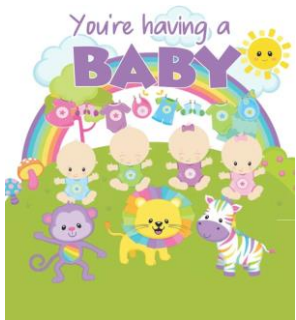




SACRISTON  
ACADEMY

# NEWSLETTER

9<sup>th</sup> February 2024



On Monday, we say goodbye to Miss Paul as she starts her maternity leave. We are so excited to welcome our newest Sacriston Star and cannot wait to meet her.

We wish Miss Paul and her partner all the best in the coming months.

## **Polite reminder to all parents/carers of our school timings:**

Nursery: 8.40am / 11.40am

Reception: 8.50am / 3.05pm

Year 1: 8.45am / 3.15pm

Year 2: 8.40am / 3.10pm

Year 3: 8.40am / 3.10pm

Year 4: 8.50am / 3.20pm

Year 5: 8.45am / 3.15pm

Year 6: 8.40am / 3.10pm



## **Attendance update**

This month, the Department for Education launched a national campaign – **Moments Matter, Attendance Count!**

**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**

The campaign reminds families of the importance of good school attendance. The campaign is in response to a worrying national increase in the number of pupils absent from school. Attendance at school is vitally important and if children are not here, they are missing out. Please continue to support us by sending your child to school at every opportunity.

If you have any questions or would like to speak to a member of our attendance team, please contact the school office and ask to speak to either Mrs Parks or Miss Brockwell

keep up to date with all school news on our website [www.sacristonacademy.co.uk](http://www.sacristonacademy.co.uk)



## Dogs

Can we please remind all parents that dogs are **not allowed** on school ground. This also includes the school lane down to the main road. Dogs should not be being left at the bottom of the lane, tied to the fence. We have several children in school who are frightened of dogs.

Thank you for your co-operation



## Children's Mental Health Week

At Sacriston Academy this week the children have been exploring what good mental health means. The children participated in sessions about how to talk about their mental health, mindfulness and relaxation games and learning what it means to be proud, to name just a few. The children were encouraged to share good strategies to maintain good mental health and we will all learnt new ways we can make our mental health even better!

In assembly the children learned that their voice matters and were told about just some of the wonderful things the week holds for us all.

The children gave amazing advice to Riley from Inside out and we all took some great advice from Marcus Rashford too!

On Wednesday all children came together in groups for a calming session. The children put their calming breathing to the test. The children focused on strategies such as focusing on their breathing until it slows, counting to ten to calm and moving our bodies to make us feel better.

*"Finding your voice and purpose in life is one thing, but, very often, when it is time to use that voice and make a change, you will need a bit of teamwork to make things happen." -Marcus Rashford.*



## **Nursery Enjoy some Yoga!**

In Nursery this week, we have been partaking in lots of activities that are good for our mental health! We discussed the importance of being proud and what feeling proud might feel like. Nursery also enjoyed their calming yoga and mindfulness colouring.

*"You might feel warm inside."*

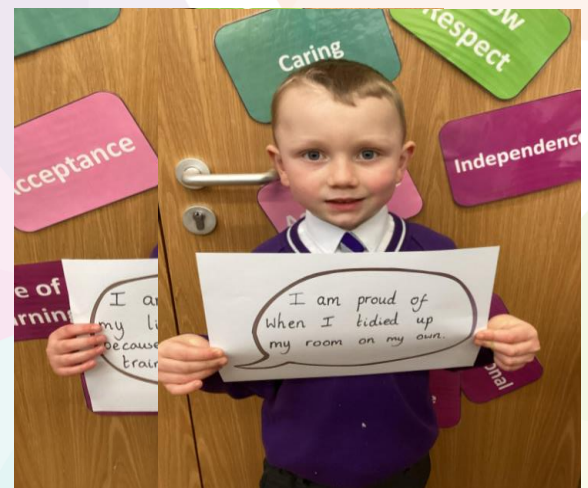
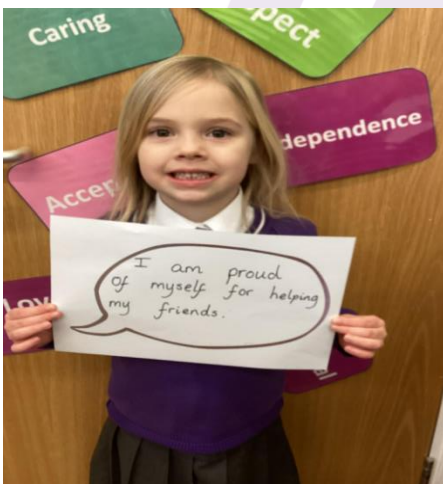
*"It is important to be happy."*

*"We must be kind to our friends."*



## **Reception's Proud Moments**

This week Reception have been talking about what proud means and the moments that have made them the most proud:



## **Year 1 Think Positive!**

Year 1 focused on the importance of positive thinking for our mental health. They talked about the word 'proud', reminding themselves what it means and from previous PSHE lessons and talking about times when they have been proud of other people in their family. Then, they thought about when they feel proud of themselves and realised that they should be proud every day! The class created images to represent moments when they have felt proud of themselves. Examples included:

**Freya** – *"My proudest moment was when I learned how to ride my bike without stabilisers."*

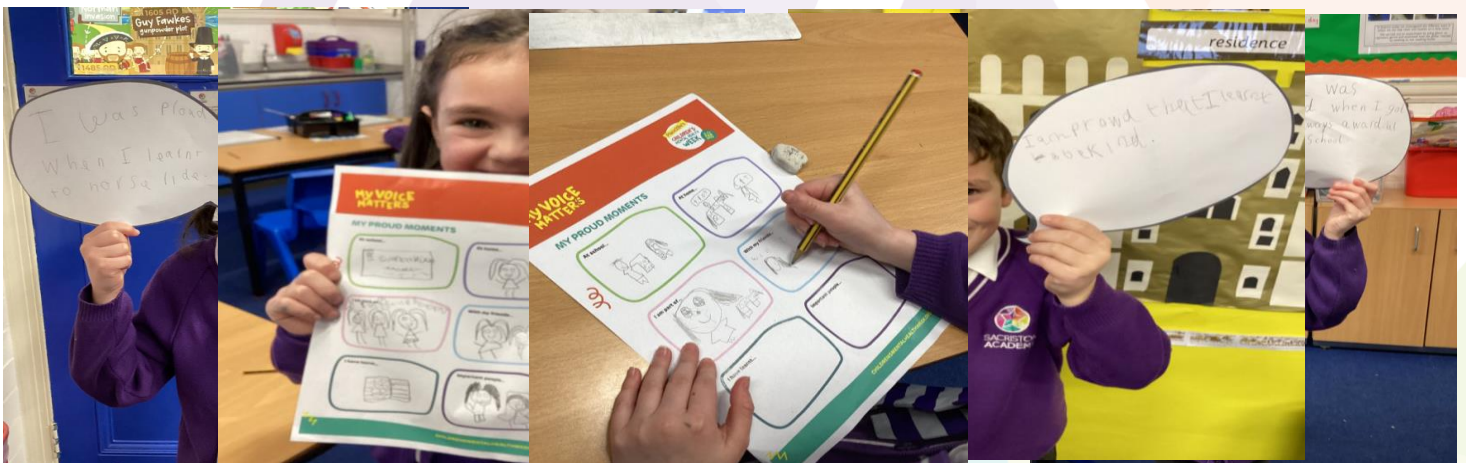
**Ollie** – *"I was proud when I joined the 6-7 football team."*

**Maisie** – *"I was proud in Maths today because I found it a bit hard but I didn't give up!"*



## **Year 2 Celebrate their 'Proud Moments'**

Harry has shown a tremendous amount of resilience and demonstrated a real love of learning this week, trying his absolute hardest in every single lesson - especially his maths. Harry always brings a smile and a positive attitude into school with him and is a pleasure to have in Year 2.



### **Year 3 Celebrate their Achievements**

This week as it is children's mental health week, we have been focusing on how to celebrate ourselves and our achievements. The class came up with some fantastic thoughts and ideas about what they are proud of that they have accomplished. We have discussed how to be kind to our friends and just as importantly, ourselves. Mindfulness has been another key focus for us. We had the chance to take part in some breathing exercises in the main hall and then some mindfulness exercises in class, reminding ourselves on how to regulate our emotions. Well done year 3 for being so openminded and taking part!



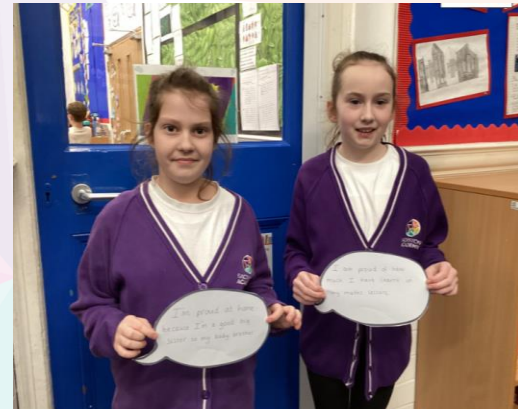
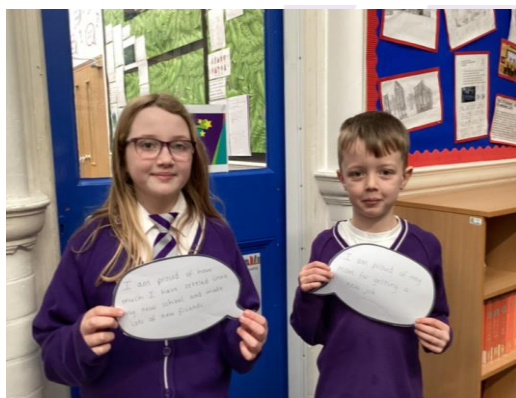
### **Year 4's Proud Moments!**

As part of Children's Mental Health Week, Year 4 have been thinking about their proud moments and how it is important to share something we are proud of as it can help us to celebrate ourselves and each other. We thought about what we are proud of at school and at home and we shared some lovely proud moments with each other!

**Libby-** *" I am proud of how much she has settled into her new school and made friends."*

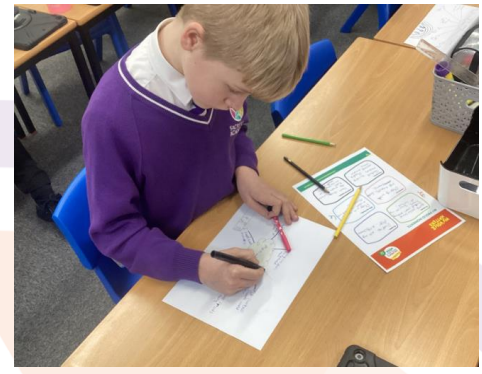
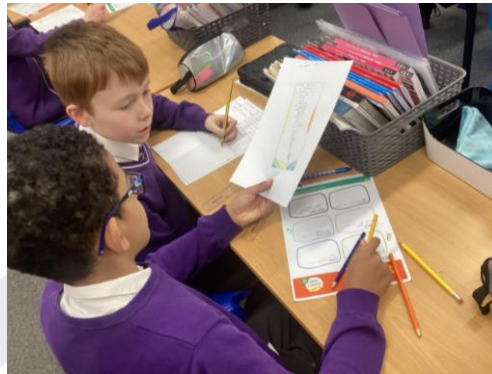
**Jasmine-** *"I am proud to be a good big sister."*

Across the week, Year 4 have also participated in some mindfulness colouring where we listened to some instrumental versions of our favourite music! We talked about how music is a fantastic tool for keeping ourselves calm and helping us to feel great



## **Year 5 Reflect on the Importance of Mental Health**

This week, for Children's mental health week, Year 5 have taken part in a range of different activities. On Monday, we took part in our whole school assembly based on mental health. On Tuesday, we created posters based on our proudest moments and it was lovely to share these. On Wednesday we took part in some relaxation activities with Mrs Brand and Reception, Year 1 and Year 2 and Thursday we took part in some mindfulness colouring. The children have had a great week reflecting on their mental health and the importance of keeping it healthy.



## **Year 6 Work Extra Hard!**

Year 6 have been working hard all week and have even completed some practice SATs. We could not be prouder of the determination and resilience the children have demonstrated in completing this work. They are a credit to themselves, their families and their school!

We still have lots to learn but sitting at a desk all day wouldn't be beneficial for our learning or our mental health. We've been trying to think of fun ways to help us learn! We have been revising 'progressive tense' and 'perfect tense'. Instead of sitting at our desks to just answer a sheet of questions, we played a game of corners! Mr Golding read out different sentences and we had to pick our answer by moving to the correct corner. It was a lot of fun and helped us develop a deep understanding of different tenses.



In-between all of this hard work, we've also been having some fun taking brain breaks. Our favourites are the 'Would You Rather' questions. After voting, we always discuss which option we've picked and why. It's a great way to look after our mental health in the midst of our busy work!



The menu for week beginning 12<sup>th</sup> February is Week 2. School dinners are £12.50 per week, paid online by Monday please. Our school menu can now be found on our website. If you would like to look at the options with your child, please use the following link.

<http://www.sacristonacademy.co.uk/school-information/lunch-menu>

### Class Attendance



Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
91.43%	92.56%	94.57%	92.83%	96.27%	93.31%	92.39%	86.41%

The government expectation is 96% attendance for individual pupils and school. Attendance and punctuality really matter to your child's education - every day counts! When your child's attendance drops below 95% school will begin monitoring. Referrals to the local authority may also be made if there is no improvement seen.

### Dates for your Diary

**Wednesday 14<sup>th</sup> February**

**Friday 16<sup>th</sup> February**

**Thursday 7<sup>th</sup> March**

**Tuesday 19<sup>th</sup> March**

**Tuesday 26<sup>th</sup> March**

**Wednesday 27<sup>th</sup> March**

**Friday 29<sup>th</sup> March**

EY Stay and Play 10:30am

**BREAK UP FOR HALF TERM**

Y1 Sports Festival

Y5 Rugby Sports Trip

Y1/Y2 Bunny Bingo + Easter Crafts 9:15am (More info to follow soon)

Y5/Y6 Bunny Bingo + Easter Crafts 1pm (More info to follow soon)

Y3/Y4 Bunny Bingo + Easter Crafts 2:15pm (More info to follow soon)

Parent Consultations F2F

Early Years Stay and Play 10:30am

Parent Consultations Phone Call

**SCHOOL CLOSED INSET DAY**



## Weekly Awards

Our Headteacher Awards were presented today to the following children who have all impressed their class teacher:

Nursery: Jax Ferguson

Reception: Hunter Johnson

Year 1: Harry Wile

Year 2: Harry Hubber

Year 3: Penelope Bloomfield- Bell

Year 4: Lexie Walker

Year 5: Katie Skelton

Year 6: Ethan Spinks

Class Awards this week were presented to **Year 2** in Key Stage 1 and **Year 6** in Key Stage 2 for their general behaviour at playtime and lunchtime! Well done to you all, we are very proud of you!