

Parkside Primary School Newsletter



10th March 2023

Proud to be Parkside

Weekly Update

We have had a fabulous week at Parkside with the arrival of snow bringing a lot of excitement for our children.

This week we have had our second week of science. We have recently launched a new curriculum offer for science and it has been fantastic to hear the feedback from both staff and children about how much they are enjoying a real focus on the practical elements of their learning in science.

I would like to express my thanks to our staff for providing the children with a number of opportunities this week. They have been at sporting and musical events after school nearly every night for the last two weeks. Thank you also to our parents for supporting these events, what wonderful opportunities for your children beyond the school day!

Have a fantastic weekend and we will see you on Monday.

Mrs Bell

Attendance

Attendance across the school this week has been 96%. We are working to raise this above 97%.

Mrs Dawson's Wise Ones have won this week's attendance with 100%, well done team! Please ensure all children arrive to school prior to 8:55am. If they arrive after this time you will be asked to go to the school office for registration purposes.

Come as you are and leave as a champion

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Letters from the Beach House

Issue 8 10th March 2023



Happy Friday from the Beach House!

For some children the thought of tests can be a stressful and anxiety-provoking time. However with the right tools and support, they can learn to manage their stress and perform to the best of their abilities.

Stress is the body's natural response to pressure or threat – it's normal, but too much stress can be harmful. Children feel the pressure to do well, this additional pressure can lead to feelings of worry and fear, can manifest itself as sweating, fast heartbeat and sore tummies. This pressure can stop a child from even starting a test paper.

So how can they help themselves:

Practice self-efficacy – this is your child's belief in their ability to perform a specific task or achieve a goal and can be improved with a good growth mindset. Watch this short clip on YouTube from Transforming Education (<https://www.youtube.com/watch?v=VW5V6PQ5PEc>)

Growth mindset – a child's belief that abilities can be developed through hard work and perseverance, improving resilience and will see failure as an opportunity for growth rather than a reflection of their abilities. Watch this clip on YouTube from BBC Teach (<https://www.youtube.com/watch?v=vRQkxkBDEFO>)

Practical strategies for calming and managing stress during tests:

- Grounding exercises:
5,4,3,2,1 – name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste
- Soothing activities:
Listening to calming music or white noise
Doing a relaxing activity such as colouring or drawing
- Breathing exercises:
Finger breathing – trace along each finger, breathe in to a finger tip, pause, breathe out down the other side, pause
Box breathing – breathe in for the count of 4, pause for the count of 4, breathe out for the count of 4, pause for the count of 4
- Practice self-care – good sleep, healthy food, exercise
- Stay organised – keep study materials organised and easily accessible
- Talking is magic – for feelings of being overwhelmed, talking about those feelings really helps.

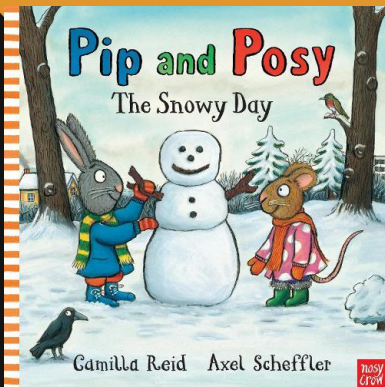
Parkside Pantry

We always welcome donations to our pantry. The present energy crisis is making life difficult for a lot of us and our Parkside families, however this also means that our food bank is being heavily utilised. If you have any spare tins / packets at home that you do not require, we would love to be able to top up our supplies. We are also very short of toiletries and cleaning products. Equally if you would like a bag making up just let us know. We also have lots of uniform stock available.

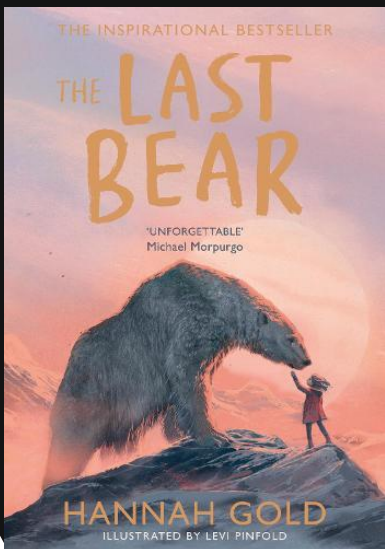
Thank you

Recommended Reads

"I think books are like people, in the sense that they'll turn up in your life when you most need them." – Emma Thompson



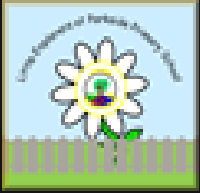
Pip and Posy can't wait to go out and play in the snow. They have fun, until they decide to build a snowman and things start to go pear-shaped. Pip wants to build a snowRABBIT but Posy wants a snowMOUSE! Oh dear! Happily they resolve their differences over a cosy craft session indoors.



Both absorbing animal adventure and subtle commentary on climate change and the plight of endangered species, *The Last Bear* revolves around April, the daughter of an Arctic researcher, and her chance encounter with a lone polar bear.

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Early Years at Parkside

Little Explorers Nursery and Reception

This week the children have enjoyed watching the snow fall and exploring the scatterings of snow that landed on the ground. The children in Little Bears revisited their story *The Snowman's Snow Day*, bringing it to life with a real snowy day. Little Bears have been developing their gross motor skills using their "Wiggle me into a Squiggle" movements in the gloop tray. Tiny Stars have continued to read books by Eric Carle (their author celebrated during World Book Day) and this week focussed on *The Very Hungry Caterpillar*. They used a variety of fruits & vegetables to apply their colour mixing skills to printing. Shooting Stars participated in PE with Mrs Lees, developing their balancing and landing skills through gymnastics and use of the equipment in the hall. Reception have also been independently applying their phonics knowledge to write dictated sentences. This was showcased during this week's Stay & Learn session. Please feel free to join next week's session on Thursday 8:45am – 9:00am.

Try this at home

Birthday Cake Cloud

Dough

6 -8 cups plain flour
1-2 cups vegetable oil
4-5 drops vanilla extract
confetti sprinkles
Mix it together



Calling all parents

Staffordshire would like your views on
using childcare.

https://consultation.staffordshire.gov.uk/education-and-learning/childcare-and-you-2023/?utm_medium=govdelivery&utm_source=email

Did you know?

Between the ages of birth to three, children are naturally curious about the world around them. Giving your child books and toys that show people from a range of ethnicities positively is so important.

What to expect in the EYFS: A Guide for Parents

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Dates for your Diary

Thursdays	Stay and Solve Sessions
Mondays/Wednesdays	Year 6 Early morning Boosters
Monday 20 th March	Year 5B trip to the Ancient High House
Tues 14 th – 17 th March	Mothers Day Lunch
Monday 27 th Tuesday 28 th	Parents Evening

Welcome to our newest member of staff...

Miss Jackson has started with us mainly in Year 3, she brings with her a wealth of experience and is very familiar with Parkside as a former parent. We are really pleased to have her on board

www.staffordsport.co.uk

FREE Easter Holiday Sports*

FREE Holiday Activities and Food

Monday 3rd April - Thursday 6th April 10am-4pm
Tuesday 11th April - Friday 14th April 10am-4pm

At Blessed William Howard Catholic High School Stafford

Staff are NGB qualified, DBS Checked and First Aid Trained.
Staff employed by the Stafford Sports and Performance Academy

The days will be filled with sporting fun including football, rounders, dance, cricket, badminton, table tennis and MORE. Sessions are perfect for boys and girls.

FREE HOT MEAL INCLUDED

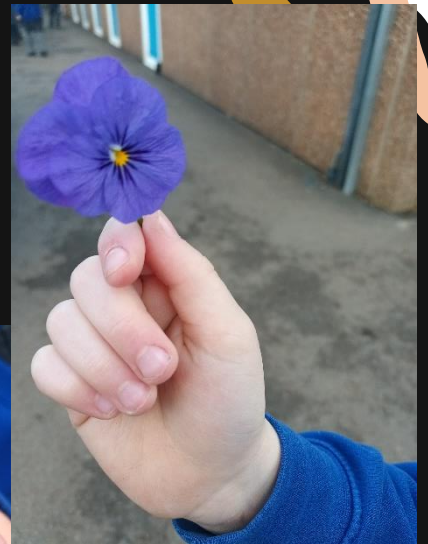
IDEAL FOR AGES 5-13 Twitter: @staffordsport **facebook** www.facebook.com/staffordsport

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Proud to be Parkside

Proud to be Parkside Champion Moments....



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