



Thurston CE
Primary Academy

Weekly Newsletter:

Week commencing 11th September 2023

What's On This Week...

<p><u>Whole School</u></p>	<p><u>Early Years</u></p> <p>Wednesday PE - Please come in kit Friday - Library Day</p>	<p><u>Dolphin Class</u></p> <p>Monday PE - Please come in kit Tuesday Library Day</p>
<p><u>Penguin Class</u></p> <p>Monday PE - Please come in kit Friday - Library Day</p>	<p><u>Turtle Class</u></p> <p>Monday - Library Day Thursday PE – Please come in kit</p>	<p><u>Whale Class</u></p> <p>Monday Library Day Tuesday PE – Please come in kit</p>
<p><u>Elephant Class</u></p> <p>Wednesday PE – Please come in kit Thursday - Library Day</p>	<p><u>Panda Class</u></p> <p>Wednesday PE Please come in kit Friday – Library Day</p>	<p><u>Sun Bear Class</u></p> <p>Wednesday PE – Please come in kit Thursday - Library Day</p>
<p><u>Puma Class</u></p> <p>Monday - Library Day Thursday - Ukulele Friday PE - Please come in kit</p>	<p><u>Lion Class</u></p> <p>Wednesday - Library Day Friday PE – Please come in kit</p>	<p><u>Leopard Class</u></p> <p>Tuesday - Library Day Thursday – PE – Please come in kit</p>
<p><u>Tiger Class</u></p> <p>Wednesday – Library Day Friday PE – Please come in kit</p>		

You will never have this day again, so with the guidance of God, make it count!

Welcome Back!

Dear Parents /carers

Welcome back!

I trust that you all have had a pleasant summer, watching the pupils arrive at school excited to see their friends again is heart-warming, seeing parents leave the playground with a spring in their step always makes me smile. It has been wonderful listening to the pupils sharing their summer holiday memories with each other and eager to tell me what their favourite part of the summer break was, it sounds like you all have been really busy.

I would like to welcome all new parents to the school and hope that you enjoy being part of the school community. As in previous years, Thurston CE Primary Academy is expecting to continually grow throughout this academic year.

Thurston CE Primary Academy is pleased to be announcing the recruitment of a new HLTA Francis Pointer and retain Miss Butcher who is an experienced teacher. Both members of staff will be part of the Year 3/4 team.

Over the summer break some work has been carried out at the back of the school. Next week a large shed is being built for PE storage and you may have noticed that a new seating area has been created. With financial support from FOTS, a reflective garden is also in development which I hope will be ready to use later on in the Autumn term. If there are any keen gardeners out there that are willing to give up some of their own time to support the pupils to develop and maintain some of the planting areas around the school please can you inform the school via the school office and a big thank you in advance.

Enjoy the Autumn term everyone!

John Bayes

Headteacher

You will never have this day again, so with the guidance of God, make it count!

Upcoming Dates

- Saturday 9th September – Walkathon – See details below.
- Thursday 21st September – Individual school photos.
- Thursday 5th October – Harvest Festival – 9.30am KS2 and 2.45pm EY/KS1. More details to follow.
- Monday 23rd October – Half term.
- Monday 30th October – All pupils back in school.
- Tuesday 7th November – Flu immunisations – available to all pupils – more details to follow.

Team Points

Team points will return next week!!

Christian Value

Our Christian Value this half term is “generosity”

This half term Collective Worship will be focusing on Generosity. Staff will continue to promote The Thurston Way to reinforce the school’s Christian ethos. Pupils will be encouraged to be active members who contribute to the school and wider community. For the remainder of the school year the 51 random acts of kindness which can be found on the school website will be a strong focus. Please support your child by discussing this with them.

Reminders and General Information

Early Years – Please could you name children’s shoes. There are lots of pairs of shoes lying around when the children change into wellington boots and change for PE so named shoes is really helpful!

After School Clubs – These are now set up on Pupil Asset and are available to all pupils in years 3 – 6. If your child is taking part in one of the after-school sports clubs please send them to school in their PE kit – with the exception of Ellie’s dance classes.

KS2 Choir – Choir practice will be on Monday lunchtime for KS2 with Mrs Gould. Any pupils that would like to join please meet Mrs Gould in the dance studio straight after morning lessons.

Named Items – Please ensure that all school uniform is named together with any other items that children bring into school including lunch boxes and water bottles. This helps us to return any left items to the correct owner.

School Car Park – A reminder that the school car park is not to be used by parents at the end of the school day.

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Parent Workshops From The Psychology In Schools Team And The Under 18's Wellbeing Team



Supporting our Young People with Anxiety – The Next Steps Follow-on Webinars – October – December 2023



The Under 18s Wellbeing Team are pleased to offer Anxiety – The Next Steps' webinars for parents. These webinars provide further information and strategies to help build confidence in supporting their young people. These webinars build on the workshop 'Supporting our Young People with Anxiety' that is delivered by the Psychology in Schools Team. PLEASE ENSURE THAT YOU HAVE ATTENDED OR VIEWED THE RECORDING OF THIS WORKSHOP: [Supporting our Young People with Anxiety \(PST\)](#) prior to attending a 'next steps' webinar. These free virtual webinars (Zoom) come in 2 parts, each part being 60 minutes long. PLEASE DO SIGN UP FOR BOTH PARTS.

Building Confidence and Managing Anxiety in Your Child

This 2-part webinar series is for parents of young people aged under 12. We will help parents identify the anxious thoughts, feelings and behaviours, their child may be experiencing and focus on strategies parents can try out at home with their child, to help challenge their anxious thoughts, manage their worries and learn to face feared situations in a graded way to build confidence.

5th October 2023 – Part 1 – [BOOK HERE](#)

12th October 2023 – Part 2 – [BOOK HERE](#)

Parenting the Anxious Adolescent

This 2-part webinar series is for parents of young people aged 12+. Each session will provide three actions, with ideas and strategies for parents to take away and discuss with their children at home. We will cover topics such as avoidance, building motivation to challenge anxiety and different ways of managing worry.

30th November 2023 – Part 1 - [BOOK HERE](#)

7th December 2023 – Part 2 - [BOOK HERE](#)

Scan the QR code to find out more and book a place on a workshop or visit www.eventbrite.co.uk and search for Psychology in Schools Team – NSFT



Working together for better mental health



Childhood Neurodiversity PST Workshop Programme Parent/Carer Workshops 2023 – 2024

Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

This programme of free virtual workshops for parents and carers will explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. Any parent or carer is welcome to join regardless of whether their child has a diagnosis. The workshops are live on Zoom and are 75 minutes long. Recordings of the workshops and resource packs will be sent after the live event to everyone who has registered.

Childhood Neurodiversity: Understanding and Managing Behaviour

When distressed, neurodiverse children and young people may show behaviours that challenge the adults around them. This workshop explores how to understand behaviour and how parents/carers can support their neurodiverse children with behaviours of distress.

Thursday 7th September 2023 – 13:00 [Book Here](#)

Childhood Neurodiversity: The Impact of Early Life Stress

The workshop explores the impact of early life stress, or traumatic experiences, on childhood development. It will consider the similarities and differences between neurodivergent traits and the impact of early life stress and discuss neurodivergent children's vulnerability to early life stress.

Tuesday 10th October 2023 – 13:00 [Book Here](#)

Childhood Neurodiversity: Understanding and Supporting Sensory Needs

What are the different sensory systems? What might sensory processing difficulties look like in children and teenagers? This workshop will answer these questions and explore how parents and carers can support a child's sensory needs.

Monday 6th November – 13:00 [Book Here](#)

Childhood Neurodiversity: Understanding and Supporting Eating Difficulties

This workshop is for parents/carers concerned about their neurodivergent child's limited diet (i.e. avoiding or restricting certain foods). We will explore why children may struggle to eat, anxiety around eating and how parents/carers can support children with these eating struggles. This workshop is not aimed at parents of children whose eating difficulties relate to body image concerns.

Thursday 7th December – 13:00 [Book Here](#)

Childhood Neurodiversity: Supporting Language and Communication

This workshop will discuss language and social communication, including how parents/carers can support their children to communicate. This workshop will be co-delivered with the Integrated Community Paediatric Services Speech and Language Therapy Team.

Tuesday 9th January 2024 – 13:00 [Book Here](#)

Childhood Neurodiversity PST Workshop Programme Parent/Carer Workshops 2023 – 2024

Future workshops dates TBC:

Childhood neurodiversity: Supporting children with planning, organising and remembering

Childhood neurodiversity: Understanding and supporting sleep difficulties

Childhood neurodiversity: Supporting social relationships

Childhood neurodiversity: The benefits and problems with using technology

To find out more and book a place on a workshop scan the QR code or visit:

www.nsft.uk/workshops



Working together for better mental health

You will never have this day again, so with the guidance of God, make it count!

**Supporting Young People's Mental Health
Parent/Carer Workshops September – December 2023**



These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60 minutes long.

Childhood Neurodiversity: Understanding and Managing Behaviour
When distressed, neurodiverse children and young people may show behaviours that challenge the adults around them – this workshop explores how to understand behaviour and how parents/carers can support their neurodiverse children with behaviours of distress.
Thursday 7th September 13:00 PM – [BOOK HERE](#)

Supporting our Young People with Anxiety
This workshop is for parents of school aged children to help them understand anxiety better. The session covers: what is anxiety, why anxiety, how it affects the brain, how it affects the body, how it impacts on what we do and don't do and how parents can support their children/adolescents who might be struggling with anxiety.
Tuesday 26th September 13:00 PM – [BOOK HERE](#)

Working together for better mental health

**Supporting Young People's Mental Health
Parent/Carer Workshops September – December 2023**

Supporting our Young People with Challenging Behaviours
In this workshop we will explore child behaviour that parents or teachers find challenging to manage, such as: hyperactivity, difficulties with attention, aggression, difficulties with friendships and relationships and irritability. We will cover practical strategies to help manage these behaviours positively. This workshop may be helpful for parents who have concerns around possible ADHD in their young person.
Tuesday 12th December 13:00 PM – [BOOK HERE](#)

Supporting our Young People Manage Big Feelings
As our children grow, they experience many changes in themselves and the world around them. During this time, our children will feel a variety of feelings which they do not know how to manage. This workshop is aimed at parents of young people aged up to 11 as we breakdown what leads our children to have these feelings and ways in which we can support them to manage if they become overwhelming.
Tuesday 12th December 17:00 PM – [BOOK HERE](#)

Scan the QR code to find out more and book a place on a workshop or visit www.eventbrite.co.uk and search for Psychology in Schools Team - NSFT



Working together for better mental health

**Supporting Young People's Mental Health
Parent/Carer Workshops September – December 2023**

Supporting your Child to Regulate their Emotions
This workshop will introduce what emotion dysregulation is and explore what things can impact on a child's ability to regulate their emotions. It will then focus on what you can do to support your young person and introduce you to some key self-regulation skills.
Tuesday 26th September 17:00 PM – [BOOK HERE](#)

Supporting our Young People with Self-Harm
Knowing your young person is finding things difficult and engaging in self-harm can be frightening and confusing for parents. This workshop aims to develop parents' understanding of self-harm and will cover: What is self-harm?, Why does self-harm happen?, and What can I do to help?.
Tuesday 17th October 13:00 PM – [BOOK HERE](#)

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Tuesday 17th October 17:00PM – [BOOK HERE](#)

Supporting our Young People with Anxiety
This workshop is for parents of school aged children to help them understand anxiety better. The session covers: what is anxiety, why anxiety, how it affects the brain, how it affects the body, how it impacts on what we do and don't do and how parents can support their children/adolescents who might be struggling with anxiety.
Tuesday 21st November 13:00 PM – [BOOK HERE](#)

Supporting our Young People with Low Mood
This workshop will help you to have a better understanding of why our young people are more vulnerable to low mood once they reach adolescence, the warning signs and some evidence based strategies to best support your young person.
Tuesday 21st November 18:00 PM – [BOOK HERE](#)

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**Childhood Neurodiversity PST Workshop Programme
Parent/Carer Workshops 2023 – 2024**

Future workshops dates TBC:

- Childhood neurodiversity: The Impact of early life stress on child development
- Childhood neurodiversity: Understanding and supporting sensory processing difficulties
- Childhood neurodiversity: Understanding and supporting eating difficulties
- Childhood neurodiversity: Understanding and supporting communication difficulties
- Childhood neurodiversity: Supporting children with planning, organising and remembering
- Childhood neurodiversity: Understanding and supporting sleep difficulties
- Childhood neurodiversity: The benefits and problems with using technology
- Childhood neurodiversity: Supporting social relationships

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Stay 'N'
Play



AGM

Annual General Meeting

Everyone is welcome.

Stay informed and get involved.

Activities for the pupils and refreshments for all!

Your chance to form a new committee!

3.40pm

Wednesday 13th September

In the Dance Studio



Parentkind
Member Association

You will never have this day again, so with the guidance of God, make it count!



WALKATHON

Sponsored Walkathon

Where?

Thurston Primary School, Pond Field Road, Thurston, Road, Bury Saint Edmunds, UK

When?

September 9, 2023 10am-midday

How much?

Free entry, suggested minimum sponsorship of £5

Children, parents, grandparents, aunts, uncles and friends will be among those putting in the kilometres for the Hospice when they take place in a Walkathon to raise funds for our Nicky's Way service.

The fundraiser, which will take place on Thurston Primary Academy's field from 10am to midday on Saturday, 9 September, will also raise funds for St Peter's Church.

It is intended to be a fun and achievable distance for all. With each lap of 0.2km, you can pick your distance.

There is a small prize for every child that dresses up to fit a harvest theme.

Entry is free, but they ask that everyone over five raises a minimum of £5 (under-fives are also welcome to be sponsored if they wish).

Children must be accompanied by an adult, and they regret that no dogs can attend.



You can meet the Hospice Mascot, Norburn, at the 'Walkathon' and have your photo taken with him on Saturday'.

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