

MAGDALEN GATES PRIMARY SCHOOL & NURSERY

NEWS BULLETIN 23rd MAY 2023

Dear Parents and Carers,

Summer is almost here! As you can see from the information in this newsletter, we are starting to look towards Summer now and all of the things that make it a lovely and challenging time of the year. Sun hats and sun cream are essential when it gets hot and sunny. Please make sure your child has these on when they come to school. Also I know that children will want to adapt what they wear to school too. Summer dresses and shorts are great ways to keep cool for those who choose to, and all of the rest of the uniform stays the same. If we get crazy temperatures like last year, we will let you know if any uniform expectations change. Shoe wise, I can tell you from many years of experience that open-toed sandals cause problems at school. When toes are exposed in schools, you get lots of toes being stood on and children tend to trip over more too, which leads to grazed knees etc... I would kindly ask everyone to save their money and refrain from sending children into school in sandals, for all of the reasons mentioned above.

Thank you for working with the school on this to keep the children safe this Summer.

5 Stars!

Congratulations to Jill the Cook and the kitchen team. We had a visit from the Environmental Health Department last week and they gave Magdalen Gates a clean bill of health with a top score of 5 Stars.

Reading

Reading opens the door to learning. A child who reads a lot will become a good reader. A good reader will be able to read more challenging material. A child who can read more challenging material is a child who will learn.

It is so important that our children get to read every day, at school and at home. Don't forget reading diaries need to be handed in to school every Thursday when pupils find out which class gets to enjoy popcorn in their Reading for Pleasure session.

Collection Arrangements

We understand that occasionally collection arrangements may need to change, sometimes at short notice. Please give the full name of the person collecting.

Children will not be released if staff are at all unsure who they should be collected by. **Note:** If it is last minute change we ask that you call and speak to the office direct as emails are only periodically checked

School Contact Details

School Office hours – 8:15am – 3:30pm

Telephone 01603 622675

Email Office@magdalengates.co.uk

Out of school club contact –

01603 343881 3.30pm-5.30 pm only

Don't forget to follow us on Facebook & Twitter

Diary Dates

May

22nd – Science Week – Science fair for pupils
23 – Multi skills KS1 BBQ at Mile Cross Primary (by invite)
24th – Multi skills KS2 BBQ Mile Cross (by invite)
26th School closes 3:15pm HALF TERM

June

5th – SCHOOL OPENS - Art Week
6th – Yr4 Food Discovery
7th – Yr5 Robert Kett trip
16th Day of Welcome
20th – Yr6 Nest 1 night Residential
21st – Yr4 Food Discovery – Market
3:30-5:30pm Yr1-Yr6 Parent Teacher Consultations
Yr4 Farm Trip
22nd Class Photos
3:30-6pm – Parent Teacher Consultations
26th – Diversity Week & Pride in School
28th – Yr5 Royal Norfolk Show visit
29th New Intake 2023 Parent meeting
30th – Sports Day 1-3pm

July

5th – Yr4 Food Discovery Harvest
6th – Yr6 Midsummer Nights Dream
19th – Young Carers Park Picnic

Sun Protection

Summer is on its way and we look forward to spending more time outside during lessons and play times. Our children's safety is very important to us and working together we can make sure they are all protected when out in sunny weather.

We are fortunate in that we have a lot of trees in the playground for shade but it is incredibly important that children bring their **sun hats (clearly named)** in to school every day. We also ask children wear sun cream to school **which is applied before they leave home** in the morning, which will offer them protection during the school day.

Sports Day

Sports Day this year will be held during the afternoon of 30th June (reserve date TBC soon, just in case of bad weather). Parents will be welcome to come along. More details to follow closer to the time

Mental health week

Last week was Mental health week, and the theme was anxiety. We marked this as a whole school by having a Wellbeing Wednesday and we spent the afternoon learning about anxiety, how it affects us and how we can manage it. The children had some fantastic discussions and really enjoyed the activities we planned for them.

Please see attached a leaflet about Feelings.

Whole School Attendance to date-93.9%

PARTICIPANTS NEEDED!



EXPLORING THE EFFECT OF FEEDBACK ON LEARNING

Who are we looking for?

Year 5 Children (aged 9 - 10 years old)

What is this study about?

In this study, we want to find out whether some children are more sensitive to feedback that appears negative when they are learning.

What will happen in this study?

- The study will take approximately 1 hour.
- You will be asked to complete a questionnaire about your child's behaviour.
- Your child will be asked to learn some made-up words and tested on how well they have remembered the words.
- Your child will receive different types of feedback on their performance.
- Your child will be asked to complete a feedback form.
- Your child will complete a positive guided imagery exercise.

Upon completion of the study, you will be entered into a draw to win:

One of Six £25 Amazon Gift Vouchers

If you would like to take part in this study, please email me at
kelly.tang@uea.ac.uk.

If you have any questions, please contact me:

Kelly Tang

Trainee Clinical Psychologist/Primary Researcher
Faculty of Medicine and Health Sciences

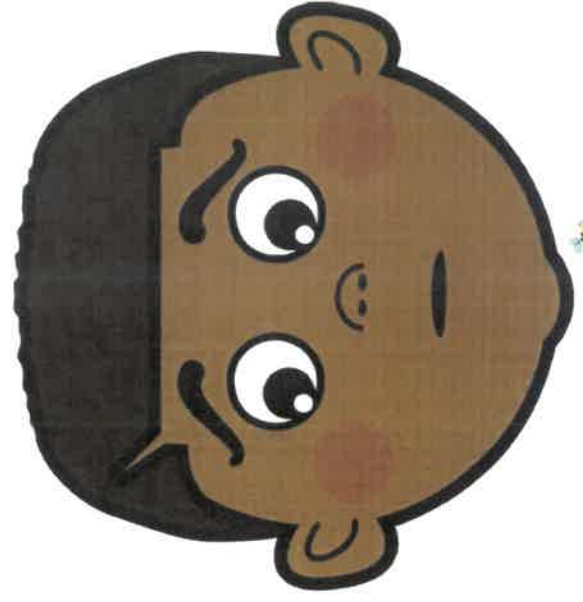
Email: Kelly.Tang@uea.ac.uk



I feel

worried

A guide for pupils



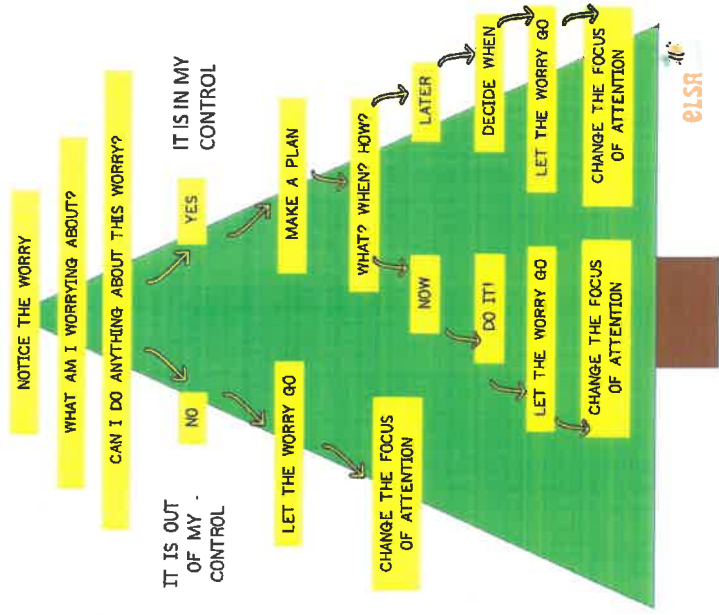
How to cope

When you feel worried, it can be helpful to think about the worry tree.

This helps you to sort your worries into things that are in your control and things that are not in your control.

Some worries are totally out of your control. These are called hypothetical worries and they often start with 'what if? You need to let them go and think about something else.

Other worries are in your control and you need to make a plan on how to deal with them and then let them go and think about something else.

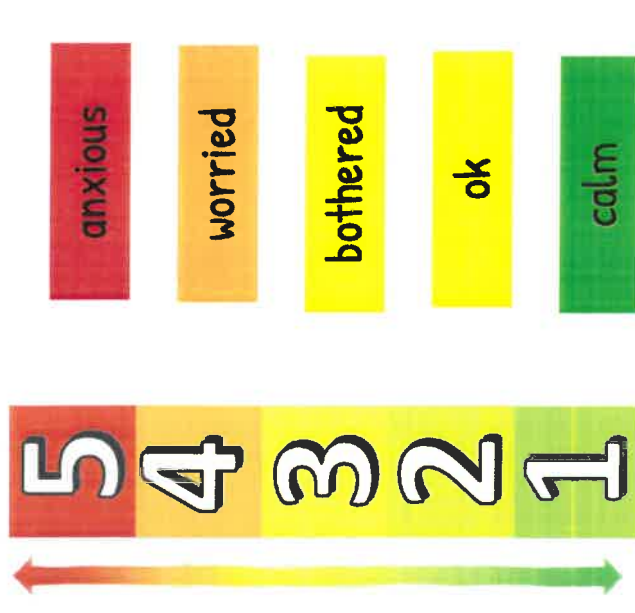


For resources go to www.elsa-support.co.uk



Scaling Your feeling

Scaling your feeling means that you decide how intense your feeling is. Is it strong and large? You feel so anxious that you find it difficult to do anything else. Is it quite small? You might feel a bit bothered about something. It can be helpful to scale your feeling. What number would you say your feeling is? If you take action at 3 then you might be able to avoid getting very anxious.



If you need more help speak to



Worries and thoughts

Feeling worried can be perfectly normal and everyone feels worried sometimes. Usually, the worries come and go. Being worried is when you feel bothered about something that is happening or might happen.

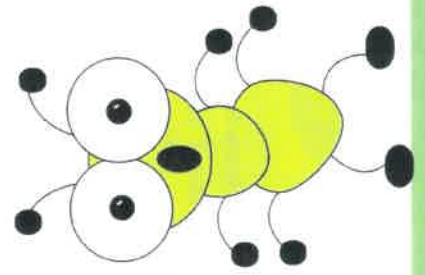
What are you thinking?

Try inspecting your thoughts? Thoughts are linked to feelings. Having worrying thoughts most of the time means you will feel anxious. These thoughts are called ANTS – Automatic negative thoughts.

If you can try to change those worrying thoughts to something more positive it might help right away.

Try questioning those thoughts:

- What advice would I give a friend who is thinking this?
- Where is the evidence that this thought is true?
- Has this happened before? How did it turn out?
- Where is the danger?



Challenge the thoughts



What is going on in your body?

Feeling worried and anxious is your body's way of keeping you safe. It is a bit like a smoke alarm. Sometimes the alarm goes off and there is no danger. Sometimes your anxiety is real and there is an actual danger ahead of you. Imagine meeting a lion? Your body alerts you to danger and gives you physical signs so you can outrun the lion. You can get away to safety. However, our alarm system sometimes tricks us into feeling there is danger but there isn't any danger. That can feel very uncomfortable.



You might have these physical feelings...

Tense muscles

Dizziness

Fast breathing and heart rate

Chest pressure and tightness

Feeling hot and going very red

Shakiness and trembling



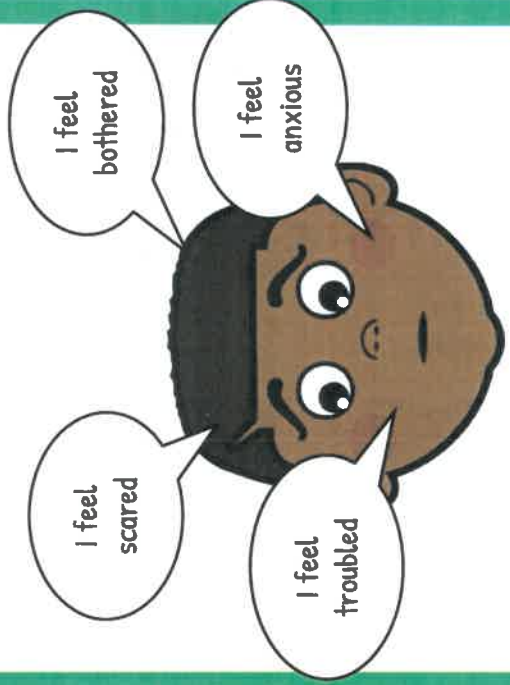
Labelling a feeling

Labelling a feeling means giving your feeling a name. There are lots of words for being worried such as:

- Anxious
- Bothered
- Nervous
- Troubled
- Uneasy
- Scared

Try to learn as many words as you can to put a name to the feeling you have.

Labelling that feeling and talking about it can reduce the feeling massively.



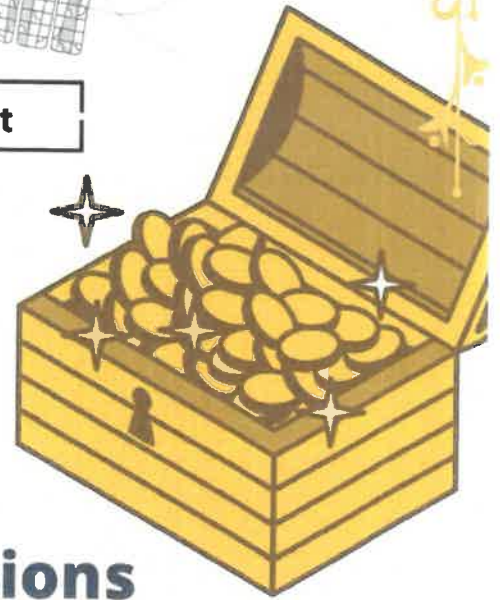
Tell someone how you feel



NORWICH CATHEDRAL

Schools & family learning department

MAY HALF TERM

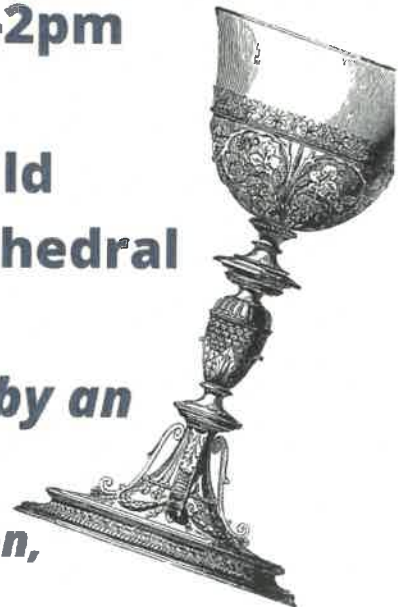


Children's craft sessions
Cathedral treasures

**Tuesday 30 and Wednesday 31 May,
and Thursday 1 June
on the hour, every hour 10am-2pm**



**1 hour session £2.50 per child
+ a treasure trail around the Cathedral**



**Children must be accompanied by an
adult**

**Maximum of 30 children per session,
first come, first served**

Pay on the day, cash preferred

Aimed at primary-aged children.

headofschools@cathedral.org.uk

01603 218316



You can help to shape Scouting in your Community

Eastern Norwich District
Questionnaire for our Community



Week by week, across the UK, our volunteers empower thousands of young people to try new things, make new friends and stand on their own two feet.

We want to know if we are currently doing things right in Eastern Norwich.

You can help us...

You are the experts in your community and you can shape what we do there.

All it takes is a few minutes of your time to tell us your thoughts via your smartphone. Just use the QR code and answer our questions and you will be supporting your community by telling us what is needed and wanted.

Thanks

Gwen

Eastern Norwich District Commissioner

scouts.org.uk/join

#SkillsForLife



Free Family Fun Day

Why you'll love it?
Everything is free!

Hot dogs	Tombola
Magic show	SEN
Circus skills	Sports
Music	Crafts

And loads and loads more!

Support, advice and info will
also be available

Wednesday 31st May 10am - 2pm
Pilling Park Community Centre
Norwich NR1 4PA

**JUST TURN UP ON THE DAY
AND HAVE FUN!**

Funded by NCC Decan



