



FRIDAY FLYER



I don't know about you, but I struggle with the dark mornings and evenings of winter. The short days and less favourable weather of winter often have an adverse impact on our general mood. It is not uncommon for individuals — including children — to find it difficult to stay active and optimistic during the winter months. Research shows that the Five Ways to Well Being can really boost our mental wellbeing as well as eating healthily and sleeping well.

The Five Ways to Wellbeing are promoted by the NHS: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

CONNECT

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

BE ACTIVE

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

TAKE NOTICE

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

KEEP LEARNING

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others
- Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

GIVE

Research suggests that acts of giving, and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people
- It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

With every best wish

Mark

WRAPAROUND CARE WEST SUSSEX PARENTS SURVEY

The national wraparound childcare programme is part of the childcare reforms announced at the 2023 Spring Budget

The government's ambition is that by 2026, all parents and carers of primary school-aged children who need it will be able to access term time childcare in their local area from 8.00am to 6.00pm, so that parents can access employment and improve labour market participation.

To support this ambition, the government announced that it will provide start-up funding over two academic years to support local authorities and providers in England to introduce or expand childcare provision on either side of the school day, which parents of primary school-aged children will be able to pay to access.

As part of the Local Authorities statutory duties around sufficiency we are required to understand the supply and demand of childcare places and any gaps in provision, including how these gaps will be addressed.

We are looking for views from all parents and carers of children aged 0-14 years (and up to 18 for children with Special Educational Needs and Disabilities) about how you currently use childcare, and how this may continue to change in the future.

To support this knowledge and understanding it is important that we include the voice of the families so we can better understand if the childcare available is meeting your needs.

The questions and length of the survey will vary depending on the age of your child/children but should take no more than 10 minutes to complete. Importantly your feedback will help us to shape improvements to the future of childcare delivery in West Sussex and support the availability of childcare provision to meet continuing demand.

Please do complete this survey by clicking the following link

<https://yourvoice.westsussex.gov.uk/family-information-service/surveys/parent-childcare-survey>

If you have difficulty accessing the survey please do make an appointment to come and see me and we can complete the survey together.

Thank you

FIRST DAY CALLING

There have been cases nationally, which highlight the need for more robust emergency contacts and first-day calling procedures to be put in place. These cases emphasise that the procedures are important for all children as their absence may be indicative that they have become vulnerable due to unforeseen circumstances.

The school also operates a first day calling system. 'First Day Calling' is important because school absence and safeguarding are closely linked. This practice not only encourages good attendance it also helps to monitor a pupil's wellbeing and is an alert to their safety.

If your child is too ill to attend school, please contact us on the first day of absence (and on each subsequent day of absence) that your child is unwell.

There are several ways you can contact school to report an absence:

Email: office@midhurstprimary.co.uk

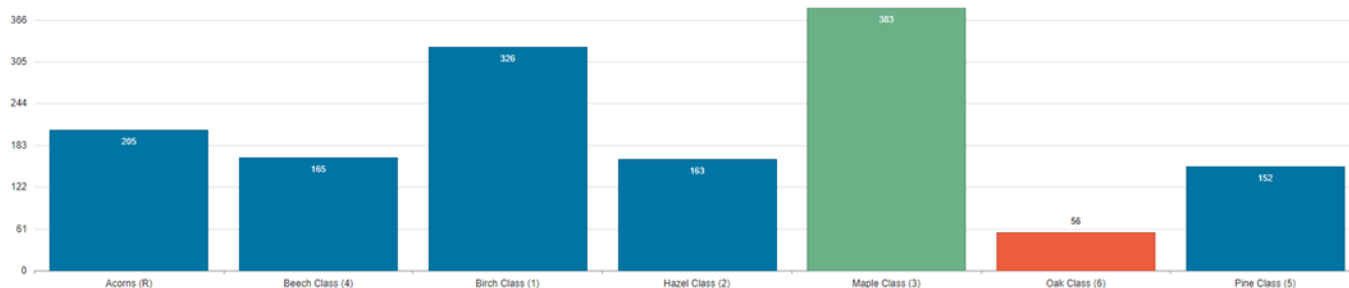
Telephone: 01730 813526

- 9.30am Late children checked against registers if recorded separately
Absence calls listened to/attendance emails checked
First day text sent to first name on contact list within half an hour of school start time asking for response
- 10am If no response to text start calling first name on contact list
Ring down contact list until reply is received, ensuring where possible that someone from outside of the family home has been contacted
- 11am Alert HT/DSL that this child is absent and no contact has been made within an hour of school start time
If no reply, send second text and email to first and second contacts on list
- 12am Home Visit made if possible/appropriate by school or another agency

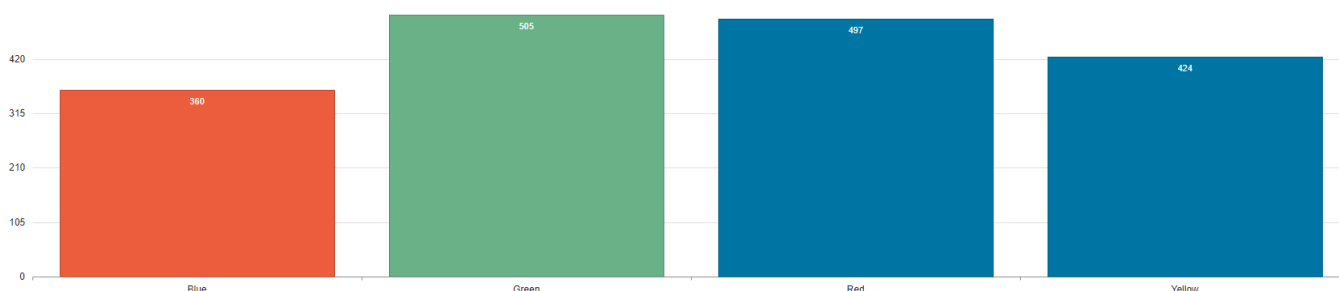
From there on, if no contact has been made and a thorough risk assessment has been made we reserve the right to contact the Police on either 101 or 999 dependants on assessed need.

REWARD POINTS

Congratulations to Maple Class for gaining the most Reward Points this week with 383 points. Well done Maple Class!

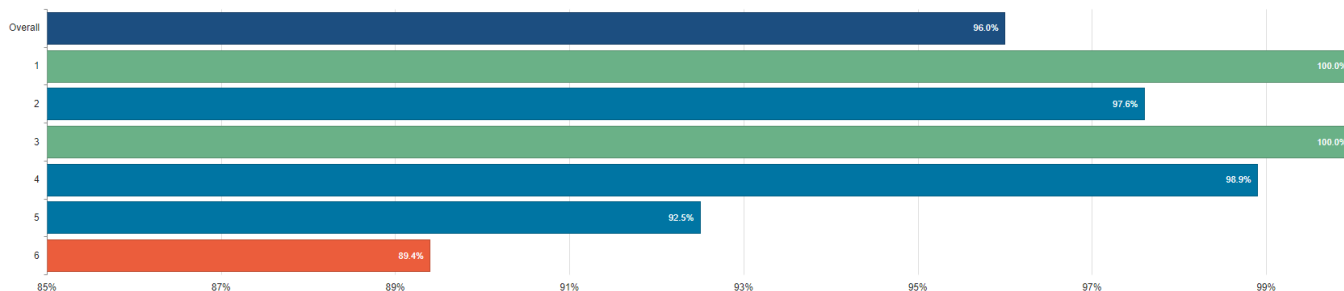


Congratulations also to Rother House who have taken the lead with 505 points!



WEEKLY ATTENDANCE

This week's overall attendance percentage is 96%. This is 1% over our target.



Two classes are this week's attendance champions!

Birch and Maple Class both achieved 100% attendance this week! They will both receive 15 minutes free choice during next week.

PINE CLASS WORKING HARD ON THE GREAT ESCAPE PROJECT!



I love lessons where you can hear the children's brains all whirring! Here Year 5 were being historians interrogating and examining sources to work out how accurate 'The Great Escape' film is compared to real life. We used a whole range of primary and secondary sources to sadly discount that the Americans were involved or that a motorbike or aeroplane were transport for the escape! However, we agreed it kept the movie entertaining. They worked incredibly hard on some very complex and mature historical themes showcasing lots of the skills we would want a historian to use. Great work Year 5!

DOES ANYBODY HAVE ANY SPARE WOOL?

A plea from Mrs Mullen. If anybody has any balls of wool going spare she would love to take them off your hands for use during Craft Club. Any donations gratefully received in the school office. Thank you.

SCHOOL CENSUS DAY REMINDER

Next Thursday 18th January we have our school census day. This is the day when our budget is set for universal infant free school meals and a letter from Mrs Bond went out to all Reception, Year 1 and Year 2 parents with the lunchtime arrangements and menu. We have ordered ALL children a hot lunch for this day in order to maximise our budget – please contact the school office if your child is also bringing a backup packed lunch.

PINE AND OAK CLASS VISIT THE D-DAY STORY

Pine and Oak Class were also lucky enough on Monday 8th January to go on a trip to the D-Day Museum in Southsea, here are some of the pictures of the day itself.

The children were exemplary and behaved very well and we really managed to finish our WW2 topic with a bang!



FOREST SCHOOL UPDATE



This week at Forest School, Pine Class made a woodland map, made tent pegs, cooked and ate pancakes, weaved Bluey and Bingo and used tarps to build their own woodland village.



Date	Event/Activity	Details
Monday 15 th Jan	Year 1 & 3 PE today Dance club	Don't forget your PE kit 3.30 - 4.30pm
Tuesday 16 th Jan	Years 2, 4, 5 & 6 PE today Year 4 & 5 trip to Chichester Festival Theatre Aspire football club	Don't forget your PE kit Children's concert - see letter for more details 3.30 - 4.30pm
Wednesday 17 th Jan	Year 1 & 2 PE today Choir club ArtSMASH	Don't forget your PE kit 3.30 - 4.15pm 3.30 - 4.30pm
Thursday 18 th Jan	Census day Years 3 & 6 PE today Swimming Little woods forest schools Big woods forest schools Dance club	see above for more information Don't forget your PE kit Year 4 am Year 2 Group 1 (please wear kit and bring uniform) Year 5 Group 1 (please bring kit in) 3.30 - 4.30pm
Friday 19 th Jan	Year 5 PE today Big woods forest schools Cross country club	Don't forget your PE kit Year 3 Group 1 (please wear kit and bring uniform) 3.30 - 4.15pm
Monday 22 nd Jan	Year 1 & 3 PE today Dance club	Don't forget your PE kit 3.30 - 4.30pm
Tuesday 23 rd Jan	Years 2, 4, 5 & 6 PE today Aspire football club	Don't forget your PE kit 3.30 - 4.30pm
Wednesday 24 th Jan	Year 1 & 2 PE today Choir club ArtSMASH	Don't forget your PE kit 3.30 - 4.15pm 3.30 - 4.30pm
Thursday 25 th Jan	Years 3 & 6 PE today Swimming Little woods forest schools Big woods forest schools Dance club	Don't forget your PE kit Year 4 am Year 2 Group 1 (please wear kit and bring uniform) Year 5 Group 1 (please bring kit in) 3.30 - 4.30pm
Friday 26 th Jan	Year 5 PE today Big woods forest schools Cross country club	Don't forget your PE kit Year 3 Group 1 (please wear kit and bring uniform) 3.30 - 4.15pm

For every child that eats a school lunch on census day, the school receives government funding, every child counts!



Chartwells
So much more than fantastic food

CENSUS DAY!

18TH JANUARY 2024

MENU

Beef Pasta Bolognese or
Vegetarian Meatless Balls in
Tomato Sauce with Rice

-

Peas or Salad

-

Chocolate Brownie

If you want to try a bit of each, or enjoy a taster pot and you are in Reception, Year 1 or 2, booking the meal is still free and counts towards your school funding, so lets come together to support your school.

**PLEASE BOOK YOUR MEAL ON PARENTPAY, BY 4/01/24.
*SPECIAL DIETS WILL RECEIVE THEIR SIGNED OFF MENU.**

★ | Kickstar Sports

KICKSTAR LEAGUES



THE GRANGE LEISURE CENTRE, MIDHURST

BOYS & GIRLS 7 - 11 YEARS WELCOME



EVERY MONDAY (5:15 - 6:15PM)

MATCHES! MATCHES! MATCHES!

**COMING
SOON!**

REGISTER YOUR INTEREST TODAY
WWW.KICKSTARTSPORTSCOACHING.CO.UK/KICKSTAR-LEAGUES



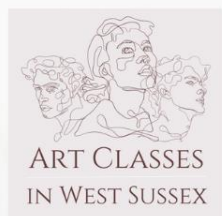
ArtSMASH

After-school Art Club at
Midhurst C of E Primary School
with local professional artist
Leticia Silva dos Santos

Wednesdays 3.30-4.30pm
Starting the 10th January 2024, term-time only

£12 per session, or £10 per session
if booking the full half-term in advance.

Enquiries:
leticia_artist@hotmail.com.



Our after school art club introduces and develops artistic techniques in children. Each half term is themed with multiple projects being produced across the weeks.

These sessions are run by professional artist Leticia Silva dos Santos with extensive planning to make the most of the children's learning journeys. A variety of techniques & materials will be taught, including printmaking, modelling, textiles, collage, sewing, drawing & painting.



PARTICIPANTS NEEDED

Are you a parent of a child with

- Special education needs & disabilities (SEND)
- On the SEN register at school
- Has an education health care plan (EHCP)



We want to know more about your perspectives and experiences of being a SEND parent. Your child does not need to be diagnosed but be identified as having SEND. We want to talk about home life, education and any use of support services.

Interview can take place online via teams or face to face if local

please contact for more information

Samantha Tilley
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of Chichester
stilley1@stu.chi.ac.uk