

Parkside Primary School Newsletter



3rd February 2023

Proud to be Parkside

Weekly Update

Our afternoons this week have been filled with Geography knowledge. There has been lots of field work looking at physical and human features in our environment. Year Five and Six have moved onto a focus on climate and climate change. Year Three and Four have extended their knowledge of mountain ranges. Year Two One have been learning about the United Kingdom's coast line. This week the children have developed their final pieces linked to Macbeth, the children have thoroughly enjoyed studying another Shakespeare play and the writing clearly shows this. Yesterday there was excitement in the air as two of the Stoke City Football team and their press team descended on the school. All children had an opportunity to see the players who came to celebrate with the Year Six winners. Well done to all children involved, they definitely made us very proud to be Parkside.

Attendance

Attendance across the school this week has been 95%. We are working to raise this above 97%.

Well done to Mrs Clowes class who have achieved 99% attendance this week.

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

Proud to be Parkside

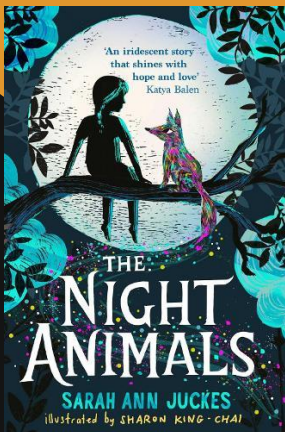
Parkside Pantry

We always welcome donations to our pantry. If anyone is able to make donations of tins of soup, tinned vegetables and pasta sauces this would be very much appreciated. Equally if you would like a bag making up just let us know. We also have lots of uniform stock available.

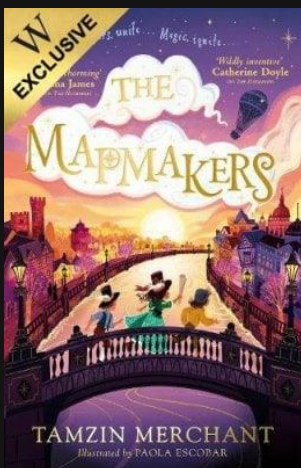
Thank you

Recommended Reads

"Reading should not be presented to children as a chore, a duty. It should be offered as a gift." – Kate DiCamillo



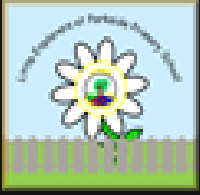
A moving, courageous and ultimately uplifting novel about mental health and the bonds of family, this engaging story from the author of *The Hunt for the Nightingale* revolves around young Nora and the rainbow-shimmering ghost animals that help to guide her through difficult times.



Cordelia stumbles upon a secret society of mapmakers who just might be able to help her find her missing father in the bewitching sequel to former Waterstones Children's Book of the Month *The Hatmakers*.

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Early Years at Parkside Little Explorers Nursery and Reception

There has been a hive of activity in Early Years this week. Throughout the whole of Early Years, children have enjoyed their Expressive Arts & Design Learning. The Little Bears have explored paint using large brushes and even painting the windows! The Tiny Stars children have enjoyed learning how to weave ribbons and create masterpieces using 'cold' mixed medias. Whilst the Reception children were eager to perform on their recently constructed 'stage' in their outdoor area (Thank you Mr Milne) making music with the boomwhackers and percussion instruments.

TRY THIS AT HOME BEST EVER NO-COOK PLAY DOUGH RECIPE

You need:

- 2 cups plain flour (all purpose)
- 2 tablespoons vegetable oil (baby oil and coconut oil work too)
- 1/2 cup salt
- 2 tablespoons cream of tartar
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)
- gel food colouring (optional)
- few drops glycerine (my secret ingredient for stretch and shine!)



FUN FACTS

Did you know?

Over 80% of your baby's brain is formed by age three

Up to 75% of each meal goes to forming your baby's brain

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Dates for your Diary

Thursdays	Stay and Solve Sessions
Mondays/Wednesdays	Year 6 Early morning Boosters
Monday 6 th February	Y6 evening Gatehouse Trip 7:30pm
Thursday 16 th February	Year 4 Nature Ranger Trip
Mon 20 th February	School Closed for Half Term
Mon 27 th February	INSET Day – school closed to pupils
Tuesday 28 th February	School and Little Explorers Open
	Year 5/6 Electrify Dance Show

**HALF TERM
SOCCER SCHOOLS**

WOLVES FOOTBALL DEVELOPMENT

Soccer School / Goalkeeper Soccer School

Venue: Stafford Town FC, Evans Park, Off Fairway, ST16 3TL

Dates: Wednesday 22nd - Friday 24th February 2023

Times: 9:00am - 3:00pm

Cost: £60

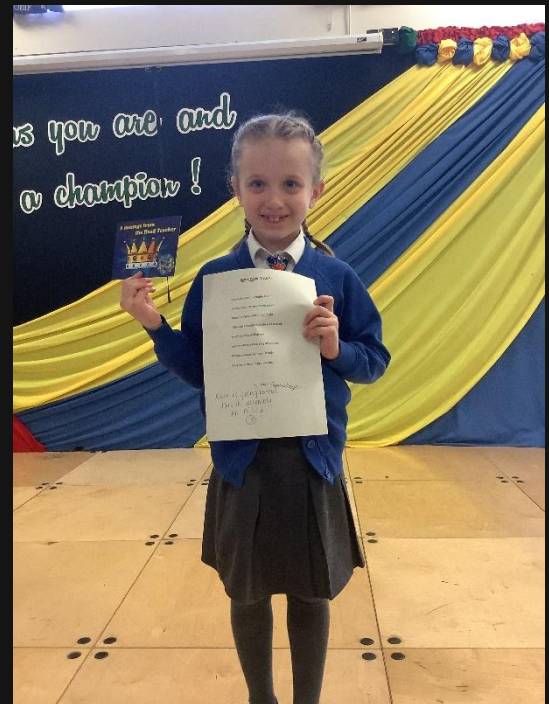
Scan the QR code for more information,
email footballdevelopment@wolves.co.uk
or to book visit tickets.wolves.co.uk



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Proud to be Parkside

Proud to be Parkside Assembly



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Letters from the Beach House



Issue 6
3rd February 2023

This month's issue focuses on helping your children with big emotions.

Anger, fear, worry, grief are emotions that we all experience. Some of our children struggle to handle them more than others – this could be to do with their developmental age, missed social interactions from the pandemic, genetics, transitions - the reasons are numerous. Strong emotions sometimes give us the urge to act out in ways we may later regret – so coping skills can give children the space they need to think before they act, helping them to stay in control of their behaviour. Learning how to respond to big emotions in healthy and sustainable ways is one of the most important lessons a child can learn.

One of the best ways a child can learn effective coping skills is through modelling. When a child sees how an adult deals with big emotions they are more likely to learn and follow the same coping methods. So how??

Take space when you need it – one of the most reliable ways of managing feelings in a stressful situation is to remove yourself from it, even just for a little while, shows children that it is ok to take a break to acknowledge and respond to intense emotions. An emotion's intensity tends to increase until we get some distance from whatever it is that caused it.

Talk your child through how you cope – If you need to step away for a few minutes, tell your child that you need to spend time tending to your feelings, this lets the child know that they are not being abandoned or punished. Going a step further and breaking down the specific skills you will use while you are away from the situation gives them an example to emulate in the future "I need some time to calm down, so I'm going to listen to music for 15 minutes / make a cup of tea and then I'll be back."

Show your feelings – It's natural that we want to protect our children from pain and discomfort, but intense emotions are a part of normal life. If you only show your child your cheerful relaxed side, they may get the message that difficult emotions are something to be ashamed, hidden or avoided. While it can be uncomfortable for you child to see you upset, being able to watch you self-regulate and put words to your experience can be helpful and reassuring. "I'm sad about some news I heard today, so I'm going to talk it over with a friend."

Be kind to yourself – regular practice of one or two healthy ways of managing stress / emotions can help you de-escalate conflict and model healthy behaviour for you children. We have a real tendency to be hard on ourselves but one of the most effective ways to counter negative self-talk in children is by showing them what it looks like to have compassion for yourself even when things go wrong. Speaking kindly to yourself and celebrating your accomplishments – even when they feel small – is an important part of self-care.

Effective practices for dealing with emotional situations:

Deep breathing	Going for a walk / exercise	Mindfulness practice
Listen to music	Write in a journal	Splash cold water on your face
Call a friend	Play with a pet	Positive self-talk