aoife, Alex, Remi, Emily, Darius, Jasmine, David, Daria and Asher. We will now represent the Town at the County finals in July. Well done everyone!



### SPORTS DAYS -DATES

We will be holding our Sports Days during the week beginning 20<sup>th</sup> May 2024.

| Year Group | Date and time  |
|------------|----------------|
| Reception  | 20.5.24 @ 9:15 |
| Year 1     | 21.5.24 @ 9:15 |
| Year 2     | 21.5.24 @ 1:30 |
| Year 3     | 22.5.24 @ 9:15 |
| Year 4     | 22.5.24 @ 1:30 |
| Year 5     | 23.5.24 @ 9:15 |
| Year 6     | 24.5.24 @ 9:15 |

### SAFEGUARDING

May is Mental Health Awareness month. As part of this, we had a visit from MHST (Mental Health Support Team) on Wednesday. They came to deliver a workshop to parents and also teachers. We have been conducting some surveys with pupils and staff in order to audit our provision for mental health and create a training schedule. There is a parent survey to complete as well. It only takes 5 minutes and your views would be greatly appreciated.

[Survey Link](#)

The team are also coming in to talk to the children in assembly on Monday 20<sup>th</sup> May.  
For more ideas on how to support with mental health, see the final page.



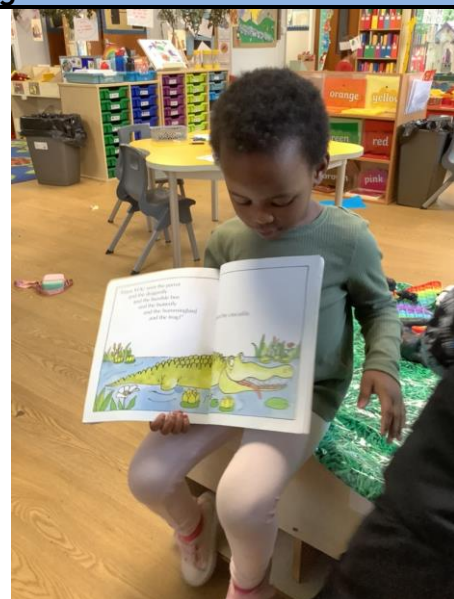
## GARDENING CLUB

Our after-school gardening club have been very busy weeding and tidying the planters on Tuesday afternoons. This week, they planted up the pots and boxes in front of the office. While you are doing your own pots and baskets this weekend, you may find that you have spare plants or compost that you don't have space for. Any donations would be gratefully received as we continue to work on other areas around the school over the next couple of weeks. We'd also like to thank the parents who have kindly given us seeds this term. Any donations can be taken to the office or to 4QO's classroom. Thank you

### What have Nursery been learning?



This term Nursery have been learning all about Animals. We have played in a farm house, zoo, vets and minibeast world. We have made our own animals in junk modelling, and with playdough, as well as get messy by rolling pigs in mud, catching fish in water and doing lots of painting to create different animals. We have cut out masks and acted like animals, learning how they move. We have explored the life cycles of animals, specifically that of a caterpillar, a frog and a ladybird. We have found out facts about



different animals thought watching videos, reading books and sharing our own experiences, we have also found out what animal we are as tall as. We have loved learning about animals.



### And finally...

...current house point totals are:

|           | Griffin | Phoenix | Pegasus | Dragon |
|-----------|---------|---------|---------|--------|
| This week | 2953    | 3578    | 2639    | 2831   |
| Overall   | 31398   | 32197   | 32631   | 354945 |

House of the week: Phoenix!

Overall leaders: Dragon. Well done Dragon!

**SCHOOL VALUES : RESPECT – RESPONSIBILITY- HONESTY - COURAGE - HAPPINESS**



# What is Mental Health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.

We all have 'small' feelings every day. These are sometimes strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience 'big' feelings which are strong and overwhelming for a longer period of time. They stop us doing what we want to in our lives.

## How can I help my child's mental health?

1. **Make conversations about mental health a part of normal life.** Anywhere is a good place to talk: in the car, walking the dog or cooking dinner together. Model every day talk about this for example by talking about a TV or book character's feelings.
2. **Give your full attention.** We all know it's horrible to be half-listened to. Keep eye contact, focus on your child and ignore distractions.
3. **Check your body language.** Try to keep it open and relaxed and make sure you come down to your child's level.
4. **Take it seriously.** Don't downplay what your child is saying or tell them they're 'just being silly'. Resist the urge to reassure them that 'everything is/will be fine'.
5. **Ask open questions.** These will help extend the conversation.
6. **Calmly stay with the feelings that arise.** It can be our automatic reaction to steer away from difficult emotions.
7. **Offer empathy rather than solutions.** Show that you accept what they are telling you but don't try to solve every problem.
8. **Remember we are all different.** Respect and value the child's feelings, even though they may be different from yours.
9. **Look for clues about feelings.** Listen to the child's words, tone of voice and body language.
10. **Some ways to start a conversation about feelings might be:** "How are you feeling the moment?" "You don't seem your usual self. Do you want to talk about it?" "I'm happy to listen if you need a chat."

# 5 Ways to Wellbeing

**Step 1:** Connect. Connecting with others can help us feel close to people and valued for who we are.

**Step 2:** Get active. Many people find that physical activity helps them maintain positive mental health.

**Step 3:** Take notice. Reminding yourself to take notice can help you to be aware of how you're feeling. It can help you understand what triggers your feelings of stress or anxiety.

**Step 4:** Keep learning. We're always learning new things – often without realising it. Feeling like you're learning and developing can boost your self-esteem.

**Step 5:** Give. There's been lots of research about the effects of participating in social and community life. Studies have shown that people who help others are more likely to rate themselves as happy.