



# Happy 2025!

Hopefully, you all had a wonderful break and managed to catch up with friends, family and loved ones. We start 2025 with a spring in our step, although it is very chilly at the moment. Please check the website for updates from year groups. There will be a change for many for their PE days. During this term the majority of our PE sessions are indoor activities. Extra-curricular clubs start from next week. We have a mixture of free and fee-paying activities. As always, the clubs will be advertised on the app. Once you have completed a form you have secured a place. Please do not complete more than 1 form per child. If the form is no longer accessible then the club is full.

If you still do not have the school app please download it through piota. We have lots of trips and events already booked in for this term. Please check the diary dates to see which are relevant to you.

Just a reminder of the 5 Christmas wishes that I posted on the last day of term:

**No.1**

All uniforms have children's names written in them clearly so we can ensure that they are returned to the correct person.



**3** That for all of you who get a new mobile phone for Christmas, that you remember to give the office your new contact details.

**4**

For all children to receive a 100% attendance certificate in the new year.

That everyone remembers that this is a place for learning and I expect parents to respect the school rules when in the grounds like the children do.



That parents read my newsletter every week to make sure that they are aware of events. If you would like a paper copy please collect one from the office.

Next Tuesday we have the Parent Council meeting. We will be looking at smart-phones and the need for them for children under 14. There will be an update on the rights and respecting aspect of the school. We will also be discussing AI—Artificial Intelligence and what it looks like in school. If you are not sure who is the class representative for your child's class, then please just come along. It is a nice way to meet other parents and help share ideas about things we do in school.

Please remember as a school we have a welfare bank available to all parents and we also have the school uniform swap shop. Just let the office know if you need access to these and they will help.

Have a great weekend. Katie Jennings

Headteacher

If your child normally has packed lunch why not try the school meals next week.

There is no cost as we still get them free from The Mayor Of London. How long we have this for we do not know, so make the most and get your child a free hot meal on Monday lunch. The food is halal and we cater for all allergies.

## MONDAY Planet Earth Day

Macaroni cheese V

Jacket potato served with various filling GF/V

Samosas V

Baked beans/ cheese or Tuna mayonnaise

Peas & seasonal Vegetables broccoli

Seasonal salad selection

Fresh fruit/Yogurt

Chocolate muffins

For some children, the return to education at the end of the school holidays can be a difficult time for a variety of reasons. The start of the new term comes with plenty of challenges, from social worries to the stress of ensuring they're entirely ready for upcoming lessons and learning. Please read the guidance on this newsletter about getting back into routines.

Some parents have enquired if children can opt out of PE lessons. The answer is no. The PE curriculum is on the website . If you do have concerns please speak to your child's teacher. Our PE curriculum covers a variety of sports and skills. Your child may not like all of them but they will learn about their body and health and fitness in all of the different topics.

Clubs and enrichment start next week.

Unlock the Amazing World of Computer science !

Calling all young coders!

MGPS - North Site.  
Open to North Site & South site pupils

£6.50 per session\*

3.30 pm – 4.30 pm

Mondays yr4 - yr6 | Fridays yr1 - yr3

Starting on 13 January 2025

\*Siblings discount available.

**What's in Store for Your Child:**

Robotics	Digital Arts	Algorithms	Physics
Game Designs	Python	Engineering	

<https://acecodeclub.simplybook.it/v2/>

0754 231 8961 | ace.code.kc@gmail.com

### Coding Club @ North Site Spring Term 2025

The club is designed to inspire children to discover and learn the skills of the future through fun projects that help them develop creativity, logical reasoning, and problem-solving skills.

Skilled computing educators will run the club, and it is open to pupils in **Years 1 to 6** at both the **North and South sites**.

#### Details:

- **Start Date:** 13 January 2025
- **Time:** 3:30 pm – 4:30 pm (11 sessions)
- **Schedule:**
  - o Mondays: Years 4 to 6
  - o Fridays: Years 1 to 3

**Cost:** £71.50 / Sibling rate: £60.50\* (\*per additional child)

**Bookings can be made using the link below:**

<https://acecodeclub.simplybook.it/v2/#book/count/1/provider/1/>

## SPECIAL DATES IN NOVEMBER

### Choir News.

Some of the choir will be attending the Young Voices concert on February 4th. Letters have already been given but Mr Darling will meet with parents closer to the date to answer any further questions you may have. Audience tickets have already gone on sale, however we do advise that you check the O2 website regularly as some tickets do get resold. There will be more local events later in the year for children who do not attend.

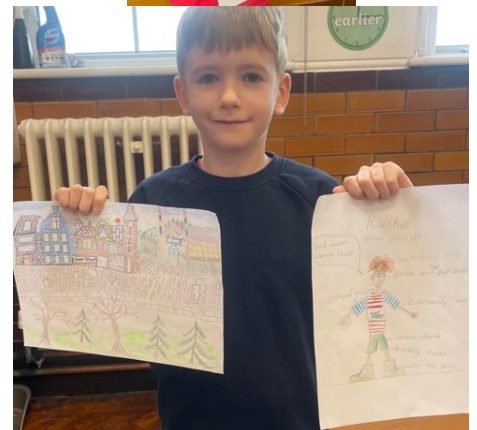
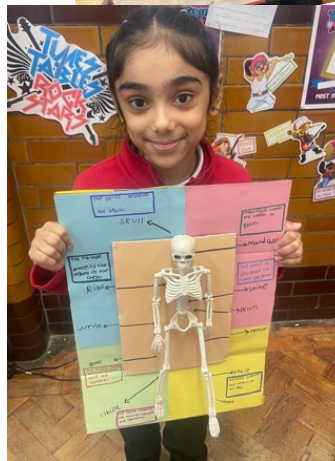
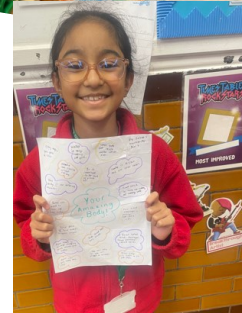
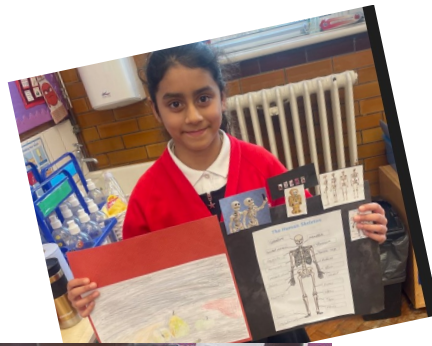
### RECEPTION 2025

If you are a parent of a child who will be due to start Reception in September 2025 can I please remind you to ensure that you have completed the online application before the 15th January. If you need help just ask. If you don't get it out on time you may not get your 1st choice.

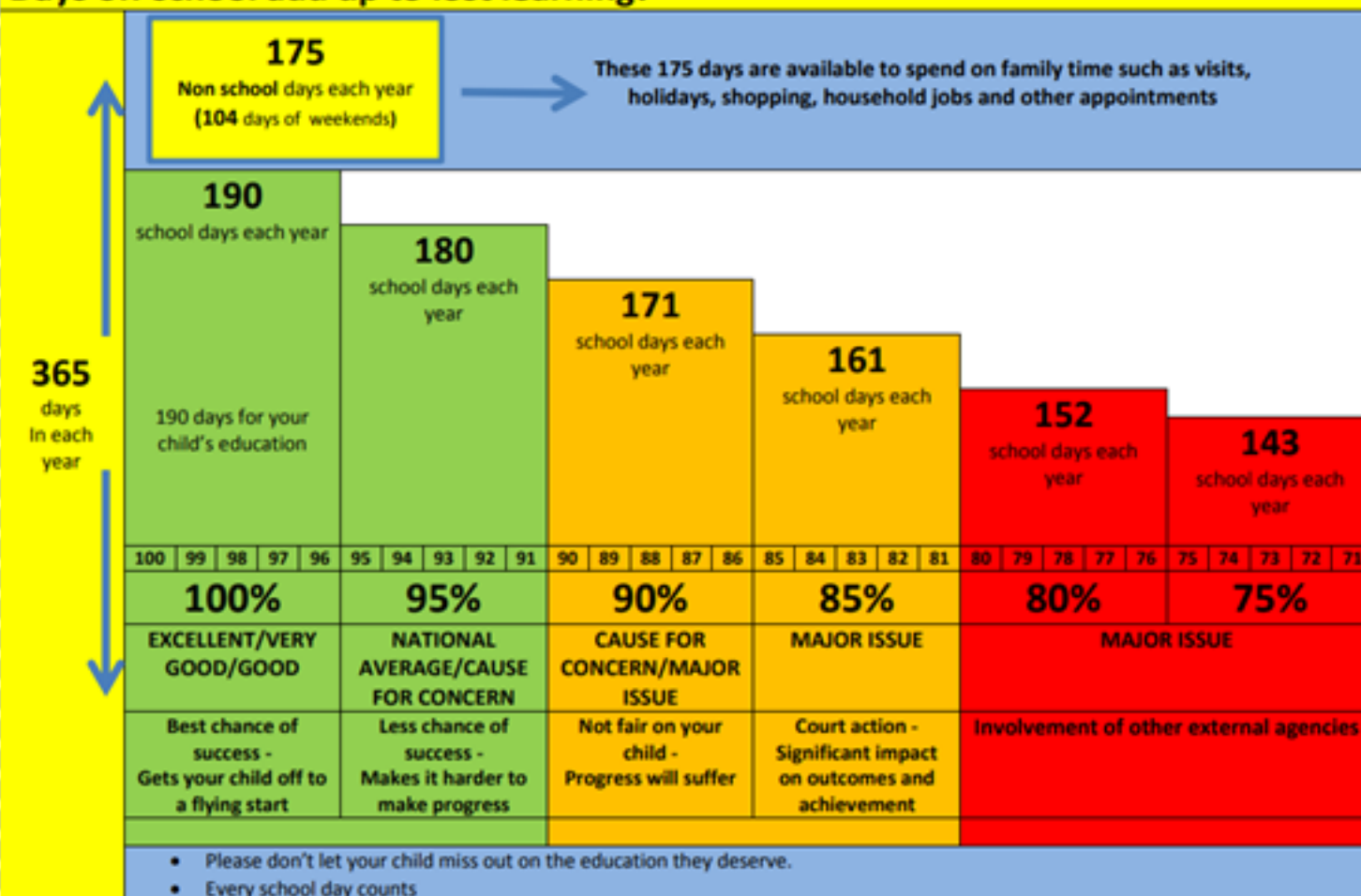
### January 2025

- 13th Year 5 swimming for 2 weeks  
Year 6 Cycling  
Year 6 MOCK SATS week
- 14th Parent Council—Parental engagement & AI
- 15th Reception 2025 closing date  
Chiff Chaff & Crow—Science Museum
- 16th Curriculum Governors  
Finance Governors
- 16th Chaffinch & Cuckoo Science museum
- 27th National Story Telling
- 29th Year 6 parent evening
- 30th Year 6 parent evening

*Some home projects we want to share*



# Days off school add up to lost learning!



Here are some basic reminders about attendance.

- We all feel in our comfort zone if our child is achieving a high percentage in tests and examinations. 80% in a test is generally excellent news! The danger is that we may feel the same way about attendance until it is explained.
- If a child has an attendance percentage of 80% then this is equivalent to **missing a whole day every single week**
- If a child has an attendance percentage of 80% from **Year 7 to Year 11** then this is equivalent to **missing an entire year of school.**

One year in school is equivalent to **950** 1 hour long lessons  
 Five years in school is equivalent to **4750** 1 hour long lessons  
 Eleven years in school is equivalent to **10450** 1 hour long lessons  
 And all of this comes down to set of grades on a sheet of paper in an envelope

Attendance %	Missed Days	Missed weeks	Over 5 years	Annually	Impact over 5 years
100%	0	0	0	Excellent	
99%	1.9	0.38	9.5	Very Good	
98%	3.8	0.76	19	Very Good	
97% <sup>1</sup>	5.7	1.14	28.5	Very Good	
96%	7.6	1.52	38	Good	
95% <sup>2</sup>	9.5	1.9	47.5	National average	Quarter Year missed
94%	11.4	2.28	57	Below Nat. average	
93%	13.3	2.66	66.5	Below Nat. average	Approx. Third year missed
92%	13.3	2.66	66.5	Requires improvement	
				Requires immediate improvement/worrying	
91%	17.1	3.42	85.5		
90% <sup>3</sup>	19	3.8	95	Cause for concern	Half year missed
89%	20.9	4.18	104.5	Serious concern	
85% <sup>4</sup>	28.5	5.7	142.5	Major issue	
80% <sup>5</sup>	38	7.6	190	Major issue	1 Year missed

# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO RETURN TO ROUTINE

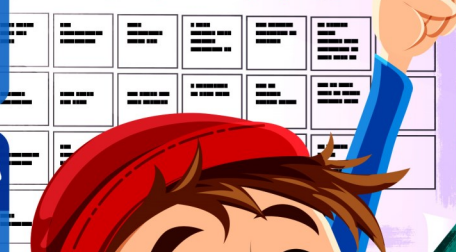
Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

### 1 START SMALL AND EARLY



Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

### WEEKLY PLANNER



### 2 REVISIT THE SCHEDULE



Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

### 3 CREATE A SLEEP PLAN



Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.



### 4 ENCOURAGE FRIENDSHIPS



Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

### 5 GRANT RESPONSIBILITY



Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

### 6 FOCUS ON NUTRITION



Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

### 7 COMMUNICATE OPENLY



Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

### 8 RECONNECT WITH LEARNING



Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

### 9 PREP TOGETHER



Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

### 10 BE PATIENT AND FLEXIBLE



Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

## Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>



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