Emscote Express

Issue 13, 19th April 2024



Dear parents and carers

Welcome to the Summer term!

We are thrilled to share the amazing news that we have been chosen to be on BBC Radio Coventry and Warwickshire next week as their 'Star School'. They have visited school this morning to interview some of our lovely staff and children about their learning. They will play sections of the interviews each day next week, around 8.25am, but you can listen later on BBC Sounds. If you check their Facebook Page - BBC CWR Radio - they should be adding information from Sunday afternoon onwards.

The radio show would to love to give parents, carers and children a mention on the school run throughout the week on the show. To get a shoutout, text 81333, starting the message with CWR Star School, don't forget to add your first name and class, saying that you are from Emscote Infant School in Warwick.

https://www.bbc.co.uk/programmes/articles/3JbrKN2fw81cs6plzJ71xqd/star-school

Reception Year Trip to Ryton Pools

EYFS visited Ryton Pools this week to learn about mini beasts and exploring the woods. The children were wonderful ambassadors for the school and we were delighted to receive an email from the Ryton Pools team praising the children for their behaviour and attitude to learning.

Festival of Fun

Such a fantastically fit and fun day was had by all on Wednesday. KS1 children were treated to a day of many different activities centred around having fun whilst being active. Ali Knight and Year 9 sport leaders set up the hall with 8 new sporting activities to work on a carousel basis. Each class spent an hour with the CWSSP team learning new sports, following instructions, rules and tactics, improving teamwork skills and most importantly enjoying the fun element that physical activity can deliver! The staff loved being involved too and we have all experienced new sporting challenges that we will definitely enjoy repeating as part of our PE curriculum. The experiences included Boccia, Curling, seated hockey, Poly bat and skittles, with the firm favourite being the speed stacking competition! The feedback from staff and children was super positive with the quote of the day being, "The BEST day, please can everyday day be like this!"

Governors have spent time in school this week, talking to the children and exploring the learning. They were impressed with the calm and purposeful atmosphere and children happily sharing their learning. They wished to thank the hard working teachers and teaching assistants with a particular nod to our wonderful admin team, Mrs Tracey and Mrs Sargeant, who we all know keep the school running smoothly, thank you ladies!

During the Easter break we gave the children the opportunity to tell us what they like about our school and what they feel we could do better. Thank you to all of the children who shared their views, we will be discussing their thoughts with the children during assembly. It was wonderful to read that the overwhelming feeling is that children feel that Emscote is a happy, safe place where the children make friends, enjoy their learning and sport and build good relationships with their teachers. We have taken onboard areas for improvement, such as lighting in the toilets and will be discussing what we can do to make improvements.

Wishing everyone a lovely weekend (I'll be at Wembley, good luck Coventry City)!

Mrs Nicol



















Thank you to all the parents and grandparents who volunteered to help our year 1 children with their sewing activity this morning. We appreciate your time and support and hope you enjoyed the session as much as the children did!

Dates for the Diary 2024 Payment can now be made at Tues 30th April Year 1 trip to Mary Arden's Farm www.eduspot.co.uk Mon 6th May **Bank Holiday** Wed 8th May Class Photos Mon 13th May **Reception Vision Screening** More info to follow w/c 22nd April Parents welcome to join us in the Thurs 16th May **Cherry Sharing Assembly** school hall at 9am Parents welcome to join us in the Willow Sharing Assembly Fri 17th May school hall at 9am Mon 27th - Fri 31st May Half Term Holiday May Mon 3rd June **Inset Day** Children return to school Tues 4th June Both the Infant and Junior children will enjoy a picnic together on the field at Whole School Picnic at All Saints' Wed 5th June All Saints' Junior School. Parents not invited on this occasion. 9.00-11.30am on the field at All Saints' Junior School. Parents welcome to join us and cheer the children on for the morning followed by a picnic lunch with the children at Emscote Infant Fri 28th June **Sports Day** School. There will also be the opportunity to look thorugh children's books in the classroom. You are welcome to take your children home early on the day. Fri 28th June 3.30-5.30pm in the playground PTA Summer Fayre Both the Infant and Junior children will enjoy a picnic together on the field at Tues 2nd July Whole School Picnic at All Saints' All Saints' Junior School, Parents not invited on this occasion. Whole School Trip to Cotswold Mon 8th July More details to follow soon Wildlife Park

Transition Day

PTA summer disco

Year 2 Leavers Play 2pm

Year 2 Leavers Play 3.30pm

End of term church service

Last day of term

Children spend the day in their new

Performance for grandparents

Performance for parents

year groups/ schools

TBC

Wed 10th July

Transition Day

Mon 15th July

PTA summer d

Tues 16th July

Wed 17th July

Thurs 18th July

Fri 19th July

Book Trust Newsletter



How non-fiction can grip child readers

Our Writer in Residence Rashmi Sirdeshpande explains why non-fiction is such a powerful form of storytelling and is crucial to share with children.

Welcome to Connect for Health's April health and well-being update

This month's newsletter highlights the need to look after your health. World Health Day focuses on the right of everyone, everywhere to have access to quality health services, education and information. Our service is here for all Warwickshire school-aged children and their parent/carers. Support can be provided in a way that suits you, including: individually face to face or over the phone, in group workshops or via our confidential messaging services. Also, within the newsletter you can learn about World Immunisations Week and the importance of being up to date with vaccinations. Download the newsletter to find out more. Download Newsletter

Parental Resources

SSS Learning recognise that as primary carers, parents and guardians have an important part to play in keeping their children safe. To support them in doing this we have created a range of free resources which you can make available via a link on your school website. https://ssslearning.co.uk/parentsandguardians

Warwickshire Music Spring Term Newsletter 2024

https://www.warwickshiremusichub.org/cms/pages/files/wm_spring_term_1705669079.pdf



29th April 7-8pm

Come and join us online, we're talking about

Helping kids back into school

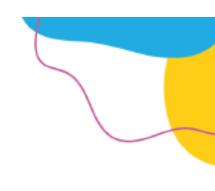




Your school nursing service

Book online facefamilyadvice.co.uk go to the PARENT page





Be active

Being physically active is not only good for our fitness, but evidence shows that it's also great for our mental wellbeing. Did you know physical activity can actually send positive signals to our brains, making us feel uplifted?

Being active might be new to you, or you may already exercise regularly. Either way, finding something you enjoy and want to do can be a good start. It's okay if you aren't sure what this is yet, have a go at experimenting and finding out how you like to get moving!

Our tips for being active:

- Create a playlist of all the songs that make you feel like you want to dance! You could
 dance around in your bedroom or have a dance party with your friends.
- Travel to school in different ways, you could walk, skip, cycle, or even use your scooter!
- Hula hoop you could do this to keep moving whilst also watching your favourite TV programme!
- Joining a sports team or club is a great way to be active and also have fun with friends.
 Your school may have sports teams you can join, so this is a good place to start.
- Play a game with your friends in the playground. This could be a well-known game, or you
 could get creative and make up your own rules!
- As we move into spring (and hopefully some warmer weather!) you could help a family member or neighbour out in the garden.

Whatever you choose to do, make sure it is something you are keen to do and keep at it... once it becomes part of your routine, there will be no stopping you!

For more information about 'being active', follow the QR code below:



#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

> MHST are available to support you and your school throughout the school year including term time and school holidays.

> > Please contact your school's Mental Health Lead for information and advice.



Sleep & Rest

Getting enough sleep and making time to rest is so important for our bodies and brains. Sleep helps our bodies in being able to repair and regenerate, gives us energy and supports motivation. It helps our brains with cognitive function, learning and problem solving. It also improves memory and concentration and is vital for our mental wellbeing in regulating our emotions and mood.

It is also important to find time to rest, to take some time out of our busy day to stop, take a break and do something that promotes our wellbeing!

Our tips for sleep and rest:

We all have a morning routine that helps us get ready for the day! Let's think about a night-time routine to help us winddown and get ready for a good night's sleep.

Routine - Aim to go to sleep and wake up at the same time each day and try to follow your night-time routine in the same order each evening too. Having a good routine helps to regulate our body clock and supports the production of the sleep hormone melatonin, which helps us to feel sleepy

Environment - Dim the lights an hour before bed. Keep the room dark, if possible, try using an eye mask or black out blinds. A cool bedroom and slight drop in body temperature can help us to go to sleep. Think about reducing distractions, the blue light emitted by our TV's, consoles, phones and iPads can trick our brains into thinking it is daytime, turn on night mode and turn off tech at least an hour before bed.

Calming - Create a cosy, calm bedroom, snuggle up with a soft blanket or favourite cuddly toy. Avoid caffeine and fizzy drinks, maybe have a warm milky drink or herbal tea. Listen to calming music, read a book or try some mindfulness colouring to help wind-down.

Relax - Take a warm bubble bath or shower before bed, this can help our bodies to relax. Meditation, gentle yoga, breathing exercises and progressive muscle relaxation are great ways to relax too. Try the relaxing body scan video below

Rest – Mindfulness breaks help us to rest and recharge within busy schedules. Having a movement break can help if you have been sitting for a long time. Look away from screens for a few moments. Maybe have break/lunch outside or take a walk in nature. Take time to focus on your breathing or try meditation. Taking regular short breaks can support concentration, boost our creativity and reduce stress!



More sleep tips and information!



Body scan video

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> > Please contact your school's Mental Health Lead for information and advice.

Anxiety Explained

Do you, or your children (especially your teens) suffer from anxiety? Would you like to know what anxiety is and gain some understanding on how to manage it?



A two-hour online talk delivered by
Jane Keyworth, Lead Facilitator at FACE
THURSDAY 2nd MAY 7-9PM £24
Available to book now facefamilyadvice.co.uk

Supporting a Child with ADHD Thursday 25th April



Join Jane Keyworth, Lead Facilitator at FACE for an online session that explores this topic and challenges stereotypes.

facefamilyadvice.co.uk (7pm to 9pm) £24

Book now via the website

Warwickshire Adult & Community Learning

Understanding your Child

Family Learning



Running Tuesdays 12:30-14:30 for 10 weeks Starting 16th April 2024, with a break for half term At Chase Meadow Community Centre, Warwick, CV34 6BT

Join us for a FREE Family Learning course

Learn how to use The Solihull Approach to understand your child's thoughts, feelings and behaviours in a supportive group.

> This course is suitable for parents and carers of all ages of children.

For more information or to book your place email TanyaSpeirs@warwickshire.gov.uk







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www.instagram.cm/warksacl





CONNECT FOR HEALTH

Your School Nursing Service in Warwickshire

WHO WE ARE

Connect for Health is a school nurse-led service that support children, young people and their families in Warwickshire. We delivery key element of the Healthy Child programme, working to identify and meet the health and wellbeing needs of the school-age population and give individuals the best possible start in life.



HEALTH SUPPORT FOR FAMILIES

Our service is here for all school-aged children (aged 5 to 19, or up to 25 for individuals with SEND) and their parent/carers - regardless of whether they attend a mainstream school.

Support can be provided in a way that suits you, including: individually faceto-face or over the phone, in group workshops or via our confidential messaging services.

WHAT WE CAN SUPPORT WITH...

- Healthy eating
- Bental health
- Mendiships and relationships
- Body image
- Bullying
- School abxiety
- Foreverience
- Sleer

- Committee
- Sexual health
- Long-term medical conditions
- Gender and sexuality
- Parenting
- Bethaviour
- Refer to additional service

Why not read our monthly newsletters online!

TURN





Do you want to work for the School Nursing service? View our Stratford team vacancies...



We are HIRING

Are you a registered nurse?

Join the Warwickshire school nursing team!

APPLY ONLINE

Connect for Health is the School Nursing service in Warwickshire. We give school-aged children, young people and their families the tools to lead healthy, happy lives.



School Staff Nurse

Full time role Stratford, Cygnet Court £28,395 - £35,126 p.a.

School Nurse (SCPHN)

Full time role Stratford, Cygnet Court £35,665 - £43603 p.a.

Candidates will need to have the relevant nursing qualifications and experience for the role selected.

Scan the QR code to see our organisations vacancies and to view the roles in more detail.

If you wish to contact a member of our service leadership team for an informal chat about the role, please contact:



03300 245 204



connectforhealth@compass-uk.org





Bee Friendly Warwick presents

A Celebration Of Bees!

Sat 18 and Sun 19 May, 2024 from 11am to 4pm

At Hill Close Gardens:

Go on an 'Is it a Bee Safari?' Follow the treasure trail Come in fancy dress Paint rocks and do some crafting

Warwickshire Wildlife Trust Bees of Hill Close display Bee Friendly Warwick

Bee-friendly plants Honey for sale and gift stalls Hot drinks, hot food and cakes

At Guy's Cliffe Walled Garden:

Warwick & Leamington Beekeepers Bee Friendly Kenilworth & Leamington Bee and Butterfly face painting Enjoy story time with the Bees

Warwickshire Wildlife Trust Find out about moths & pollinators See the artist in residence Find out about the social gardening project

> Bee-friendly plants and gift stalls Hot drinks and cakes









Entry to Guy's Cliffe
Walled Garden is
Walled Garden free for





Whitsun Half Term

Get Your Kids Active

28th-31st May 2024 Years1to8

All Saints Junior School Warwick, CV345NH

Dance, Multi Sports





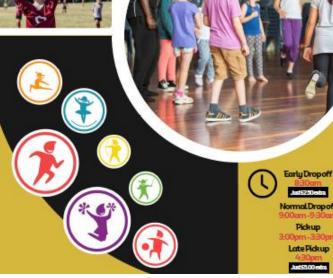
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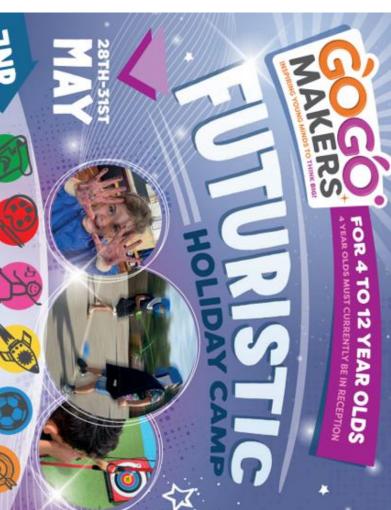
W: www.gogomakers.co.uk

E: hello@gogomakers.co.uk

T: 01926 93537

★★★★ RATED 5 STARS ON GOOGLE







Keeping children safe online

A Parent's Guide to Safety and Privacy Settings







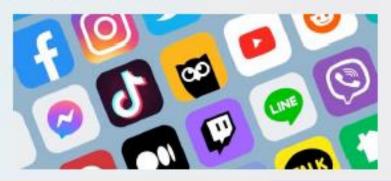


scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online

When you give a child access to the Internet, you give them access to the adult world.

The Internet treats everyone as adults and there are many things, they are not yet ready to know, which is why it is vital that some form of safety settings are in place. Doing something is better than doing nothing.

What happens online has and effect to what happens offline and what happens offline has an effect to what happens online.



Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with









THE SCHOOL

School meals are free for lots of families, check if you are eligible to apply!

So much more than lunch...

A free school meal:

- creates healthy eating habits
- improves learning and behaviour
- saves money and time
- helps schools get extra funding

Did you know that claiming free that claiming free school meals school to free school to free school and food?







Can l apply?

Your child could be eligible for free school meals if you get any of the following:

- Income Support or Jobseeker's Allowance
- Income-related Employment and Support Allowance

child is aged 4-7

You should still apply if your

and receives a universal free

school meal

- Support from National Asylum Support Service (NASS)
- Guarantee Pension Credit
- Child Tax Credit (with no Working Tax Credit) with an annual income of no more than £16,190
- Working Tax Credit run-on paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit If you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Find out more and apply at www.warwickshire.gov.uk/fsm







Find your nearest venue on tenniskids.co.uk

- Alcester
- Burton Upon Trent
- Learnington Spa
- Lichfield
- Market Harborough
- Northampton
- Ruben

Redditch

- Rugh

West Bromwich

Worcester

Warwick Leicester

- Stratford-Upon-Avon
- Studley Studley



SSO AHM

DIVISIONS

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will teach your We score like SCORING

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Premiership





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Your child can enjoy

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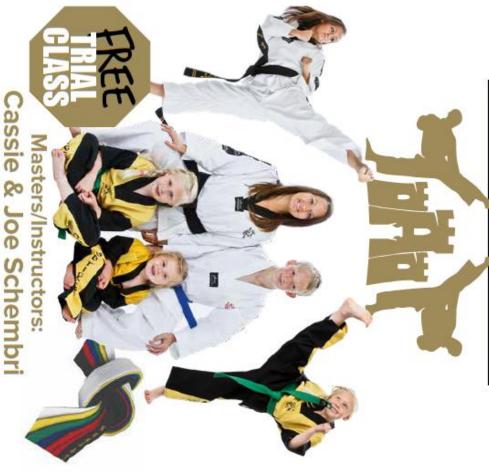
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illness or holiday. No fixed payment miss a week due to lose out if you terms, you won't

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Register today to book a no obligation call back

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Join the largest and most successful Tae Kwon-Do Association ToDAY!!!

NEW CLASSES START SOON

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Tuesday

Lillington Free Church
Cubbington Road,
Leamington Spa,
CV32 7AL

CV35 9QG

Thursday Southam Club

Friday
Wellesbourne Primary School
Mountford Close,
Wellesbourne,

Call for further details:
07850 327 507
cassieoury@hotmail.co.uk
www.cotkd.co.uk
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PRIMARY SCHOOL CHILDREN

<u>Brand new</u> weekly netball sessions at Kenilworth School for children aged Reception to Year 6.

Launching in January 2024, our weekly nethal sessions on a Thursday evening are aimed at 4 to 11 year-olds.

Session 1 (Reception / Year 1/ Year 2 / Year 3) 6:00-6:45pm Session 2 (Year 4 / Year 5 / Year 6) 6:00-7:00pm

First session for free, sign up now!



What parents say about Kid Squad...

"My daughter is having an amoting time with Kid Squad Warwickshire. She loves her nothall training. Can't speak highly enough of the coaches, they are empowering the lids for sare. Highly recommend for amyone looking to start a journey in nothal."

> "This is such a l'industric club. By disuption absolutely loves the training sessions and the league matches. Her homologie, skills and confidence have improved significantly ance parting and this is all does to the quality issuining and care from the yeardy issuining and care from the

> > "Kid Squad is the netball club that every primary-aged kid needs in their Ble!"

"My daughter LOVES going to Kid Squad Warwickshire. Kid Squad is a fantastic introduction to nethall for primary age school children - something that seemed to be lacking in typical girts team sports in the area. The sessions are run by coaches who are clearly passionate about nethal and sport in general. A great opportunity for children to make friends, isosp fit & agle, dewksp handleye coordination skills, learn drifts & new skills and play together as a team."

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EnTIWORTH

"This has been a fantactic group for my daughter to join

ww.kidsquadwarwickshire.co.uk/Kenilworth





f @kidsquadwarwickshire



WARWICKSHIRE

PARENT CARER VOICE

JOIN YOUR LOCAL PARENT CARER FORUM

with special educational needs and/or disability (SEND)? child or young person aged 0-25 Are you a parent or carer of a





WARWICKSHIRE

PARENT CARER VOICE

CARER FORUM? WHAT IS A PARENT

of disabled children. Their aim is to make sure the A parent carer forum is a group of parents and carers are completely independent of Warwickshire County services in their area meet the needs of disabled Council and the local health services. children and their families. Warwickshire Parent Carer Voice is the recognised forum for Warwickshire. We



young people with special educational needs and to develop and improve services for children and and experiences matter, and gets their voice heard parent carer in Warwickshire feels that their views Warwickshire Parent Carer Voice is a parent care ed organisation working to ensure that every

person (aged 0-25) regardless of their disabilities services) in Warwickshire, with a child or young We welcome any parent carer who lives (or uses (no diagnosis necessary) to join us.

Tell us your experiences | Fill in our surveys | Join our meetings Spread the word | Join us as a Member

or email hello@warwickshireparentcarervoice.org for more information Visit our website: www.warwickshireparentcarervoice.org

WHAT DO PARENT CARER FORUMS DO?

or improvements need to be made. services, processes and commissioners are and other providers to highlight where loca authorities, education settings, health providers working well, or challenge when changes families and then work in partnership with local for our families. We gather the views of local We work with organisations that provide services





GET INVOLVED - YOUR VOICE IS KEY TO OUR SUCCESS!

or email hello@warwickshireparentcarervoice.org for more information Visit our website: www.warwickshireparentcarervoice.org

household bills Help to pay your

you know, struggling to pay energy bills? Are you, or is anyone

If you or someone you know confidence. or electricity bill, please call are struggling financially and the Local Welfare Scheme in unable to afford to pay their gas

Call 0800 408 1448 between 4 and 22 April 2022.

www.warwickshire.gov.uk/ localwelfarescheme



need of support can help households in The Household Support Fund





manage your money? to access food and Do you need help

www.warwickshire.gov.uk/facinghardship

Warwickshire Local Welfare Scheme

vulnerable residents at times of unavoidable crisis when they have no other means of help The Warwickshire Local Welfare Scheme helps the most

have the support they need to afford food To enquire or apply call the Local Welfare energy, water bills and associated costs. households and individuals facing which provides one-off financial support for It also administers the Household Support Fund hardship this winter, to ensure that they families with children, other vulnerable recovery from the pandemic. It can help people in need as the country continues its

Call: 0800 408 1448 Visit: www.warwickshire.gov.uk/ localwelfarescheme

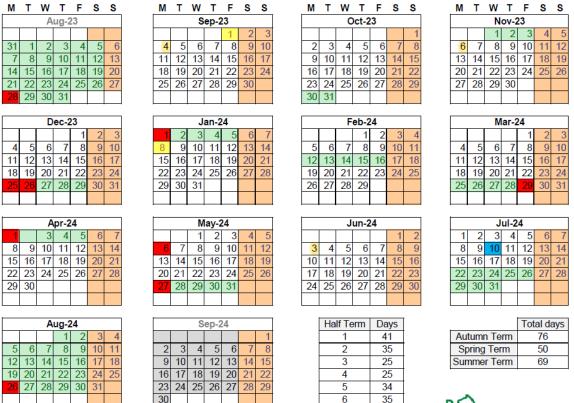
or 01926 359182







Warwickshire School Term and Holiday Dates - 2023/24









195

Total