



30 September 2024

Sherwood Junior School Newsletter

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Dates for your diary



This week...

Week beginning Monday 30 September:

Wednesday 2 October Year 5 Evacuee Day at Perlethorpe

Wednesday 2 October: Wellbeing workshops for year 3 & 4 delivered by MHST

Thursday 3 October: Wellbeing workshops for year 5 & 6 delivered by MHST

Next week...

Monday 7 October 3.30pm-6.30pm: Parents evening

Tuesday 8 October 3.30pm-6.30pm: Parents evening

Wednesday 9 October: Year 6 visit to Mansfield FC

Friday 11 October: Deposit due for Y4 residential

Friday 11 October: Deposit due for Y5 residential

Friday 11 October: Deposit due for Y6 residential

Details for any future events or trips will be provided nearer the time.

Autumn Term

Monday 14 October: Harvest donations to be brought to school

Monday 14 October 2.15pm: Year 3 parent event

Friday 18 October - Last day at school

Monday 21 October to Friday 1 November - Half term holiday

Monday 4 November - Children back to school

Friday 20 December - Last day at school

Monday 23 December 2024 - Friday 3 January 2025 - Christmas holiday (school closed)

Spring Term

Monday 6 January 2025 - Children back to school

Thursday 13 February - Last day at school

Friday 14 February - INSET day (children not in school)

Monday 17 February to Friday 21 February - Half term holiday (school closed)

Monday 24 February - Children back to school

Thursday 20 March & Friday 21 March: Year 4 residential Sherwood Forest Youth Hostel

Friday 4 April - Last day of school

Monday 7 April to Monday 21 April - Easter holiday (school closed)

Summer Term

Tuesday 22 April - Children back to school

Friday 23 May - Last day of school

Monday 26 May to Friday 30 May - Half term holiday (school closed)

Monday 2 June - Children back to school

Tuesday 17 June & Wednesday 18 June: Year 5 residential Mill Adventure Base

Wednesday 16 July - Friday 18 July: Year 6 residential Mount Cook

Friday 25 July - Last day of school

Monday 28 July - INSET (children not in school)

Tuesday 29 July - INSET (children not in school)

Wednesday 30 July - School holiday (school closed)

Harvest Festival

Every year we celebrate harvest festival with a special assembly where we sing songs and learn all about harvest around the world. To celebrate this further we would like to donate food to the local food bank, to help support our local community.

In recent years, the food bank has kindly asked that we donate packed and dried food such as: pasta, rice, tinned vegetables, biscuits, tinned soup, tea or coffee.

We will be delivering our schools donations to Warsop Foodbank on behalf of you and your children.

Please could you bring in your donation of tinned or packet dried food on **Monday 14th October** to your child's class teacher.

Thank you in advance, it will help a lot of people in our local communities.



Year 3 Parent Event

We would like to invite our parents and carers to put on their trainers and come to join us to share our learning in PE this term. We have been working on our agility, co-ordination and circuits. This will take place on **Monday 14th October** at **2:15pm**, you will be welcome to take your child afterwards in time to collect younger siblings. Hope you can join us.

Year 3

Year 6 Trip to the One Call Stadium

Wednesday 9th October

As part of our Year 6 RSHE curriculum, we will be taking the children to the One Call Stadium for a wellbeing workshop with the Mansfield Town Premier League Primary Stars team. This will aim to support them in understanding more about the importance of wellbeing and ensuring they are taking care of their mental and emotional health in all the right ways. The trip will also include a tour of the stadium and an opportunity to get to know our local football club a little better.

The total cost of the trip is £600 and we are asking for a contribution of £12.50 per child, with the rest of the cost being subsidised by the school budget.

Please pay the £12.50 contribution via Squid. You must also give consent for your child to attend the trip and provide an emergency contact number for the day of the trip via Squid.

The coach will leave school at 9:15am so pupils will need to arrive on time to be registered prior to the trip. We will arrive back at school for the normal finishing time of 3:20pm, however if this changes significantly we will contact you by text.

Children are expected to wear full school uniform. Children will need a healthy packed lunch and drink (no fizzy drinks) in a bag or lunchbox. If your child receives free school meals and you would like school to provide a packed lunch, you will have the opportunity to order one via Squid.

Any parents with a DBS check carried out by school, who are available to support us on this day, please let us know.

Please make payment via your Squid account along with the necessary consent and contact details **by Friday 4th October 2024**



Parent's Evening



Our autumn term parents' evenings will be held on **Monday 7th and Tuesday 8th October**. We will be conducting these in person, face to face in school. A letter has been sent home for you to request a convenient appointment time. Please speak to your child's class teacher if you have any questions. We look forward to seeing you all over the two dates.

Introduction to the MHST



I would just like to take this opportunity to introduce myself to you as the Mental Health Support Team link worker for Sherwood Junior school.

The Mental Health Support Team (MHST) work in partnership with schools across Nottinghamshire to promote and support children and young people's emotional wellbeing and mental health.

We are a team of Support Workers, Education Mental Health Practitioners, Cognitive Behaviour Therapists and Specialist Practitioners. We work with parents, education staff and children and young people.

We deliver evidence-based interventions to children and parents usually 1 session per week over a period of 6-8 weeks. The type of presenting issues we can help with are worry, anxiety, low mood, managing emotions, fears and phobias, panic and behaviours. For primary school aged children, we generally work with parents rather than the child as that is what the evidence suggests has the best outcomes.

Our primary parent offer includes these programmes all delivered via a group and remotely (MS Teams)

- Managing Anxiety with Your Child (MAC) group
- Anxiety for Neurodiversity (exploring how anxiety presents in neurodiverse children)
- Forever Families (behavioural difficulties)

We offer 2 children's programmes delivered in a group situation in school

- Worry Warriors
- Self Esteem

Children for these programmes will be identified from the mental health audit completed in school and school will speak to parents about completing a referral.

To access any of the above a referral would need to be made to our service. This can be done by school or by self-referral using this link [CAMHS Self-referral | Nottinghamshire Healthcare NHS Foundation Trust](#)

Part of our role is also to deliver whole school approach initiatives in school for example assemblies and workshops, promoting and supporting mental health. No referral is needed to access any of the whole school approach offer.

We will be in school on 2nd and 3rd October delivering a 'Wellbeing workshop' to all children

This workshop will

- introduce our service and how we help promote and support children's emotional wellbeing
- explore what emotional wellbeing is
- explore worry and anxiety and how they may present
- teach some self-soothing /coping strategies
- reflect on who we can talk to when things might feel difficult

We also offer a parent webinar 'Children's Emotional Health and Wellbeing' which introduces our services and explores different types of common mental health difficulties in children and how we can support. School will share further information on this.

If you would like any further information please send me an email camhsmhsttrailblazer1@nottshc.nhs.uk

Helen Betts

Education Mental Health Practitioner

MHST

Healthy Snack

At Sherwood, we encourage all children to bring a snack into school for playtime as it is proven that this can help with focus and concentration in lessons and therefore enable them to make better progress. However, it is also important that we provide our children with appropriate snacks too.

Where possible, please aim to send your child with healthy options, such as: a piece of fruit, a cereal bar (no nuts) or small bag of crisps. Try to avoid chocolate or sweets as these do not help sustain long periods of concentration nor are they healthy options. At Sherwood, we work hard to encourage our pupils to see the value in being active and taking care of their health so we must ensure that their snack choices support this.

As always, we appreciate your support.



Family HUB Newsletter

Family Hubs

Family hubs aim to make a positive difference to children, young people and their families by providing joined up, local services which will provide the right support at the right time.

A key aim is to provide a 'front door' to families, offering a 'one-stop shop' of family support services with a comprehensive Start for Life offer for parents and babies

Each family hub is unique to the local community it serves and aims to make a positive difference to parents, carers and their children by providing a mix of physical and virtual spaces, as well as support in family homes, where families can easily access non-judgmental information, advice and support.

A copy of their newsletter is available on our website.

<https://www.sherwood.notts.sch.uk/useful-links-for-parents/>



Golden Tickets



Golden tickets are awarded by our senior leaders (Mrs Simpson, Mrs Bradbury & Miss Johnson) to individuals, groups or the whole class for demonstrating our school core values, including their attitude to learning and behaviour. Each senior leader has 20 golden tickets to present each week. Each class collects their golden tickets and a weekly total is shared in assembly. The overall scores are displayed on our leader board in the upper hall. The class with the most golden tickets at the end of the half-term receives £30 to spend on a treat!

Well done to **3H** for being the winners of the week last week and achieving a super **9** golden tickets each!

3H are now this term's overall leaders so far and in the running to win our **£30 prize!** - well done!

It is a close race this term; anyone could win it!

Attendance



The overall attendance for last week was 92.7%

We monitor the children's attendance every day and will contact parents where there are concerns. If your child is unwell, please contact the school office to inform us of your child's absence.

Last week's attendance winners were:

1st: - 6P 97.5% Amazing!

2nd - 4J 96.4% Fantastic!

3rd - 4B 95.7% Super!

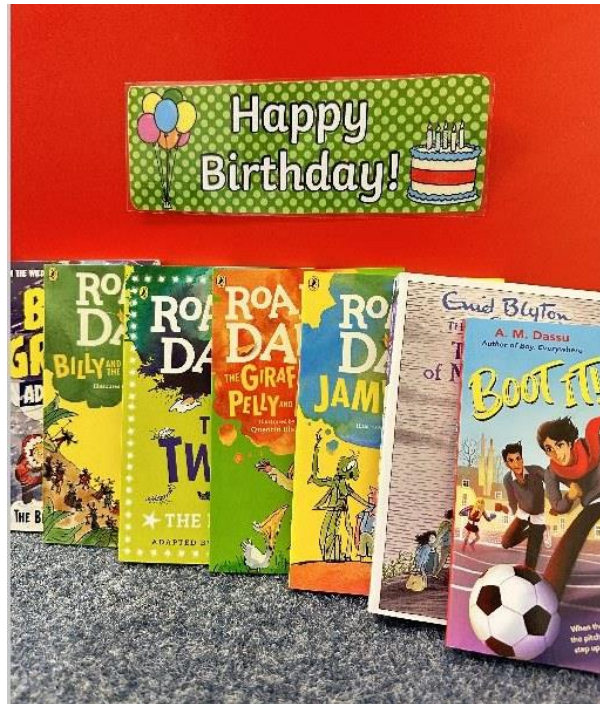
Birthday Books

Happy birthday and happy reading to these children:

Year 3: Bobby, Mason

Year 4: Elexi, Ava, Sophie, Harriet

Year 5: Pixie-Rose



Tea Party Winners



Well done to last week's Tea Party winners - you're all superstars! Children receive a certificate, a treat and then attend a 'Tea Party' on a Monday afternoon, to have a drink, a treat and play games - how exciting!

3H Olivia - For settling well into Sherwood and for her beautiful smile!

3M Lyle - For always giving his best and being a super role model!

4B Leo - For being a shining example to his classmates and a true role model!

4J Stanley - For being a fantastic role model during our trip to Magna.

5N Sophie - For quietly getting on, beautiful presentation in all of her books and for being a budding netball defender.

5B Pixie-Rose - For an amazing effort in all subjects, especially in maths, reading and PE!

6P Quinn - For super effort in the classroom, engaging beautifully in all lessons and a brilliant piece of engaging writing!

6B Evie - Thank you for a wonderfully descriptive piece of writing this week. I can see you are really thinking about your vocabulary choices.

Joke of the Week

This week our joke comes from Bobby 6B.

I would like to tell a rock joke but it would be too hard to understand.

J of the WEEK

We hope this joke gave you a giggle!

This Week's School Dinner Menu

Week 1

30 -4 September

WEEK 1
WEEK COMMENCING
15 April, 6 May, 27 May, 17 June, 8 July,
29 July, 19 Aug, 9 Sept, 30 Sept

All of our meals are prepared using freshly sourced products from the East Midlands. If you need to know more about the ingredients used, please ask.

AVAILABLE DAILY: Best of both bread slices, soy free fruit. Vegetarian meals available upon request.

MY SCHOOL MENU
SPRING/SUMMER 2024

TASTE of NATURE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheesy tomato pasta Green Newcastron garlic bread slices/tea rolls & vegetable sticks	Nottinghamshire sausage & gravy sauce Saber douse Yorkshire pudding Milk egg omelette mashed potato carrots & broccoli	Chicken & coconut curry Tilda mixed rice carrot & cucumber sticks	Roast gammon & pineapple roast potatoes carrots/bacon & broccoli	MSC fish finger wrap cheese chips garden peas or baked beans
OPTION 2	Jacket potato with the filling of the day, cheese sauce, baked beans tuna mayonnaise fish tag & vegetable sticks	Jacket potato with the filling of the day, cheese sauce, baked beans tuna mayonnaise fish tag & vegetable sticks	Jacket potato with the filling of the day, cheese sauce, baked beans tuna mayonnaise fish tag & vegetable sticks	Jacket potato with the filling of the day, cheese sauce, baked beans tuna mayonnaise fish tag & vegetable sticks	Jacket potato with the filling of the day, cheese sauce, baked beans tuna mayonnaise fish tag & vegetable sticks
PUDDING	Strawberry mousse sauce	Marble sponge slices/tea with custard sauce	Crispy lemon tart slices/tea with custard sauce	Ice cream tub sauce	Butterscotch tart slices/tea

Nottinghamshire County Council

Please note that all menus for the 3 week cycle can also be found on our school website via the link below -

<https://www.sherwood.notts.sch.uk/school-dinners/>

Contact Us



To report a child's absence 01623 842545 phone school and leave a message on the absence line or speak to the school office

Breakfast club bookings/enquiries breakfastclub@sherwood.notts.sch.uk

Please note, the school office email should not be used to report an absence or for breakfast club enquiries.

If you have any questions, please speak to your child's class teacher or contact the school office.

Visit us on the web at www.sherwood.notts.sch.uk

Follow and like us on Facebook.