

Parkside Primary School Newsletter



Friday 18th November 2022

Proud to be Parkside

Weekly Update

It has been another busy week here at Parkside. Yesterday we were very excited to work with Spectrum Music to record our Parkside Christmas single. We cannot wait for the release in December!

It has been fantastic to welcome so many grandparents to join their children for lunch this week. Thanks goes to our kitchen team who have cooked over 1300 dinners this week, and have done this with a smile on their face!

The children have thoroughly enjoyed today, gaining an understanding of the support that Children in Need provides and following Joe Wickes and Pudsey for a morning warm up. Thank you for support, with your help we have raised £249.97 for Children in Need.

Have a lovely weekend. Mrs Bell

Attendance

Miss Padgham's Gemstones have topped the attendance this week with 98% attendance, well done!

Across the school attendance this week has been 96%, well done Parkside!

Come as you are and leave as a champion

Proud to be Parkside



Parkside Primary School



PRIMARY SCHOOL ADMISSION SEPTEMBER 2023

If your child is due to start school next September you will need to submit an **online** application. The application process opens on **1 November 2022**.

Applications can be submitted at www.staffordshire.gov.uk/admissions and the deadline is **15 January 2023**.

The online system will ask for a UID number—please click ‘No UID’, this will allow you to continue with your application. You will receive the outcome of your application on 17 April 2023. Please make your neighbours and friends aware if they have children due to start school.


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Parkside Primary
School
Open Morning

Sunday 4th December
9:30am - 11:30am



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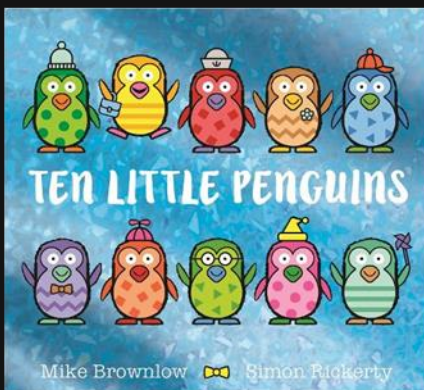
Parking

We understand how congested the areas surrounding the school can become at school pick up time. Please be mindful of children using the zebra crossing.

Whilst we have understanding neighbours please can all parents be mindful when parking at drop off and collection that they are not blocking pavements for pedestrians and are not blocking drives. Thank you for your support.



Recommended Reads



Oh no! Granny Penguin isn't feeling very well so ten little penguins hatch a plan to cheer her up. Can these ten lovable penguins find gifts and bring them back to Granny so they can all play together again?



The heartwarming and hilarious sequel to Fraser's much-loved *The Littlest Yak* finds Gertie having a bit of a wobble when she becomes a big sister for the first time

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Dates for your Diary

Stay and Solve Starts (every Wednesday)	Reception-Year 6. 8.45-9.05am
Monday 28 th November	School Photos
Mon 21 st November	Year 6 SATS Meeting 3.30pm & 5.30pm
Monday 5 th December	Year 5/6 Athletics Competition
Tues 6 th December	Parkside Light Switch on 3.30pm
Wed 7 th December	LKS1 Nativity – 10am
	Nursery/Reception 2pm
	Reception/Nursery Nativity 10am
	KS1 Nativity – 2pm

Parkside Pantry

Thank you for your support in topping up our Parkside Pantry, it is now looking well stocked.

Our Parkside Pantry is available for everyone within our school and our local community. If you would like a bag of items making up for you then please do not hesitate to contact the school office.

Over the forthcoming weeks we will be making up Christmas Treat bags, these will be some top up food items that can be enjoyed over the festive period.. Please contact the school office if you would like a bag.



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Letters from the Beach House

Issue 2

18th November 2022



Happy Friday to all from the Beach House.

How many times have you heard your child say 'I don't want to go to school today – my tummy hurts.' All children get the occasional tummy ache or headache – sometimes it's not enough sleep or too many Halloween sweets, but when children get them often or in a pattern it may be a sign of anxiety.

When there is a pattern of physical symptoms it is recommended that you visit the doctor to rule out medical concerns. However, if your child gets a clean bill of health, the next step may be to help them make the connection between their worries and their physical symptoms.

So what can you do as parents if you feel that your child is feeling anxious or worrying?

Firstly – validate : "What you are feeling in your tummy is worry." This helps your child link feelings with physical symptoms.

Secondly – Ask open ended questions : "How are you feeling about maths today?" This avoids suggesting that you expect them to be anxious.

Thirdly – Acknowledge the physical connection : "I know it hurts, I know it's uncomfortable, but I know you can do it."

Finally – Use calming strategies :

Deep breathing – "Imagine you are holding a mug of hot chocolate, breathe in through your nose to smell the chocolate, then out through your mouth as if you are blowing on the drink to cool it down."

Mindfulness activities – 54321 exercise : "Take a deep breath, now name 5 things that you can see, now name 4 things that you can hear, 3 things that you can feel, 2 things that you can smell and 1 thing that you can taste, now take 1 last deep breath."

Coping statements – teach your child to say statements like : "I am feeling scared but I can handle it."

If you have any concerns regarding your child, please do not hesitate to contact us at school – we are here to support you all.

Kind regards

Mrs Barton

Home / School liaison and Nurture / Wellbeing Lead

Reference: childmind.org/article/anxious-stomach-aches-and-headaches

Our Parkside Champions

Highlights this week...



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