



St. Andrew's Newsletter

No: 4 || Thursday 17th October 2024



Christian Value

This term's Christian value is Thankfulness. Please see this term's Values newsletter for more details.



As you can see, we have updated our Newsletter to a new format. Hope you enjoy the new features!

It was fantastic to see so many of our parents attending this week's first Parents' consultation evening on Tuesday. We are hoping to see many more of you today. Hopefully they will be a wonderful opportunity for you to see your child's work and hear how they have settled into the new academic year. It is an opportunity to find out about your child's learning.

If you were unable to attend it is not too late to make contact with the class teacher to have an update over the phone as to how your child is progressing. Please remember that another way to connect with what your child is learning in school is by regularly checking the website for the Crew page updates for your child's class. There are photos and updates showing some of the highlights of each term's learning.

For the parents that are new to our school, Celebration assembly is always a highlight of our week. It is a time to pause and reflect on how the week has gone and to celebrate the hard work and achievements of chosen individuals. It is always a pleasure to see how proud the children are at being nominated and to hear of what they have been achieving. If you spot your child wearing a purple wristband, please ask them what they were given it for. Alongside

celebrating achievements for behaviours for learning, we also focus on how pupils have shown that they are living out our three core Christian Values of compassion, courage and trust.

Fortnightly, on a Friday, we have Top table where pupils that have gone above and beyond sit together with myself for lunch. Mrs Wall, our Senior Lunchtime supervisor, always decorates the table with an interesting and seasonal display which creates lots of conversations from all the children.

The PTA have kindly agreed to pay for Year 6's fortnightly VIP Monday which consists of hot chocolate and biscuits in my office for also going above and beyond.

Fran Martin

Pupils that have gone above and beyond



Celebration Worship



Celebration Worship 4th October

Kingfisher Crew - Arlo, Ivy

Jay Crew - Edward, Amber

Owl Crew - Charlotte, Ruben

Kestrel Crew - Kasper, Jonah

Falcon Crew - Lilian, Sam T

Eagle Crew - Ivy, Mattias

Celebration Worship 11th October

Kingfisher Crew - Lottie, Vienna

Jay Crew - Zach, Edward

Owl Crew - Arlo, Samuel

Kestrel Crew - Ivy, Jack

Falcon Crew - Cooper, Natalia

Eagle Crew - Thomas, Lucy

Top Table



Top Table 4th October

Kingfisher Crew - Arthur

Jay Crew - Ozzie

Owl Crew - Harley

Kestrel Crew - Maizie-Mae

Falcon Crew - Archer

Top Table 11th October

Kingfisher Crew - Mabel

Jay Crew - Oscar

Owl Crew - James

Kestrel Crew - William

Falcon Crew – Natalia

VIP Monday



VIP Monday 7th October

Eagle Crew

Ella, Martha, Callum, Sophie, Ralph, Amelie





Nurturing School Updates



Zones of regulation

Our pupils have continued to learn about Zones of Regulation to help them name their feelings and for us all to have a shared language. We have adapted the Zones of Regulation to St Andrew's and have made a progression overview from EYFS to Year 6 with the language that we might use. All year groups will have the same understanding of the 4 colours. We have been learning about them in whole school worship, our crew learning time as well as in Treehouses. We have shared with our pupils that the green zone is the most conducive for learning. However, we have shared that it is ok to have feelings in all the zones. The Zones of regulation charts are in every classroom and we are encouraging our pupils to regularly throughout the day put their name against the colour they are feeling.

Today in Treehouse groups our pupils have picked different images of faces, have explained what emotion it is and have been asked to think of an example when someone has been feeling this way. They also played a game of facial expressions and working out what zone of regulation it would be.

	Blue	Green	Yellow	Red
My feelings				
	Sad Tired Poorly Bored	Happy Calm Proud	Worried Excited Silly	Overexcited Angry Scared
What might my body feel like?	<ul style="list-style-type: none"> • Hungry • Heavy • Teary • Tired 	<ul style="list-style-type: none"> • Relaxed • Light • Alert and ready • Calm 	<ul style="list-style-type: none"> • Twitchy • Fidgety • On edge • Skittish • Butterflies in stomach 	<ul style="list-style-type: none"> • Butterflies in stomach • Tense • Clenching fists • Running away • Freeze

You may find it supportive to discuss / use the colours and the feelings associated with it at home with your child.

We plan to have a parent workshop in the near future to share a bit more about Nurture UK and Zones of regulation. Watch this space!

Mental Health Awareness Day



World Mental Health Day was 10th October and everyone was encouraged to wear a yellow item to support this. It was amazing to see so many of the children and staff taking part.

Yellow isn't just a bright and cheerful colour—it symbolizes happiness, hope, and optimism. By wearing yellow, it sends a message of support, love, and understanding to young people who may be struggling with their mental health. It's a small but meaningful gesture that says: "We see you".

As the theme for this year's event was Mental Health at Work, to support our wellbeing the staff also celebrated this day by sharing Tea and Chat in the staff room, enjoying some delicious homemade cakes and a meal out in the evening.



Happy Healthy Autumn Challenge

Carve a pumpkin and display it somewhere for all to see.

Make a cake using autumn fruits e.g. apples, pears, blackberries etc.

Put on your wellies and wrap up to go for a family autumn walk. Make a hot drink for everyone when you get home.

Can you help nature this autumn by feeding the birds, encouraging hedgehogs, or creating a bug hotel?

How many skips can you do in 60 seconds? Can you improve your personal best?

Relax and focus with a nature moodbooster
<https://www.bbc.co.uk/teach/moodboosters/articles/z9f87v4>

How many Star Jumps can you do in 60 seconds? Try to improve your personal best.

How many catch and claps can you do in 60 seconds? Try to improve your personal best.

How many step-ups can you do in 60 seconds? Try to improve your personal best.

Can you go for a walk, scoot or run every day in the holiday?

Organise a board games night with your family.

Every day try a 10-minute shake-up game
<https://www.nhs.uk/healthier-families/activities/10-minute-shake-up/>

Get creative with autumn finds and make some natural and wild art. Take a photo of your creations and show your teacher. Look up the artist Andrew Goldsworthy for ideas

Have a fun day out in the local park or woodland. See what is going on in your area
<https://www.nationaltrust.org.uk/visit/w-hats-on/october-half-term-events-and-activities>

Perform a random act of kindness for a friend or one of your family.

Enjoy a family reading day and / or write your own poem to share with family and friends.

Miss Dyer has set our pupils, for the October half term, a Happy Healthy Autumn challenge.

If pupils would like to participate, then please return the completed sheet to Miss Dyer and she will present your child with a certificate.

Hope they all have fun.

Attendance for this Academic Year so far

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
87.56%	94.87%	93.99%	96.50%	91.02%	93.40%	93.72%

School Calendar Dates

Term Dates 2024-2025

Term 1 - Monday 02 September 2024 to Friday 25 October 2024.

Term 2 - Monday 04 November 2024 to Friday 20 December 2024.

Term 3 - Monday 06 January 2025 to Friday 14 February 2025.

Term 4 - Monday 24 February 2025 to Friday 04 April 2025.

Term 5 - Tuesday 22 April 2025 to Friday 23 May 2025.

Term 6 - Monday 02 June 2025 to Tuesday 22 July 2025

INSET Days for 2024 – 2025

Friday 25 October

Monday 6 January

Friday 14 February

Monday 2 June

Upcoming Dates

Y5 Trip to Avalon Archaeology: Monday 21st October

Y3 & Y6 Trip to Cheddar Gorge: Tuesday 22nd October

PTA Mufti Day: Thursday 24th October

Y3 & Y6 Iron Age Day: Friday 8th November

Bikeability Level 2 Y6: Tuesday 3rd December @ AM and PM

Bikeability Level 2 Y6: Wednesday 4th December @ AM

Bikeability Level 1 Y4: Wednesday 4th December @ PM

PTA Christmas Fair TBC: Friday 6th December

Falcons Worship: Monday 9th December @ 2:45pm

Nativity Performance to Parents: Wednesday 11th December @ PM

Nativity Performance to Parents: Thursday 12th December @ AM

Y4 Christmas Party: Monday 16th December

Y2 & Y3 Christmas Party: Tuesday 17th December

Fish N Chip Disco for Y6: Wednesday 18th December

Rocksteady Concert for Parents & KS2: Thursday 19th December @ 9:30am

Y5 Christmas Party: Thursday 19th December

PTA Mufti Day: Friday 20th December

After School Clubs

There are still spaces available in Term 2 if anyone would like to sign up.

AFTER SCHOOL SPORTS CLUBS

St Andrew's Primary School
Term 1 & Term 2

Monday	Tuesday	Wednesday	Thursday	Friday
No Club	Alternative Sports KS1 & KS2 (14 weeks)	No Club	Football KS1 & KS2 (14 weeks)	No Club
	£79.10		£79.10	



All clubs run 3:20pm - 4:20pm
Clubs start the week commencing 09/09/2024.
(You will not be charged for any sessions that have already taken place).

Book HERE

Our after-school clubs are a fantastic opportunity for your children to enhance their learning and physical development in a safe and enjoyable environment. Alternative sports will include activities such as indoor boarding, soft archery, boccia, new age curling etc.

PHSPORTS.CO.UK
BOOKINGS@PHSPORTS.CO.UK 01225 701830

Community News



**St Andrew's Primary School
Congresbury**


Volunteer Work Day

YACWAG (Yatton and Congresbury Wildlife Action Group) is organising a volunteer work party to spend a morning re-establishing the Jubilee wood in the school field by clearing brambles and making the area more accessible to the school.

Date: Sat 9th Nov 2024 from 9am to 11.30am

Sixty trees were planted to mark the late Queen's diamond jubilee in 2012 and we are keen to give this area some much needed love and care. Can you spare some time to support us? Tools and gloves provided. Over 16s welcome. Sorry no children or dogs.

If you are interested in getting involved to maintain this site please email contact@yacwag.org.uk



YACWAG Registered Charity no. 1076362



CODING WORKSHOP

Inspiring the next generation of coders and makers



Create Mobile Games

An interactive workshop for aspiring game designers. Learn how to use the capabilities of your smartphone or tablet to make fun games and stories.

Suitable for children in primary school (age 7+)

For more information and to register:
<https://codingbug.co.uk/create-mobile-games/>

WHERE

Yatton Library
BS49 4HJ

WHEN

Thursday 31st October 2024
From 10am - 12:30pm

codingbug.co.uk

Email: info@codingbug.co.uk or call 07909226520



Scan to book

 [facebook.com/codingbug/](https://www.facebook.com/codingbug/)

Contacts

School Facebook Page: <https://www.facebook.com/pages/category/Education-Website/St-Andrews-Primary-School-Congresbury-631401120595092/>

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