



SOUTH WITHAM ACADEMY NEWS

We have had another really busy week in school this week with the children continuing to shine brightly on a regular basis!

On Thursday, I managed to have a sneak peek at the SPOTLIGHT dance group rehearsing their routine in preparation for their big performances next week! It looks FANTASTIC! There is still plenty of time to book your tickets for the show in Stamford on Tuesday and Wednesday evening.

Next week we will be selling raffle tickets on the playground for our KS1 Easter afternoon fundraiser. There are lots of amazing prizes, including an Easter cake from Mr Mason! So purchase yours, to be in with a chance! It will be drawn on Wednesday afternoon.

Have a great weekend,



UPCOMING DIARY DATES

26th & 27th Mar - Spotlight Performances

27th Mar - Woodlands Easter Tea

EASTER HOLIDAYS

15th April - 1st day of term

17th Apr - YRS 3/4 Bikeability

24th - 26th April - Y5 Residential to Kingswood Activity Centre

PARENTS EVENINGS

Thank you to all parents that joined us this week for your parents evenings. It is always great to share how amazing your children are doing! If you didn't manage to get an appointment with your child's teacher then please contact the school office to see them as soon as possible.

HOUSE POINT TOTALS

BURGHLEY

BELTON

WOOLSTHORPE

11610

9772

11113





Little Hedgehogs



This week in Little Hedgehogs we have been reading *The hungry Caterpillar!* The children have loved talking about the caterpillar and what he has been eating each day. We have been painting lots of caterpillars and making them out of playdough. The Little hedgehogs have enjoyed singing our caterpillar song at circle time and we have been feeding the caterpillar by posting food into the tube.

Today we have made our own butterfly's by painting one side of the paper and then folding it over and rubbing it to see the pattern on the other side.



Woodlands



We have had another great week in woodlands this week! In art we have been planning our own abstract art piece inspired by Georgia O'Keefe, their designs are super they should be very proud!

In literacy the children have been writing instructions on how to make toast – we started by making our own toast in the classroom and then using this to help us write instructions and the children did an amazing job.

We have also been really busy planning our afternoon tea next Wednesday the 27th of March from 1.30 – 3pm. Tickets for the afternoon tea are £2. If you would like to purchase a ticket you can go into the office or send your child in with their money and we will send them home with the tickets. We could love for you to come and join us for the afternoon!



Badgers

In Badgers class this week, Year 5 have been practising the formal methods for multiplication and division. Timestable knowledge is so important for this so please, please, please keep up with the Timestable Rockstar practise. Year 6 have been finding the value of 2 unknown numbers using clues given. In English, we have been using our prediction, inference and deduction skills whilst exploring the book 'Our Tower'. We are using this picture book as inspiration for our own adventure story writing. In Geography we have been comparing the UK to North America, learning about some of the countries including their key human and physical features, landscape and terrain. In Science we have been learning how to draw circuit diagrams as well as sources of renewable and non-renewable electricity.



Practise, practise, practise!

Otters



Otters have had another busy week, which has flown by. In English, we have been writing our own setting description based on "Our Tower". In Maths, we have been continuing with fractions, discovering equivalent and improper fractions!! We have also been completing some of our assessments, which we have worked really hard on. In PE with Miss Done, we invented our own Target games, which were lots of fun to play!



PRIDE OF SOUTH WITHAM



Readers of the Week!



Always's Club

YAY!



Attendance Superstars

this week goes to **OTTERS** with 99%!!

Attendance is something we celebrate each week in our Celebration Assembly on a Friday. We are required to collate and update the attendance figures for the local authority each week. Going forward we will be monitoring attendance closely to ensure that we are hitting the targets given to the school by the DFE.

SOUTH WITHAM VILLAGE HALL PRESENTS

EASTER FAMILY GAMES NIGHT

BINGO, QUIZ AND RACING FOR THE FAMILY

GOOD FRIDAY 29 MAR 7.00PM - 10.00PM

All games will cost £1 each!
Bar will be open
lots of prizes to be won

SOUTH WITHAM'S Easter Egg Hunt

£1 per child.

FRIDAY 29TH MARCH (GOOD FRIDAY)

10:30-12:30

STARTING @ SOUTH WITHAM VILLAGE HALL

See you there!

Rutland County Council **Active Rutland**

GET RUTLAND CYCLING

HELPING YOU GET BACK IN THE SADDLE!

Active Rutland are providing support to get Rutland residents cycling more including:

- Learn to ride sessions
- Formal Bikeability Courses
- Adult 'Back in the Saddle' sessions
- Bike trade-in days

For more information visit www.activerutland.org.uk/getrutlandcycling or email: cycling@rutland.gov.uk



to India who had her birthday last Saturday!



10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College



Dysart Park Gingerbread Man Race

Run, run as fast as you can, you can't catch me, I'm the Gingerbread Man!

Sunday 21 April 1:30-4:30pm

Come along and take part in races around the park
for your chance to win a medal and certificate!

In partnership with **inspire+**

A great event to get your whole family active!

Race categories:

- Parents and toddlers
- Primary school Year 1 to Year 6
- Secondary - Year 7+
- Adult races
- Fancy dress races
- Dog and owner fun run

50p
per go

Food vendors

Fundraising stalls

**Stalls & promotions
from local sports clubs**

