

# Manor Park School & Nursery Newsletter



March 2024

## A MESSAGE FROM MR COTTERILL

Well what an action packed half term we have had. We continue to try and bring the children's learning alive in as many ways as we can. Not only for the national curriculum subjects but also in ways to nurture the children and help them to grow into rounded and mature adults with a healthy view of themselves and the world around them. There are many highlights from the half term, our year 4 children had a wonderful time on their residential at the Conway Centre on the Menai Straight and they were blessed with fine weather. Our Year 5 and 6 children took part in a Raising Aspirations trip to Manchester Airport where they met lots of different people who did so many different jobs. We were very lucky to spend the afternoon in a large hanger where we learned about all of the vehicles that are used on the airport and how the staff work to keep them running.

A particular highlight for me was being lucky enough to be a mystery reader for our Reception children in our library. They were a wonderful audience and it never ceases to amaze me the power of a good book.

I would like to mention our Governors if I may. I would like to thank them for their work in supporting the school. They visit the school and learn about all of the different aspects of school life. They are both supportive and challenging in equal measure when we meet and are such an important part of the successful running of the school.

We will be breaking up today for Easter so I would like to wish all of our children and families a safe and happy Easter break. We will return to school on Monday 15<sup>th</sup> April for the start of the summer term where we will have lots of exciting activities and learning for the children.

I would like to thank all of the children, families, staff, MPSA and governors for their dedication and hard work over the Spring term. We all have the same goal and that is for the children to be the best that they can be, to reach their full potential and have fun and be happy at the same time.

Happy Easter everyone!

## IMPORANT INFORMATION

**Lateness** – It is essential that you ensure that your child arrives at school on time to prevent disruption to your child's own learning and that of others. If you are experiencing difficulty with punctuality and would like to talk to us about it please contact the school office. The registers are taken at 9am therefore arrival after this time will result in a late mark.

A polite reminder that the end of the school day is 3.15pm for KS1 and 3.20pm for KS2. Children must be collected from the playground at this time.

## KEY DATES

- **28/03/24** – Reception Stay and play
- **28/03/24** – Break up for Easter
- **15/04/24** – Return to school
- **18/04/24** – Y1&Y2 Little Champions at Knutsford Academy
- **19/04/24** – Y6 Swimming lessons begin
- **23/04/24** – Y6 Visit to Salford University
- **02/05/24** – Y3&Y4 Multi skills at Knutsford Academy
- **06/04/24** – May bank holiday
- **07/04/24** – Netball match vs Bexton
- **16/04/24** – Y5&Y6 Quad Kids at Knutsford Academy
- **24/04/24** – Break up for half term
- **03/05/24** – Return to school
- **04/05/24** – Tempest whole class photos
- **06/05/24** – Y3-Y6 Boys football tournament at Knutsford Academy
- **20/05/24** – Y5&Y6 rounders tournament at Knutsford Academy

## PUPIL SAFEGUARDING CHAMPIONS

Our pupil safeguarding champions have been discussing road safety particularly outside school during drop off and pick up times. Keep an eye out for some information that they will be sending out to all parents and carers soon. The school is supporting the Cheshire East 20 is plenty campaign to reduce speed in built up areas to 20mph. you can support this by contacting the local council with your views.



## Y4 CONWAY RESIDENTIAL

The Year 4 children had an amazing experience on their three-day residential to The Conway Centre. They participated in activities such as canoeing, zip-wire and climbing wall. The food was amazing and the even the British weather behaved itself! A great time was had by all, with many children showing great resilience to push their own limits to overcome a new challenge...we were very proud of them all! Many of the children commented that the residential had been one of their favourite ever weeks of school. We were also proud of how the children behaved, listening carefully and representing Manor Park brilliantly. It really was a privilege to take the children away, with all of the adults also commenting on how much they had enjoyed the trip.



## SCHOOL UNIFORM

Here at Manor Park we pride ourselves on how smart all of our students present themselves every day. We would like to politely remind parents/carers to ensure the correct uniform is worn each day. Trainers are not to be worn in school with uniform. This includes black trainers.

Our uniform including PE kit can be purchased direct from Finesse School Wear in Macclesfield or via the following link

<https://finesseschoolwear.co.uk/school-uniforms/manor-park-primary-school/>



## WORLD BOOK DAY

Thank you to everyone who attended our Scholastic book fair. Together we have raised £410 for our school to spend on free books.



## NELLY OUR SCHOOL DOG

Some of our year six children (and Nelly) did an amazing job of clearing the litter from the school grounds. They even competed for who could collect the most rubbish. They were all awarded with house points for such a brilliant effort.





# SAFEGUARDING

Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress.

Having someone to talk to about their work can help. Support from a parent, tutor or study buddy can help young people share their worries and keep things in perspective.

Encourage your child to talk to a member of school staff who they feel is supportive. If you think your child is not coping, it may also be helpful for you to talk to their teachers.

**Exam Stress 5 Tips To Thrive This Exam Season**

**Good vs Bad Stress?**  
Some people will experience good stress that motivates them to revise and work hard, allowing them to perform at a higher standard. This sort of stress can be well within some young people's coping abilities. Bad stress refers to when someone experiences feelings of anxiety, mental suffering, affliction or it has negative implications.

**How Can You Help?**

**1. Talking and Listening**  
One of the first factors to consider is choosing your timing - don't pick a time in which they might feel rushed or distracted.  
It may feel logical to ask a young person to come sit on the sofa or at the dining room table, but this could create an atmosphere of intensity - or, even worse, like they're in trouble! Instead, try open a conversation when you're in a more casual setting and with perhaps less intense eye contact! For example, when on a walk, out for dinner or in the car.  
Ask open questions, i.e. questions that don't have a 'yes' or 'no' answer. Open questions allow space for the person answering to talk, rather than just give a short response that could 'kill' the conversation.  
If you can, acknowledge that this might be a difficult time and that you know exams can cause stress and emotional upset.

**For Example**  
I'm sure going through this period of your life with exams and studying must be very stressful - how are you feeling?  
I remember being very stressed when I was doing exams and I could have used some extra support - what would you like me to do to support you through this time?

**2. Know the Signs and What to Do**  
Don't be afraid to seek support for children in your care if they display a number of the following signs that may be indicative of exam stress:  
• Inability to sleep, eat and/or socialise.  
• Uncontrollable feelings of anxiety, anger, stress and/or worry.  
• Panic attacks, self-harm behaviours, and emotional outbursts.  
If you are concerned about them, knowing where to turn to next is important - talk to the young person/people you support about organisations that can help, such as Childline.

**3. Be Understanding.**  
Be flexible when it comes to your expectations, chores may have to take a backfoot for a while. If the young person in your care is struggling to cope, they may not have enough emotional 'room' to deal with other issues or situations - they aren't being selfish, their emotional capacity is simply 'full'.  
It is important to remind young people to keep exams in perspective - they are short term and will eventually end, meaning the feelings of pressure and stress they have will end too.

**4. Use Tech for Good.**  
Phones, laptops and gaming consoles are a big part of young people's daily lives - but in times of stress, they can become a force for good or for bad.  
Look together at apps and websites that could potentially help to minimise their anxiety about exams, such as yoga and mindfulness apps. Understand that their screens may be the escape they require, despite it appearing outwardly unproductive. Connecting through social media, watching Netflix or playing a game may be the 'off-time' they need to keep them balanced and avoiding burn out.

**5. Support Healthy Routines.**  
Alongside healthy screen time routines, it's important to make sure other aspects of a healthy lifestyle are being maintained, such as sleep hygiene, healthy eating habits and exercise.  
Ensure your young people are aware of their own boundaries and when they need a break - there are apps available for this purpose. It can assist in ensuring they are revising in manageable amounts, not too much and not too little!  
It's thought that when we sleep, our brains process information to create memories, a vital function when learning and retaining information. Physical activities like exercising, going for a walk or playing with your dog can be the break from school and screens that a young person needs. Exercise has many benefits to our physical and mental health.

# SPORT ACHIEVEMENTS

Our wonderful Year 6 Netball team took part in the Knutsford Interschool Tournament. They performed phenomenally and won every single match, coming away with gold medals for the tournament!

Their resilience, determination and team work was outstanding. We are all so proud of them. Well Done Year 6!





## YEAR 5 & Y6 VISIT TO MANCHESTER AIRPORT



As part of their raising aspirations project the Y5&Y6 children visited Manchester Airport to explore various jobs on offer and practice acting them out.



## RECEPTION STAY AND PLAY

Each half term in Reception we invite parents / carers / grandparents into our classroom for 'Stay and Play'. We show the adults our morning routine and what we are learning in class. There is a different focus for each session. The adults then have a chance to look at the children's Learning Journey books with them and play with the children both indoors and in our outdoor area. The feedback we have had is that the adults really enjoy seeing the children in their classroom with their friends and gives them an insight into what they are doing and how they learn. Here are a few comments the parents made after our recent Stay and Play sessions.

"Lovely to see how the children learn. They were so engaged and listening."

"I absolutely love stay and play, each time I come the children have learnt something new. I love Mrs Davenport's way of teaching, it brings the best out of the children. Thank you"

"It's always a pleasure to be here enjoying seeing how the children learn."

"Fantastic opportunity to see my Grandson with his school friends and all the work they do. All of the children seem so happy to be in the classroom."

"Wonderful teaching, lovely routine and play choices."

"It was lovely to see the children sitting so beautifully on the carpet. They were all engaged and eager to join in. I was amazed at the level the children were working at. Thank you for the opportunity to come into school."

## BOOK DONATION

We donated close to 1000 unused reading scheme books to The Children's Book Project. You can read more about them [here](#). They work closely with women's groups, prisons, children centres and schools to gift gently used books to children nationwide. Did you know that one in five children in the UK do not own a book?



## SAFEGUARDING KEY PEOPLE

Mr S Cotterill – Designated Safeguarding Lead

Mrs S Jeffery – Deputy Designated Safeguarding Lead

Mrs K Thatcher – Deputy Designated Safeguarding Lead

If you have a safeguarding concern please contact the school office and ask to speak to one of the safeguarding leads.

## MPSA UPDATE

Congratulations to the winners of the MPSA Easter raffle. There were some amazing prizes on offer which have now been handed out to the winners. Thank you to everyone who supported the raffle by purchasing tickets. Also, to the year six children involved in selling tickets each afternoon.



## ATTENDANCE

We advise parents/carers to avoid taking children out of school in term time. Holidays taken in term time will not be authorised. If you decide to take your child/children out of school, please call into the office for a Leave of Absence Form to be completed. This is so that we can accurately identify where a child is.

Please remember that taking your child out of school without the school's authorisation may result in the Local Authority issuing a Fixed Penalty Notice to each parent/carer for each child. The penalties are shown below.

Penalties for unauthorised absence		
Timeline	One child	Two children
Paid within 21 days	£60 per parent	£60 per child = £120 per parent
After 21 days and before 28 days	£120 per parent	£120 per child = £240 per parent
After 28 days	You will receive a summons to appear before the Magistrates' Court on the grounds you have failed to secure your child's regular attendance	You will receive a summons to appear before the Magistrates' Court on the grounds you have failed to secure your children's regular attendance

## PARKING

As you are aware, traffic around school both at 8:30-9:00 and 14:50-15:30 is a challenge. In considering the safety of your children please consider alternatives for example

Walk to school

Park a little further away and walk

Car share with others who are local to you

Make use of the before and after school clubs

Cycle / scooter to school

If none of the above are options for you then please arrive in plenty of time and park safely.

## SUPPORT FOR PARENTS/CARERS

The increase in the cost of living and the impact of Covid have hit many people hard. If you need an emergency food parcel we are able to make a referral on your behalf. Please contact Mrs K Thatcher via 01625 568837 who will be able to talk you through the process, answer any questions you may have and complete the referral. Once this has been completed, Hope Central will provide you with a food parcel which can even be delivered straight to your door.

Hope Central are also able to help in other areas such as

- Supporting people out of debt
- CV writing and interview skills equipping people in their search for work
- Helping people to take control of their finances and learn how to budget
- Supporting people to break free from life-controlling habits

