

"Learning is never done without errors and defeat." - Vladimir Lenin



"The beautiful thing about learning is that no one can take it away from you." — B.B. King

Community Wellbeing Newsletter



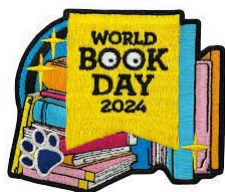
It has been a busy term so far with many events taking place through out the school. Primary enjoyed a visit from Severn Trent Water, pupils learnt all sorts about the environment, waste disposal and how our water is cleaned. Our Year 9's have visited the local museum and art gallery getting to soak up some local history and see how careers have changed over time. The school has had a wonderful time celebrating Chinese New Year by trying Chinese food, making dragons and other exciting bits of art. We have made cards for local care home residents for Valentines day and most recently had a great time celebrating number day 2024. All classes got to take part in different Maths related activities including board games, bingo, card games, and various maths challenges!

We also have some exciting news to share... Our super Head Teacher Mrs Hill has been nominated for an award in the category Headteacher of the Year in the Worcestershire Education Awards—Well deserved Mrs Hill!



VALUE of the Term—BE ACCEPTING

Dates for the Diary



Friday 23rd February—Parent/Carer Coffee Morning

Thursday 7th March—World Book Day

11th—15th March— Science Week

Friday 15th March—Red Nose Day (Wear Red to Toe)

18th—22nd March—Arts Week



Holiday

End of Term Friday 22nd March 2024 at 14.00 RETURNING TO SCHOOL Monday 8th April 2024

House Competition

After 6 challenges the Rapids remain in the lead....

Rapids	Wolves	Warriors
412	364	344



Attendance

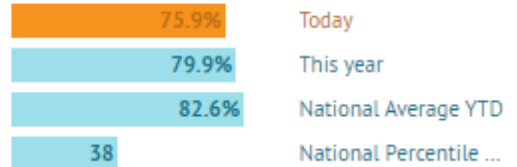
Currently whole school attendance is **79.9%**, which is a tiny improvement since the January Newsletter. We are still striving to reach **96%**. As parents and carers you play an essential role in making this happen.

For most pupils, the best place to be during term-time is in school, surrounded by the support of their friends and teachers.

This is important not just for your child's learning, but also for their overall wellbeing, wider development and their mental health.

Whole School Attendance

75.9%



We understand that as a parent, it can be difficult to know when to send your child into school if they are feeling unwell or mildly anxious, but finding solutions is a team effort between schools, parents and children so please always get in touch to see how we can help.

Health Information - Pharmacy First

What is Pharmacy First?

Pharmacy First will enable community pharmacists to supply prescription-only medicines, including antibiotics and antivirals where clinically appropriate, to treat seven common health conditions without the need to visit a GP.

What are the seven common conditions?

- Sinusitis
- Sore throat
- Earache
- Infected insect bite
- Impetigo (a bacterial skin infection)
- Shingles
- Uncomplicated urinary tract infections in women.

How can I access treatment from my pharmacy?

You can get treatment for these conditions by walking into the pharmacy or contacting them virtually. GP receptionists, NHS 111 and providers of emergency care will also be able to direct patients to pharmacies, that offer the service, if contacted.

What will happen when I arrive at the pharmacy?

The pharmacist will be able to speak to you privately in a separate consultation room. They may perform an examination or ask to access your medical records. The pharmacist will be able to recommend the best course of action on an individual patient basis, including by issuing prescriptions for antibiotics or antivirals where necessary. Four in five people in England can reach a community pharmacy within a 20-minute walk and there are twice as many pharmacies in the most deprived communities, making access to care quicker and more convenient.

How do I know if my local pharmacy is offering the service?

More than 10,000 pharmacies have already signed up to Pharmacy First – that's over 95 per cent of all those in England.

Will I have to pay for my medication?

Usual prescription charges will apply for the seven common conditions. Patients that were already exempt from prescription charges will still be exempt.

How else are you expanding pharmaceutical services?

From December 2023, thousands of women have been able to get their contraceptive pill from their local pharmacy, with up to 25% of all women on oral contraception being able to benefit from this new service.

Pharmacists are also increasing the number of life-saving blood pressure checks given to at-risk patients over the next year, with a commitment to deliver 2.5 million a year by spring 2025 - up from 900,000 carried out last year. It is estimated this could prevent more than 1,350 heart attacks and strokes in the first year.

Uniform—What we need at school and What is NOT needed!

We would like to remind you that ALL students should be wearing appropriate uniform.

We would like all children to wear Black or Grey Trousers or tracksuit bottoms with a school logo polo shirt and sweatshirt.

Shoes are to be Black, soft trainer type is acceptable. Trousers can be tracksuit bottoms to support sensory needs.

Our uniform supplier is MyClothing, to order uniform please use the following link:

Myclothing.com

You can Search for our school using our school name or postcode WR1 3HZ. Uniforms can also be purchased from Supermarkets.



There are no minimum order quantities and your uniform will be delivered directly to your chosen address.

No hoodies should be worn to school and coats should not be worn inside.

If there are any reasons that it is not possible to send your child to school in uniform please contact me or the class teacher to discuss ways we can support with this.

Recipe of the Month

In honour of World Book day, this newsletter recipe is a take of food that featured in Roald Dahl's James and the Giant Peach!

FRESH MUDBURGERS - (From [*James and the Giant Peach*](#))

Makes 10 mudburgers

You will need:

mixing bowl

grill or non-stick skillet

1 ½ pounds minced beef

1 medium onion, chopped

3 tablespoons tomato paste

2 tablespoons Dijon mustard

1 tablespoon Worcestershire sauce

2 to 3 tablespoons capers, drained

¼ cup chopped fresh parsley

salt and pepper

1 egg, beaten

relish (optional)



1. In a mixing bowl, break up the ground beef.
2. Add all the ingredients except the egg and gently mix together.
3. Add the egg, mix thoroughly, and pat into mudburgers.

Preheat the grill and grill for 4–5 minutes on each side, or fry in a non-stick skillet. Serve in a bun with a “revolting” garnish. Relish is ideal!

Dressing Up Ideas for Parents



Some schools invite children to come to school in a costume for World Book Day because it's a fun way to encourage children (particularly reluctant readers) to engage with reading, to swap reading recommendations and to celebrate what they are reading at home.

There are lots of alternatives to dressing up. We suggest some [HERE](#)



Top tips for putting together a costume

- Choose a book your child is happy to talk about.
- Start with things you might already have – tracksuits, t-shirts (inside out to make them plain) and pyjamas make a good base for a costume.
- Focus on the parts of the character that make them stand out - use facepaint or simple props to show these.

What if I/my child...

....doesn't have a book to share?

Try a costume that invites recommendations – a t-shirt with post-it notes or one you don't mind being written on.

.... doesn't like dressing up?

Keep it simple with a character who wears everyday clothes, by focussing on a prop, or by using a badge instead.

... likes non-fiction?

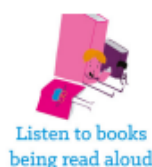
Focus on what they like – could they share a fact, or the subject matter, or do they want to focus on the author?

....aren't any good at crafting?

Stick to everyday clothes and add small details to focus on key elements of the character – hats, ears, sticking things on t-shirts etc.



Support
your child
to read for
pleasure...



**Find your reading
superpower**



PTA or Class Rep Member?

Can you support your school by:

- Organising a costume swap or costume making workshop.
- Putting together class dressing up rails.
- Hosting a school dressing up rail or costume swap.

Fun Reading Activities for Reluctant Readers



If your child has not yet caught the reading bug, he may need a little help. The best way to help is by communicating your own love of reading. The second-best way is by using fun reading activities! The following kid's reading activities appeal to all types of learners and they're fun.

Create a Scavenger Hunt - Using simple text your child can read, create a scavenger hunt around your home. Tape notes in various places around your house telling your child where to find the next clue. At the end of the trail of clues, have a special book waiting as the prize.

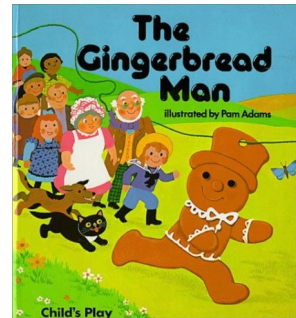
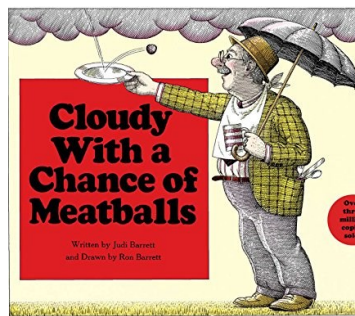
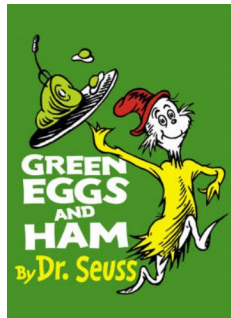
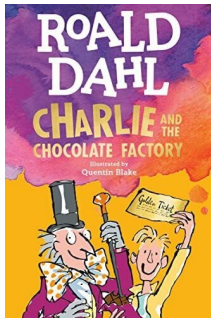
Find an audience - Help readers celebrate their newfound skills by letting them read to a younger sibling or grandparent. Or they might enjoy reading to a captive audience of pets or stuffed animals.

Pull a Rory - 'Rory' Gilmore, from the Gilmore Girls, always has a book (or three!) in her purse. Next time you're riding the bus or sitting in the doctor's waiting room, pull out a book to read with your child.

Read somewhere creative - When you want to create fun reading activities for kids, make it a special event! Prepare favourite snacks and spend summer nights reading on the lawn. The trampoline, a blanket fort, the park, the playhouse in your garden and your child's bed are a few other fun places to read. You could also read by flashlight or firelight.

Library loitering - Most libraries host fun reading activities and events in addition to just being a place to borrow books. You'll find puppet shows, readings and literary-centric crafts.

Create a literary culinary institute - So many books mention foods or use foods as a theme. Teach your child some cooking skills to go along with her new reading skills. Some fun examples include:



D.E.A.R. camp - The acronym stands for Drop Everything And Read. I find this kids reading activity particularly useful on days that I also need a break. Just like the name implies, drop everything, take a quick trip to the library, stop by the grocery store to load up on snacks, and then head home to spend the rest of the day lost in imaginary worlds.

Make your child the star - Have your child read you their favourite book, substituting their own name for the main character throughout the story.

Spawn a series - Another great reading activity for kids is to have your child read you her favourite book, then think up a sequel together. Take turns deciding what happens next as the plot unfolds.

Become a cartographer - Help your child draw a map of the setting of his favourite book and label all of the most important places.

Read a recipe - Have your child read the recipe to his favourite dessert aloud while the two of you prepare the dessert together. It's a great motivational activity to teach reading. Be sure to make enough to share with the whole family!

Read Comics

Start a tradition of reading the comics together. You can read alongside and laugh with a reading child, or read to a younger child. My husband and kids pore over Calvin and Hobbes together, which also provides them with fun inside jokes!

And most of all, just remember to keep things light-hearted and fun. Praise your child's efforts and successes up one side and down the other. These fun reading activities for kids are as much about building confidence as they are about building reading skills.



Mental Health and Wellbeing

Here's your free copy of the UK's largest parenting title - Enjoy!

[CLICK HERE](#)



Free Family Days Out ✓

The Great Outdoors ✓

What's On This Winter ✓

Children's Fashion ✓

Children's Sport ✓

Family Travel ✓

Parenting Hacks ✓

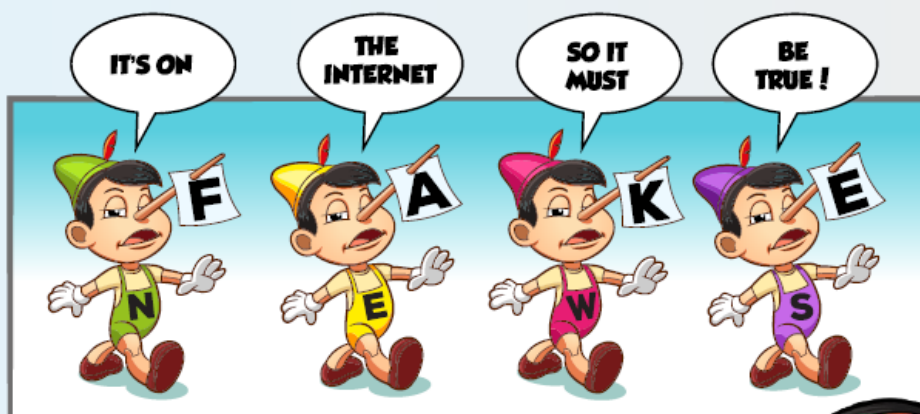
Toys & Games ✓

Healthy Recipes ✓

Celebrity Interviews ✓

Online Safety

ALL NEWS ISN'T ALWAYS GOOD NEWS. We need to be mindful that as young people spend much more time online, they will come across many types of news to include, fake, real, biased, exaggerated and AI generated impersonation. They are then only a few clicks away to exploring more and vulnerable to being dragged into things. Factors such as being easily impressionable young people espe-



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



Don't believe everything you see online!

Young people can very easily be dragged into things without parental guidance and support.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssed.com Tel: +44 121 227 1941

Developed in partnership with



Skips

www.skipssafetynet.org

WORCESTERSHIRE

SKILLS

SHOW 2024

PARENTS AND CARERS

Join us on Wednesday 6th March at Sixways Stadium for the Worcestershire Skills Show. Open to students and their parents/carers. Come and speak to local employers, colleges, training providers and careers advisers to find out more about the wealth of opportunities at 16 and 18 in Worcestershire. Young people will get an early understanding of what businesses are looking for in their future employees and how their education can help them to develop these skills and qualifications.

WEDNESDAY 6TH MARCH

FREE EVENT!

5PM - 8PM

SIXWAYS STADIUM, WR3 8ZE

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INSPIRING
WORCESTERSHIRE
CREATING OUR FUTURE WORKFORCE

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