

Hello Yellow



On Thursday, we celebrated World Mental Health Day by wearing something yellow. We saw lots of lovely, sunny outfits that really lifted everyone's spirits.



Convention on the Rights of the Child

Article 24: Health



GOLD AWARD





Thank you to everyone who participated and made a donation to the mental health charity, "Young Minds."



Hello Yellow



Hello Yellow



Young Minds are the UK's leading mental health charity for children, young people and their parents. Their mission is to make sure all young people get the mental health support they deserve.



The website address for Young Minds is:

<https://www.youngminds.org.uk/>

You can find advice and support on all aspects of mental health on the website.



Hello Yellow

Hello Yellow



Young Minds want to stop people feeling alone with their mental health problems and their purpose is to provide help before things reach a crisis point. The money you have donated will help the charity with this important work. Thank you!



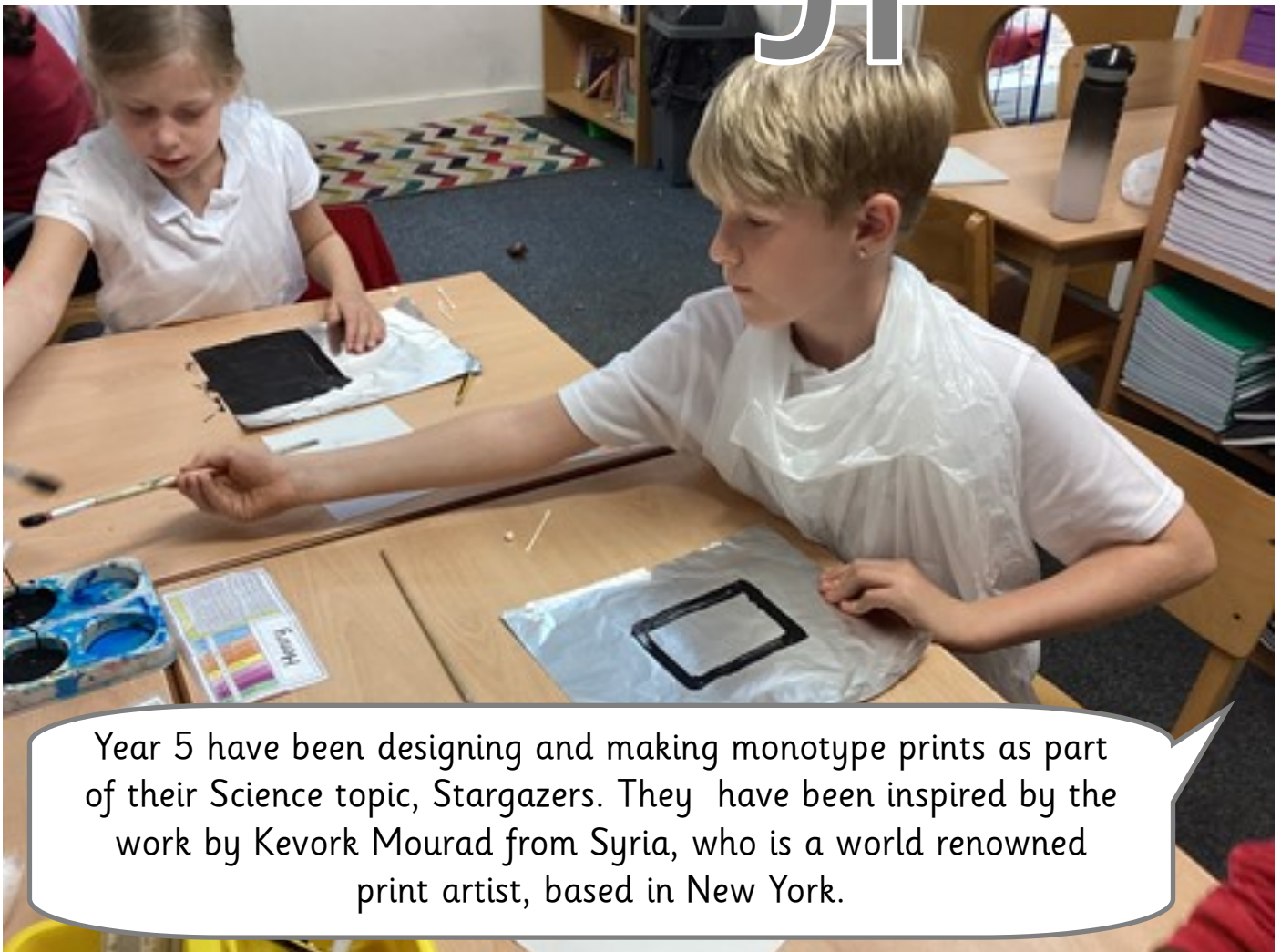


**Happy Hello Yellow
Day from all of us at
Sydenham!**

Hello Yellow



Monotypes





To make their monotypes, pupils began by experimenting with design ideas in their sketchbooks. Afterwards, they covered tin foil with ink and then drew into the surface using different tools. They then carefully transferred their images onto paper.



Monotypes



The monotypes were based on images of the moon, as seen from Space. Pupils tried to recreate the moon's craters and rocky surface using cotton buds, paint brushes, tissue, cotton wool balls and even a toothbrush. The children had to work carefully and delicately to lift the impression from the foil. Their finished artworks were then laid out in the classroom for everyone to admire.

Monotypes

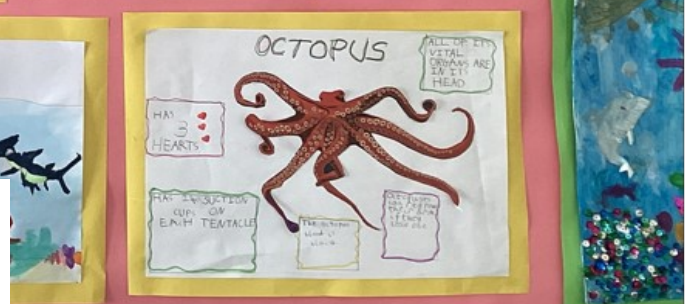




Year Four have completed some super pieces of homelearning as part of their Blue Abyss topic. Children have taken pride in producing lovely art work demonstrating sea creatures and the layers of the ocean, as well as consolidating the skills from their English lessons by writing non-chronological reports about different sea creatures



Convention on the Rights of the Child
Article 29: Goals of Education

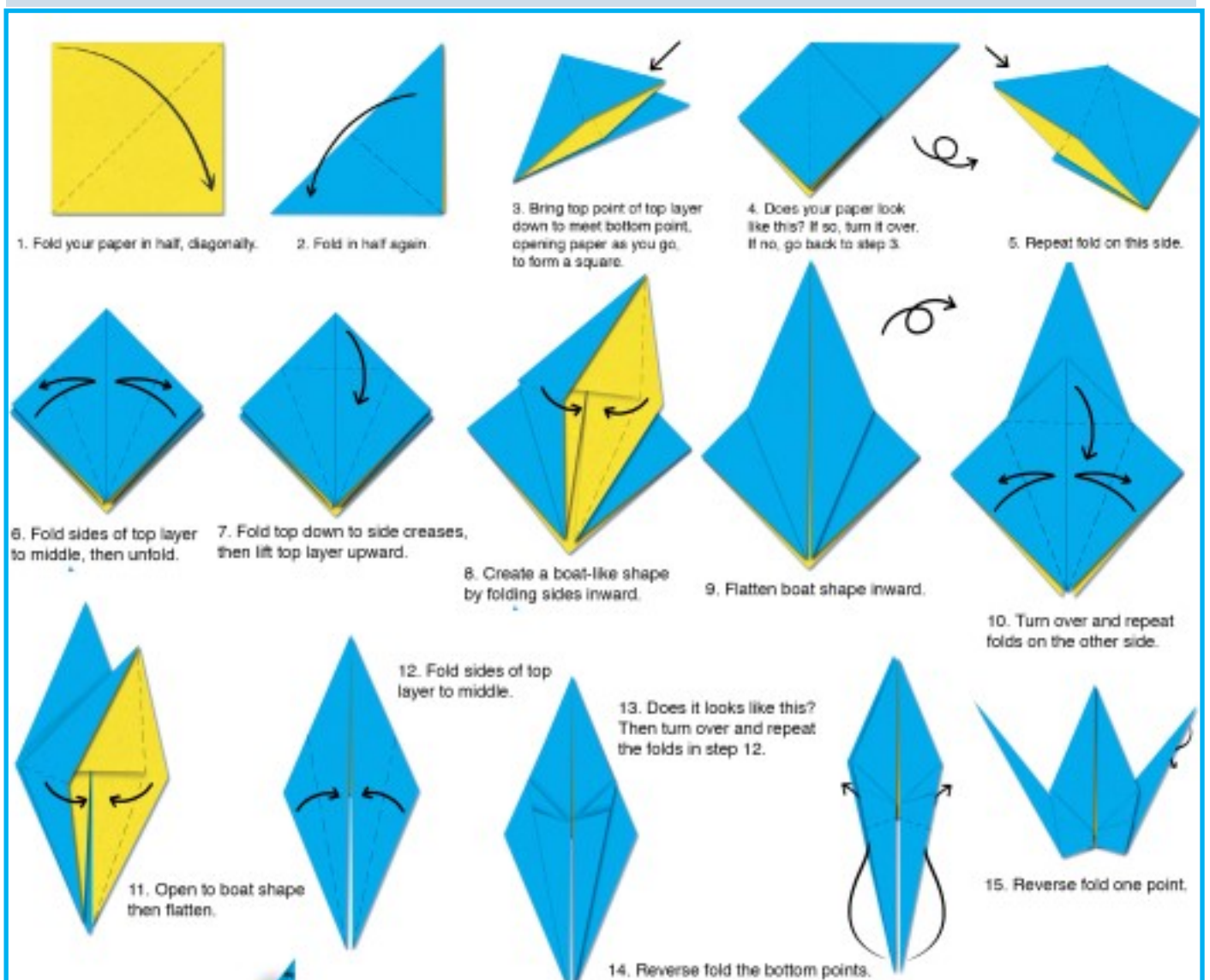




Peace Cranes

Year Six have been making origami peace cranes which they saw displayed in Coventry Cathedral during their recent trip. They are quite fiddly to make but well worth it. Follow the instructions below to have a go yourself.

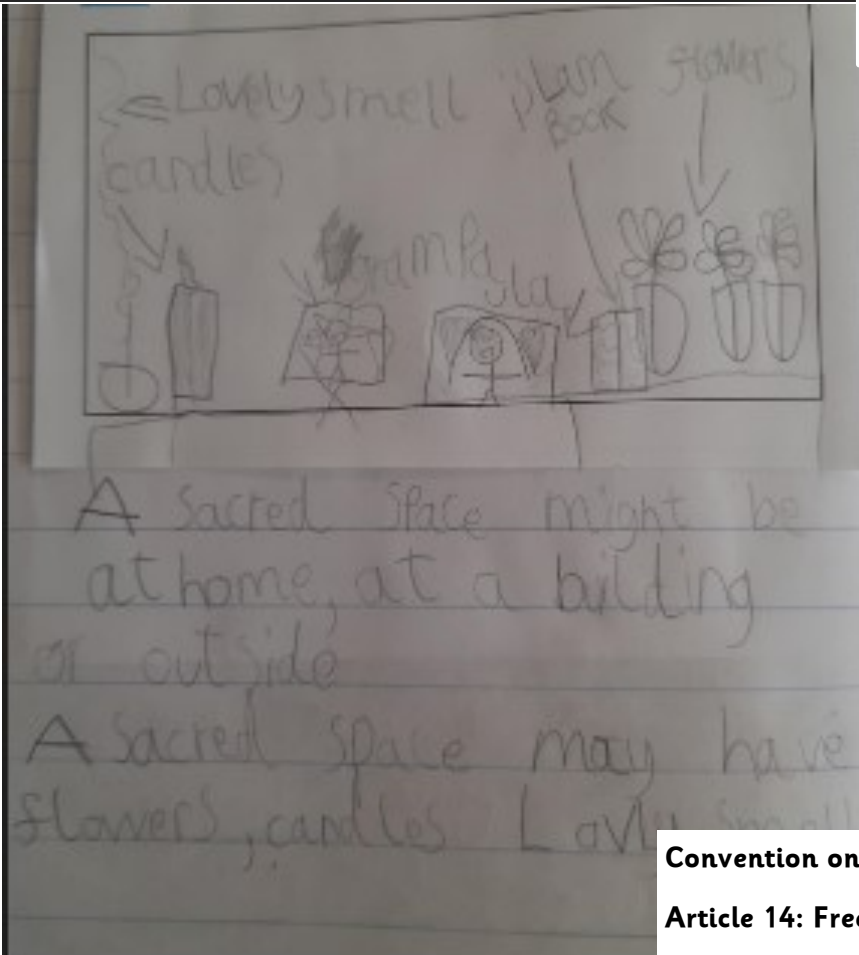
Good luck with your paper folding!





Sacred Spaces

Pupils in Year Two have been learning about sacred spaces in their RE lessons. The children shared their own experiences of special places they visit for reflection and prayer and learnt about the role of sacred spaces in different religions.



Convention on the Rights of the Child
Article 14: Freedom of thought, belief and religion

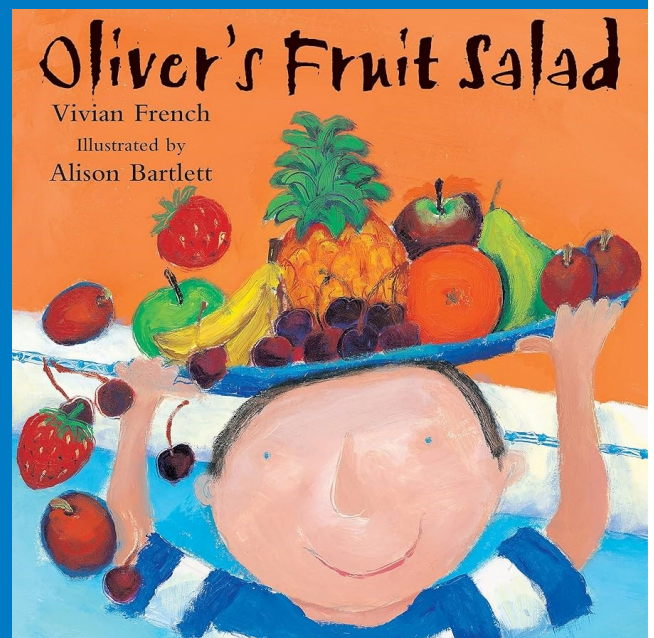


Fruity Learning!

Children at Sunshine Group have been reading “Oliver’s Fruit Salad” by Vivian French. They have enjoyed exploring a range of fruits and learning how they grow. Today, the children had a go at designing and making their own delicious fruit salad. It tasted amazing!



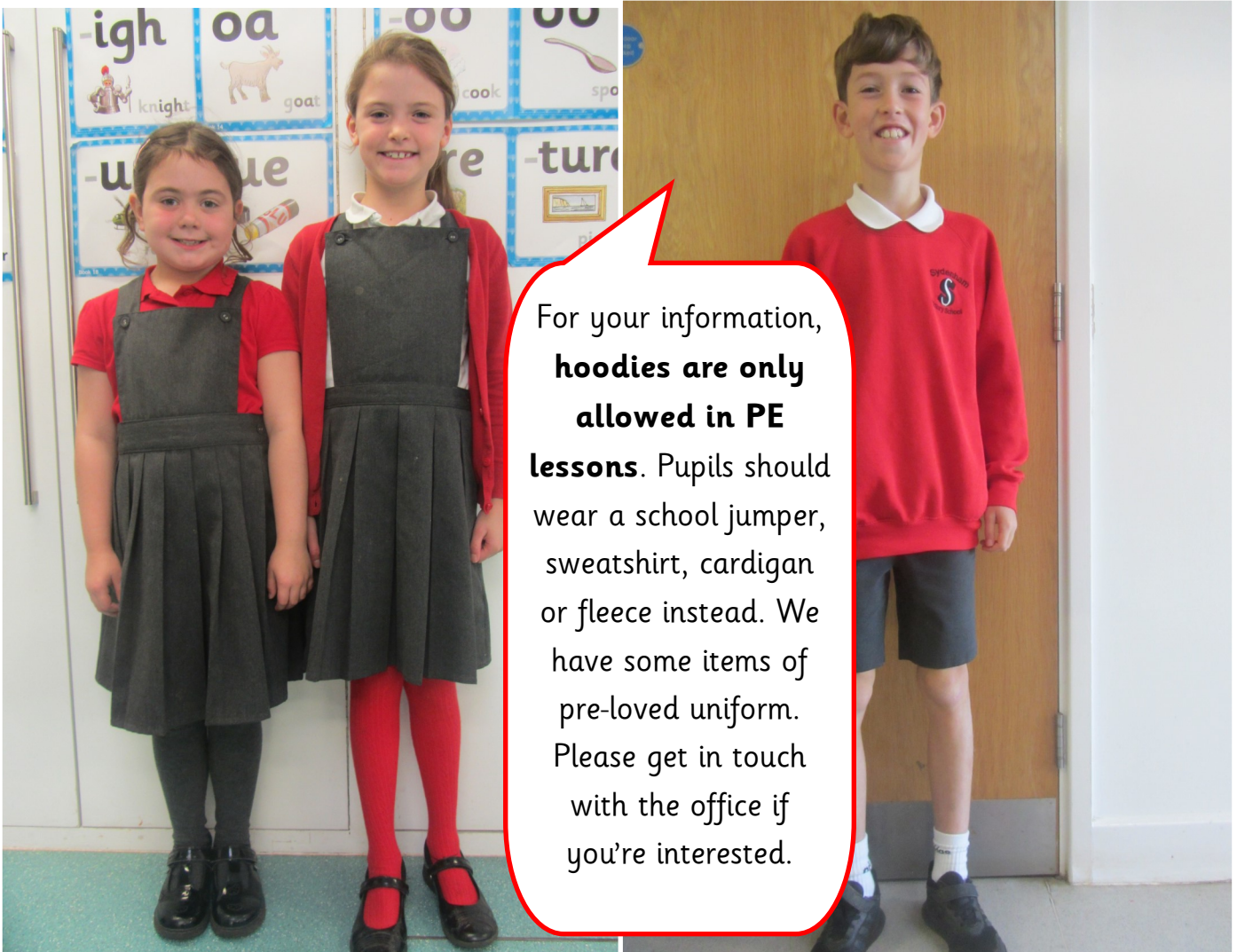
Convention on the Rights of the Child
Article 29: Goals of Education





Please remember to send your child to school in the correct uniform, as modelled beautifully by these children.

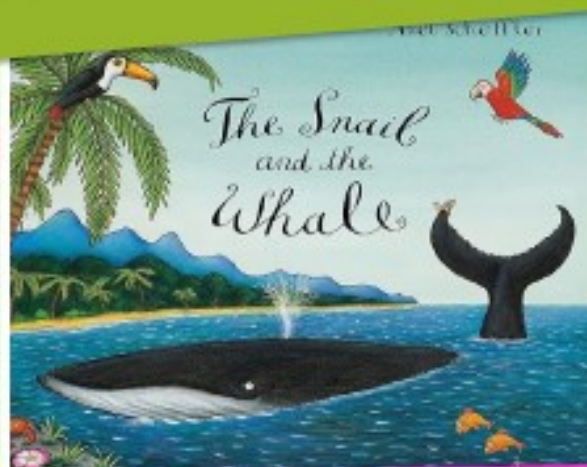
School Uniform



For your information, **hoodies are only allowed in PE lessons**. Pupils should wear a school jumper, sweatshirt, cardigan or fleece instead. We have some items of pre-loved uniform. Please get in touch with the office if you're interested.

Warwickshire
ACL and Family Learning

Story Sacks



Starting Tuesday 5th Nov–Tues 26th Nov

For 4 weeks 1:50 – 3.20pm

At Sydenham Primary School

A FREE 4 week course for families with children in YR1 and 2

All resources provided for FREE

- Come along and help your child develop a love of reading
- Get a FREE book and bag, and make simple puppets, props and games
- Have a chat and get to know other parents

Please book your place via

ParentPay.



www.facebook.com/warksacl



www.twitter.com/warksacl



www.instagram.com/warksacl

Supporting Emotional Well-being










Drawing and Talking



Drawing and Talking is a therapeutic intervention which enables children to express their feelings safely in a visual form, in a safe environment with a listening adult. Our staff practitioners who have been trained to support children's emotional well-being through Drawing and Talking are attentive to their feelings in a deep, empathetic way, which allows children to express their feelings and feel heard, supported and safe.

Confidential sessions last for 30 minutes, over 12 weeks, and children's drawings are handled carefully and respectfully

Drawing and Talking is a therapeutic intervention that can help any child who:

-  is not realising their full potential, either academically or socially;
-  has disturbed sleep;
-  suffers from anxiety, stress or phobias;
-  appears withdrawn or unhappy;
-  finds it difficult to make friends;
-  doesn't enjoy playing; or
-  displays inappropriate behaviour.

If you are interested in finding out more about Drawing and Talking, or think that your child would benefit from this intervention, please contact Mrs Doust, Mrs Pressey, Miss Glenny or Mrs Westwood.



Supporting Emotional Well-being Counselling



Snowford
Grange



UN Convention on the Rights of the Child

Article 24: Health and health services



At Sydenham Primary School, we recognise that we need to effectively support the emotional well-being of the children in our care so that they can reach their full potential and not be distracted by difficulties that could become barriers to learning and negatively impact their lives in a profound and enduring way.

Providing targeted and developmentally appropriate support at the right time is likely to enhance a child's resilience and build greater self-esteem and confidence.

A dedicated counsellor works at Sydenham Primary School for one day a week. Counselling can help pupils to deal more effectively with day-to-day challenges to learning, as well as support them through specific emotional difficulties. Providing targeted and developmentally appropriate support at the right time is likely to enhance a child's resilience and build greater self-esteem and confidence.

Our counsellor, Jo, establishes strong relationships with children to support their emotional wellbeing and good mental health. She enables good communication and effective collaboration with all stakeholders (pupils, parents and school staff), as appropriate. Jo also liaises with outside agencies when necessary, such as CAMHS. Jo is a valuable advocate for our children at Sydenham.

Counselling can help children to deal more effectively with day-to-day challenges to learning, as well as support them through specific emotional difficulties. Our counsellor can address a broad range of issues, such as:

Family breakdown

Social challenges

Self-regulation

Stress, anxiety & depression

Low self-esteem

Loss and bereavement

Anger management

Other mental health issues



Proud to be a Music Mark School



MUSIC MARK
SCHOOL
2024 - 2025



We are thrilled to have been nominated by Warwickshire Music hub to receive the prestigious, national Music Mark award, which celebrates schools who are committed to providing a high-quality music education. Warwickshire Music have recognised the value that we place on music at Sydenham Primary School. Our school has:

- evidenced of a willingness to engage in development conversations related to improving music provision;
- Recognises the value of music education as part of a broad and balanced curriculum; and
- has a strategy for music in place which provides for all children.



Our two fabulous Specialist Music Teachers, Mrs Murphy (KS2) and Mrs Harcourt (KS1).



UN Convention on the Rights of the Child
Article 31: Leisure, play and culture



KS2 Theatre Trip

Join Dick and his trusty cat on an exciting quest to see if the streets of London really are paved with gold. Can Dick find love, can his faithful feline rid London of King Rat and his hordes of little rats, and will his dream of becoming Mayor of London ever come true? There's only one way to find out!

Years Three and Four will be visiting the Belgrade Theatre in Coventry on Wednesday 27th November to watch a morning performance of the pantomime, "Dick Whittington." Years Five and Six will watch an afternoon show on Thursday 28th November.

The cost of this trip is £21.08. Please log on to your ParentPay account to make your payment. There will be more details closer to the trip.

Dick Whittington

YR/1/2 Theatre Trip



Soar into space for your festive family treat with this exciting adaptation of the award-winning book by Julia Donaldson and Axel Scheffler – as seen in the popular 2022 BBC TV Christmas animation.

On a far-off planet, Smeds and Smoos can't be friends. So, when a young Smed and Smoo fall in love and zoom off into space together, how will their families get them back?

Music, laughs and interplanetary adventures for everyone aged 3 and up, from Tall Stories – the company that brought you The Gruffalo and Room on the Broom live on stage.

Reception, Year One and Year Two will be visiting Warwick Arts Centre on Monday 9th December to watch a morning performance of "The Smeds and The Smoos." The cost of this trip is £17.42 Please log on to your ParentPay account to make your payment. There will be more details closer to the trip.

The Smeds and the Smoos

A cartoon illustration of a chef with a white hat and a red and white striped shirt, sitting in a red sleigh with yellow runners. The sleigh is decorated with white snowflakes.

Christmas Lunch

Roast Turkey
Cocktail Sausage, Stuffing Ball with
Gravy (G.SU)

or

(vg) Roast Quorn Fillet, Veggie Sausage,
Stuffing Ball with Gravy (G)

Served with Crispy Roast Potatoes, Garden
Peas, and Sliced Carrots

(vg.h) Christmas Cracknel (G.SU)

or

(vg.h) Christmas Shortbread(G)

Christmas lunch will be on Tuesday
10th December. The office will be
contacting parents and carers soon to
explain how you can sign your child
up for the special lunch.

Allergen Key
V - Vegetarian
VG - Vegan
D - Dairy
G - Gluten
SB - Soya
SU - Sulphites
H - Homemade



News and Information

Theatre Trips

Don't forget to give consent and make payment for your child's Christmas theatre trip. We have now booked tickets for Y5 and Year 6 to attend the pantomime at The Belgrade Theatre. We have also secured tickets for "Matilda" in the West End. There were only 66 tickets available so we will be taking Year Six in 2025.

Christmas Lunch

We will be serving Christmas lunch on Tuesday 10th December. The kitchen will try to sneak some sprouts in as they aren't included on the original menu!!

Applying for a School Place in Reception or Year Seven

If your child was born between **1 September 2020** and **31 August 2021** you need to apply for a place in Reception.

The applications process opens on 1 November 2024 and the deadline for applying for a Reception place is 4.00pm on **15 January 2025**. If you apply by this date, you will receive your child's school offer on National Offer Day (16 April 2025)

Please see: <https://www.warwickshire.gov.uk/homepage/421/applying-for-a-primary-school-place>.

The closing date to apply for a secondary school place is 4.00pm on **31st October 2024**. If you applied by the deadline, you will receive your school offer on National Offer Day, 3 March 2025.

Please see: <https://www.warwickshire.gov.uk/homepage/422/applying-for-a-secondary-school-place>

Last year there were over 500 late applicants. If you apply late, you are much less likely to be offered a place at one of your preferred schools

Free School Meals

If you think that you may be eligible for free school meals, applications can be made online at

[https:// www.warwickshire.gov.uk/ education-learning/applyfree-school-meals](https://www.warwickshire.gov.uk/education-learning/applyfree-school-meals)

If you require any assistance, please speak to a member of our office team.

SYDENHAM PRIMARY PTA
PRESENTS



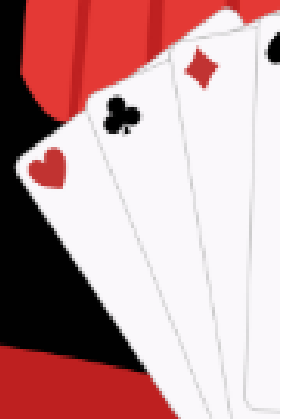
FRIDAY
25
OCT

3:30-4:15 IN THE SCHOOL HALL

PAYMENT AVAILABLE ON PARENT PAY
UNTIL 18TH OCTOBER

**LIMITED AVAILABILITY - FIRST
COME FIRST SERVE**

£3.50
PER TICKET





Mental Health in Schools Team Tips For Wellness



Connecting

Connecting with people and building good relationships is important for our mental wellbeing. We can connect with lots of people around us, such as family, friends, and neighbours, at home, school or in our local community.

Connecting with others can give you a sense of belonging and self-worth, an opportunity to share positive experiences, as well as providing emotional support.

We have so many ways to connect with each other by using technology; we can stay connected with family and friends who live further away by using video call, or we can message friends using apps and games which we play online. It is a great way to connect with others, but it is important not to rely on technology or social media alone...connecting with others in person is essential too!

Our tips for connecting:

1. Take a minute to name all the people you see or speak to in a normal week (from the postman to your teachers and family members). Next, pick out the people who help you the most and the ones who make you smile. Now, remember these people, as connecting with them is important to your happiness and wellbeing. Who can you talk to if you feel lonely, worried or upset?
2. Spend some time with a family member each day this week. You could eat a snack or meal together, help them with a task or play a game!
3. Arrange to meet a friend outside of school (don't forget to check with your parent or carer first). Could you go to the park together or have a sleepover? If you are not able to meet a friend, you could check in with them instead. Ask what they did at the weekend or how they are feeling, remember to listen carefully when they talk to you!
4. Connect with someone you have not spoken to in a while, maybe a friend from primary school or a family member who lives far away? Send them a message, have a video call, or write a letter to them!



5 ways to wellbeing

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.

BE PREPARED

Winter is Coming



Worried about energy bills and energy debt?
Then come and talk to us at our **WINTER IS COMING** event at...

**THE SYDNI CENTRE, COTTAGE SQUARE,
SYDENHAM, LEAMINGTON SPA, CV31 1PT**

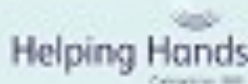
Tuesday 22 October

11:00 - 3:00

We are offering:

- ▶ **FREE** energy saving advice and energy saving items
- ▶ **FREE** advice and support around the the cost of living
- ▶ **FREE** energy fuel vouchers*
- ▶ **FREE** essential cooking & heating appliances*
- ▶ **FREE** advice how to make your home warmer (retrofit)
- ▶ **FREE** food and refreshments

*subject to eligibility criteria



FREE phone

0800 988 2881 www.actonenergy.org.uk



@actonenergyuk



@actonenergy



@actonenergy_uk



Act on Energy is a company limited by guarantee and registered in England and Wales, number 3611622 and a registered charity number 1279878. Registered address: Unit 2 Lowkote Business Park, Pilsbit, Salford Priory, Warwickshire, W11 1BN



Attend Today, Achieve Tomorrow



Getting Your Child to School Really Matters



Did You Know... ?

In a School Year, If Your Child is Late Every Day By...

Your Child Would Have Lost Approximately...

or They Would Have Missed Approximately...

5 Minutes	3.5 Days from School	20 Lessons
10 Minutes	7 Days from School	41 Lessons
15 Minutes	10 Days from School	55 Lessons
20 Minutes	14.5 Days from School	82 Lessons
30 Minutes	22 Days from School	123 Lessons

Please Encourage Punctuality to Maintain Attendance

190 DAYS
100%

Very best chance of success

183 DAYS
96%

Off to a flying start

179 DAYS
94%

Less chance of success

175 DAYS
92%

Harder to make progress

More than **18 days** absence less than **90%**

Persistent Absentee
(Not fair on your child)

ABSENCE = LOST OPPORTUNITY



Did You Know... ?

If Your Child's Attendance During the School Year...

Your Child Would Have Lost Approximately...

or They Would Have Missed Approximately...

was 95%	9 Days from School	50 Lessons
was 90%	19 Days from School	100 Lessons
was 85%	29 Days from School	150 Lessons
was 80%	38 Days from School	200 Lessons
was 75%	48 Days from School	250 Lessons

Getting Your Child to School Really Matters

LATENESS

What this means for your child...

Bad start to the day

Missed Information

Different from Peers

Am I in Trouble?

Feel Responsible

Confusion

Anxiety

Worry

Upset

Embarrassment



**BE SURE TO GET INTO
SCHOOL ON TIME!**

**Our school day starts at
8.55am**

- * 5 minutes lateness per day = up to 1 whole DAY missed every TERM.
- * 15 minutes lateness per day = 2 whole WEEKS missed every YEAR.
- * 50 minutes late once a week = 1 whole DAY missed EVERY HALF Term
- * 50 minutes late ONCE a week = 1 whole WEEK missed every YEAR.
- * 50 minutes late every week = 90% attendance over a year.

Diary Dates

Wednesday 16th October	Y6 Moorhens assembly at 9.05am. Parents and carers are warmly invited to attend.
Thursday 17th October	YR reading workshop at 2.30pm.
Monday 21st October	Y3 trip to Cadbury World.
Wednesday 23rd October	Parent's Evening, 3.30—7.00pm.
Wednesday 23rd October	Y2 Swallows class assembly at 9.05am. Parents and carers are warmly invited to attend.
Thursday 24th October	Parent's Evening, 3.30—5.00pm.
Friday 25th October	YR Diwali party.
Friday 25th October	PTA Magic show, 3.30—4.15pm
Friday 25th October	MUFTI (non-uniform) Day. If your child wears their own choice of clothes, please donate at least 50p via ParentPay. All money raised will support the local charity, Parenting Project.
Monday 28th October—Friday 1st November, school closed for the half-term holiday. Children return to school on Monday 4th November.	
Wednesday 6th November	Y5 Kittiwakes assembly at 9.05am.
Monday 11th November	Road Safety Week and Y5/6 Bikeability.
Thursday 17th November	YR Safe and Active Travel assembly.
Wednesday 20th November	Y5 Woodpeckers assembly at 9.05am. Parents and carers are warmly invited to attend.
Monday 25th November	YR trip to Compton Verney.
Tuesday 26th November	YR and Y6 height and weight checks.
Wednesday 27th November	Y3 and Y4 visit the Belgrade Theatre to watch "Dick Whittington." pantomime, "Dick Whittington."
Thursday 28th November	Y5 and Y6 visit the Belgrade Theatre to watch Dick Whittington.

Diary Dates

Thursday 28th November	Christmas decorations go up in the hall.
Friday 29th November	MUFTI (non-uniform) Day. If your child wears their own choice of clothes, please donate at least 50p via ParentPay. All money raised will support the local charity, Parenting Project.
Monday 2nd December	School closed for INSET (In-Service training.) Children back at school on Tuesday 3rd December.
Wednesday 4th December	Reception Nativity at 9.30am. Families are warmly invited to attend.
Monday 9th December	YR, Y1 and Y2 visit Warwick Arts' Centre to watch "The Smeds and The Smoos."
Tuesday 10th December	Christmas lunch.
Wednesday 11th December	KS1 Christmas concert at 9.30am.
Thursday 12th December	Y3/4 Christmas concert at 2.15pm.
Thursday 12th December	Y6 visit to St Mary's church.
Friday 13th December	Y5/6 Christmas concert at 2.15pm.
Monday 16th December	Rock Steady concert at 2.15pm.
Tuesday 17th December	Winter Craft session—sign up via Parent Pay.
Friday 20th December	Christmas MUFTI—come to school in a festive jumper or outfit. If your child wears their own choice of clothes, please donate at least 50p via ParentPay. All money raised will support the local charity, Parenting Project.
Monday 23rd December—Friday 3rd January, school closed for the Christmas holiday.	
Monday January 6th 2025, School closed for INSET (In Service Training.)	
Children return to school on Tuesday 7th January 2025	



Sydenham Superstars



YR and Key Stage One

Have a nice weekend.
Best wishes from Miss
Glenny



Key Stage Two