



Cheshire Academies Trust  
Inspiring hearts and minds

Kelsall Primary & Nursery School  
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Vice Principal: Mrs Sarah White  
**'A Love for Learning'**

## Friday Flyer – 6<sup>th</sup> October 2023

Dear Parent,  
Some important information in this week's flyer around the **nasal flu vaccination, parent's workshops** and most importantly **mental health day** next Tuesday.

### Flu Vaccinations

Our **nasal flu spray vaccinations** are taking place at school on;  
**Wednesday 8<sup>th</sup> November 2023**

A letter has been sent via Schoolspider with a code that will give you access to an **online consent form**. Please note that this form will close two days before our vaccinations. If you do not complete the consent form in time, the nasal spray will not be able to be administered by the visiting nurses.

### Storyhouse & Camp Curiosity

Wednesdays	Lottie – STORYHOUSE				Tuesdays	Gemma – CAMP CURIOSITY	
	9:15-10:30	10:45-11:45	1:15-2:00	2:00-3:00		Morning	Afternoon
11 <sup>th</sup> October	6	5	4	3	10 <sup>th</sup> Oct	1	Reception
18 <sup>th</sup> October	Nursery	Reception	1	2	17 <sup>th</sup> Oct	Reception	4
25 <sup>th</sup> October	6	5	4	3			



## 5 reasons to get your child vaccinated

- 1. Protect your child**  
The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- 2. Protect you, your family and friends**  
Vaccinating your child will help protect more vulnerable friends and family
- 3. No injection needed**  
The nasal spray is painless and easy to have
- 4. It's better than having flu**  
The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- 5. Avoid costs**  
If your child gets flu, you may have to take time off work or arrange alternative childcare

### Supporting parents with anxious children Workshop

This is an entirely parenting-based approach to managing anxiety in young people. It is based on evidence that anxious children benefit substantially from a parenting style that is clear, calm and consistent.

The group aims to explore the role of anxiety within a family and how it develops. It is run weekly over a 5 week period.

- Building on relationships with anxious children
- Children's anxiety and modelling behaviours
- Positive sleep routine
- Using clear boundaries to support an anxious young person.
- Worry management

For more information, please contact [lianne@healthboxcic.com](mailto:lianne@healthboxcic.com)

### Sleep Tight Workshop

The Sleep Tight Workshop has been designed to support children, young people and families to get a good nights sleep.

This programme runs over a **three week period for parents only**, various sleep topics are covered including:

- ☞ Looking at sleep deprivation and sleep cycles.
- ☞ Causes of sleep issues.
- ☞ Identifying and managing sleep problems.
- ☞ Building positive bedtime routines.

During the workshop you will have the opportunity to **record & develop your families' sleep routines!**

### Healthbox Workshops

We now have dates booked in for our 'Supporting parents with anxious children' workshop; **Mondays - 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Jan, 5<sup>th</sup>, 12<sup>th</sup> Feb - 9.00am-11.00am**. Thanks to those that completed the survey. Mrs Whiteside will be in touch with more details. A further survey has been sent to ask about interest in our 'Sleep Tight Workshop'; A 3 week course for parents to support good sleep hygiene. Each session is 1 1/2 hours long and we would need a minimum of 6, maximum of 10 parents. It is open to parents with children of any age.

If you would like more information you can find lots here; [SCHOOL PROGRAMMES | HealthboxCIC](#).

Thanks to Mrs Whiteside for organising these events for our Kelsall Crew.

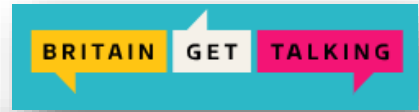
# WE ARE KELSALL CREW

No passengers • No one left behind

## World Mental Health Day

This World Mental Health Day, **10th October 2023**, ITV's Britain Get Talking and YoungMinds' **#HelloYellow** are collaborating to help children across the country open up. Together with teachers and a clinical psychologist, they've created a piece of homework like no other. A conversation starter for children to take home, designed to help them talk about the hardest subjects on their minds with their parents or trusted adults. Because sharing worries can help ease stress and reduce anxiety. We will be focusing our assemblies next week on Mental Health and ask that you have a go at the homework task anytime over the weekend or next week.

[Britain Get Talking | Home \(itv.com\)](http://Britain Get Talking | Home (itv.com))



## Attendance Matters

Attendance at school is **important** both academically and for social/emotional reasons. Whilst we understand that pupils will be absent from time to time due to illness; absence from school for other reasons should only be for exceptional circumstances. As a school we look at each request for leave from school on a case by case basis.

## Holidays taken in term time will be subject to a fine.

Where **attendance** falls below **90%** for any pupil, **we will contact you** to discuss this and put in any additional support needed. Persistent absence can also result in a fixed fine.

What's on our minds can be the hardest subject.

So what's on yours?

Sometimes, the world can feel like a scary place.

That's why this World Mental Health Day, we've set the nation a different kind of homework.

Because talking about the hardest subjects on our mind can help ease our stress, and reduce our anxiety.

And working on a shared task like this one is a brilliant way to start a proper chat if you need a hand.

**1** Get talking

Ask your parent, carer, or an adult you trust if they'll help you with your homework. Tell them not to worry - nothing will be marked, and they won't even need a calculator!

**2** Get talking

If you're not sure where to start, try writing or drawing your worries or fears on the front cover of this exercise. You can use the box or go outside the lines. Remember: there are no right or wrong answers.

**3** Get listening

Now, spend time together talking through any worries one by one. Discuss questions such as: How does it make you feel? What are you most afraid might happen? Would it help if you had more information?

Even if we're used to talking together, it can be hard to open up about our worries or fears, particularly the more serious or scary ones. Perhaps you're afraid that talking about them might make you both worry more, but the reality is the opposite is more likely to be true. When we talk about the hardest subjects, we don't have to have all the answers. The important thing is to listen without judgment, and try not to rush to resolve the problem.

## Make Everyday Matter at Kelsall Primary & Nursery School

Kelsall Primary & Nursery School is committed to providing the best educational experience for all children and good **attendance and punctuality** is critical to this outcome. Each academic year has **190 school days**, this leaves **175 non-school days** for family time, holidays, visits and appointments. If a pupil is absent for just **1 day** each term that equals **6 days or 39 hours** a year of lost learning.

## Optimistic October

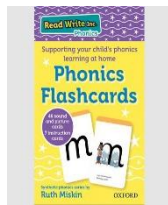
**Optimistic October 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**



# Phonics



There will be a Phonics evening for parents in **Oak Crew (Reception) on Thursday 12<sup>th</sup> Oct @ 3.15.** We will share our approach and ways in which you can support your child at home with phonics and reading. This website [Parent guide to Read Write Inc. Phonics - Oxford Owl](#) has a range of useful resources that will

support all parents who have children in Nursery, Reception, Year 1 and Year 2. We will be providing all parents in Oak Crew with Phonics Flashcards to get you started.



# Fantastic Work



We are all really proud of the **important work** that we are doing in class and wanted to share some of it with you all on the Friday Flyer.

**Elm Crew (Y4)**

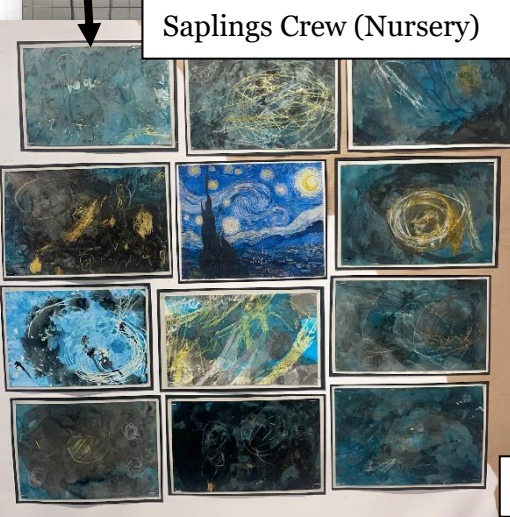
Handwritten mathematical work showing addition and subtraction problems like  $1200 + 20$  and  $1245 - 1000$ .

Handwritten text from a story: "Hi, I'm Katherine. Who are you?" "My name is Florence. I'll come over in a second."

**Willow Crew (Y5)**

Hand-drawn map of South America with a key listing countries: Brazil, Colombia, Peru, Chile, Argentina, Venezuela, Ecuador, Guyana, Suriname, and Guayana Francesa.

Handwritten text: "I think it is about that a little girl comes from Trinidad and meets the British Empire and then she was coming and it was a floating skyscraper. I think she is a bit of a mischief."



**Maple Crew (Y3)**

Handwritten project about the Battle of Britain, including a "Quick Facts" section, a "Timeline", and a drawing of a Spitfire.

Quote: "Never was so much owed by so many to so few" - Winston Churchill

**Cedar Crew (Y6)**

Learning Step 1: "I can define what makes a city and name and locate the many cities of the United Kingdom."

We've been talking about night time and used 'Starry Night' by Vincent Van Gogh for inspiration to create our own pictures



## A Midsummer Night's Dream

We were delighted to welcome the Storyhouse crew to Kelsall on Wednesday to share their abridged version of 'A Midsummer Night's Dream'. The children thoroughly enjoyed the play and asked lots of great questions in the Q&A session at the end of the performance. We even had Grace (messenger), Elliott (wall) and Delilah (moonlight) starring in the show!

As a thanks for supporting the travelling tour of the show we have secured 6 free tickets per child using the code KELSALL at the checkout; [A Midsummer Nights Dream \(For Kids!\) | Storyhouse](#)

*'Storyhouse present our next Shakespearean production created specifically for young people: an abridged re-telling of Shakespeare's classic tale, set under the light of the moon. This is a fantastic opportunity to introduce your young people to Shakespeare'*

STORYHOUSE



## The NEST

Our Nest is a superb sanctuary where pupils across school can be supported by our **ELSA** (Emotional Literacy Support Assistant) trained **Learning Mentor** – Mrs Whiteside. Our **Nest Padlet** shares a range of online resources – [The Nest \(padlet.com\)](#) supporting pupils mental health and well-being – *if you have any good sites that you think would be worth adding – please let us know.*

In each Friday Flyer, Mrs Whiteside will sign post you to some valuable resources. This week, we look at **responding to your child** at the end of the school day;

### ROUTINES & RITUALS

Routine and rituals are not just for preparing to 'let go'. They help bring calm and connection after school too.

Whether it is a greeting that is unique to you, a nickname, or a little game that you play - doing the same thing every day after school can help your child shift their brain from 'school mode' to 'family time'.

### SNACKS AND DRINKS

Something to eat and/or drink can help to overcome some of the 'after school tiredness' children feel in their bodies, heads and tummies.

It gives them a little energy boost and allows them to get ready for the evening to come.

This is true no matter what age your child is!

### FOCUS ON GROUNDING

School is draining physically and emotionally for ALL children, but particularly if your child has a neurodivergent brain, they may struggle with the sensory input they have had to cope with. You may witness this in outbursts of meltdowns and/or tearfulness and irritability.

Some children benefit from running around and others may need some quiet time in a dimmed lit room. Take your child's lead and be aware that different days carry different needs.

### LEAVE THE TALKING TO LAST

Sometimes getting more than one word answer from your child will feel like pulling teeth!

Try not to question your child about school straight away. Let them eat, play, rest and connect with you.

Mealtimes or during bath time together is a good time to start these conversations.

### CONVERSATION STARTERS

Rather than ask questions about your child, model what it sounds like to talk about your day. Talk about something real, something that has made you laugh, surprised you, reminded you of them, someone you have thought of or spoken to, what you had for lunch, how you felt today...

Sharing your day makes it more likely they will join you in the conversation and share about theirs.

### 'WHAT' QUESTIONS

Avoid starting questions with "Did", which elicits yes/no answers or "Why", which can shut down the conversation.

"What" questions show your child that you're interested in their day, and may lead to a more open conversation.

What did.... share with you today?  
What made you laugh today?  
What was your favourite thing that happened today?  
What subject was the most interesting today?  
What did you enjoy most about today?

### TALK ABOUT EMOTIONS

Try asking about a range of different emotions. This helps children identify and label different emotional responses, and teaches them that each day is filled up with lots of LITTLE MOMENTS, and emotions come and go.

What was something frustrating that happened to you today?  
What was something that was difficult for you, but you did it anyway?  
Was there a time that you felt lonely? And what did you do about it?  
Were you feeling sad today? What happened to make you feel better?

### IT'S THE LITTLE THINGS...

When we are tired after work and there are so many 'jobs' to do before the bedtime routine begins it can feel hard to protect time to talk, connect and just 'be with' your child.

If you simply cannot fit it in - that's ok No harm will come to your child!

And when you can take the time to create space to share and connect together, it allows you to witness the small stuff that creates space for the big stuff to show up when it needs to.

**What did you enjoy most about today? What was your favourite thing that happened?**

## Jodrell Bank

Ash Crew enjoyed a visit to Jodrell Bank today and explored the exhibits, linking learning to their core curriculum book 'Look Up'. Thanks to all the crew leaders for supporting this visit and a huge thanks to Mrs White for organising such a lovely day.



## Attendance

Attendance at school enables us all to build a strong crew and to strengthen our learning powers. Our overall attendance for whole school is currently **97.2%** which is **1.8% above** the national figure and **1.9%** above other North West schools – let's all work on keeping this figure above **97%**.

	Kelsall	North West
<b>Oak Crew (Reception)</b>	<b>96.9%</b>	<b>94.6%</b>
<b>Beech Crew (Year 1)</b>	<b>96.2%</b>	<b>95.2%</b>
<b>Ash Crew (Year 2)</b>	<b>97.9%</b>	<b>95.6%</b>
<b>Maple Crew (Year 3)</b>	<b>96.7%</b>	<b>95.6%</b>
<b>Elm Crew (Year 4)</b>	<b>97.4%</b>	<b>95.5%</b>
<b>Willow Crew (Year 5)</b>	<b>96.2%</b>	<b>95.3%</b>
<b>Cedar Crew (Year 6)</b>	<b>98.4%</b>	<b>95%</b>



## Cross Country

Well done to Mia and Freya who came 8<sup>th</sup> and 1<sup>st</sup> respectively at Thursday's Cross Country. Thanks to Mr Pickup for supporting this event.

## Diary Dates – 2023-2024

Tuesday 10 <sup>th</sup> October 23	SEND at Kelsall – Information session for parents (3:30 – 4:30)
Thursday 12 <sup>th</sup> October 23	Reception Parents Phonics Evening (3.15 -4.00)
Wednesday 18 <sup>th</sup> October 23	Parent's Evenings
Thursday 19 <sup>th</sup> October 23	
Monday 23 <sup>rd</sup> October 23	PTA AGM (Annual General Meeting) – All Welcome
Friday 27 <sup>th</sup> October 23	Share the Learning Afternoon – 2:00pm to 3:00pm
Friday 27 <sup>th</sup> October 23	<b>Last day of term.</b>
Monday 6 <sup>th</sup> November 23	INSET Day – <b>Staff ONLY</b>
Tuesday 7 <sup>th</sup> November 23	School opens for pupils
Monday 13 <sup>th</sup> November 23	Conscious Discipline Workshop for Parents
Monday 27 <sup>th</sup> November 23	Curriculum Information Session for Parents
Friday 8 <sup>th</sup> December 23	Share the Learning Afternoon – 2:00pm to 3:00pm
Tuesday 12 <sup>th</sup> December 23	KS1 Nativity
Wednesday 13 <sup>th</sup> December 23	KS2 Carols round the Christmas Tree
Friday 15 <sup>th</sup> December 23	School Closes for <b>CHRISTMAS</b>

**Be Curious, Creative & Kind**

**Mr Wearing, Mrs White and the Kelsall Crew**

