



St Giles' and St George's C of E Academy

Aspire Believe Achieve

7th March 2022

Diary Dates	
Wed 9 th March 2:15pm	Year 2 SATs meeting in school
Mon 14 th March	Year 2-6 Keep smiling Health workshop
Mon 14 th March	Dental Nurse to see Nursery – Year 1
Wed 16 th March	UKS2 shine Parents invited
Thurs 17 th March	Sport 4 all event
Thurs 17 th March	SEND Coffee and Catch up
Fri 18 th March	Science Day- dress up as your favourite scientist
Mon 21 st March	Reception visit to the local area
Tues 22 nd March	Netball League @ Keele Uni
Tues 29 th March	Recorder Festival Victoria Hall
Tues 29 th March 2:30pm - 6:30pm	Parents Evening in person or virtual
Wed 30 th March	WOW worship Yr 2 AT Parents invited
Thurs 7 th April 2:30pm - 3:00pm	EYFS Easter Bonnet Shine Parade
Mon 11th – Fri 22nd April	Easter Holidays

Engineering Week

Before half term we celebrated Engineering Week at school which was enjoyed by all! We kick started the week with a workshop led by local engineer Greg Howell. The children became civil and mechanical engineers and were tasked with building a strong house or a grabber arm. The children worked well as a team and impressed us with their problem solving skills. During the week, the children also had the opportunity to take part in various engineering linked activities in the afternoon such as building strong bridges, making a Suzanne glider, creating a lego marble run and setting up a water filter. To end the week, we held a competition. Teams that signed up were tasked to build the tallest paper tower that could hold a can of food for 1 minute. The competition was tough but well done to Team Crystal (Upper KS2) and Team Boys and Girls (Lower KS2) for coming out on top! A big thank you to the parents that donated various materials and resources for the week.



Spring 2 Clubs

Club Update

Clubs will be starting from Thursday 3rd March unless stated otherwise

Invite only

Open to all

Year Group	Club	Day and Time	Notes
Reception	Reading Catch Up	Monday 3 - 4	
Reception	Squiggle while you Wiggle	Tuesday 3 - 4	
Reception	Construction Club	Thursday 3 - 4	
Year 1	Handwriting Catch Up	Monday 3 - 4	
Year 1	Fun Phonics	Tuesday 3 - 4	
Year 1	Mindfulness	Tuesday 3-4	
Year 1	Easter Crafts	Thursday 3 - 4	
Year 2	Reading Shine Catch Up	Monday 3 - 4	
Year 2	Writing Catch Up	Tuesday 3 - 4	
Year 3 and 4	Editing Catch Up	Monday 3 - 4	
Year 3 and 4	Boomwhackers	Monday 3 - 4	
Year 3 and 4	Writing Catch Up	Tuesday 3 - 4	Will be held on Monday 7th March instead of Tuesday 8th March for one week only
Year 3 and 4	Maths Catch Up	Tuesday 3 - 4	Parents welcome to join children
Year 3 and 4	Wellbeing Craft Club	Tuesday 3 - 4	
Year 3 and 4	TT Rockstars	Thursday 3 - 4	
Year 3 and 4	Football	Thursday 3 - 4	Starting Thursday 10th March
Year 5 and 6	Puzzle Club	Tuesday 3 - 4	
Year 5 and 6	Art Club	Tuesday 3 - 4	
Year 5 and 6	Singing Squad	Lunchtime	
Year 5 and 6	Football	Lunchtime	
Year 5 and 6	Netball	Lunchtime	
Year 6	English SATs Catch Up	Monday 3 - 4	
Year 6	Maths SATs Catch Up	Thursday 3 - 4	
Year 1 - 6	Breakfast and Books	Tuesday and Thursday 8:15 – 8:40	
	Recorders	Thursday 3 - 4	

Spotlight on Wellbeing

9 TIPS TO HELP YOUR CHILD OVERCOME SCHOOL ANXIETY

1 GOODBYE ROUTINE

Develop a quick goodbye routine and do it the same way every time. Don't drag out the goodbye process... it makes leaving even more difficult.

2 BE CONSISTENT

Keeping a consistent routine helps kids know what to expect. It's tempting to give up or give in when things are difficult. It's important to remember that what feels easier in the short run usually makes things more difficult in the long run.

3 KEEP THINGS LIGHT

Kids are good at picking up on emotions. Appear relaxed and upbeat even if you don't feel that way. Stuffs at the heart strings when your child is anxious. Keep conversations positive but to the point and detached of emotion.

4 TALK TO THE TEACHER

Teachers are a great resource! Open communication helps increase success. Your child's teacher may have tips or ideas to share in dealing with school anxiety.

5 HAVE CHILD BRING ONE SMALL ITEM FROM HOME

Send a small reminder of home with your child. Items such as a hand written note, a family picture, or a small keepsake that when looked at brings a happy thought.

6 TEACH PROBLEM SOLVING

Learning to handle problems effectively is a valuable life skill. When problems arise, don't rush to solve your child's problem for them. Encourage them to come up with their own ideas of solutions to their problems.

7 BE PREPARED FOR SETBACKS

Don't get discouraged with regression. Going back to school after a long weekend, holiday break, or illness can cause anxiety to flare up again. Be prepared for this and remember consistency is the key.

8 DON'T GIVE UP

The best gift you can give your child is to not give up... even when you feel like it. There's no "quick fix" in overcoming school anxiety. The best lesson your child learns is they CAN do hard things and be successful.

9 TEACH CALMING STRATEGIES

Teaching your child calming strategies is a great way for them to take an active role in overcoming school anxiety. Some coping strategy examples are:



Deep Breathing Exercise
Inhale through nose. Hold for 5 seconds. Exhale through mouth.

Do 25 of something active... jumping jacks, shooting hoops, jump rope.



Focus on positive thoughts.

Bring note from home to read at recess.



Count down from 10 BACKWARDS.

If your child is struggling with attendance at school or leaving you in a morning please inform your child's class teacher. As a school we have a range of different strategies to support children who experience separation anxiety for a wide variety of different reasons. If you would like an appointment to talk about the issue in more details or would just like some advice please e-mail our school family support worker Mrs Alcock

emma.alcock@stgg.org.uk