

# Meadowhead Community Junior School Newsletter



## Summer Term: Newsletter 6

### Year 4 Multiplication Tests

We are nearing the time when all pupils in Year 4 will take their multiplication check. Parents and carers, please support your children by encouraging your children to practise at home. Please help them to log into Times Tables Rock Stars, the online programme that we use in school. It's great fun!

### General Election

School will be closed to all pupils on Thursday 4<sup>th</sup> July when the building will be used as a polling station.

Teachers will ensure your child has a pack of work to complete at home.

### Summer Term Homework

We ask all our children to complete daily reading at home, learn spellings and practise times tables. In addition to this we are asking children to complete tasks from a homework grid celebrating the Euros 2024. I've attached the grid at the end of the newsletter.

There are geography / history, MfL, art, D.T., music and PE activities all designed around the countries that are taking part in the Euros.

We will celebrate completed work in our Friday assemblies. Please encourage your child to join in.

### Uniform

Many thanks to those parents and carers who have ensured children are wearing correct uniform (especially black school shoes!). The children looked very smart when we were in assembly on Monday.

### Parent Governor

I would be delighted to hear from any parents or carers who would be interested in the role of parent governor. Please speak to Mrs Chadwick if you would like to know more about the role. We need you!!

Kind Regards,

Allison Chadwick  
Headteacher

## Class Attendance for this week

### Congratulations this week to class 6L

Green: 97%+

Amber: 95 – 97%

Red: Below 95%

3M	3FP	4B	4CW	5A	5C	6L	6LV
88.5%	92%	89.4%	89.7%	88.8%	90.8%	96.7%	94.4%

Our whole school, class and individual attendance target is 95%

**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**



w.b. 10<sup>th</sup> June

Friday 21<sup>st</sup> June

Wednesday 3<sup>rd</sup> July

Wednesday 10<sup>th</sup> July

Friday 12<sup>th</sup> July

Tuesday 16<sup>th</sup> July

Wednesday 17<sup>th</sup> July

Thursday 18<sup>th</sup> July

Friday 19<sup>th</sup> July

Assessment Week (Years 3,4,5)

3FP Class Assembly

Transition Morning (move to new class)

Sports Day

Annual Reports sent home

Year 6 Production

Year 6 Disco

Year 6 Leavers' Assembly

School Closes at 1.30pm

# Wake-Up Wednesdays

## What Parents & Educators Need to Know about **SCHOOL AVOIDANCE**

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

### UNDERSTANDING SCHOOL AVOIDANCE

#### REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

#### PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

#### COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

### IMPACT OF SCHOOL AVOIDANCE

#### LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

#### LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

#### CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

## Advice for Parents & Educators

### WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

### MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

### FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

### REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

## Euro 2024 Homework Grid

<p><b><u>Geography/History</u></b></p> <p>Create a fact file about one for the countries competing in Euro 2024. Use a safe search engine or visit the library to gather some information.</p> <p>Think about famous landmarks in the country, the culture, any famous historical people or moments, the currency used, natural and man made features of the landscape and the foods the country is famous for.</p> <p>You could create an informative poster, a non-chronological report or a presentation using ICT.</p>	<p><b><u>Art</u></b></p> <p>Create a new badge for one of the countries that could go on the front of the football kit.</p> <p>Think about colours you could use, any words that may appear on the badge to show a motto for the country, any pictures you could include (for example England use the 'Three Lions' and France use the 'Gallic Rooster') and the shape of the badge.</p> <p>Challenge - use the skills you have learnt in class to create a portrait of your favourite footballer in the Euros (man or woman!). Can you shade, use texture and have the features of the face in the correct place?</p>	<p><b><u>Design Technology</u></b></p> <p>Design (and make if you can!) a new football kit for one of the countries taking part.</p> <p>Think about the colours of the kit (could they link to the culture or the flag) and the materials it could be created from.</p> <p>Challenge - can you make your kit?</p> <p>You could use the sewing skills you have learnt in class if you make it from material or the cutting and joining skills you have learnt if you make it from card or paper. Perhaps you can think of another material to use and a different technique to make it. Remember - ask an adult before using anything sharp or dangerous!</p>
<p><b><u>PE</u></b></p> <p>Learn a new skill!</p> <p>Whilst watching the Euros or researching some skills on a safe search engine or YouTube Kids, pick a skill that you would like to learn. This could be as simple as kicking a football (if you're a beginner) or seeing how many kick-ups, rainbow flicks or round the world tricks you can do!</p> <p>You could get someone to take a photograph of you or film you performing your new skill (Liv Cooke is an inspirational person to watch!).</p>	<p><b><u>Music</u></b></p> <p>Create a short song or rap (not a football chant!) about your favourite player (it can be a male or a female footballer) or about your favourite team - think 'Three Lions on a Shirt!'</p> <p>Write down the lyrics - it doesn't have to rhyme - thinking about the player's qualities or the best things about your favourite team.</p> <p>Challenge - can you perform your song? You could practise singing it then film yourself performing it.</p>	<p><b><u>MFL</u></b></p> <p>Can you learn some new words from one of the countries in Euro 2024?</p> <p>You could try:</p> <ul style="list-style-type: none"> <li>● Counting to ten, in German</li> <li>● Saying hello and goodbye, in Polish.</li> <li>● Asking how someone is, in Spanish</li> <li>● Saying 'my name is ...', in French.</li> </ul> <p>You could make some learning cards, a poster or a presentation to teach a friend or family member.</p>

The Euro 2024 countries:

Albania, Austria, Belgium, Croatia, Czechia, Denmark, England, France, Georgia, Germany, Hungary, Italy, Netherlands, Poland, Portugal, Romania, Scotland, Serbia, Slovakia, Slovenia, Spain, Switzerland, Turkey, Ukraine.