



Thursday 29<sup>th</sup> September 2022

Dear Parents and Carers,

We have thoroughly enjoyed being back in school and have had a really lovely and busy first few weeks of term. I have been ever so impressed with how your children have settled so well into their new classes.

### **Shining Brightly:**



The first couple of weeks we all focused on a special book 'It Starts with a seed' and all classes engaged in our annual spiritual journey of growth and goal setting for the future at their age appropriate level.



### **Personal Health and Safety & Social Education**

In the first three weeks back in school we have ensured that all classes have had age appropriate teaching about online and e-safety and the PANTS rule to empower our pupils to keep themselves safe and speak to a trusted adult if they have worries or concerns. School council are planning annual anti-bullying week for us all this term.

This week we have been focusing on PSHE and health and safety and we have welcomed the Life Education Base team from Coram life Education into school to work with every class in special hands-on practical workshops in line with our PSHE (Personal Social and Health) curriculum. Our youngest children absolutely loved meeting Harold the Giraffe! Here is an outline of their sessions for you to see.



#### **Class R All about Me**

We met Harold the Giraffe who was very excited about going to his grandparents' house. The children helped him check he had everything in his bag including the items in his wash bag. Using a specially designed body tunic the children learned about the functions of some major internal organs. Harold gets plenty of exercise at the park and the children all joined in exercising their bodies too. Later, Harold was feeling sad and called us for ideas to cheer him up. Everyone felt a lot better after a sleep under the stars and Harold came out to thank us for our help before singing one of his favourite songs about being happy and healthy.

#### **Class 1 My wonderful Body**

The children learned about the major food groups before looking at the interactive body model to learn how food, water and oxygen get into the body to give it energy. We looked at the Healthy Wheel, considering the different things we need to be happy and healthy. Harold the Giraffe woke up after a good night's sleep and checked his lunch box for school but there was something missing! The children helped Harold to work out what he needed to add, to ensure a balanced meal in his lunch box. Harold set off to the school garden which gave us all some exercise. At the school garden Harold's friend, Kiki the Kangaroo, tried to help Harold find some fruit for his lunch box but upset their friend Derek the Penguin by mistake. The children helped to resolve the conflict before Harold returned to sing them his special song about different foods.

#### **Class 2 Feelings**



We began by considering what our bodies need to stay physically and emotionally healthy, using our Healthy Wheel and Wellbeing Wheel. Harold told us that he's very excited as he is having a party for all his friends! He is disappointed that one of his friends can't come to the party because he is not feeling well. After a discussion about the safe use of medicines the children learn about the body using interactive techniques. They then joined Harold at his party and his friend Derek offers to take photos. Using some of Derek's photos the children become 'Feelings Detectives' to work out how the children in the pictures might be feeling and the possible reasons why. Back at the party Kiki turned up late but felt left out of the action – the children helped her think through how she could solve this problem and everyone is friends again. After a final 'body shake' exercise routine Harold met the children again and sung them his song about the importance of friendships.

### **Class 3 Meet the Brain**

We explored the Wellbeing Wheel and discussions about its five ways to emotional good health were woven through the session. We also considered how to ensure that online behaviour is healthy and balanced. Using interactive techniques, the children considered the importance of each body organ before meeting the classroom brain. We learned how a brain sends and receives signals through the nerves and how it controls movements. Helping with Harold's homework, the children explored whether choices about taking a medicine, exercise, sleep, drinking alcohol and smoking cigarettes help or harm the body. At his school talent show Harold argued with his friend Derek over who should take the last place in the performance. The children helped out by defining key friendship qualities and skills. Harold met and thanked the children for helping and sung them his song about the importance of self-belief and friendship.

### **Class 4 It's Great to be me**

Using the Wellbeing Wheel, the Five Ways to Emotional Wellbeing were explored. We also considered how to ensure that online behaviour is healthy and balanced. Harold is looking forward to his trip to *Diversity World* – a theme park where there is something for everyone. Using interactive techniques, we considered how choices we make, such as exercising and taking a medicine, can affect what happens inside the body. At *Diversity World* Harold and his friends noticed the park rules on smoking and alcohol and we discussed why there are these rules. The three friends can't agree what to do, all wanting something different. They decide to split up but Harold finds himself lonely without his friends. He decides to go on 'The Conformatron' where he learns how important it is for us to be able to make our own choices, and that we can still be friends with other people despite of, and even because of their differences. Harold finds his friends and they happily spend the rest of the day together.



### **Class 5 Friends**

The theme of looking after our mental health, as well as physical health – and the connection between the two – was further explored, using the Wellbeing Wheel. We also considered how to ensure that online behaviour is healthy and balanced. Using our interactive resources we explored how our body systems work together to keep us alive. The children were given the opportunity to discuss not only what a drug is, but how drugs can be used for medical and non-medical reasons. The risks of smoking cigarettes and drinking alcohol were explored, although there was an emphasis on the fact that an increasing number of young people choose *not* take these risks. Through role-play the children explored the influence of friends on decision making. They identified and practised assertiveness skills. The importance of our basic human emotional needs in our decision making was threaded through the programme.

### **Class 6 Decisions**

We introduced the theme of decision-making and explore how the decisions a person makes can impact on both their mental and physical health. We explored the Wellbeing Wheel, looking in greater depth at the importance of looking after our mental health and the strong connection between mental and physical health, also considering how to ensure that online behaviour is healthy and balanced. We reviewed children's knowledge of the body.





Children listed drugs they had heard of and then consider how these drugs have medical and/or non-medical uses. Tobacco, alcohol, cannabis and solvents – and any other drugs that children ask about – are all touched on in this programme. They learned about the basic laws on drugs and how drug misuse can affect a young person's future aspirations. Through the use of specially created films and role-play, the children explored aspects of peer dynamics and risk-taking in relation to alcohol and devise strategies for managing both influence and risk. Children considered the types of activities most young people enjoy doing which do not present the same risks as using drugs, legal or illegal.

We provide these workshops every year for our pupils so that they get to experience them all alongside our PSHE curriculum. We use funds raised by our FOAKS team from events such as the fireworks to pay for this excellent additional resource for every child in our school to benefit.



### Wiltshire Air Ambulance Life Saving workshops

We have also had two days with the Wiltshire Air Ambulance with our annual life-saving and safety skills which we ensure all of our pupils have. These skills progress across the school at an age appropriate level from knowing how to call for help if someone is unwell or unconscious to being able to give basic CPR. The Wiltshire air ambulance team teach our children in very practical, memorable and fun ways which they can access and in KS2, pupils learn CPR to the tune of 'Staying alive' so they have a memorable strategy to use should they ever need to use it. These workshops are not a given part of the national curriculum but at AKPS we think they are vital life skills and

could result in a life being preserved/saved and therefore ensure we provide annual workshops for all of our children.

All of this sits alongside our continuous PSHE and RSHE curriculum which are taught throughout the year to ensure our pupils learn how to keep themselves safe (including online), healthy, develop good relationships, make wise economic choices and make wise decisions. These are really important skills for life and so a very important part of our 'Shine Curriculum' and helping us to ensure that our pupils live a 'life in all its fullness' John 10:10.



### Class R and 6 Welcome Service in Holy Cross Church

We absolutely loved welcoming our youngest and oldest pupils to Holy Cross Church for a special welcome service for buddies. The children walked beautifully up to the church, supported by their Buddies and I was so impressed with our Year 6 pupils who took time to point out nature's beauty on the way: moorhen families, conkers just bursting from their cases, it was so special. The service was lovely and the Year 6 pupils presented special stars to their reception buddies which they had carefully made for them.



We sang together and the Year 6 pupils helped reverend Shirley lead the worship and reenact a special bible story. Thank you to the Year R parents and carers who were able to join us and thank you to Reverend Shirley and Holy Cross church for your wonderful partnership with school.

### Romans in Ashton Keynes!

The children in Year 3 and 4 have loved learning about the Romans, dressing up and adding some drama to their learning. They also enjoyed visiting our outdoor timeline to find out when the Romans were in time and comparing that to now. (The timeline was funded by our FOAKS team at our shine party and has been an amazing resource to help out pupils build a visual chronology of time.)



### Phonics Information Session for parents and carers

Thank you to those who were able to attend our phonics information session to help you support school with teaching phonics and early reading to your child. Reading is so very important and we want to ensure every child in our school is able to read. This not only opens a wonderful world of imagination, enquiry and enjoyment but it is the key to successfully accessing all future learning. If you could not attend the meeting, please do not worry, you will receive a parent mail with a link to a video to support you and we will put this link onto our website for everyone to access.

### Home learning

I am not sure schools can always please everyone with home learning as expectations vary so greatly. Some say it is not enough and some say too much. We try very hard to ensure what you do at home is in partnership with school and supports your child with meaningful activities that will help them to learn and make good use of your valuable time. We are very understanding that sometimes children feel unwell or events happen preventing home learning from being completed or that parents and carers are busy but if you can support with hearing your child read daily/support independent reader to read daily and record in their reading diaries then this is really important and manageable. Beyond this, phonics/spelling support and basic maths reinforcement will help us to repeat and embed key concepts within your child's working memory. We do all we can in school but practice and support at home will have an even greater impact on your child's learning. Teachers will always provide options for more activities on their online learning platforms should you require more so this should enable everyone to have what they need. Thank you for your support and understanding with this.



### Save the date: Saturday 5<sup>th</sup> November evening (approx. 5-8pm with fireworks around 6.30) Ashton Keynes Fireworks event

FOAKs (our wonderful friends of the school team) are again organising our annual fireworks event at the Bradstone field Ashton Keynes. This event will be brilliant and include a wonderful firework display, a live band, food stalls and a bar. There is so much hard work and goodwill that goes into making this event possible and we are very grateful as it is not just a fabulous community event but the main fundraiser for our lovely school helping us pay for our much-needed learning resources and our PSHE and Health events (like those mentioned in this newsletter) which



benefit all of our children. Finer details, timings and links for ticket purchasing will be sent out soon via the FOAKS team but I wanted to get the date on the calendar as soon as possible. I know the team are always in need of helpers, even if just for a short part of the evening. The staff team will be helping too.

**A final plea.** We really value our relationships at school and we will always help and support our children and families where we can but I do need your help with something, preventing staff from receiving emails all times of the day, night and during weekends and holidays as I am concerned about the effect this has on staff wellbeing. Staff here really care about your children and families and as a result we worry about things we cannot resolve out of hours and this can cause anxiety. As Wellbeing lead, I would like to remind you about our protocol around sending emails in order to prevent any unnecessary worry but also to ensure that we maintain a strong working relationship through clear channels of communication.

- Emails to staff should be between 8am and 4.30pm on Mon-Fridays during term time only and on the day the teacher works (job share)
- If you feel the need to email staff beyond these times please either set a delayed send for working hours or send to [office@ashtonkeynes.wilts.sch.uk](mailto:office@ashtonkeynes.wilts.sch.uk) and staff will receive during the working day
- If you are informing school about medical needs, collection times, uniform, absence please do so via the school office on 01285 861436 not via the teaching staff
- If you need to speak with a teacher/staff member, you can call the office for a call back or meeting arranged with a staff member around the teaching day. We will be more than happy to speak with you as soon as we are able.
- Teachers may not have time to respond to emails in a timely manner as they are directly working with your children and do not have access to emails so please consider if a phone call would be quicker
- If your concern is safeguarding beyond school hours please call the MASH team out of hours on 03004560100 or if at risk of immediate harm call the police.

Thank you for helping me look after my staff team so they can fully focus on providing the very best for your children every day. We love working with you but just need some clarity for all around communication. If anyone not reading this communication does not follow protocol, they will receive a stock message and their email will not be responded to in order to ensure consistency. Your support is very much appreciated.

Thank you for working in partnership with us and for your continued support in helping us provide the very best for our children,

Your very proud Headteacher,  
*Mrs Saville*

Mrs Saville  
Head Teacher

Date	Event
Wednesday 12 <sup>th</sup> October	School Photographer in
Tuesday 18 <sup>th</sup> October	End of Term





Wednesday 19th October	TD Day
Monday 31 <sup>st</sup> October	Back to School
Saturday 5 <sup>th</sup> November	FOAKS Firework Event

All dates for the year are on the calendar on the school website on [www.akps.org.uk](http://www.akps.org.uk) to help you plan ahead



# ASHTON KEYNES


Church of England VC Primary School

SHINE BRIGHT ★ REACH FOR THE STARS



INVESTORS IN PEOPLE



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