

House Point Cup Weekly Winners

The House Points earned this week were:

Kennet	327pts
Ridgeway	322pts
Silbury	317pts
Avebury	309pts



Two weeks running... Well done Kennet!

Nursery News

This week we have loved learning 'Incy Wincy Spider' and reading our book 'Walter's Wonderful Web'. This provided us with so many learning opportunities. We enjoyed exploring the minibeast in our small world and found out that most of our nursery children like spiders. We named and matched some of the common 2D shapes.



Well done Oliver, Liliana & Amelia!

Oliver plays rugby for Royal Wootton Bassett and played four mini games at the Swindon Rugby Festival last Sunday playing against Calne, Cricklade and two Barbarian games.



He had lots of fun and received his medal for his hard work and hours of playing.



Liliana entered a dance competition in Chippenham recently and was very successful! She placed:

First for 'Slow Solo', Second for 'Fast Solo' and First for 'Pairs'.

Amelia had a day at the Royal Ballet recently. She attended the last general rehearsal of the Royal Ballet's production of Alice's Adventures in Wonderland in Covent Garden and she absolutely LOVED the production, even if it was just a rehearsal.



Well done, all of you, for your sports and creative arts exploits outside school.

Keep it up!

Golden Book

Congratulations to the following children for being mentioned in the Golden Book Assembly today for their excellent attitudes and approach.

Juniper and Willow will appear here once the Reception induction period is completed.

Jayden and Alyssia (1Ash)

Elliott and Kenji (1Oak)

Colin and Leo (2Elm)

Anthony and Poppy (2Holly)

Daisy-May and Jacob (3Maple)

Amara and Joseph (3Pine)

Jackson, Sofia and Eloise (4Alder)

Abiha and Flynn (4Birch)

Isla-Rose and Autumn (5Spruce)

Tilly and Mason (5Yew)

Beatriz and Kenzo (6Rowan)

Poppy and Sienna (6Sycamore)



Well done to all of you - keep it up!

Curriculum Software Updates...from Mr Shore

Times Tables Rock Stars

As you will know from Curriculum Meetings, pupils in KS1 and KS2 have a login to the tables program, Times Table Rock Stars. Please support your child to use this regularly, as it is a great way to practise and secure key tables and number fact knowledge.

Please check that you have the latest version of the TTRS app on your web browser, as there have been security updates. To do so, visit

<https://play.ttrockstars.com/reset> to load the latest version on your device's browser. For those who use the program on a tablet or smart phone format, update the Times Tables Rock Stars app from the app store.

Accelerated Reader

Thank you to those who have contacted the office recently to make us aware of issues with the Accelerated Reader link on the school website.

The technicians at GHS have reviewed the problem and have confirmed the link is correct and working.

Accelerated Reader operates more successfully when using Google Chrome as a web browser. Clearing your computer's history can also address any glitches, if your child continues to have difficulties when quizzing at home.

URGENT YEAR 6 PARENTS - APPLICATIONS FOR YEAR 7 PLACES CLOSES SOON AND WE HAVE BEEN TOLD THAT SWINDON THINK THE NUMBER OF APPLICATIONS IS DOWN IN NUMBER... DID YOU APPLY, DON'T MISS OUT ON YOUR FIRST PREFERENCE BY MISSING THE DEADLINE.

https://www.swindon.gov.uk/info/20071/school_places_and_admissions/424/secondary_school_places_and_admissions

Parent Consultant Evenings (PCE)

You should have booked an appointment now:

Tuesday 8th October

Virtual - 3.30pm - 4.50pm

Face to Face - 5.00pm - 6.30pm

Important

Thursday 10th October

Face to Face - 3.30pm - 6.30pm

If you have not booked an appointment yet, you will need to ask the teachers directly for an appointment.

If you have booked a virtual appointment - online links will be sent to you **36 hours** before the appointment. Please look the day before and make sure you have received it. Please contact the office first thing in the morning if you cannot find your link.



FOAMS Pre-loved School Uniform 'Shop'



We are starting a Pre-Loved Uniform shop and we need your donations. Do you have any outgrown school uniform we can place in our sustainable pre-loved uniform 'shop'.

We need...

- School jumpers
- School fleeces
- School skirts
- School trousers
- School Summer Dresses
- PE Shorts
- School bookbags



Has your child outgrown / lost uniform already this year? Keep an eye on the weekly newsletter for our pre-loved uniform sale dates where an item may be available for you to take.

All we ask is for you to donate any clean and good condition uniform that your children have outgrown.

We Need Your Help



Lighthouse Newsletter below – emailed home last Friday

Lighthouse Newsletter



Autumn 2024

Welcome to our first newsletter of the academic year! We will send a new one each long term for all parents- so keep an eye out. We will be sharing the events and courses we are running, top tips and more! See below for more information on who we are and what we do.

What is Lighthouse?

We are an Early Intervention service supporting children and their families within the Blue Kite Academy Trust schools.

We are made up of Family Workers, Inclusion Workers, an Educational Psychologist, Educational Welfare Officer and a Trainee Play Therapist.

We work in many different ways- sometimes directly with children, sometimes with parents and carers. We also offer regular workshops, courses and 1:1 drop-in sessions for one off advice – please speak to your child's school for more information or if you feel you, or your child, may benefit from Lighthouse support.

Upcoming Events

- Tuesday 1st Oct 9am- Managing Big Feelings at Robert Le Kyng Primary (SN1 5HS)
- Tuesday 8th Oct 9am- Managing Big Feelings at Oaktree Primary (SN3 2HA)
- Tuesday 15th Oct 8.45am- Screen Time at Wanborough Primary (SN4 0EJ)
- Tuesday 12th Nov 8.45am- Screen Time at Colebrook Infants (SN3 4AS)
- Tuesday 19th Nov 9am- Managing Big Feelings at Ruskin Juniors (SN2 7NG)

We will be holding our next Family Foundations course after the October half term- venue, date and time to be confirmed. Please follow our Instagram or keep an eye on your school newsletter for more information.

THIS MONTHS TOP TIP

We all know that after a long day- whether at work, with family or doing life admin- we can often feel drained and overwhelmed. Our children can feel the same after a busy day of learning and socialising at school. The result of this, for some children is, 'the coke bottle effect'. Things happen during the day that 'shake their coke bottle' such as friendship issues, finding work tricky or feeling something was unfair. Then they get home, the lid comes off and the bottle (the child!) explodes! If this sounds familiar to you there are some things that can help. Activities that regulate your child can help let the 'fizz' escape in a more controlled way. See the box below for ideas that can help with regulation. It can be helpful to choose some 'active' ones first and then move onto the 'calming' ones once you can see your child beginning to calm down.

Follow us!



For regular family life tips, links to useful posts and dates for your diary please follow our instagram page:

@lighthouse_bluekitetrust

Ways to Regulate

Active Regulators:

- Push the wall- place hands shoulder width apart, with one foot forward, push the wall as if trying to move it
- Play-Doh- Squash it, pound it, splat it and let out all the days frustrations on it!
- Hold a (not freshly sharpened) pencil in a whole hand grasp, like a toddler might, and scribble really hard on some scrap cardboard. You might then like to rip the card into small pieces.
- Throw a ball as hard as you can at an outside wall- or throw a soft item such as a teddy at an inside wall.
- Any repetitive action such as swinging on a swing, jumping on a trampoline or marching around the room.
- Put on a high energy song and do some stomping, dancing and singing at the top of your lungs!

Calming Regulators:

- If your child agrees to one- a lovely, tight bear hug for at least ten seconds. They might also enjoy being wrapped up like a sausage roll in a blanket!
- Listen to a guided meditation- there are lots on Spotify, the Podcast app or Kids YouTube
- Water play- give them a bowl and some cups for emptying and filling. Or an early bath time with lights low and calm music playing.
- Spotting shapes in the clouds outside together.
- Close your eyes, cover your ears with hands or headphones and focus on slow breathing
- Breathing exercises- Star breathing- spread fingers wide and trace slowly up and down them- breathing in through the nose on up and out, as if blowing down a straw, on down. Or hot chocolate breathing- pretend you have a steaming mug of hot chocolate- take a deep sniff of it then blow on it to cool it down!

Benefits of Regulating

When your child has a big reaction to something, or feels stressed, the body gets flooded with hormones such as cortisol and adrenaline.

Activities which use our muscles, such as pushing the wall, burn up these hormones more quickly.

Calm, controlled breathing sends a message to our brain that we are safe, as otherwise we would be breathing more rapidly. These strategies are also helpful to be used before the 'coke bottle effect' to prevent an explosion as well as during a big display of emotions.

HEADLICE – PLEASE CHECK – PLEASE COMB – PLEASE CONTINUE