



Amadeus
Primary Academies Trust

"Having gifts that differ according to the grace given to us, let us use them" (Romans: 12,6)

St Paulinus CE Primary Newsletter

Friday 13th September 2024



We are so excited to welcome back all our wonderful families after a fantastic summer break. We hope you all had a relaxing and enjoyable time.

We also want to extend a warm welcome to our new staff members: Mrs Davies in the school office, Mrs Budzowska-White, Mrs Scudder, Ms Akintoye, and Miss Webster to the teaching team. We are thrilled to have them join our dedicated staff.

Thank you to all the families who attended our Meet the Teacher events this week and the Vision and Values talk by our Senior Leadership Team. Your support and enthusiasm mean so much to us. We look forward to working together as a community to provide the best possible education and support for all our children.

Mrs Rhodes and Mrs Sukonik

Fundraising!

Please come and support our Fundraising for Macmillan Cancer on Friday 27th of September. We will begin our morning in school at 9:15 with a Harvest Service led by Father Paul, to which you are all very welcome. Straight after the service, we will open up our practical suite for our big Macmillan Coffee morning. We have set our sights on raising £250 for this worthy charity. A link to our fundraising page for donations is:

<https://www.justgiving.com/CM24020276>

**WORLD'S BIGGEST
COFFEE MORNING**



**MACMILLAN
CANCER SUPPORT**



You can, of course, donate on the day as we will have collection boxes and QR codes for you to use. Every piece of cake, every sticky bun or biscuit sold will help us to reach our target!

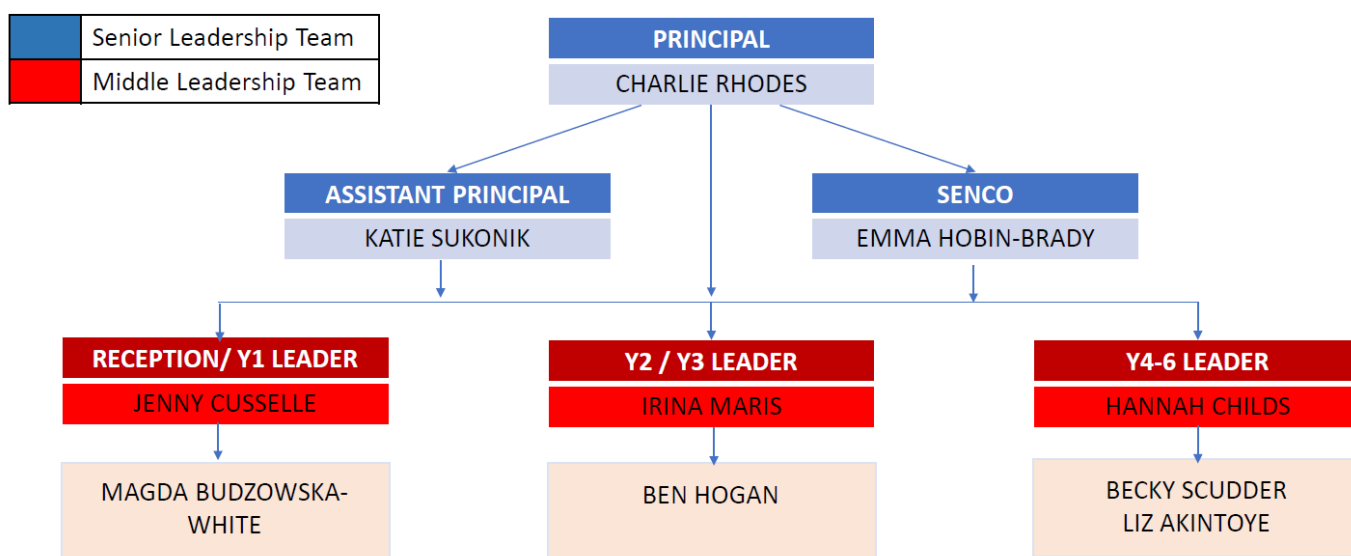
Cake donations of ANY sort will be urgently needed so that we have delicious baked goods to sell – homemade, store bought- we don't mind at all! Cake donations can be brought into school from Wednesday 25th of September – thank you all so much in advance for your support, we look forward to seeing you on the day!



Leadership:

Please see how the leadership structure works here at St Paulinus. This shows you who to speak with about any concerns you may have. Your first port of call will always be your child's class teacher, then if things are not resolved, this shows you who to speak with next.

Concerns or enquiries about SEN provision can be directed to either [Mrs Sarah Bushell](#), our interim SENCo (*working day Monday*) or [Mrs Sukonik](#) as well as Mrs Rhodes via the senco@st-paulinus.bexley.sch.uk or the school office admin@st-paulinus.bexley.sch.uk We will do our very best to support and help at every stage.



A few reminders:

Pick up arrangements:

Please remember that if someone else is collecting your child at the end of the day to inform the school office by 2:15 that day so that they can relay the message to class teachers. You can contact them via phone on 01322 523236 or using admin@st-paulinus.bexley.sch.uk Messages that arrive after this time can not be guaranteed to reach teaching staff in time.

If you know you are going to be late picking up, we appreciate that this can happen occasionally but please, contact us in the school office. Unfortunately, there are no staff to look after children once the school day has finished. Children who are going to be more than 10 minutes late being picked up will be admitted into the afterschool club run by Westhill Life, this will be chargeable.

Breaktime Snacks:

If children would like a snack at breaktime they may bring in a piece of fruit only.

A reminder for packed lunches that we are a nut-free school and due to the severity of allergies, there are no exceptions to this rule.

Pierced ears

Children are allowed to wear one pair of pierced earrings only and these should be small coloured studs. No other earrings are allowed to be worn and they must be removed for PE lessons. If your child cannot remove their earrings, please take them out at home before they come to school on PE days. Staff are not allowed to remove earrings.

Long hair

Please make sure that if your child's hair is shoulder length or longer that this is worn up and away from their face when they come to school.

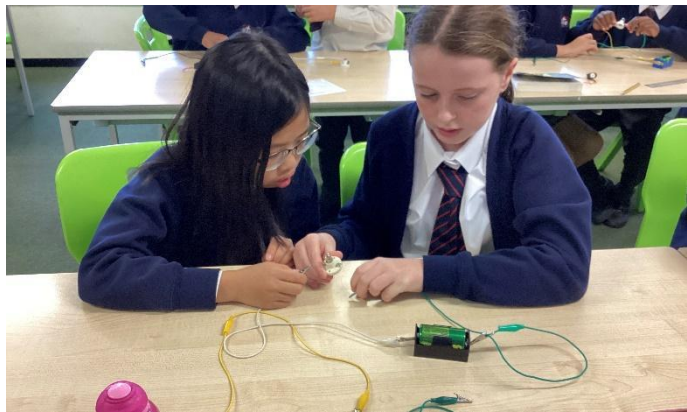
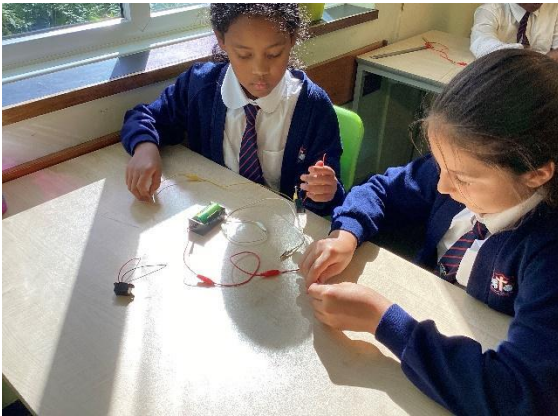
Afterschool Clubs

Now that the afterschool clubs are starting again, we have been asked to explain how the later finish time impacts on those clubs, particularly where there is a cost involved. All our external clubs begin at the same time, where there is a need for children to get changed, this was already built into the chargeable time so that it is supervised by the person responsible for the activity. Children are not released early into clubs as there is no one to look after them until the club begins after the school day.

Please keep an eye out for further communication about additional clubs which we are hoping to offer later in the school year.

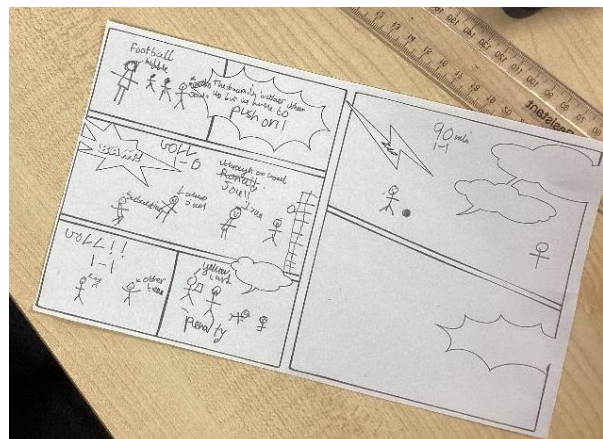
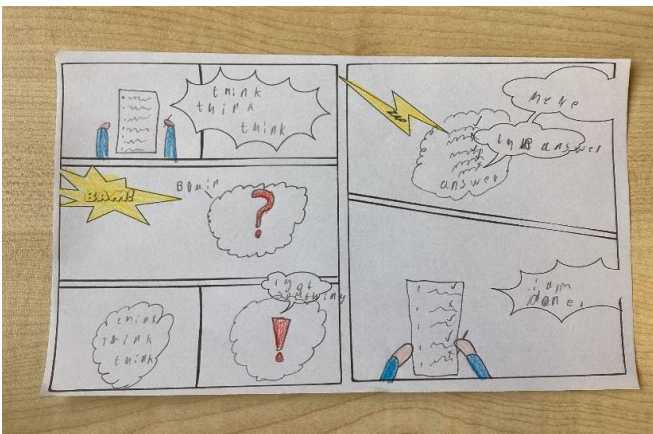
News from Year 6:

In year 6, we have begun the year learning about electricity. We have focused so far on how circuits are made and the parts used to build them. We have begun thinking about how electricity moves around wires, specifically the structure of an atom and why this matters in circuits. We have completed a practical experiment where we built our own circuits which came with lots of challenges. The circuits involved getting a light bulb or a buzzer to work by connecting them with wires to a battery.



News from Year 5:

Year 5 have settled in amazingly and we have been thinking about the year ahead. For PSHE we had to understand what was meant by the term 'game plan' and think about what is coming up in the near future to decide what our game plans will be. A lot of children were thinking about plans for their 11+, new after school clubs they will be attending and what to do if they are stuck on a question in school.



News from Year 4:

Year 4 have had a fantastic start to the school year and are already working hard in their learning. We are really enjoying our new class book 'The Queen's Nose' which we are using for reading and writing this term. In our Maths lessons we have been working practically to use numbers to 1000 and we all worked together to discover where the story of Creation would sit in our big RE art frieze.



News from Year 3:

Y3 have come back to school and moved into a new Key Stage! They have all settled into class brilliantly and I am very proud of their attitude to learning. Our pictures show us completing PSHE writing goals for the upcoming week and enjoying our music lessons.



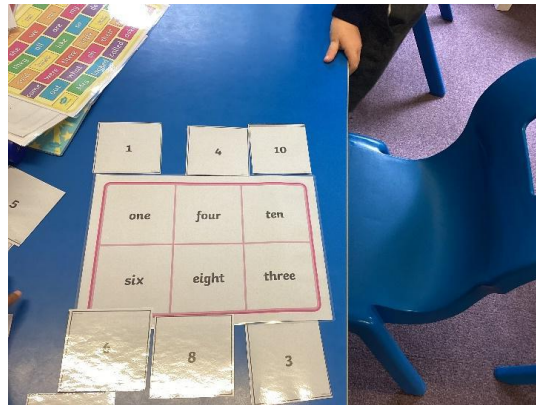
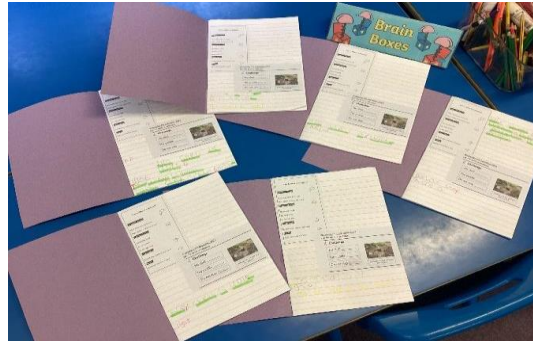
News from Year 2:

Year 2 have enjoyed learning about repurposing fabric and making a quilt design, cutting fabric, as part of our Design and Technology lesson: Textiles.



News from Year 1:

I am delighted to share that the Year 1 children have settled in wonderfully! They have quickly adapted to their new environment, enjoying the independence of having their own tables and getting to know their daily routines. In Maths, they have been learning about number values, including concepts such as "one more," one-to-one recognition, writing numbers, and matching numbers with their names. In English, the children have started writing sentences and are beginning to learn about the key features that make up a sentence. Year 1 class has already shown great enthusiasm for learning!



News from Reception:

Firstly, a big welcome to all of our new Reception starters and parents! The children in Year R are coping exceptionally well with change and learning the many rules and systems we have in place at St Paulinus. New friends are being made every day and new experiences are being shared. Many children have even felt brave enough to stand at the front of the class and share with their classmates what is in their bag of favourite things - well done Reception! This week, we have focused on the book, 'The Colour Monster.' We have been exploring the different feelings shown in the book and thinking about times where we may have experienced these feelings. The children have created their own colour monsters too, using their painting, cutting, sticking and drawing skills. Finally, the children have had a great time playing with some of the new equipment in the EYFS garden. The climbing equipment has proven very popular and some of the children have also enjoyed learning how to use stilts!



Winner!

PTA

Congratulations to Imran in Y3 who was the winner of the PTA Euro Competition – very well done!



A huge thank you once again to our generous PTA who have kindly funded our subscription to Times Tables Rock Stars for another year. We and the children really appreciate all the hard work and support you have given us over the last year.



Did you know? As parents you are all automatically a member of the PTA but If you would like to get more involved in the running and organisation, please speak to any member of the current committee for more information or come along to their AGM on Wednesday 25th September. The AGM will be held in the school building but also online – a link will be sent to all parents on the day.



NATIONAL POETRY DAY AT ST PAULINUS

All children are invited to create a poem about any subject that interests them.

Let your imagination go wild: animals, school life, going to the beach, fun with your friends, mythical creatures or noises in the classroom. It can be a rhyming poem, non-rhyming, acrostic, narrative, funny or nonsense poem.

Each class will collect their entries and they will read them out for the class to vote on the best poem.

Some poems will be chosen to be read by adults in collective worship or, why not, performed by the poet, should they feel confident enough.

In addition to this, the winner for each class, will get a small prize and the chance to have their poem published in the newsletters to come. We are looking forward to reading your amazing poems!

Up-coming diary dates:

Date	Event
Wednesday 18 th September	Y5 at church
Wednesday 25 th September	Y4 at church
	Bring in cake donations from now!
	6:30pm PTA AGM – in school & online
Friday 27th September	Harvest Service in school 9:15am followed by our Macmillan Coffee Morning
Sunday 29 th September	St Paulinus Church Family Service Harvest Festival 10am
Wednesday 2 nd October	Y2 class assembly 9:15am
	Y3 at church
Thursday 3 rd October	National Poetry Day
Monday 7 th October	SEN parent meetings
Tuesday 8 th October	St Paulinus Day full mass celebration in school
Wednesday 9 th October	Y2 in church
Sunday 13 th October	St Paulinus Day Service at St Paulinus church 10am
Tuesday 15 th October	Parent's evening 3:40 start
Wednesday 16 th October	Y1 in church
Thursday 17 th October	Parent's evening 3:40 start
Friday 18 th October	Show Racism the Red Card
Monday 21 st – Fri 25 th Oct	Y6 Residential Week
Wednesday 23 rd October	YR in church
Friday 25th October	INSET day – school closed to children
Monday 28th Oct – Friday 1st Nov	Half term
	School closed to children
Monday 4 th November	Children back in school

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(Romans: 12,6)





Join us in school for our

Harvest Festival

Friday 27th September 9:15am

Stay for our
Macmillan Coffee morning!
All Welcome

Click on the QR code
to donate now!



Cake donations will be very much needed and can be brought into school from Wednesday 25th - homemade or shop bought - we don't mind!

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES



Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP



Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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Harvest Festival

Family service
29th September
10 am

**WITH WORSHIP BAND, PUPPET SHOW
REFRESHMENTS**

**ST PAULINUS CHURCH
PERRY ST
DA1 4RLH**

**DONATIONS FOR THE LOCAL FOOD BANKS
WOULD BE VERY WELCOME**

