



# St. Andrew's Newsletter 17 2025

No: 17 || Thursday 22nd May 2025



**National Nurturing**  
School Award  
2025

**Christian Value**



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



This term we have been focusing on our Christian value of Service. We have unpicked how we can make a difference by being of service to others and how this can make others' and ourselves feel as a result. There have been some super examples of this throughout the term. Last Friday, the children chose to have a day fundraising for their chosen charity – The World Wildlife Fund. There were so many amazing costumes and many of the St Andrew's team enjoyed the opportunity to join in too. Thank you for sending in donations and the children raised £155.25!





Another example of making a difference to others is the fantastic family fundraising for Cancer research that one of our families has achieved. Olivia and Isabelle took part in the Race for Life on Weston beach last night. So far, they have managed to raise a massive £1,140.00 in sponsors! Olivia and Isabelle did a fabulous job in the race and collected their medals at the end. Something to be very proud of!

Wishing everyone a lovely half term holiday – let's hope the long-range forecast isn't correct! Remember it is PTA fundraising tomorrow and pupils can wear their own clothes for a donation.

Fran Martin

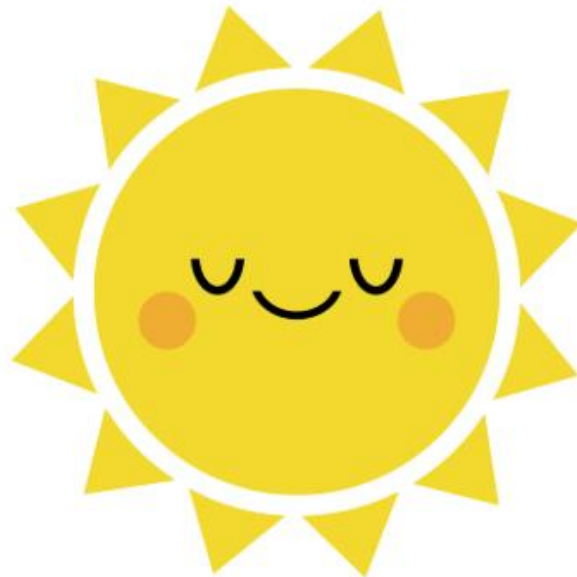
## PE Kits

Please can your child(ren) have a P.E kit in school so that they can participate in P.E lessons twice a week. They cannot join in and learn safely, if they do not have the correct footwear. Changing afterwards into their school uniform is just as important as they do run around getting active.

## Sun-cream, Sunhats and Sunglasses!

As the nicer weather arrives, please can you ensure that you send your child into school with a named sunhat and also sunglasses if they wear them.

Unfortunately, as you can imagine, we do not have the time to apply sun-cream to all of the children in every class! So please apply before school and send you child into school with a named bottle of cream which they will need to apply themselves.



## Keeping in touch - Open afternoon Friday 27th June 2:30pm

We would like to invite you to an open afternoon to look at your child(ren)'s work from across the year alongside your child. There will also be some art work to look at as part of the Spirited Arts project that the children will be working on in term 6.

We look forward to seeing you there.

St Andrew's teaching team

## Nurture UK Principles



Nurture principle- All behaviour is communication

St Andrews 'Child talk': Our behaviour tells our story.

Everyone that works in the school understands that children's behaviour is a way of communicating. The children themselves might not understand what they are trying to communicate and might not yet be at a stage where they can articulate their thoughts and feelings but the adults around them are always curious and asking questions. Why are they displaying these behaviours? What has triggered these behaviours? Adults can then name emotions that the children might be feeling- "I wonder if you are feeling..." and "I'm wondering why you are feeling like that." Children can then be supported to regulate their emotions which will allow them to have better control over their behaviour. As explained in the previous newsletter, we use zones of regulation at St Andrews to help children identify the feelings that they have and as a school we are beginning to look at tools that can help us move between the zones so that we are in a good place for learning. This does not mean that all behaviour is tolerated, but it is understood. Behaviour is dealt with consistently so the children know what will happen next. Restorative conversations support this and give children the time to reflect on their behaviour and come up with strategies that will help them next time.

In the Haven, we have also been looking at some books that help us understand how our brain works and the reason why our behaviour is sometimes uncontrollable. It talks about 3 different parts of our brain...

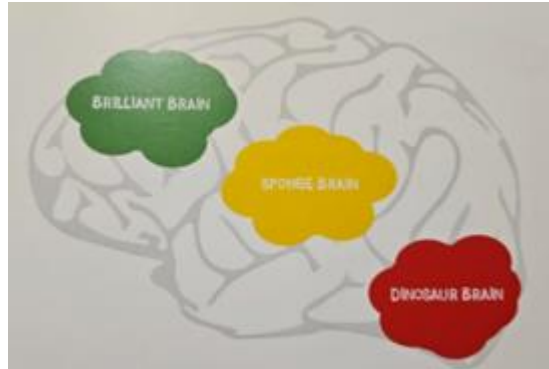
**Brilliant brain** is similar to being in the green zone of regulation. We are able to listen, behave well and control our behaviour.

**Sponge brain** stores everything that has ever happened to us.

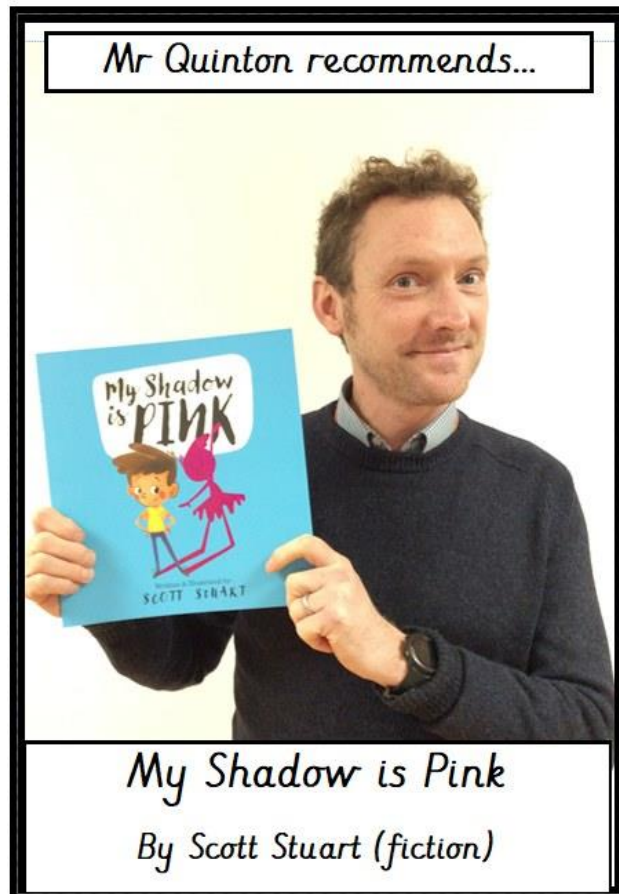
**Dinosaur brain** controls all the basic things we do. Dinosaur brain wants to keep us safe but it reacts quickly and means we are not in control of our behaviour.

Sponge brain makes connections with memories it has stored. If it matches something that is happening with a bad memory, dinosaur brain wakes up and tries to protect us from the

perceived danger/bad thing. If sponge brain matches what is happening with nice memories you have, then brilliant brain is able to be in control and we can make good decisions. The good news is we can train sponge and dinosaur brain so that our behaviour doesn't become uncontrollable!



## We Love Reading!



*My Shadow is Pink* by Scott Stuart is a heart-warming story about self-acceptance, identity, and embracing differences. It encourages children to be proud of who they are, promoting love, confidence, and inclusivity.

## Pupils that have gone above and beyond



## Celebration Worship

**Celebration Worship 9th May**

**Robin Crew** - Sofia, Logan

**Kingfisher Crew** - Lily S, Ray

**Jay Crew** - Whole Crew

**Owl Crew** - Robyn, Harley

**Kestrel Crew** - Una, Hannah, Hadley

**Falcon Crew** - Ashton, Jamie

**Eagle Crew - Whole Crew**

**Celebration Worship 16th May**

**Robin Crew - Kayden, River**

**Kingfisher Crew - Leo, Petra**

**Jay Crew - Lila, Penelope**

**Owl Crew - Reuben, Freya, Joshua B**

**Kestrel Crew - Molly, Matilda**

**Falcon Crew - Lukas, Danny**

**Eagle Crew - Whole Crew**



**Attendance for this academic year so far**

**Attendance for this academic year to 22 May 2025**

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
92.53%	96.66%	95.86%	97.53%	91.37%	95.10%	95.82%

## EMHP Support

*Join Us!* **Year 6 Secondary School Transition Group**

### Coping Cat For Transition

**What is it?**  
Within group sessions we will be covering psychoeducation around coping with the transitions to secondary school, as well as covering practical strategies to help navigate big changes. To do this, we deliver the Low Intensity CBT intervention, Coping Cat.


Coping Cat supports anxieties and worries by first looking to explore what it actually is. Within sessions, we explore what we feel when we're anxious in our bodies, what thoughts can come up, how to recognise them, and how expecting bad things to happen links in with anxiety. It explores attitudes and actions that can help manage and challenge anxiety, and finally looks at what we can do to reward ourselves for fighting back. The second half is all about trying things out - testing out our anxious expectations and seeing just how much we can actually do!

The group will have up to 8 young people in, and we will aim to have young people all going to the same secondary schools together. Sessions will last for an hour.

**When?**  
The group will run for 6 sessions over the Summer Holidays with assessments for the group happening before the holidays start.

**Where?**  
Location to be determined! But we will aim for it to be held within a community space within the local area.

**How can my young person join?**  
If you are interested in accessing this group, please speak to the Mental Health Lead in your school who will be able to make a referral to the MHST.



**Join Us!** **Parent/Carer-Led CBT Group**

## Parent/Carer-Led CBT for Anxiety

**What is it?**  
 Parent-Led CBT is based on a guided self-help book that teaches skills to help parents/carers talk to their children about their worries, consider what is maintaining their children's anxiety, how to overcome their fears through graded exposures and teaches problem solving skills.

Its aim is for parents/carers to understand how to use CBT tools so they are able to use them with their children, and to explore how responses around the child can affect anxiety too.


The group will have up to 8 people in and take place over 6 one hour sessions.

**Who's it for?**  
 Parents and carers of children **under the age of 13** who are experiencing general anxiety, specific phobias, separation anxiety, panic or social phobia where they are avoiding situations. *Ideal for younger children who may struggle to use CBT skills alone.*

**When?**  
 The group will run for 6 sessions over the Summer Holidays with assessments for the group happening before the holidays start.

**Where?**  
 Location to be determined! But we will aim for it to be held within a community space within the local area.


**How can I join?**  
 If you are interested in accessing this group, please speak to the Mental Health Lead in your school who will be able to make a referral to the MHST.



## Feed Your Family For Four with Just £5

Discover our NEWEST recipe and step-by-step video, now accessible as a part of the "Feed Your Family For Four with Just £5" series!

Introducing our hand-held, simple and delicious Smoked Pork & Bean Tacos. Plus, there's a vegetarian option!

Display our eye-catching posters around the school or share them on your social media platforms. All anyone has to do is scan the QR codes , access the recipe card, and follow along with our step-by-step videos to create delicious, affordable meals.

<https://youtu.be/U2xsXxrNoYQ?feature=shared>

Get cooking a show-stopping meal that you and your family of 4 will love!

Kind regards

Aspens

# SMOKED PORK AND BEAN TACOS



## Community News

WINSCOMBE YOUTH  
THEATRE'S  
PRODUCTION OF



**Disney**  
**Aladdin**  
**JR.**

**Saturday 7th June 2025**  
**Churchill Academy & Sixth Form**  
**Performance at 2.30pm**  
**Tickets available from The**  
**Creative Florist, Winscombe**  
**01934 842004**

Music by Alan Menken  
Lyrics by Howard Ashman and Tim Rice  
Book adapted and additional lyrics by Jim Luigs  
Music adapted and arranged by Brian Louiselle  
Based on the screenplay by Ron Clements, John Musker, Ted Elliott & Terry Rossio  
This amateur production is presented by arrangement with Music Theatre International  
All authorised performance materials are also supplied by MTI  
[www.mtishows.co.uk](http://www.mtishows.co.uk)

How well do you

# KNOW THE YEO?

**FREE community event**  
Millennium Green, Congresbury

- children's arts and crafts
- nature trails
- ditch dipping
- stick raft race
- willow weaving
- paddle board taster

sessions run by  
Mendip Activity Centre

**12 - 5pm**  
**Sunday 8th June**

Near the Congresbury Arms pub, by the X1 bus stop.  
Easy access from Weston super Mare and A370.  
Wheelchair access. Bring your own refreshments.

**YACWAG**  
Yeo & Congresbury  
Wildlife Action Group



# MAY HOLIDAY CAMPS!

4 DAYS OF FOOTBALL FUN AT NAILSEA SCHOOL  
TUESDAY 27<sup>TH</sup> - FRIDAY 30<sup>TH</sup> MAY

Year 1 - Year 8 (9:00am - 3:30pm) Reception (9:00am - 1:00pm)

**STRIKER DAY FRIDAY**

FRIDAY 30<sup>TH</sup> MAY

**PUMA CAMP DAYS**

TUESDAY 27<sup>TH</sup> & FRIDAY 30<sup>TH</sup> MAY



£23 per day | Discounted multi-day tickets | Early drop-offs available

Book online: [www.priorityfootball.co.uk/holidaycamps](http://www.priorityfootball.co.uk/holidaycamps)

Pete@priorityfootball.co.uk | 01275 261 004 | Nailsea School

# Mo's Mission



## 30 reasons to get moving for your mental health

60 minutes of activity each day is amazing for your mental health – check out these benefits of staying active...



Our school has pledged: \_\_\_\_\_ minutes!


**YOUTH SPORT TRUST**

**30 YEARS**

**BUILDING BRIGHTER FUTURES**

[youthsporttrust.org/Mos-Mission](http://youthsporttrust.org/Mos-Mission) | #MosMission



# Mo's Mission



- Encourage your teachers to make all lessons active!
- Set a daily step count goal!
- Walk, cycle or scoot to and from school!
- Work as a team with class mates!
- Fuel your body!
- It's more fun with others!
- Be creative and have fun!

## Weekly planner

	Before school	Morning lessons	Lunch time	Afternoon lessons	After school	After dinner	How do you feel? Total minutes
<b>Example</b>	Bike to school 10	Active Maths 10	Trim trail 15	Active art 5	Football 10	Skipping 10	Happy! 60
<b>Mon</b>							
<b>Tues</b>							
<b>Weds</b>							
<b>Thurs</b>							
<b>Fri</b>							
<b>Sat</b>							
<b>Sun</b>							
<b>Total</b>							

Share your progress and inspire others to do 60 minutes a day of PE, sport and play #MosMission

**Remember:** You're aiming for 30 minutes during the school day and 30 minutes outside of school, Averaging 420 minutes per week!

For young disabled people, the Chief Medical Officers' recommendation is for 20 minutes of physical activity every day and strength and balance activity three times a week.

Find out more:  
#MosMission  
[www.youthsporttrust.org/mos-mission](http://www.youthsporttrust.org/mos-mission)





**BOWLS' BIG 2025 WEEKEND**

Official Partner **AVIVA**

**23-26 MAY**

**HAVE A GO FOR FREE**

**EVENT DATE & TIME:**  
Sunday 25 May 2025  
10am - 4pm

**CLUB:**  
Congressbury Bowls Club

**CLUB ADDRESS:**  
Mill Leg,  
Mill Lane, Congressbury  
BS49 5JE

**CONTACT DETAILS:**  
Gemma Broom  
07738 559927

**BowlsBigWeekend.com**  
@bowlsengland #bowlsbigweekend

**CANCER RESEARCH UK**  
**BOWLS ENGLAND**  
**AVIVA** Principal Partner

## School Calendar Dates

All dates are in Annual Planner previously shared and on our website

### 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

### Term Dates 2025 - 2026

Term 1 - Tuesday 02 September 2025 to Friday 24 October 2025

Term 2 - Monday 03 November 2025 to Friday 19 December

Term 3 - Monday 05 January 2026 to Friday 13 February 2026

Term 4 - Monday 23 February 2026 to Thursday 02 April 2026

Term 5 - Monday 20 April 2026 to Friday 22 May 2026

Term 6 - Monday 01 June 2026 to Wednesday 22 July 2026

### **INSET Days for 2024 – 2025**

Friday 14 February 2025

Monday 2 June 2025

### **INSET days 2025 – 2026**

Tuesday 02 September 2025

Wednesday 03 September 2025

Monday 03 November 2025

Friday 16 January 2026

Friday 13 February 2026

Friday 27 March 2026

### **Upcoming Dates:**

Y6 Camp: Monday 19th – Friday 23rd May

PTA BBQ: Friday 23rd May

PTA Mufti Day: Friday 23rd May

Jay Worship to Parents: Monday 16th June @ 2:45pm

Sports Day KS2 – Thursday 19th June @ AM

Sports Day KS1 – Friday 20th June @ AM

Kingfishers Worship to Parents: Monday 23rd June @ 2:45pm

Permission to Play: Friday 4th July

Rocksteady Concert for Parents & KS2: Thursday 17th July

Y6 Leavers Service: Monday 21st July

PTA Mufti Day: Tuesday 22nd July

## Contacts

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

School Office e-mail Address: [office@standrewsprimary.org.uk](mailto:office@standrewsprimary.org.uk)

School Phone Number: 01934 832505