



Dear parents/carers,

We would like to take this opportunity to wish everyone a very happy Ramadan! May this blessed month of fasting bring joy to you and your families.

We are aware that many of the children will be attempting (and wanting) to complete some, if not all, of the fasts during the month of Ramadan .



HAPPY EASTER!

Wow look at this fantastic entry for the bunny competition from our lovely Jayden. Remember, the competition closes on Thursday 30th March. Create your own colourful easter bunny and hand it to Mr Spalton in the art studio to be in for winning for special surprise. You can find further information and bunny templates at the end of this newsletter.



Thornbury's SEND Coffee Morning

Date: Tuesday 28th March

Time: 8:30 - 9:30 am

Location: Teamzone



Come and join our Thornbury SEND Coffee morning which is aimed to provide a supportive environment for parents/carers of children with Special Education Needs and Disability (SEND). The coffee morning is an opportunity for parents to find out more about the SEND provision provided for our pupils in school.

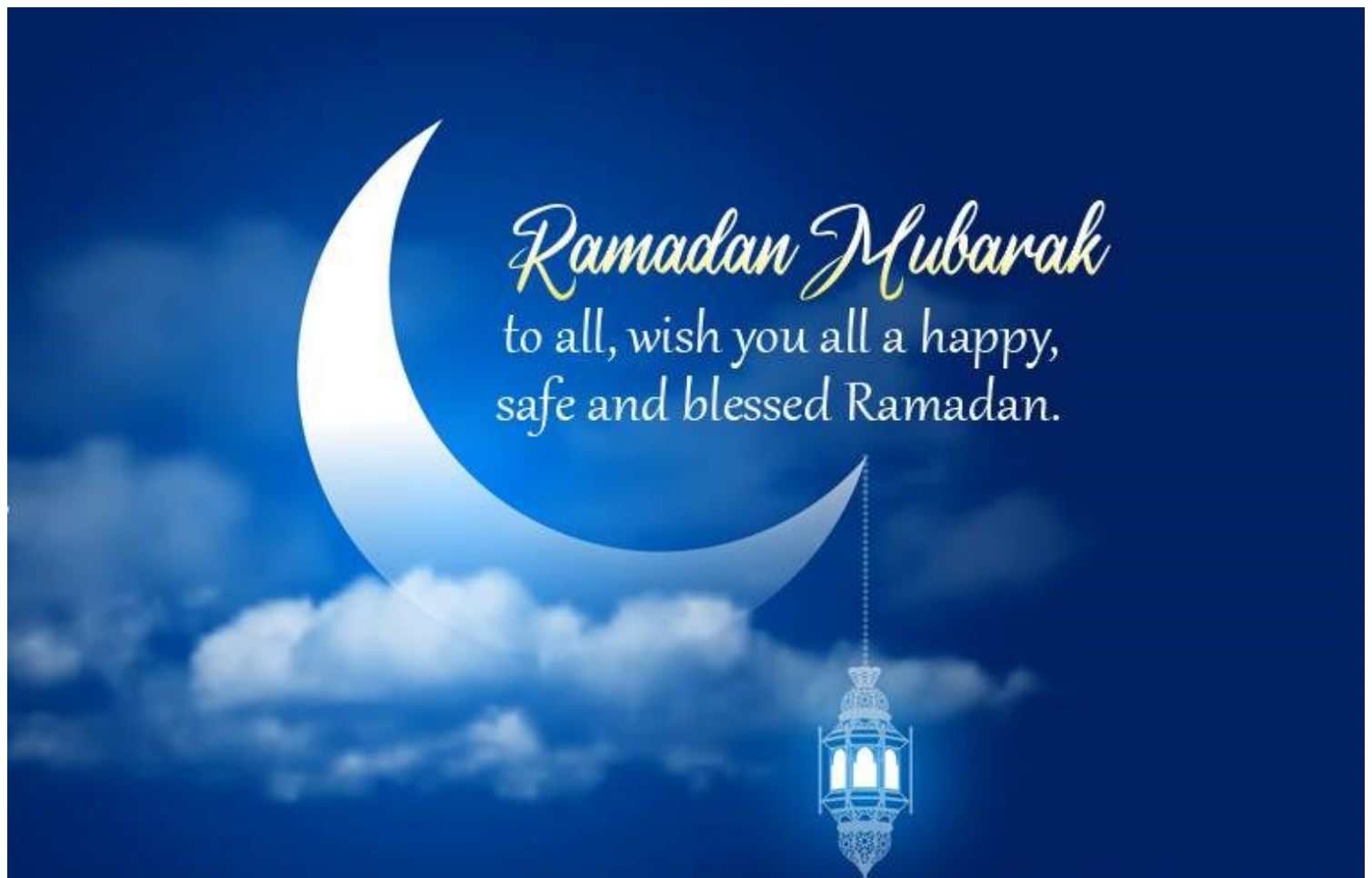
We will be facilitating and inviting other agencies to talk about the different support and services available for parents/carers and children with special education needs and disability. It is also an opportunity for parents to work closely with school to ensure that the outcomes of all children with SEND are met. Sessions will be held monthly at Thornbury Primary Leadership Academy.

Everyone
is
WELCOME

Important Dates



- Monday 27th March - Road Safety Y 3 and y4
- Tuesday 28th March - Road Safety Y3 & Y4
- Thursday 6th April - End of Spring 1
- Friday 7th April - Good Friday
- Monday 24th April - Summer 1





The month of charity is here!

- Rice
- Pulses
- Lentils
- Tomatoes
- Tinned food
- Milk
- Tea/Coffee
- Dates
- Pasta
- Oil

Our Food Bank is open for donations



Let's all come together to give to hungry families this Ramadan.



Thornbury Primary
Leadership Academy



Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last step back and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here –

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to these situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

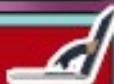


- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Carlyle Jurgens is a registered counsellor with the Health Professionals Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of @engage.support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



National
Online
Safety®

#WakeUpWednesday



@natonline-safety



/NationalOnlineSafety



@nationalonline-safety



@national_online_safety

SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

NOS National Online Safety®
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Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.



HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/monitoring-national-wellbeing/2015-10-20>, <https://www.rph.org.uk/uploads/assets/uploads/62be270a-e551-4719-ad68c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>

Breakfast club

We all know that breakfast is an important meal because a wholesome breakfast aids to a positive and energetic start to the day. Polite reminder that if your child attends our breakfast club, then please make sure your payments are made on time. It costs **£1 per day and the gates open at 7.45am.**



Make sure you're on time everyday!

Punctuality refers to the habit of doing every work on time. This also includes getting to school on time. It is important that your child gets into a routine so it helps their cognitive development and also they will learn the importance of time management.

- Go to bed nice and early
- Put your alarm on
- Wake up and eat your breakfast
- Get dressed
- Make sure to pack your bag and lunch the night before.

Sickness

If your child is absent, please make sure you ring the school every morning and report it. If you are unable to get through, please leave a voicemail on the absence line. Please ensure you are clear with the child's full name, class and the reason behind the absence. Please note that 'poorly, ill, unwell' will not be accepted.



Appointments during school hours

Please can we remind you all that if your child has an appointment, please inform us on the day. Please do NOT inform us weeks in advance as we would require this information on the day. Remember to bring proof and we will take a copy for our records. If for any reason, your child isn't going to be back after the appointment, make sure to ring and inform the school office.



**DON'T
FORGET**

Label them uniforms!

We have found lots of lost uniform in school that are unfortunately not labelled. Parents and carers, you can avoid spending unnecessary time and money on replacing your child's uniform if they are labelled.

Collection at home-time

If you are unable to collect your child and you have arranged for another family member/neighbour to pick them up, office staff must be informed! This is really important from a safeguarding aspect.

We will arrange a passcode over the phone which your relative/neighbour will need to disclose to the teacher before we can hand your child over. We hope you understand the importance and co-operate with us.

Nursery AM	83.95%
Nursery PM	88.7%
Rec HCA	87.24%
Rec Mem Fox	87.67%
1 Darwin	98.33%
1 Goodhall	87.74%
2 Galileo	96.55%
2 Mathai	95%

This weeks attendance figures




3/4 Dali	96%
3 Matisse	87.93%
3 Kahlo	95.17%
4 Hockney	94.67%
4 Warhol	96.33%

5 Ijliya	96.96%
5 Nobel	95.45%
5 Shaw	95%
6 Anderson	92.9%
6 Singh Bhatti	93.23%

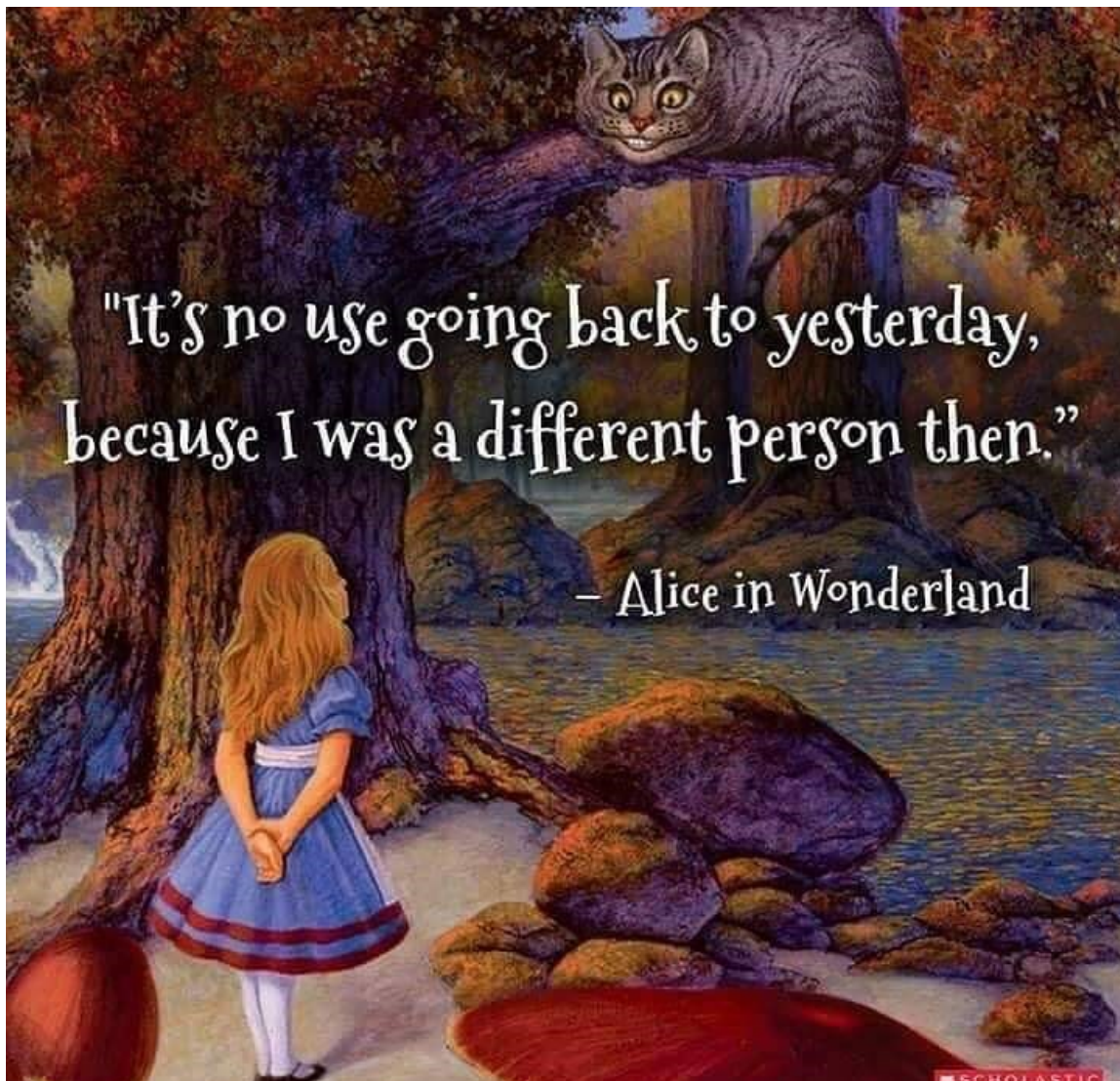
We would like to remind parents that if your child is late after registers close at 9am, an unauthorised late mark will be given which will affect their overall attendance.

Unauthorised marks can lead to penalty notice fines or legal action by Bradford Local Authority. If you have concerns or are struggling to get your child/ren to school on time, please contact our attendance officer Claire Holland on 01274 665812.

Next weeks menu

Week 1	Monday <small>MEAT FREE</small>	Tuesday	Wednesday	Thursday	Friday
Main Dish	Vegetable Biryani Served with Rice & Naan Bread	Halal Meat Balls Served in a Tomato sauce with Pasta	Halal Chicken Tikka Masala 	Halal Tandoori Chicken Pizza	Fish fingers, Battered Fish Fillet or Fishcake (Salmon)
Vegetarian Main Dish	Quorn Nuggets	Vegetable Burger Served in a Soft Bun	Quorn chilli Served with Rice & Garlic Bread	Cheese & Tomato Pizza	
Accompaniments <small>5 A DAY</small>	New Potatoes Baked beans Carrots Assorted Mixed Salad Coleslaw	New Potatoes Pasta Garlic Bread Assorted Mixed Salad Coleslaw	Rice Naan Bread & Raita Assorted Mixed Salad	Chips Baked beans Assorted Mixed Salad Coleslaw	Potato Wedges Broccoli & cauliflower Peas or Baked Beans Tomato sauce
Snack Menu	Jacket Potato with Cheese/Tuna or Beans Cheese Panini Assorted Sandwiches/Wraps	Jacket Potato with Cheese/Tuna or Beans Cheese Panini Assorted Sandwiches/Wraps	Jacket Potato with Cheese/Tuna or Beans Cheese Panini Assorted Sandwiches/Wraps	Jacket Potato with Cheese/Tuna or Beans Cheese Panini	Jacket Potato with Cheese/Tuna or Beans Cheese Panini
Main Dessert	Jam Viennese Served with Custard	Sticky Toffee Cake Served with Custard	Bun	Fresh Fruit Salad served with Ice Cream <small>5 A DAY</small>	
Cold Dessert	Cheese, Biscuits & Grapes Selection of Yoghurts Selection of Fresh Fruit 	Fruit Cheesecake Selection of Yoghurts Selection of Fresh Fruit	 Jelly Selection of Yoghurts Selection of Fresh Fruit	Chef's Cookie of the Day Selection of Yoghurts Selection of Fresh Fruits	Chef's Cookie of the Day Selection of Yoghurts Selection of Fresh Fruit

Leadership thought of the week:





SCHOOL TERM AND HOLIDAY DATES

2022 - 2023

(All dates are inclusive)

AUTUMN TERM 2022

Staff Inset Day - 1	Wednesday 31 st August 2022
Re-open (for students) on	Thursday 1 st September 2022
Mid Term Closure	Monday 24 th October - Friday 28 th October 2022
Closure after school on	Friday 16 th December 2022
Christmas Holiday	Monday 19 th December – Monday 2 nd January 2023
Number of openings	72

SPRING TERM 2023

Staff Inset Day - 2	Tuesday 3 rd January 2023
Re-open on (for students) on	Wednesday 4 th January 2023
Mid Term Closure	Monday 13 th February - Friday 17 th February 2023
Closure after school on	Thursday 6 th April 2023
Easter Holiday	Friday 7 th April – Wednesday 19 th April 2023
'Eid ul Fitr 1444 * holiday	Thursday 20 th April and Friday 21 st April 2023*
Number of openings	62

SUMMER TERM 2023

Re-open on	Monday 24 th April 2023
May Day Closure	Monday 1 st May 2023
Mid Term Closure	Monday 29 th May - Friday 2 nd June 2023
'Eid ul Adha 1444 *	Wednesday 28 th June and Thursday 29 th June 2023*
Closure after school on	Thursday 20 th July 2023
Number of openings	56
TOTAL NUMBER OF OPENINGS	190

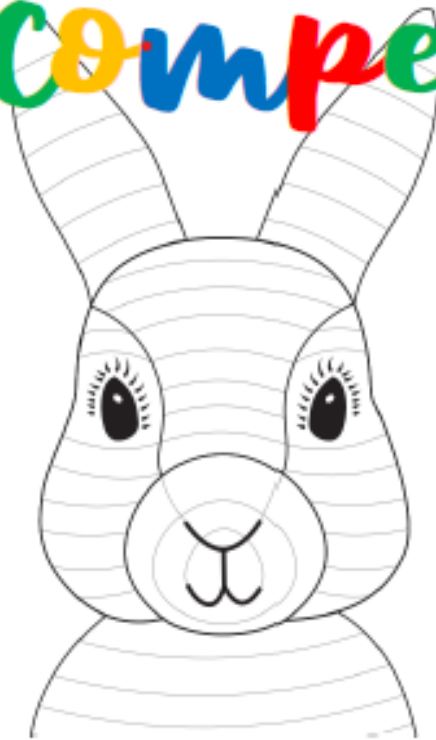
Staff Insets : two full days and six twilight sessions

* Please note – 'Eid holidays may be revised slightly depending upon sighting of the new moon

Delicious and tangy, bursting with flavour. What a perfect treat to break our fasts with. Our pupils and parents were looking forward to enjoying this fabulous fruit chaat at iftar.



Mindfulness Easter Bunny Competition!



Create an easter bunny, like the examples above, using mindfulness patterns. Be inspired and be creative!



Anything goes!

Exciting Easter prizes – one per year group!



Get creative and hand your entry into the art studio by Thursday 30th March. Winners announced in assembly, Friday 31st March.

