

Spring 2

January 2025

CHERITON PRIMARY SCHOOL

# Newsletter



## School Council—2025.

### The elected.....

YEAR R	Theo L & Clemmie
YEAR 1	Lydie & Zara
YEAR 2	Pebble & Emma
YEAR 3	Freddie & Poppy
YEAR 4	Heather & Miles
YEAR 5	Caleb & Forest
YEAR 6	Ayva & Beau

WELL DONE to all the successful candidates. I believe the competition was quite fierce !



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**Education & Skills Funding Agency**

**Fully Funded School Support Course**

**Available in Levels 1, 2 & 3**

\*Please go to our website for more detailed information.

**6 Week Course**  
**Mon - Fri**  
**Daily sessions**  
**1st session 9:30 - 11:30am**  
**2nd session 12:30 - 2pm**

**www.studysmartuk.online**

## DIARY DATES

15th Jan	Swimming lessons—KS2 for 10 weeks
3rd Feb	Book Shop Donation Station—OPENS.....
7th Feb	Film Night—3.30 to 5.30pm
10th Feb	'Design The Sign'—entries deadline
14th Feb	Book Shop Donation Station—CLOSES
14th Feb	Break up for Half Term
24th Feb	INSET DAY
4th March	Pancake Races
4th March	Parents Evening
5th March	Parents Evening
6th March	World Book Day—can dress up as a character from their favourite book.
21st March	Red Nose Day
28th March	Mother's Day & Others Event.....
TBC	Spring Concert—6pm in school hall
1—25th March	2025 Challenge
4th April	Break up for Easter—1.30pm
TBC	Plant Sale
12th to 15th May	SAT's for Yr 6 pupils
16th May	Sports Day & "Friends" Refreshment Tent
23rd May	Break up for Half Term
6th June	Reserve Sports day
16th—18th June	Yrs 5 & 6 Residential to Minstead Study centre
20th June	INSET DAY
22nd July	Break up for Summer—1.30pm

### **Term Dates: Sept 2024- July 2025**

Spring Term 2025 starts on Monday 6 January 2025 and ends on Friday 4 April 2025

(Half term from Monday 17 February to Friday 21 February 2025)

Summer Term 2025 starts on Tuesday 22 April 2025 and ends on Tuesday 22 July 2025

(Half term from Monday 26th May to Friday 30 May 2025)

### **Term Dates: Sept 2025- July 2026**

Autumn Term 2025 starts on Wednesday 3 September 2025 and ends on Friday 19 December 2025  
(Half term from Monday 27 October to Friday 31 October 2025)

Spring Term 2026 starts on Monday 5 January 2026 and ends on Friday 27 March 2026  
(Half term from Monday 16 February to Friday 20 February 2026)

Summer Term 2026 starts on Monday 13 April 2026 and ends on Wednesday 22 July 2026  
(Half term from Monday 25 May to Friday 29 May 2026)

# KS2- Visit to Spinnaker Tower and Interactive concert—Portsmouth

The children in Key Stage 2 enjoyed a brilliant day in Portsmouth!

We went to the Spinnaker Tower where Fox Class enhanced their Geography learning comparing Cheriton with a contrasting locality, and Owls class enhanced their Art unit on landscapes and cityscapes.

After that we went to the Portsmouth Guildhall to take part in an interactive concert by the Bournemouth Symphony Orchestra. It was fantastic to see our children playing ukuleles, recorders and singing along with enthusiasm!

Our children behaved beautifully and were a credit to the school. Well done everyone!

Mrs Gent





# Daisy M – WELL DONE!!

Through the Young Carers Scheme, Daisy entered a competition with the Winchester Science Centre to apply for a place on the Young Design Panel working on a new exhibit called 'Our Place on Earth'.

For the past 9 months Daisy has worked at the Science Centre alongside local artists, exhibition designers and scientists to design the new exhibit.

The design project came to an end last week and Daisy was awarded a Crest Discovery Award specifically for her Sound of Biodiversity Game Design.

Work now starts on building the exhibit which they hope to open in 2026 for all to enjoy.





# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

### Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday®

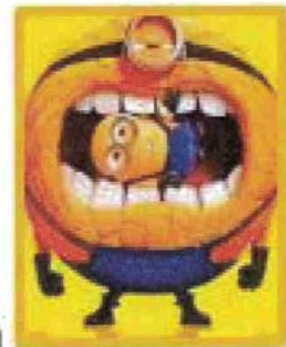
The National College®





**Friday 7<sup>th</sup> February 2024**

# **DESPICABLE ME 4**



**3.30pm – 5.30pm**

**In the School Hall**

**Bring your own cushion**

**Drink, Popcorn & Sweets included**

**£3 per child, 2 for £5, 3 for £8**

**To book your place please email**

**[robynkerrie@yahoo.co.uk](mailto:robynkerrie@yahoo.co.uk)**

**Or complete the booking form at the office.**

**Design the  
Sign  
Competition**



WORLD  
**BOOK  
DAY**

**WORLD  
BOOK DAY**

**BOOK SHOP**

**Thursday 6th March**

**Pop along to the World Book Day shop  
All books will be £1 each  
Children to bring cash to purchase books  
during school.**

**Open 2. 00pm to 4. 00pm**

**Tea & Coffee available from 3. 30pm  
once children are collected  
Please bring cash**



Most pharmacies can help you with **seven common conditions** without needing a GP appointment

- **Sinusitis**  
(adults and children aged 12 years and over)
- **Sore throat**  
(adults and children aged 5 years and over)
- **Earache**  
(children and young adults aged 1 year to 17 years)
- **Infected insect bite**  
(adults and children aged 1 year and over)
- **Impetigo**  
(adults and children aged 1 year and over)
- **Shingles**  
(adults aged 18 years and over)
- **Urinary tract infection**  
(women, aged 16 to 64 years)



Ask your pharmacy for more information about this free\* NHS service



Visit your  
**Pharmacy First!**

\*NHS prescription charge rules apply where a medicine is supplied



### Office Reminder.

We **aim** to be a NUT FREE school. Please ensure when sending in snacks or birthday treats that they do not contain nuts.

### INCLEMENT WEATHER

In the event of inclement weather which may result in school closure, please check the Home page of the school website for details:



### CLUBS

SINGING CLUB	Monday (8.30am)- Hall, KS2 No Charge
OUTDOORS SKILLS CLUB	Monday (3.30 to 5.00pm) - KS1 & KS2—Back Playground
BAND	Wednesday (8.30 to 9.00) - Hall, KS2 No Charge
COOKERY	Wednesday (3.30 to 4.30pm) - KS1 & 2 - Hall
GARDENING	Wednesday (Lunchtime) - KS1 & KS2 No Charge
FRENCH	Friday - (Lunchtime) - KS1 & KS2 - Front playground
FOOTBALL	Friday—(3.30 to 4.30pm) - KS1 & KS2 - Back playground

**MUSIC LESSONS**—Woodwind/Piano/Violin (Private lessons in school time.)

### Woodwind Lessons

Mrs Debont has spaces for pupils to learn the clarinet or saxophone (year3-6)

This term she gave a demonstration on both the clarinet and saxophone to pupils in years 3&4.

If your child is interested in learning, please email me and I can provide you with further information.

**Or**

Let the office know for further information.

Email:  
[melissadebont@yahoo.com](mailto:melissadebont@yahoo.com)



**CHERITON PRIMARY SCHOOL**  
**BEFORE AND AFTER SCHOOL CLUB BOOKING FORM**

Child's Name(s): \_\_\_\_\_ Class: \_\_\_\_\_

Week Beginning: <b>24<sup>th</sup> February 2025</b>									
<b>Monday</b>	*	<b>Tuesday</b>	*	<b>Wednesday</b>	*	<b>Thursday</b>	*	<b>Friday</b>	*
<b>Inset Day</b>		Morning		Morning		Morning		Morning	
<b>Inset Day</b>		After School		After School		After School		No Club	

Week Beginning: <b>3<sup>rd</sup> March 2025</b>									
<b>Monday</b>	*	<b>Tuesday</b>	*	<b>Wednesday</b>	*	<b>Thursday</b>	*	<b>Friday</b>	*
Morning		Morning		Morning		Morning		Morning	
After School		After School		After School		After School		No Club	

Week Beginning: <b>10<sup>th</sup> March 2025</b>									
<b>Monday</b>	*	<b>Tuesday</b>	*	<b>Wednesday</b>	*	<b>Thursday</b>	*	<b>Friday</b>	
Morning		Morning		Morning		Morning		Morning	
After School		After School		After School		After School		No Club	

Week Beginning: <b>17<sup>th</sup> March 2025</b>									
<b>Monday</b>	*	<b>Tuesday</b>	*	<b>Wednesday</b>	*	<b>Thursday</b>	*	<b>Friday</b>	
Morning		Morning		Morning		Morning		Morning	
After School		After School		After School		After School		No Club	

Week Beginning: <b>24<sup>th</sup> March 2025</b>									
<b>Monday</b>	*	<b>Tuesday</b>	*	<b>Wednesday</b>	*	<b>Thursday</b>	*	<b>Friday</b>	
Morning		Morning		Morning		Morning		Morning	
After School		After School		After School		After School		No Club	

Week Beginning: <b>31<sup>st</sup> March 2025</b>									
<b>Monday</b>	*	<b>Tuesday</b>	*	<b>Wednesday</b>	*	<b>Thursday</b>	*	<b>Friday</b>	
Bank Holiday		Morning		Morning		Morning		Morning	
After School		After School		After School		After School		<b>Easter</b>	

<b>No of AM sessions</b>	<b>Cost</b>	<b>Total</b>
	<b>£5.00</b>	£
<b>No of PM sessions</b>	<b>Cost</b>	<b>Total</b>
	<b>£7.50</b>	£
<b>Cash/Chq/Internet</b>	<b>TOTAL</b>	£

<b>CHANGES TO BOOKED SESSIONS</b>