



SOUTH WITHAM ACADEMY NEWS

What a super end to the Spring term! Yesterday, our Woodlands class held their Easter Afternoon Tea fundraising bonanza! The children came up with the ideas, created all the cakes and sandwiches and performed with confidence. The fundraising will go towards revamping the classroom outdoor area. Well done everyone! See the photos later in this newsletter!

Also this week, a group of 26 children represented the school in the spotlight dance festival in Stamford. They were FANTASTIC! They performed a routine with a theme of 'school of rock'. I have posted the video of the rehearsal onto the school Facebook page. We have received lots of positive comments from other schools and the show organisers. They did a brilliant job. I can't wait for next year!

Have a wonderful few weeks and see you all on Monday 15th April,

Mr Atter



UPCOMING DIARY DATES

EASTER HOLIDAYS

15th April -
1st day of term

15th April -
Kingswood parent meeting 2.45pm

17th Apr - YRS 3/4
Bikeability

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

SPOTLIGHT



HOUSE POINT TOTALS



BURGHLEY

12569

BELTON

10554

WOOLSTHORPE

11889



Little Hedgehogs



This week in Little Hedgehogs we have been reading
We're going on an egg hunt!

We have been very busy painting a huge Easter picture which took us two days to complete. The children have decorated a egg with sequins and painted their Easter cards using a cotton bud in spring colours. We have taken our time to draw over the dots to decorate a Easter egg picture and we have been hiding eggs inside and outside for our friends to find.

Have a lovely Easter break!



Woodlands



What a lovely last week! We would just like to thank all the parents that came to our Afternoon Tea fundraising event we hope you had as much fun as we did. The children have been working very hard all week to prepare everything to make sure their families had a good time. We would like to thank everyone who bought a raffle ticket and we hope you enjoy your prizes and lastly have a great Easter Holidays I hope you all have a lovely break!



Badgers

In Badgers class this week, Year 5 have been practising learning how to solve multiplication and division problems, whilst Year 6 have begun work on decimals including rounding decimals to the nearest tenth and hundredth. In English we have been planning our own narratives using story box plans and have been working on 'Find one reason why...' style of questions to boost reading comprehension skills. In Science, we have completed our science assessment on electricity which saw lots of very high scores. In Geography we have continued to study countries within North America including Mexico and The Caribbean. I had the privilege of watching the Spotlight performance on Tuesday night which was amazing! Well done to the brave Badgers who took part to take you beyond the experiences in the classroom and into the limelight on stage. Happy Easter from all of the Badger team.

Otters



Our last week of term has flown by. We have completed our Science topic, added fractions, practised times tables and some of us have danced our socks off at the Spotlight festival. Those left played a very competitive game in PE - all good fun and a very close final!!

We have also said goodbye to Charlie, who we have loved having as a classmate since September - we wish him lots of luck in his new school! Have a lovely Easter and see you in two weeks time!



PRIDE OF SOUTH WITHAM



Always Club

YAY!



Readers of the Week!



Attendance Superstars

this week goes to **OTTERS** with **98%!!** 4th week in a row!

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.

Happy Birthday

to all of these children celebrating their birthday this week and in the Easter Holidays!



Goodbye & Good Luck!

We are wishing Ellie & Charlie all the best in their new school.



EASTER TREATS FOR EVERYONE!

A **BIG** thank you to a local company in South Witham, GENIE, who again have treated every child in our school to an Easter chocolate!

The staff at Genie donate their own money to treat our children, which we think is such a wonderful, community spirited thing to do!

So thank you to all at Genie!



Woodlands Easter Tea



We would like to thank all the parents who came to our Easter Tea Party fundraising event - we had so much fun singing to you all and we hope you enjoyed the food we prepared and making crafts with the children. Thank you to all those who bought a raffle ticket we hope the winners enjoyed their prizes!

We raised a **SUPERB £235!!**

THANK YOU!!

WWW.SOUTH-WITHAM.LINCS.SCH.UK



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**

