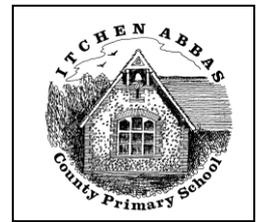


Itchen Abbas Primary School Newsletter

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11th October 2019



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Dear Parents

What an amazing evening we had on Wednesday! Thank you so much to all the parents and grandparents, governors and staff who attended our open evening on self-compassion. We were delighted by the response; it was the best attendance we have ever had to an open event; over two thirds of our children were represented. Thank you! I know some of you wanted to come and were unable, but don't worry, we recorded the whole evening and you will have the opportunity to come into school to watch it.

I hope, like me, self-compassion resonated with you as a way to support yourself and your children. I have had several discussions with parents on the playground about how hard it is to prioritise taking care of ourselves. Hopefully the tools we were shown will help us all. Please remember to spend time looking at the website <https://whentheensiongoes.com>.

The resource, 'Making Things Better For Myself' discussed at the meeting is nearly completed. Once we have received it we will begin to introduce it to your children. I can't wait; I have seen the drafts and it looks fantastic!

Staff and children have really valued our Mindful Monday and Creative Friday activities so far. Creative Friday has brought great enjoyment. The children are showing leadership and organisational skills as well as being able to express themselves creatively or value the outdoors environment. Mindful Mondays have been successful. Children have the opportunity to take time to reflect on any emotion they are feeling or our current school value so that they are ready for focused learning. Whilst it is important to give children the tools to explore something that might be concerning or upsetting them, it's equally important to have the tools to explore positive emotions such as excitement. I'm sure you won't be surprised to hear how often an exasperated teacher complains that many of the children in the class attended someone's birthday party at the weekend and are still buzzing so much from the fantastic experience that they can't focus! These tools give us the chance to explore the feelings in a positive, constructive way.

Dates to watch the video:

Wednesday 16th October at 8.40am

Tuesday 22nd October at 4.00 pm

Wednesday 23rd October at 5.00 pm



These dates tie in with Parents Evening so we hope you will have at least one of those evenings free in your diary.

Pupil Librarians

Every year, we advertise for new pupil librarians (year 3-6) to support us and our parent helpers in managing the library and supporting children with changing and selecting books. Please find attached a job advert for your children to respond to. We'd love you to work with them and have some fun putting their applications together should they choose to apply!

Attendance and Punctuality

I would like to thank Parents and Carers who regularly ensure that their children attend school at all times. There is a strong correlation between high attendance and high achievement and so we should all be working together to give children the best possible start in life. As a local authority-maintained school, we follow Hampshire County Council Admission Policy. Please find attached to our Friday email further information regarding this email. However, the main points are:

- All schools aim to achieve a goal of 100% attendance.
- The 'persistent absence' threshold is any attendance that is below 90%, (equivalent to three weeks or more schooling across the year).
- A Penalty Notice will be issued for any unauthorised absence where the pupil has been:

- absent for 10 or more half-day sessions (five school days) of unauthorised absence in the last 100 possible school sessions – these do not need to be consecutive
- persistently late (coded *U*) for up to 10 sessions (five days) after the register has been closed
- persistently late before the close of the register (coded *L*), for up to 10 sessions (five days) unless the issuing of a Penalty Notice would conflict with other intervention strategies in place or other sanctions already being processed.

Penalty notices will be issued if a child's attendance crosses any of the above thresholds. If a fine is raised, then each responsible parent will be fined £60 per child. Failure to pay within a set period of time will incur further penalties.

Whilst we want your children to be in school 100% of the time, we appreciate that there will be times when they are too poorly to come. Following vomiting or diarrhoea, we insist that children do not return back to school until 48 hours have elapsed since the last episode. This helps to prevent the spread of any nasty bugs.

Healthy Eating and Nut Free

We are a healthy eating and nut free school. Packed lunches should contain healthy foods to sustain concentration and hard work in the afternoons. Sweets and chocolate bars or anything with nuts in (including chocolate spreads) are not allowed. In Key Stage 2, from year 3 onwards, break time snacks are provided by parents. These should be fruit or vegetable snacks only please.

Good Manners and Respect

We have been focussing on good manners around school and taking care of our equipment. I would like to commend the children on how well they are remembering and implementing their good manners and respect for equipment. Well done children!

Wishing you all a good weekend full of self compassion.

Yours sincerely



Aimée Dear