



Newsletter

April

**"Put your wellies on
and enjoy Spring
outside."**

WELCOME!

Dear Families,

Welcome back everyone, I hope that you all had a good Easter break and enjoyed some quality time with your families. Many families celebrated Eid at the end of last week and I would like to wish every happiness and joy during this festival and beyond to those families.

We are all looking forward to some warmer weather and sunshine in the next few weeks so that we can get outside! It is a very busy term coming up with several bank holiday weekends in May, as well, so there's lots of opportunities. Please make sure hats/water bottles are in.

It is good to be back in school but who can believe it is the final term of the

school year already - where does the time go? We already have had a great first couple of weeks back with the launch of new topics, seeing everyone reconnecting with their friends, building upon previous learning, and the build-up to SATs testing in Year 6. We welcome two new staff to support our TA team, Miss Beeres and Miss Gould, I am sure you will say hello when you next meet them.

Attendance

We know that attendance has a direct impact on children's learning and emotional well-being. Those children who are regularly absent from school or are regularly late, do not achieve their full learning potential and this can affect them as they move through school. Arriving late

to school, does not allow a child to have the best start and this can affect their concentration and learning for the remainder of the day.

Below are some details on the amount of learning lost due to poor attendance.

% Attendance over the academic year	Number of days absent	Number of weeks absent	Number of lessons missed
90%	19 days	4 weeks	100 lessons
80%	38 days	8 weeks	200 lessons
70%	57 days	11.5 weeks	290 lessons

We will always try to work together with parents to ensure the highest possible attendance for all children. If you are concerned about your child's attendance and punctuality, please contact the school office initially and we will arrange to speak with you about support available.

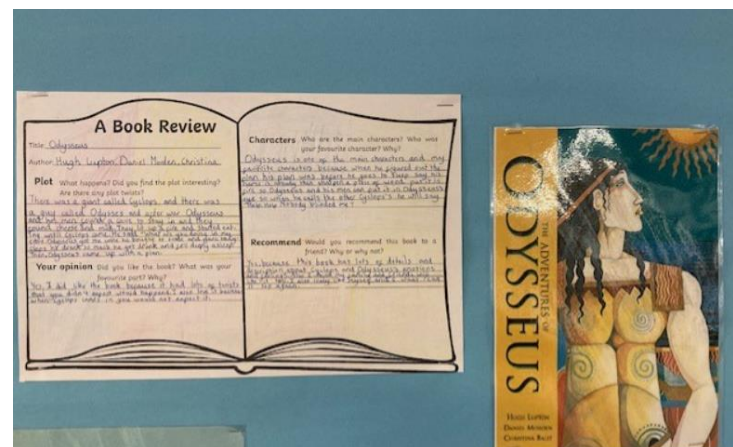
The current school attendance is 93.18%.

CLASS	Number in class	Avg. attendance	% +/- compared to school avg.
A	25	93.34%	+ 0.16%
B	24	92.65%	-0.53%
C	25	93.44%	+0.27%
D	29	93.32%	+0.14%
E	29	93.46%	+0.29%
F	30	92.83%	-0.35%

Well done Class C who are still in the lead, but only just

Reading

We know the importance of being able to read well. All children have the opportunity to read. We have reading reps in school and we encourage children to do a book review, some make it onto our Reading display.



We also encourage children to make links with other books whenever they read. This helps them to recognise themes and conventions within stories and texts too. When reading with your child it is helpful to ask them things like:

- Can you tell me another story where that happens?
- Do you know any other characters like that?
- Can you think of anyone/anything similar in your life? In the world?
- How is this book similar to...? Different from...?

If you have the time, or know of anyone else, could you spare a small amount of time each week to become a regular reading volunteer at our school?

We are always keen to hear from people who would be interested in helping to support the teaching of reading by joining our volunteers. Just ask at the office.

Carers/ Parents' Evening

Thank you for all attending parents' evening last term. It was great to be able to share so many of your children's successes and discuss how their learning can be improved further!

As usual, support at home is very important and can really help your child make good progress. Please ensure your child is continuing to read at home and that at least some of their reading is with an adult so that they can discuss vocabulary and the content of their books. It would also be really beneficial to do some times table work so that your child becomes confident at knowing their multiplication facts (and corresponding division facts) up to 12 x 12.

Y6 SATs

SATS Information: change of test dates

Tuesday 9 May 2023: Spelling, Punctuation & Grammar Paper 1

Tuesday 9 May 2023: Spelling, Punctuation & Grammar Paper 2

Wednesday 10 May 2023: English Reading

Thursday 11 May 2023: Maths Paper 1 (Arithmetic)

Thursday 11 May 2023: Maths Paper 2 (Reasoning)

Friday 12 May 2023: Maths Paper 3 (Reasoning)

ALL Y6 students are required to be in school on these days.

New Pond



Thanks to the hard work and dedication of the Friends of Exhall Juniors, we now have a pond to be proud of!

From the application of a grant from Warwickshire's Green Shoots Fund to the planning and organising, the Friends have worked so hard to have a learning resource that will be the envy of many schools.

A lot of hard work has been going on in school.

The pond area had been a neglected corner of the field for several years and has now undergone a total revamp. The pond has been reorganised and fenced.

The ground has been cleared, so the site is now safe and attractive; perfect for pond-dipping!



Getting children involved in nature is the starting block for their awareness about Earth and looking after it in the future.

Having such a learning resource on site will be so supportive towards our children building a brighter future for everyone.

A huge thanks to the Friends!

Once final checks have been made and policies put in place, the pond will be available for other groups in the local area to use and learn in as well!



Reading Focus

In January, The Travelling Book Fair visited the school and we made over £600 in commission!

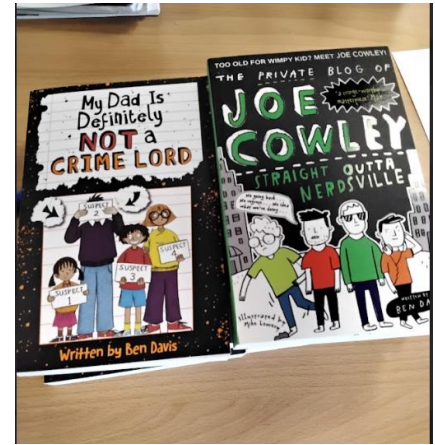
This fantastic amount has been spent by our school Reading Reps who have selected books for each reading corner in school.



They focussed on graphic novels, poetry books, joke books and non-fictions books. We also looked at texts with characters from a diverse range of backgrounds.



In June, the author Ben Davis is visiting our school so we also purchased copies of this book to read beforehand.



Parking

Having seen an improvement since the start of this academic year, unfortunately in the last few weeks we have some reports of 'near misses' on Hayes Lane due to poor parking. Can I please take this opportunity to once again remind carers/parents to think before parking up. Blocking drives, parking on pavements and crossing places are the issues mostly reported to us.

Support

If you need advice or if you're worried about the cost of living, we're here to help.

Across Warwickshire, from Monday 3rd April 2023, our new service will be operating Mondays to Fridays 9am-5pm, through our Freephone number:

0808 250 5715

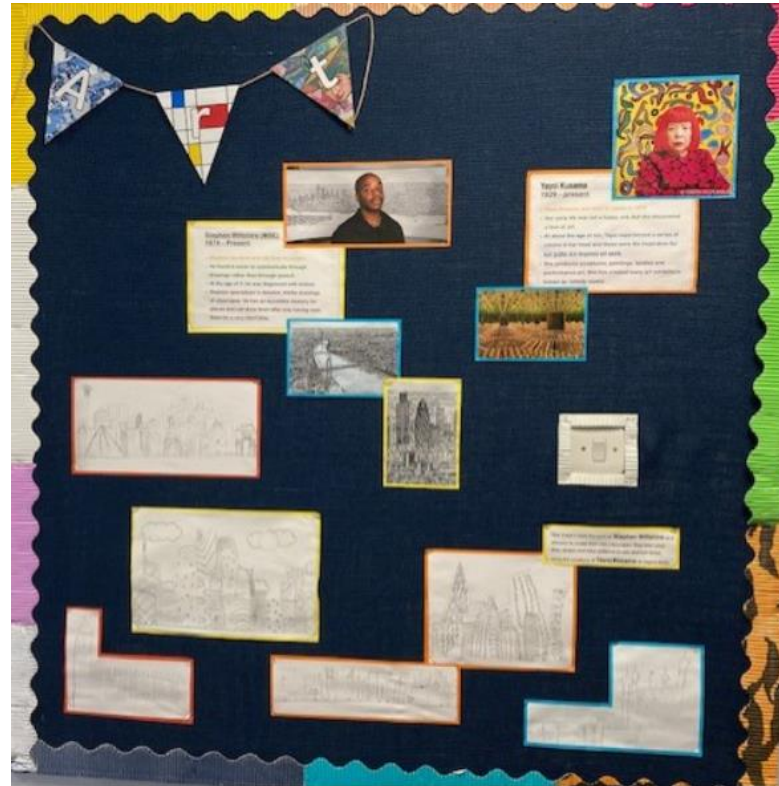
Our out-of-hours service will continue on Monday evenings from 5pm-7pm, for people who are unable to contact us during the day, through our Freephone number:

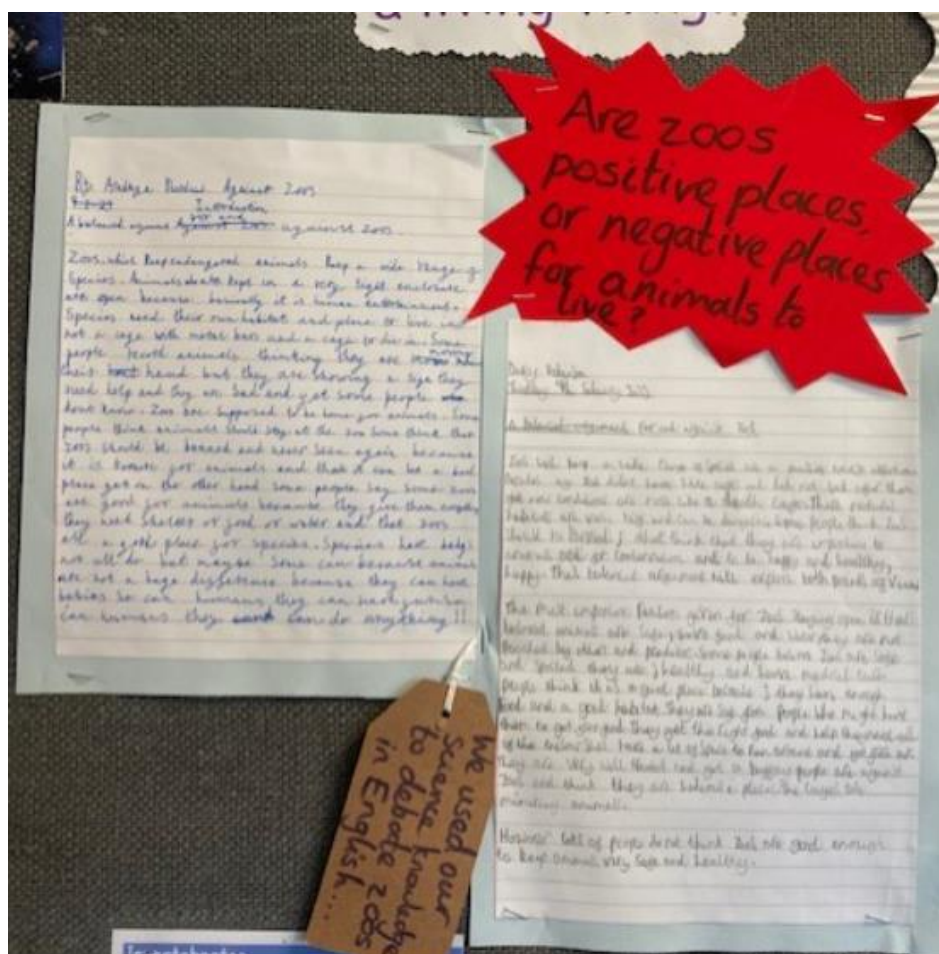
0800 995 6047

Amazing Work Display



Just in case you missed coming into school during our Teacher Meetings, here's a flavour of the displays we now have around the school showing your children's amazing work.







1: To recognise how Christians use art worship and remember Jesus

Diversity	
Jesus said 'I am the <u>bread of life</u> '	Jesus said 'I am the <u>Good Shepherd</u> '
Jesus said 'This bread is my body. This wine is my blood. Remember me when you eat and drink'	The angel said: 'There is <u>no earth</u> and <u>no hell</u> and <u>no hell</u> , because <u>God is love</u> '
Christ died, once for all, the good for the bad, so that he <u>could forgive us</u>	Jesus said 'Love the Lord your God and love your neighbour as you love yourself'
	The angel said: Jesus is not here. He is <u> risen </u> . Don't look for the <u> risen </u> among the dead.

A detailed pencil drawing of Jesus' face and upper body. He has long, wavy hair and a beard. He is wearing a robe with a high collar. Behind his head is a large, stylized halo with rays of light. The drawing is done on lined paper.

RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

STRESS AWARENESS

We can all feel stressed at times and it is a normal reaction to some situations. A certain level of stress can actually be helpful, however too much stress can make us feel anxious or depressed, and may impact on our sleep, eating habits and general wellbeing.

Everyone experience stress differently, so it is important to understand how stress affects *you*. Therefore, you can manage your stress better and stay healthy!

The Stress Bucket:

The Stress Bucket is a way to explain how stress can build up. The stress in our lives is represented by water filling up a bucket - too much water is a problem and can cause an overflow. It is helpful to identify the things in our day that contribute to filling up our bucket and start doing things that help to empty our bucket.

We can talk about our stress levels in terms of how full our stress bucket is. Different problems and demands can fill up our stress bucket, such as education, family worries, friendship problems and losing someone close.

Some people may have a smaller bucket than others - these people may find it more difficult to cope with stress and therefore, they may feel overwhelmed quicker than others.

We can't change the size of our bucket but we can learn to recognise when our bucket is filling up, and what coping strategies can help us manage stress so that our bucket doesn't overflow. Relaxing activities, such as watching TV, going for a walk, reading a book, sitting outside in the sun and talking to a friend, can all help to empty our stress bucket!



#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.

Stress bucket

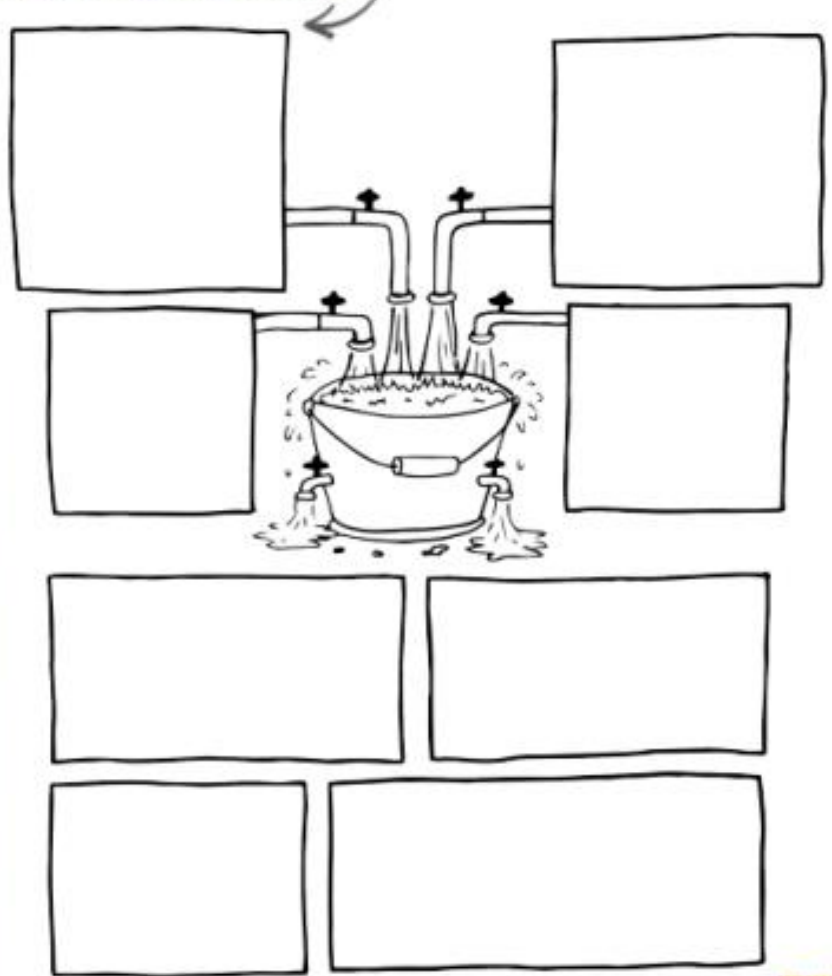
It is normal to feel stress at times. Some stress can be good, but too much can cause you to feel anxious or depressed, which might affect your sleeping, eating habits and general wellbeing.

When you feel worried, the stress bucket is a visual way for you to communicate this, and this can help the adults in your life best support your needs.

Instructions:

1. Above the bucket are taps and the things that cause you stress. Using the boxes, draw or write the things that are making you worry. It might be too much homework, friendship issues, back-to-school anxiety.
2. The below taps are the things that help you release stress. Using these boxes, write or draw the things that help you manage this feeling. It could be talking to friends, exercise or spending time with pets.
3. You might find it helpful to discuss your stress bucket and the things that help you.

This is making me feel stressed...



But this is what helps me...

YOUR

8 Quick & Easy Ways to RELIEVE STRESS



Unplug



Exercise



Socialize



Meditate



Create



Write



Rest



Get Outside



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

A vegan meal is available on request for those who (veg) do not consume any animal products. All our fish is natural white fish and although great care has been taken to remove all bones, some may remain.

Week one

Warwickshire, Coventry and Oxfordshire: 13/3, 24/4, 15/5, 5/6, 26/6 and 17/7
Leicestershire: 13/3, 24/4, 15/5, 5/6, 26/6

MONDAY

Choose a main meal...
Bake of British Pork Sausages with Gravy and Creamy Mashed Potatoes
(v) Veggie Korma Curry with Wholegrain or White Rice and Creamy
Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v) Swirly Chocolate Mousse
(vg) Homemade Fruity Flapjack
(v) Yoghurt or Fresh Fruit

TUESDAY

Choose a main meal...
Homemade Cheesy Pasta with Peas, Bacon, and Freshly Baked Wholegrain Spaghetti
(v) Veggie Breakfast Poutine in a Bop with Oven Baked Potato Wedges
Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
Baked Beans
For dessert...
(v) Homemade Crispy Cornflake Coozie
(v) Yoghurt or Fresh Fruit

WEDNESDAY

Choose a main meal... WEDNESDAY ROAST
British Roast Chicken, Lentil or Filling Sage and Onion Stuffing and Gravy
(vg) Quorn Roast in Gravy with Sage and Onion Stuffing
Crispy Roast Potatoes
Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v) Homemade Chocolate and Orange Brownie
(v) Yoghurt or Fresh Fruit

THURSDAY

Choose a main meal...
Homemade British Beef Bolognese with Pasta and Garlic Bread
(v) Homemade Vegetable Burrito Bake with Crispy Diced Potatoes
Mexican flavoured veggie and cheese layered between soft tortillas
Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(vg) Homemade Strawberry Slice
(v) Yoghurt or Fresh Fruit

FRIDAY

Choose a main meal... FRIDAY
(meat) Harry Ramsden's Chippy Salmon and Sweet Potato Fritter
(v) Homemade Cheese and Tomato Pizza
Chipped Potatoes
Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans

On the side...
Fresh Salad Bar
Peas or Baked Beans
For dessert...
(v) Cheddar Cheese, Crackers and Apple Wedges
(v) Ice Cream
(v) Yoghurt or Fresh Fruit

WOL COOKERS
A FOOD STORY

Weekly Menu

Week two

Warwickshire, Coventry and Oxfordshire: 20/3, 1/5, 22/5, 12/6, 3/7 and 24/7
Leicestershire: 20/3, 1/5, 22/5, 12/6, 3/7

MONDAY

Choose a main meal... MEAT FREE MONDAY
(vg) Quorn Chippies with Rainbow Rice and Sweet Chili Dipping Sauce or Ketchup
(v) Homemade Mac 'n' Cheese with Freshly Baked Wholegrain Bagnette
Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
Chocolate Mousse with Fruit in Sauce
(vg) Homemade Cherry Coozie
(v) Yoghurt or Fresh Fruit

TUESDAY

Choose a main meal...
British Chicken Fillet in Wrap, Sautéed Mayonnaise or Ketchup and Oven Baked Potato Wedges
(vg) Plant Power! Meatballs with Noodles and a Sweet and Sour Sauce
Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(vg) Homemade Chocolate Shortbread
(v) Yoghurt or Fresh Fruit

WEDNESDAY

Choose a main meal... WEDNESDAY ROAST
British Roast Garmoon Steak with Gravy
(vg) Quorn Roast with Gravy
Crispy Roast Potatoes
Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(vg) Homemade Jam Tart
(v) Ice Cream Tub
(v) Yoghurt or Fresh Fruit

THURSDAY

Choose a main meal...
British Beef Grib Burger in a High Fibre Bun with Ketchup and Chippy Diced Potatoes
(vg) Veggie Burger in a High Fibre Bun with Ketchup and Chippy Diced Potatoes
Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans

On the side...
Fresh Salad Bar
Vegetable Sticks
Vegetables of the Day
For dessert...
(v) Homemade School Favourite Sponges
(v) Yoghurt or Fresh Fruit

FRIDAY

Choose a main meal... FRIDAY
(meat) Golden Fries Breaded Fish Fillet with Chipped Potatoes
(v) Homemade Tomato Pasta Bake with Freshly Baked Wholegrain Bagnette
Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans

On the side...
Fresh Salad Bar
Peas or Baked Beans
For dessert...
Jelly with Fruit
(v) Ice Cream
(v) Yoghurt or Fresh Fruit

Week three

Warwickshire, Coventry and Oxfordshire: 27/3, 17/4, 6/5, 19/6 and 10/7
Leicestershire: 27/3, 17/4, 6/5, 19/6, 10/7

MONDAY

Choose a main meal...
Golden Fries British Pork Meatballs in a Rustic Tomato Sauce with Peas
(vg) Sticky Barbecue Quorn with Oven Baked Potato Wedges
Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v) Homemade Chocolate Cracknel
(v) Yoghurt or Fresh Fruit

TUESDAY

Choose a main meal...
Chicken Korma Curry with Wholegrain or White Rice - meat and creamy
(v) Cheese and Tomato Pizza Wedges with Italian Herb Potatoes
Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v) Swirly Strawberry Mousse
(vg) Homemade Orange Coozie
(v) Yoghurt or Fresh Fruit

WEDNESDAY

Choose a main meal... WEDNESDAY ROAST
British Roast Beef, with Traditional Yorkshire Pudding and Gravy
(v) Veggie Toad in the Hole with Gravy
Crispy Roast Potatoes
Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
For dessert...
(v) Homemade Fruit Crumble with Custard
(v) Yoghurt or Fresh Fruit

THURSDAY

Choose a main meal...
Homemade British Chicken Pie with Gravy and Creamy Mash
(vg) Breaded Vegetable Fingers and Chippy Diced Potatoes
Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day
Baked Beans
For dessert...
(vg) Homemade Flapjack with Fresh Fruit Wedges
(v) Yoghurt or Fresh Fruit

FRIDAY

Choose a main meal... FRIDAY
(meat) Breaded Fish Fillet Fingers with Chipped Potatoes
(vg) Veggie Sausage Hot Dog with Ketchup and Chipped Potatoes
Jacket Potato - (v) Cheese, Tuna or (v) Baked Beans

On the side...
Fresh Salad Bar
Peas or Baked Beans
For dessert...
(v) Drinky Doughnut Chocolate Sauce
(v) Ice Cream Tub
(v) Yoghurt or Fresh Fruit

Full Contact or Friday Wok from the Hydrobar Station, fees charged with a fresh bread one also offered only

(v) Vegan
(vg) Vegetarian Option (v) Homemade
(meat) Certified Sustainable Seafood



Please contact your local cook for information regarding the content of dishes and products on our menu.