

HOLY TRINITY NEWSLETTER

Website: www.holytrinity.staffs.sch.uk (Please visit :-)' Half term holiday' edition February 2024



Reading We would love to invite Mums, Dads and Grandparents to spare 15 – 20 minutes at the start of every Wednesday morning to stay and hear the children read. The children will really enjoy it and their reading progress will be so much greater when they read regularly with an adult. Please do stay behind to help.



Maths morning We would love to invite you into school every Friday until 9.15am to enjoy a short burst of maths fun with your child.



ParentMail

Once again please note that ParentMail is not a credit facility.

All lunches and clubs must be paid for before being taken, just as you wouldn't walk out of a shop without paying, the services in school are the same. A lot of staff time is currently spent sending texts and letters about debts, please do not ignore these.

Help with building resilience in a child

I've attached an article with some handy hints to help support building resilience in your child to support their learning. Please find the information and website details on the following pages.

Date updates and information

Please pop the date information up on the fridge at home, we have some exciting activities happening in school over the next few months.



Phonics

If your child is in Class 1, 2, 3 and 4 or still learning their spellings and reading during daily phonics sessions please visit our website and then the area for Classes. Phonics has its own section here with a video to help you say the letter sounds. I know it can be tricky sometimes to help your child with this. We hope this area helps you :-)

Coats, hat, scarves and gloves

It's very chilly now :- (please make sure your child/ren have their coat, hat, scarf and gloves with them in school. Please label all of these items—remember things with names on don't go missing.



Hairy friends

We have recently had a few cases of head lice in school. Please help to check your child's hair to combat this common problem in school. Head lice take up to 14 days to be eradicated completely—please keep checking!!! A really good habit to get into is: 'The Once a Week, Take a Peek!' look :-) for more help and advice please check out www.onceaweektakeapeek.co.uk This site has downloadable information to help combat head lice at home :-)

Uniform

Please ensure that the children return to school in the correct uniform at all times. Our uniform is a **red** jumper/cardigan paired with black or grey skirt, trousers or a dress accompanied by black school shoes. Hair accessories should be limited to bobbles only. Hair extensions and accessories must be removed for Health and Safety reasons. For this reason also, the children should only have small stud earrings and a watch on—which need to be removed for PE during school time. PE uniform is our red school jumper with a white polo and black leggings/joggies with trainers. Thank you.

Parking

We have been told that Café Malt will be opening again next week and they are happy for parents to use the parking bays for drop offs and collection. Please do not use the bays directly in front of the café. Please pop in for a tea, coffee or food.

A brilliant first half of the year 2023-2024 :-)

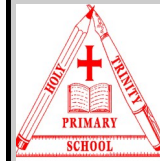
We have had what seems like a very quick but very successful first half of the year . Your children have made everyone smile and laugh, but most of all we have been very proud of their great enthusiasm for learning and the excitable passion for their work they have shown us. I look forward to the next half of the year. Have a safe and well deserved half term break, see you all back in school on Monday 19th February.

Mrs Oliphant & the Staff of Holy Trinity

Our value for the next half term is forgiveness, one of the most important Christian values for the children to learn. Please help us support the children with this value during the up and coming half term :-)

Aspire to be more...

Our website



Please visit our website at www.holytrinity.staffs.sch.uk we have been working hard to add information about school and life so far this academic year—please leave a comment on our whole school/class blogs too :-)

PLEASE DO NOT PACK ANY NUTS OR NUT PRODUCTS IN LUNCHBOXES OR FOR BREAKTIME. This is for health and safety reasons, we have children in school with severe nut allergies.

Let's try to get all of our children in school on time!! Please remember that the children need to be ready to come in only a few minutes before 8.40am or 8.50am Please do not arrive any earlier than your allocated time slot.

Our school motto is 'Aspire to be more, not to have more!' Linking in with the theme of 'Aspire to be more...'

Our values are:

Koinonia

Love

Honesty

Forgiveness

(next half term's value)

Dedication

Courage

these will be intertwined in our school life through out the day. Please encourage the children to think about these values and as I'm sure you will always help them to Aspire to be more.... :-)

Indigo badges are starting to leave now, keep up the hard work with your reading—thank you, as always, for supporting them.

Remember, if you can take 10 minutes out of your day to read with your child and sign their reading records it counts as a read for that day—one read per day, reading recorded at school counts too!!



How to raise resilient kids

Kids today are under more pressure than ever before, in school and at home.

That's why resilience – the ability to cope when things go wrong, and keep trying to improve and succeed – is such an important life skill for them to master.

It means they can pick themselves up when they get knocked back and gives them the courage to try new things.

'Taking risks and learning how to deal with failure builds self-esteem, self-confidence and resilience,' says child psychologist Dr Amanda Gummer.

And according to new research by Fruit Shoot, 90% of us parents recognise that learning to cope with failure, and bouncing back after experiencing a challenge or setbacks, is a useful skill.

Afraid to fail

Sometimes, though, we're too quick to step in when things are going wrong for our kids.

Fruit Shoot's research – which questioned 1,000 parents and children aged four to 12 – shows that more than half of us go to great lengths to prevent our kids experiencing failure.

'It can be tempting to try to clear all obstacles out of our children's paths to ensure they succeed,' says Dr Gummer.

But it's important to let your child try new things – even if they find them hard at first – to help them test their limits, become more resilient, and give them the courage to reach for their dreams.

'To be truly adventurous, it's important that children are encouraged to try new things and explore their passions, even if it means risking failure or not being very good,' Dr Gummer explains.

10 ways to raise a resilient child

'The good news is there are lots of things parents can do to help their children fail better and dream bigger,' Dr Gummer says. Try these expert tips to help your child become more resilient and find the courage to explore new things – and fulfil their dreams.

1. Be a good role model As your child's biggest role model, if you approach failure with gusto, your child is more likely to do the same, so try to make a joke of it: kids love slapstick humour, and showing them that you can laugh when you mess up will make them less worried about making mistakes themselves.

2. Give them 'safe' opportunities to fail Encouraging friendly competition through board games and sports will give your child experience of failure, so they can learn to successfully manage their feelings around it.

3. Provide chances to try Giving your child the chance to try shows them it's about the process, not the end result – for example, let them help with baking or cooking, even if they don't do it perfectly.

4. Don't rush in when things don't work By trusting your child and not jumping in too quickly to solve their problems for them, you'll give them the chance to make mistakes and, importantly, learn they can handle whatever life throws at them.

5. Help them learn through play Opportunities to succeed and fail during play will help your child discover failure is just part of learning and, through perseverance, they can achieve something to be proud of like completing a puzzle or learning to ride a bike.

6. Talk it over Talking your child through their experiences of failure, how it made them feel and their options for handling it, will help them make sense of real situations they can relate to and learn how to handle them in the future.

7. Use books to start conversations When reading together, discuss examples of failure that come up in the story, talking about how the characters might be feeling and the different ways they could deal with the situation.

Also, highlight where characters have succeeded and the challenges they have had to overcome in order to get there.

8. Praise the effort, not the achievement Giving your child genuine, specific praise for the efforts they make is empowering and encourages them to keep trying, even if they don't succeed the first time.

For example, if your child manages to swim to the bottom of the pool, instead of saying, 'Aren't you a great swimmer?' try something like, 'Well done for reaching the bottom of the pool, I can see you've been practising lots.'

9. Share your own experiences Talk to your children about mistakes you've made and lessons you've learned. This will help them understand that everyone makes mistakes and that it's part of normal life – and doesn't make them a failure.

10. Encourage a sense of adventure Getting out in nature or down to your local playground will give your child lots of opportunities for 'risky play:' thrill-seeking play lets children test their limits and helps develop resilience.

Why it's good to fail – and try again

Fruit Shoot's research found that more than half of kids aged four to 12 have a fear of failure, with 80% already worrying about 'not being good enough', even at such a young age.

Almost half worry about what their friends and family will think of them if they try something and don't succeed, and two thirds actively avoid – or even quit – activities they think they're no good at.

Having the courage to try something new, accepting that it might be difficult or go wrong at first, will give your child the confidence to test our new hobbies – whether that's joining a sports team or learning an instrument.

Most importantly, through trial and error, they can embrace new experiences, find their thing and work towards fulfilling their dreams.

