

**Term 2      Week 12 – 1<sup>st</sup> April 2022**

**Quote of the week:**

*"Blessed are those who have not seen and have yet believed."*

Dear all,

As the term draws to a close we reflect on what has been an eventful and extremely successful spring term. Each of our phases have been involved in a wide range of learning opportunities as we have remained committed to broadening our curriculum with much of the foundation subjects taught through topics and themes. The children have made significant progress in phonics this term, benefiting from accessing instruction at an appropriate level within one of our many groups. This term, we have introduced Clicker software successfully to support writing outcomes and we have further strengthened our teaching of mathematics with more opportunities for problem-solving and reasoning within lessons.

Our extra-curricular activities programme has further strengthened to include Southminster Adventure Swimmers and football provided by Chelmsford City FC. We are delighted to see Southminster students representing our school in both Swimming and Cross Country this term, something that we want to further strengthen and encourage in the future.

We also want to promote the performing arts here at Southminster and we are delighted to have extended our offer of movement and dance during PE lessons and after school. Congratulations to all the staff and children involved in this week's performance of Peter Pan. It was a delight to see so many children rise to the challenge and grow in confidence on stage. We will continue to encourage more performances and look forward to the Year 5&6 production in July together with our dance festival also planned for next term.

Finally, thanks to all parents and carers for your continued support of our school. We now have over 240 pupils which is a strong reflection of our strengthening reputation.

On behalf of the staff I wish you all a Happy & Holy Easter.

Mr. Bragg

**Buddies**

Breakfast opens at 7.30 am and costs only £3 and this includes a healthy breakfast and a play with friends, although children need to be in by 8am to have breakfast.

Buddies has lots of different sessions available including:

3.15pm to 4.30pm for £3

3.15pm to 5.30pm for £6

3.15pm to 6pm for £7.50 this includes a light supper at 5pm

We often have special afternoons at Buddies which are great fun, our next one is a Karaoke afternoon on Friday 25<sup>th</sup> March, this will cost £7.50 and will include a hot dog for supper. The 6pm session will need to be booked.

**ALL BOOKINGS** must be made 24 hours in advance we are unable to take on the day bookings.

Mrs Powell and the Buddies Team.

## **Year 3 & 4 Production – Peter Pan**

Well done to our Cherry and Ash classes who performed their Peter Pan production to the parents this week. The children and staff worked really hard to make this a magical show.

## **Year 3 & 4 Trip to Bradwell Outdoors Centre**

Unfortunately, due to the very cold weather (archery in the snow is never fun!!) the children in Cherry and Ash classes had to return to school early on Thursday. Although this was disappointing, we will rebook an afternoon later on in the new term to finish our activities.

## **Easter Hat Parade**

Once again, due to the poor weather, we made the decision to postpone the Easter Hat Parade until we return in two weeks. Apologies for the inconvenience.

## **Year 5 & 6 Day of Culture**

On Thursday 31<sup>st</sup> March, Elder and Oak classes celebrated a day of Culture. Each child was invited to bring in a vegetarian food dish from another country – some children even made their own! There were some delicious smells coming from the classrooms and the children were eager to sample everyone's dishes. The children also wore their chosen country's colours for the day and explored different languages.

## **Secret Garden Production**

On Thursday afternoon, our children were treated to a performance of 'The Secret Garden' courtesy of M&M Theatrical Productions who generously offered us this performance free of charge. This very professional and entertaining show was enjoyed by KS1&2.



## **Clubs for next term**

When we return for the new term, we shall send out a new club letter although we would like to take this opportunity of thanking all of our staff for offering such a wide range of opportunities for our children this term.

## **Swimming**

If anyone has any old swimming costumes/shorts/trunks and towels that they don't need anymore could they please hand them in to Mrs Cummings. Spare kits can then be made up for those children who have forgotten kits.

## **Stars of the Week**

Congratulations to everyone who has been chosen for shining so brightly in the past 2 weeks.

The winners for last week were as follows:

Class	Friday 25 <sup>th</sup> March	
Elm	Harry	Betsie
Hazel	Louie	Sydney
Willow	Elsie	Hugo
Maple	Esmae	Mason
Ash	Charlie	Louie
Cherry	Reggie	Clarke
Elder	Noah	Ruby
Oak	Shane	Kayden

Class	Friday 1 <sup>st</sup> April	
Elm	Brae	Bertie
Hazel	Henry	Frankie
Willow	Coby	George
Maple	Matthew	Reggie
Ash	Evie	Ethan
Cherry	Whole class	
Elder	Ivy	Sylwia
Oak	Bella Rose	Faith

Attendance: Week ending 1.4.22	
Elm – Reception	90.09%
Hazel – Year 1 & Reception	83.47%
Willow – Year 1&2	98.28%
Maple – Year 1&2	91.46%
Ash – Year 3&4	95.54%
Cherry – Year 3&4	88.45%
Elder – Year 5&6	91.32%
Oak – Year 5&6	85.94%
<b>Whole School</b>	<b>90.57%</b>

**This term, the class with the best attendance was Maple class with 92.74%.  
The children received a tray of cupcakes.**

Below is the chart to show the house standings at the end of this term.

Remember, every time that you show respect, good manners, and courtesy to others, you are making Southminster Church of England Primary School stronger and a happier place for us all!

**House Points**   **St. Mark 2,179**   **St. Matthew 2,218**   **St. Luke 2,280**   **St. John 2,041**

			34
			St Matthew
	25	26	
	St Luke	St Mark	
20			
St John			

The dinner menu for w/c 19<sup>th</sup> April will be:

**SUMMER MENU WEEK 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTION 1</b>		Cheese and Tomato Pizza (V)	All Day Breakfast (Chipolata, Bacon, and Scrambled Egg) (P)	Pasta Bolognese	Fish Fillet
<b>OPTION 2</b>		Jacket Potato with a choice of fillings	All Day Breakfast (Sausage (V) and Scrambled Egg)	Macaroni Cheese (V)	Crispy dippers
<b>On the Side</b>		Coleslaw Sweetcorn	Hash Browns Baked Beans Mushrooms Tomatoes	Garlic Bread Broccoli	Chips Peas and Sweetcorn
<b>Lighter Bite</b>		Tuna Pasta Salad  Mixed Salad	Hot Bacon Roll  Mixed Salad	Jacket Potato with Cheese and/or Bolognese Mixed Salad	Egg Mayo Roll  Mixed Salad
<b>Dessert</b>		Healthy Fruit Day	Healthy Fruit Day	Ice Cream	Scone, Jam and Cream

**Key: (V) - Vegetarian      (VE) - Vegan      (P) - Processed      (GF) - Gluten Free**

**Key dates for your diaries:**

- 4.4.22 – 18.4.22 – Easter Holidays
- Bikeability – Yr 6 21&22.4.22
- 16 & 17.5.22 – Yr 5 Mersea trip
- 18.5.22 – Yr 6 Crucial Crew
- 23 -27.5.22 – Yr 6 Residential trip
- 30.5.22 – 3.6.22 – Half term
- 10.6.22 – Yr 3&4 Colchester castle trip
- 21.6.22 – Yr 5 Road Safety Roadshow
- 1.7.22 – Teacher Training Day
- 7.7.22 – Yr 6 Transition Day to Ormiston Academy
- 25.7.22 – Start of summer holidays

## Community News

### Family Wellbeing

- The UK Safer Internet Centre is packed full of resources for helping you navigate the online world as a family. There is tons of information including [social media guides](#), [information on smart speakers, phones and laptops](#).
- [Parent Zone](#) have a huge range of guides that are free to download including information on streaming services, games, social media sites and age ratings.
- The NSPCC has some great advice for parents to help you understand the risks and support your child if they've been [sending, sharing or receiving nude images](#).
- [The Zipit App](#) has been designed to support young people online who may be pressured into sending something they are not comfortable with. It is free to download & full of funny GIF's that are ready to send.
- The [Internet Watch Foundation](#) (IWF) is an organisation in the UK which has the ability to remove child sexual abuse images or videos that are hosted online in the UK. If you are aware of a picture or video that has been shared online, they will review it and if possible take it down. They also work directly with [Childline](#) through their helpline 0800 1111.
- The Children's Society have created an "[Emoji Dictionary](#)" to help understand when emoji's that are being used by young people, might be a cause for concern.


*Don't forget you can always contact your Healthy Family team for support on;*  
**Mid Essex Tel: 0300 247 0014**  
**North Essex Tel: 0300 247 0015**  
**South Essex Tel: 0300 247 0013**  
**West Essex Tel: 0300 247 0122**

To find out more information about us and the wide range of services we offer, please visit [www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to [Essex.Communications@virgincare.co.uk](mailto:Essex.Communications@virgincare.co.uk)

## Young Carers



**YOUTH SERVICE** | Inspire  
Enable  
Achieve

### Supporting Young Carers in Essex

Essex Young Carers Service

Be who you  
WANT to be...

**YOUTH SERVICE** | Essex County Council

## Who is a Young Carer?

Young carers are children and young people under 18 years old who provide regular and on-going care to another person who is physically or mentally ill, disabled or misuses substances.

Young Adult Carers are aged between 16 – 24, and can also access support from this Service.


Many young people don't see themselves as carers and may not realise there is practical and emotional support available in Essex.

You may be a young carer if you:

- care for a family member, because of illness, disability or old age
- help someone with bathing or dressing, going to the toilet or getting into/out of bed
- need to cook for your family
- look after money or organise the family budget
- help anyone to take medication regularly
- collect prescriptions or benefits on behalf of someone else or go shopping for the family
- look after brothers or sisters, by taking them to school, doing their laundry, or cooking their meals
- take care of housework, such as dusting, hoovering, washing or ironing
- speak on behalf of someone who has difficulty speaking or communicating for themselves
- translate or interpret for someone at home



### Personalised support to young carers and their families



### How can the young carer key workers help?

- We offer free personalised support to young carers and their families that will be developed with you around your need for help and the caring you do.

**The service offers:**

- Confidential one-to-one support with a dedicated key worker in the area you live, including telephone support.
- Information, advice and guidance and assisting you to access other services to support you as a young carer.
- Training opportunities e.g. moving people safely, building confidence and self-esteem, fire safety and access to counselling services if needed.
- Recreational activities to take you away from your caring role and meet other young carers and make new friends.
- Transition to adult carer services as you come up to 18.


### The Effects of being a Young Carer

- you have responsibilities at home that prevent you from spending time with your friends, or inviting them around your house
- you feel sad, angry, guilty or embarrassed about the help you give to anyone at home
- you feel upset that friends don't have the same responsibilities
- you avoid telling anyone outside the family about your home situation.

### Where can you access the Essex Young Carers Service?

- Key workers are available across the whole of Essex and will be based in your local area.
- They will visit you at home, school or somewhere else at an agreed time.

### Many young people don't see themselves as carers



### How can you access the Service?

Families or Young Carers themselves can self-refer or a referral can be made by professionals including GP's, NHS staff, Social Workers and Teachers.

PLEASE CONTACT US FOR MORE INFORMATION AND ADVICE:

This information is issued by:  
Essex County Council  
Essex Youth Service

Contact us:  
young.carers@essex.gov.uk  
youth.essex.gov.uk  
0345 743 0430

Sign up to Keep Me Posted  
email updates:  
essex.gov.uk/keepmeposted

**youthessex**  
**eccyouthservice**

The information contained in this document can be translated, and/or made available in alternative formats, on request.

Essex Young Carers Service  
Essex County Council  
PO Box 47, County Hall,  
Essex, CM2 6WN

Published June 2018.

CBS 19/04/18

## Mental Health during a time of conflict

We hope you're keeping safe and well in these unsettling times we're living through.

Our thoughts continue to be with everyone in Ukraine, their relatives abroad, and anyone affected by the invasion, or any conflict globally, in any way.

Here's an infographic we made showing some of the ways the situation could be impacting the mental health and wellbeing of children, young people, school staff, parents/carers and others in our communities.

As always, awareness, validating each other's experiences and emotions, compassion for each other, and self-compassion are key.



**MENTAL HEALTH DURING A TIME OF CONFLICT IN EUROPE**

Just some of the ways your mental health or that of people you know could be affected by the situation in Ukraine.

- Feeling powerless
- Insomnia
- Grief
- Dread
- On tenterhooks
- Overwhelm
- Lack of energy
- Sense of doom
- Fear
- Uncertainty
- Anger
- Compulsion to check news
- Hard to focus
- Feelings of guilt
- Outrage at injustice
- Despair
- Anxiety
- Hopelessness
- Worry
- Sadness
- Irritability
- Separation from loved ones

[www.mentallywellschools.co.uk](http://www.mentallywellschools.co.uk)

Evidence-informed FREE resources, programmes & CPD training  
(including DfE quality assured course) to improve student & staff wellbeing



MENTALLY  
WELL  
SCHOOLS

## Bikeability courses available over the Easter hols

**Easter Holiday Courses Bikeability Level 1, Level 1 & 2, Level 3, and Learn to ride courses. In Chelmsford, Colchester, Harlow & Maldon.**

