



Skelton Primary School

Friday Flyer

Friday 24th June 2016

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Head Teacher Award

For: PROM spirit



Dear Parents,

Today we hosted another year's fabulous PROMS. The sun shone and many fish and chips were consumed whilst the children dazzled us with their singing talents. Thank you for all of your support and wonderful comments.

Our target for the year is 96%+

Whole school attendance

95.7%



Skelton Has Got Talent!

Wow! We have so many talented children in our school. This year's winners were ...

1st – Finn Cadman – Singing

2nd – Tegan Carthy, Mia Busuttill, Mary Parkin, Hope Moor, Ruby Millward and Amelia Hall.

3rd – Lucas Moor

Race for life

Thank you so much for your wonderful generosity. Donations are continuing to pour in. Our current amount raised is

£ 1382.18

FS1	Mrs Bateman		Miss English	
	Tyler Claxton Owen Bonnard	Erin Severs Max Trundley	Isla Swarbrick Oscar Wiles	Alana Donelly Faith Thompson- Allan
FS2	Mrs Chapman	Mrs Bonas	Mrs Douglas	
	Mollie Mays	Ben Harris	Rosie Jarvis	
Y1	Mrs Sayer	Miss Smith	Mrs Duck	
	Mia Busuttill	Tegan Carthy	Naia Adams	
Y2	Mrs Pollitt	Miss Shields	Miss Bentley	
	Kimberly Connaughton	Summer Benson	Isaac Macdonald	
Y3	Mr Woolf	Mr Railton	Mrs Cox	
	Joseph Bannister	Sam Brewster	Shai Dixon	
Y4	Mrs Allington	Miss Evans	Miss Higgs	
	Tyra Gladstone	Caitlin Oliver	Sam Etherington	
Y5	Mrs Norris	Mrs Berriman	Mr Campbell	
	Tyler-Jay N Ward	Alen Teasdale	Charlie Badger	
Y6	Miss Theakston	Mr Asquith	Mrs Rowe	
	Joe Shepherd	Sophie Jackson	Kai Surtees	

Mrs Miles 'Braves the shave'

On Friday 1st July at 2pm, Mrs Miles will be braving the shave live in assembly to raise money for Macmillan. She will look very different but I am sure that we will all still recognise her cheery smile in our nurture room. Although we are not directly fundraising, you are welcome to make a small donation, please seal it in an envelope and hand to your child's class teacher. *GOOD LUCK MRS MILES.*

What's for Lunch Next Week?

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
'CHEF'S HOT FAYRE'	Turkey Broccoli Pasta Bake with Garlic Bread	V Veggie Mince & Vegetable Pie	Quiche Salad	Roast Beef & Yorkshire Pudding	Oven Baked Fish in Batter
'CHEF'S HOT FAYRE'	V Sweet Potato & Cheese Puff Pie	Sausages & Gravy	B.B.Q. Chicken Pizza	Chicken & Vegetable Casserole	Fish Fingers V Vegetable Chilliadas
'VEGETABLES'	Cauliflower Florets Green Beans	Mashed Potatoes Garden Peas & Diced Carrots	V Cheese & Tomato Pizza Baked Beans Seasoned Wedges	Oven Roast Potatoes Spring Cabbage Sweet corn	Garden Peas Chipped Potatoes
'DESSERT'	Chocolate Crunch Slice Fruit Yoghurt Fresh Fruit Salad	Rhubarb & Ginger Layer Pudding & Custard Fresh Fruit Salad	Ginger Biscuit Angel Delight Fruit Yoghurt Fresh Fruit Salad	Baked Jam Roll with Custard Homemade Biscuit Fresh Fruit Salad	Strawberry Milk Jelly Ice Cream Fruit Yoghurt Fresh Fruit Salad

WELCOME MEETINGS

Advanced warning of upcoming meetings held at 2.15pm:

Y1 Fri 1st July

Y2 Thu 15th Sep

Y3 Tue 13th Sep

Y4 Mon 12th Sep

Y5 Wed 14th Sep

Y6 Thu 15th Sep

Front entrance entry !SAFETY!

Please be reminded that you must not drop your child at the front entrance unaccompanied before 8.40am. **It is not safe.** Any child who is late must be accompanied by an adult who must sign their child in. Our staff are on the playground from 8.30 am and we have a breakfast club available every morning from 8am.

If your child arrives at the front entrance early and unaccompanied, they will be taken to breakfast club for child care and we will need to charge.

Next Week At A Glance

Monday	Breakfast club 8am £1.20, no need to book Lunchtime running club Y1 – Y6 SCSS Multisports Rec-Y6 3 - 4.15 Cookery Club Y1-Y6 3.15 - 4.45 Drama Club 3 – 4.15
Tuesday	Breakfast club 8am £1.20, no need to book SCSS Y3/4 Football 3 - 4.15 Dance Club Y1-Y6 3 - 4.15 £1 Crochet Club Y5 3 - 4
Wednesday	Breakfast club 8am £1.20, no need to book 442 Multisports Rec- Y2 3 - 4.15 FILM CLUB: Robots (PG) 4.40pm finish
Thursday	Breakfast club 8am £1.20, no need to book Lunchtime hockey club Y3 – Y6 442 Multisports Y3-Y6 3 - 4.15 Drama Club Y1-Y6 3 – 4.15 £1
Friday	Breakfast club 8am £1.20, no need to book Choir 8am Parent Drop In 1.30 – 2.30 Running club 3 – 4.10 SCSS Y5/6 football 3 - 4.15 SCSS Dance club Rec-Y6 3 - 4.15

Five Top Parenting Tips

What are the key things that every parent should know before they take on what is arguably the most important job of their life?

After a call from a leading public health expert for parents in the UK to have lessons provided by the government, BBC EDUCATION offer five useful tips for parenting to help promote mental well-being in children.

1 Attach and tune in Help children to feel safe from the start with good attachment, being attuned to them and setting clear and consistent boundaries. It's about your relationship, knowing what your child needs at that moment. Do they need you? Or a bit of space? You have to be ready to see what they need. If the relationship is an attuned one, then the child feels safe and can manage difficulties in the outside world. There's a lot of evidence, that children who don't get that in the first 1,001 days, don't develop secure attachment.	2 Look after your own mental health Be aware of what can make us stressed, anxious or depressed. Do we have a network of support - be that a partner, friends, school, or the local council's parenting classes? Make sure there is support for yourself that makes parenting less isolating, that there is space to offload. For working parents it can be really stressful to balance raising kids and working. If we feel good and are calm, if we feel mentally well, we can better support our children.	3 Don't overfill their days Give children time and space. We try to overfill their days with activities when we could be taking our foot off the accelerator and just "being". Too much activity puts pressure and expectation on children. That doesn't give them space to be with themselves and become self-aware. We are often in "rushing" mode, not "being" mode. If we have space in time and in our minds we can listen to what our children say, be that verbally, or non-verbally. Then they are more likely to talk about their feelings. It doesn't have to be hours, just spend 10 minutes joining your child's world - observing, joining in, following their play. Discuss feelings in everyday situations. In books, what do the characters feel? Gently show interest in feelings and thoughts. This helps children develop vocabulary for talking about feelings.	4 Learn resilience, bear frustration. Help children to become more resilient, even from an early age. If they can't get a cube in a shape sorter, we can't bear their frustration and help them to do it. But we all need to bear frustration throughout life. Learning to become resilient and deal with it is a good skill. Be a sensitive parent who can judge how far they can support their child to tolerate frustration. Then, if they have managed something well, help them notice what they have done, help them reflect.	5 The "other" five-a-day As the NHS website says, make sure you have your five-a-day for mental wellbeing. They are: be mindful; connect; exercise; learn something new; and give to others. The idea is that if you should do a little bit of each of those every day. Just like the five-a-day portions of fruit and vegetables that keep the family physically healthy, these keep you mentally healthy. Parents should also trust their instinct and if they are concerned about their child's mental health, seek advice from their GP.
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