Rise Park Primary And Nursery School

Newsletter—July 2021

News From The Office...

Dear Parents/Carers

As I started to write this I couldn't believe this is the last newsletter for this academic year. What a year it has been!!! There have been many different ways of working which the children and school staff have got used to and I am so proud of them all. This newsletter is full of the many delightful things that are happening between now and the end of the year linked to the curriculum which we know the children will enjoy. I would personally like to take this opportunity to say a huge thank you to you as parents and carers who have supported your child and the school this year with positivity and enthusiasm. May I wish you a lovely Summer break and I look forward to seeing you all in September.

Yours Sincerely

Natasha Kelly
Headteacher

Special Points Of Interest:

- News From The Office
- Online Survey
- Sports Day
- Y2 moving to Y3
- Healthy Me Week
- Dates For Your Diary

Online Survey

A few weeks ago, we sent out a parental survey about online safety, the results of which you can read here: https://www.riseparkprimaryschool.co.uk/parents-2/parent-carer-questionnaires-and-feedback/. Having analysed the results, we have put together an online safety workshop all about the key issues that children face online such as cyberbullying. This workshop will be held on Tuesday 6th July at 4pm over Zoom as part of 'Healthy Me Week'. We would like to see as many of you there as possible, as we know the huge role that technology plays in our children's lives, and we want to keep them as safe as possible online. A text has been sent out with all the details on it. Thank you.

Information for children moving into Year 3

Your child will soon be moving into KS2. Please note that if your child stays for school dinners you will be required to pay for them from September. School meals are £2.25 per day and must be paid for in advance. If you believe you may be entitled to free school meals, please contact the school office.

Sports Day

Below are the many events that are being planned next week as part of Healthy Me week and you will have already received a letter from Miss Scholten regarding our socially distanced picnic next Thursday. As part of the week the children will be undertaking Sports Day in their class bubbles this year without parents attending. I appreciate this is disappointing but I would like to thank you all for your continued support in what I hope is the last hurdle before we can open up more fully after the 19th of July.

Heathy Me Week...

Miss Scholten writes...

Next week, we are launching a very exciting theme week all based around 'Healthy Me. The week will kickstart with a unique assembly where the children will hear the advice from many experts in the industry such as a local GP and a mental health nurse to find out what being healthy is all about! They will then put their learning to the test to reflect on what being healthy actually means to them in attempt to break down the barrier that being healthy is limited only to eating fruit and vegetables and completing exercise. Our children will become more familiar with understanding the endless list of wider factors impacting a healthy lifestyle such as positive wellbeing, dental hygiene, keeping our brains active, sufficient sleep, resilience, competition and being kind to ourselves are to mention only a few!

The School Council have been busy working behind the scenes to prepare for this and recently had a Zoom meeting with the local Rise Park Doctor's Surgery. They learnt all about how to be positive both in mind and body and picked up some great tips to stay relaxed along the way. Through the pupil voice, they have already shared and collated some outstanding ideas across school and cannot wait to roll them out next week with all of their peers. Some of the fantastic ideas include brain teasing training, a footstep challenge, designing a relaxation space in the nature garden, trialling new skills such as ballet, karate, yoga and a planned healthy picnic lunch! These are only a small snippet of the few things that the children are going to get up to in their classes so remember to keep an eye out on our Twitter page to see what else lies ahead!

Miss Allen writes...

All the children at Rise Park are really excited about our up-coming Healthy Me week. We are looking forward to taking part in lots of different activities, not only in the classroom, but in the great outdoors! As part of learning about how we can take a holistic approach to becoming healthier in mind, body and spirit, the children will:

- Use outdoor activities to enhance personal and collaborative communication skills
- Develop resilience and adaptability in occasionally adverse circumstances
- Develop a love, appreciation and respect for nature and all that is living
- Develop an understanding of how we can create a healthy environment
- Develop self-awareness, confidence and self-esteem through expressing individual creativity
- Experience positive health benefits – both physically and mentally – and assist gross and fine-motor development
- And ultimately develop a lifelong love and appreciation of how the outdoors can enhance our overall well-being.

We can't wait to get outside and use our artistic skills to decorate and enhance our outdoor environment, develop mindfulness through outdoor meditation, use our gardening skills to connect with nature and take positive steps to create a healthier planet by enjoying a "Plastic-Free Picnic!"

Miss Rankin writes...

During Theme Week we will be using music as a way of exploring how it makes us feel. We will be listening to different genres from different cultures around the world and drawing pictures to express how it makes us feel. We will also be thinking about how music can be used to help promote our mental health by using it to help us relax and feel happy.

Mr Jones writes...

"Healthy me" themed week is nearly upon us and in relation to sport we have some great ideas that are going to keep us on the go and thinking about how we can train our bodies and brains together.

In keeping with our current whole school initiative, the children will be getting out and clocking up the laps when they run the Sheriff's challenge across both key stages. We are also going to take this opportunity to launch a potential initiative called the virtual skipping league. A skipping station will be outside year 3 consisting of 15 skipping ropes, skipping spots and timers so classes can answer the question, how many skips can be done inside thirty seconds? The aim is to develop the correct technique for a new skill, speed skipping.

For our PE lessons on "Healthy Me" week each year group bubble will complete this year's sports day with their class teachers, TA and Mr. Jones consisting of six events, five various races and standing long jump. All children from each year have been grouped into fives and will compete within these subgroups, watch this space to see who takes gold.

Class teachers will also use small windows in the school day to keep the children active in the classroom with Go Noodle and Cosmic Yoga. These stop gaps have proven to keep the children focused and attentive when breaking up a lesson, not to mention how much we all enjoy them.

Pupil voice will be heard and displayed around school through PE speech bubbles to gather the feedback of these sporting events from Rise Parkers.

Dates For Your Diary...

July 2nd	INSET Day
July 19th	Transition time with new classes
July 16th	Reports and ROA's sent home
July 22nd	Year 2 Moving on Assembly 2.30pm (details to follows)
July 27th	Year 6 Leavers Assembly 10.00am (details to follow)
July 27th	Last day of term.
August 31st	INSET Day
September 1st	School Re-opens