



April Newsletter

WELCOME!

Dear Families,

Although a bit belated, welcome back to the Summer Term everyone, it is hard to believe it is this time of the year again already! Each year seems to go quicker and quicker. It always amazes me when I write each monthly newsletter how much has happened since the previous one, and despite a 2 week holiday coming in-between, the April Newsletter is no exception. We do hope you all had a lovely Easter holiday and are ready for what will undoubtedly be a busy Summer Term ahead. You will see from the brief dates list alone at the end of this newsletter, we have a lot planned.

We really enjoy celebrating all the great things that the children do; lots have been posted on Class Dojo, you can also see more on our new school website itself, more things will be posted at <https://www.exhalljunior.org.uk/>

As always, thank you for your continued support in all that we do and here is to another great term at EJS, whatever it may bring. Please do not hesitate to come and speak to us should you have any questions, concerns, ideas of how we could improve further or indeed to just have a chat!

Attendance

We are pleased to report that attendance and punctuality remains steady although we do have a worrying number of children deemed to be 'Persistently Absent' (under 90%).

Thank you to all those families who continue to work with us to address this. We will do all we can to support this but obviously ask you do too.

Please can I remind you of the importance of the children arriving on time. Learning starts immediately and children cannot

afford to miss what is happening at the start of the day. As a school, we are continuing to look at punctuality this term along with our usual scrutiny on attendance.

Every moment a child is late = missed learning.

- Children that are on time start the day settled, relaxed and ready to learn.
- Children that arrive late are often stressed and embarrassed and take a while to settle into their day.
- To help make mornings run smoothly and ensure punctuality:
- Be positive about going to school.
- It is a good idea to prep and lay out uniform, shoes, lunches and water bottles the night before.
- Have a list your children can see, of tasks they need to complete in a morning such as get dressed, shoes on, water bottle filled, teeth brushed etc so they know what they need to do to be ready to leave on time.
- Set an alarm in your phone or on Alexa when there are 10 minutes left to leave the house so your children have a reminder that it is almost time to go.
- If your child walks to school alone, ensure they are out of the house in good time to get themselves to school.

Last term's was celebrated in an assembly – it was lovely to see so many children receiving their gold/silver/bronze sticker. The total at the end is the percentage of the class who received an award.

	Gold	Silver	Bronze	Total
A	19%	19%	25%	63%
B	14%	18%	13%	45%
C	20%	20%	10%	50%
D	19%	28%	13%	60%
E	30%	25%	12%	67%
F	40%	12%	16%	68%

Dates for the Diary

Friday 3rd May - Class C Learning Showcase 2:40pm

Monday 6th May - Bank Holiday, School closed

Monday 13th May - Thursday 16th May - Year 6 SATs week

Friday 17th May - Year 6 trip to Bedworth Park

Monday 20th May - Friday 24th May - Walk to School Week

Friday 24th May - Curiosity Day

Friday 24th May - Last day of term

Monday 3rd June - School re-opens

Monday 3rd June - World Environment Day

Wednesday 5th June - Year 3 and 4 Trip to St. John's House, Warwick

Thursday 6th June - Class Photos

Free Sticker Albums



Here's hoping that you've recovered from Coventry City not getting to the FA Final?

We have managed to secure some free copies of the Topps Euro 2024 football sticker book. Copies of the book will be available for children to take from Friday 3rd May.

Obviously, there is a monetary implication of completing this sticker book should your child choose to do so. However, if England win the tournament they might become collectible, if Scotland were to win it – you might need to wake up, though stranger things have happened!

Keep those spectacles clean

Recently we've noticed that there seems to be a few children who wear glasses are trying to work with very dirty lenses. It's recommended that glasses have a quick, light cleaning daily and a more thorough cleaning weekly. This schedule should keep them dirt and smudge-free. **Try to encourage your child to take responsibility for this.** Thank you.

Smart Watches



Mobile phone and smart watch technology have advanced significantly over the last few years and continues to evolve.

Many phones and smart watches now offer internet and e-mail access, alongside standard functions of messaging, camera, video and sound recording.

Smartwatches are therefore not permitted to be worn to school, as staff are unable to monitor them closely enough to ensure they are being used appropriately.

However, in line with our passion for helping children to tell the time, a standard analogue or digital wrist watch may be worn. If you are unsure whether your child's watch is appropriate, please speak to the office or a member of the SLT on the gate.

Swimming Gala Success

Our Year Five and Six swimming team managed to come a close second at the recent Bedworth Schools Swimming Gala.

1st – Wolvey Primary School 71

2nd Exhall Junior School 67

CELEBRATING INTERNATIONAL DANCE DAY 2024



The art of dance is one of the earliest and longest-standing forms of entertainment and community activity known to humankind.



While it continues to be practiced by millions of people daily, Dance Day on 29th April, is a precise moment in the calendar where everyone is invited to take part in an extremely enjoyable pastime. Even those with two left feet like Mr Mann.



A huge THANK YOU to one of our parents, Miss Lekaite, who led every dance session. The children had a fantastic time, as you can see, and learnt a few more moves for the school disco!



Relief Cleaners and MDS Staff Needed

We are seeking Relief Cleaners and Midday Supervisors to join our existing teams. You will be required to undertake the full range of tasks providing quality cover for staff absence due to sickness.

Please ask at the office for further details.



Our Book Nook



Exhall Junior staff and students have been working hard this academic year to create a new 'Book Nook' space in school. We are into the final stages of the area being ready to use.

We would now like to add final touches to develop our students' awe and wonder of the world. Therefore, we are going to display 'curiosities' in the book nook, alongside all of the brilliant new books we have.

A curiosity is an unusual or interesting object – something which encourages us to be curious! Most children would call the everyday items here a 'curiosity'.



So, on Friday 24th May, we will be having a curiosity day! We would like each student to bring in a 'curiosity' item. This should not be anything expensive or valuable! Items you may find in the park, on a day trip or in the garden could be perfect e.g. an interesting pebble, an unusual shell. An unwanted item from the house could also be a good use e.g. an old mug, a map, a hat etc.

Goodbye, Mrs Palmer



There was final farewell assembly for Mrs Palmer, the school's Business Manager. She leaves to apparently retire, but we are sure she will be even more busy at home.

Mrs Palmer started in the school in September 2007, so she has successfully managed several important changes for the school community. We all will want to express our heartfelt gratitude for her unwavering dedication and contributions to our school. Throughout her time, she has been the cornerstone of our financial operations, ensuring that every aspect of our school runs smoothly and efficiently – thank you.

Her goodbye assembly included references to the amount of school resources she has purchased for us over her time here, including 180,000 rolls of toilet paper. There was a final song sung to her – Abba's Money, Money, Money ... of course. We extend our sincerest thanks and best wishes for her continued success and fulfilment in all her future endeavours.

An Author in the School

A new children's book has hit the shelves, and it's a real treat for young readers and unusually story about the sea, it has a Midlands twist, especially for us, as it is written by a member of staff.



Miss Harper noticed a gap in traditional storytelling among her students. Drawing from the ancient Cornish folktale of The Mermaid of Zennor, she wanted to ignite children's interest in folklore closer to home, especially here in Exhall.

The book is available for purchase at all bookshops including Waterstones in Nuneaton, Amazon [link](#), and, as well as for digital download on the same date



Please let us know if have queries, issues or questions.

If we've got something wrong, please let us know, it's important for us to help and support. Just call into the office of call

tel 02476313375 or

admin2571@welearn365.com

Exhall Cedars Infant School



Exhall Cedars is a small, nurturing Infant School, in the heart of the Exhall community, serving Exhall, Bedworth, Hawkesbury Village, Brindley Edge and the Warwickshire/Coventry border.

Cedars provides an **excellent educational experience** for children aged 2-7 years.

Ofsted March 2020:

"Nurturing relationships exist between adults and children in the setting. Children get off to a good start." "Leaders have created a warm and welcoming environment for pupils and staff. Pupils like school and they feel safe."



Pre-school & Nursery

We provide sessional term time provision for 2-4yrs. We support 2Help and 3yr old NEF, including 30 hr provision for working parents.

Nursery 3-4yrs: am/pm or all day sessions

Pre-School 2-3yrs: Flexible to your needs.

Wraparound for 2-4yr olds is available, through school, at an additional cost

We accept Tax Free Childcare and Childcare Vouchers

Mindfulness

Mindfulness is a powerful activity which aims to bring us back to the present moment. This helps us to become more aware of our surroundings and our own self.

Practising mindfulness allows us to focus, feel connected and take time to notice our thoughts and feelings without judgement.

Be the bubble activity (this activity can be done with bubbles)

1. Ask your young person to imagine they are a bubble.
2. Ask them to breath in and focus on their body being full of air
3. Ask them to breath out (blowing out the bubbles) the young person will feel their body relaxing,, letting any worries float away, just like a bubble.
4. Focus on feelings and thoughts in the present moment.
5. As your child continues to blow bubbles, ask them how it makes their body feel and what they notice about each bubble.

5, 4, 3, 2, 1 Ground Technique

- 5 – things you can see
- 4 – things you can touch
- 3 – things you can hear
- 2 – things you can smell
- 1 – things you can taste

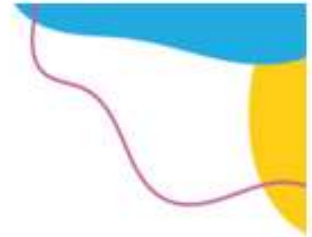
#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



Mental Health in Schools Team Tips For Wellness



Self-Care

Sometimes when we experience stress, worries and other mental health problems, we might stop looking after ourselves and this can make us feel worse.

Self-care is about taking time to **look after yourself**, and to make you feel grounded when life is getting too much. This involves putting yourself first, and knowing what helps you. Knowing this can have a positive impact on your mental health and wellbeing.

You might think that self-care is all about taking a bath or lighting a candle...and it might to some people, however, we need to understand that self-care looks different to everyone! What works for one individual may not work for another. It is all about how we listen to our bodies, our thoughts, and feelings and understanding what our needs are. Therefore, when you start to notice that you are feeling overwhelmed, you can do an activity that helps you to feel calmer.

Tips for self-care:

1. Create a **hope box/happy box** – a place to put your special memories in such as trinkets, photos of special days out, or gifts from family and friends. Anything that helps you in the moment for when you are stressed can go in there, e.g., stress toys!
2. Tune into your mental health - tell people what helps you; spot your early warning signs and keep a mood diary.
3. Feeling **connected with others** can increase your confidence and can give you a different perspective on things.
4. **Peer support** - speaking with those who have had similar experiences, can help you feel accepted and challenge stigma.
5. **Therapeutic activities** such as relaxation, mindfulness, and nature-based activities. Scan the QR code below for some mindfulness videos!
6. Looking after your **physical health** by getting enough sleep, keeping active and eating healthily.
7. Ask a trusted adult to help you look into **specialist support** if you need it.



Mindfulness videos!



Lesson plan ideas for managing stress!

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✉ fis@warwickshire.gov.uk

🐦 @WarksFIS

📘 WarwickshireFIS

☎ 01926 742274



We provide free information to support families with children and young people aged 0 - 25 across Warwickshire on issues including:

- Childcare
- Special Educational Needs and Disabilities (SEND)
- Help with family finances
- One to one support
- Parenting support
- Support with bullying

All our information is available at www.warwickshire.gov.uk/fis



**Where all
children
and young
people are:**



HEARD



SAFE



HEALTHY



SKILLED



HAPPY

**Everyone can play a part in making the
county a great place to grow up and learn.**

**Join us in creating a future we can all believe
in, be part of Child Friendly Warwickshire.**

childfriendlywarwickshire.co.uk

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