



Mapplewells Primary and Nursery School Weekly Newsletter - Friday 19th July

Dear Parents and Carers,

Welcome to this week's edition of the MApplewells Primary and Nursery School newsletter! As we bask in a little bit of summer sunshine, we have some exciting highlights to share with you. This week, we're thrilled to spotlight our wonderful F2 graduation, our spectacular summer assemblies, where our children will showcase their knowledge, talents and hard work. We're also celebrating the incredible achievements of our children and staff at the prestigious Flying High Trust Awards. Additionally, don't miss the highly anticipated Year 6 performance, a wonderful culmination of their journey with us. We hope you enjoy reading about all the amazing activities and accomplishments within our wonderful school community!

Read on for all things Mapplewells...

Attendance

Children must attend school every day, on time (unless they are too unwell to do so). As you know, I am not permitted to authorise holidays in term time and leave of absence will only be authorised in exceptional circumstances and on a case-by-case basis.



Our current school attendance after 38 weeks is 95.38% We want to work together to continue to improve this figure over the coming weeks. Our current attendance by class is:

Birch - 96%

Elder - 94%

Elm - 96%

Hawthorn - 95%

Hazel - 95%

Juniper - 95%

Oak - 95%

Maple - 96%

Pine - 93%

Rowan - 96%

Willow - 96%

Well done to **Birch, Elm, Hawthorn, Maple, Rowan & Willow** classes on their fantastic attendance this week. Let's keep striving to improve our attendance, to continue to exceed that figure of 95%, and strive to achieve 97% attendance.

School Assessment Data

You will hopefully have received the email we sent out this week detailing the fantastic results we've had this year:-

- Foundation 2 attained a Good Level of Development against the Early Years Framework
- 93% of pupils in Year One attained the expected standard in the Phonic Screening test
- Our Year 4 Multiplications Check results are well above the National Average for the third consecutive year
- Year 6 pupils were assessed in reading, writing, grammar, punctuation and spelling and maths. Our Key Stage 2 results are, once again, extremely pleasing at the end of KS2. Mapplewells pupils performed well above the national average in all subject areas.

The results are a testament to all the hard work from staff and pupils - well done!

The Holiday Activities and Food programme (HAF)

The Holiday Activities and Food programme (HAF) supports the wellbeing of children between 5 – 16 years by providing a variety of activities and food during school holidays for children who receive benefits-related free school meals. To find out more please click on this link [Holiday activities and food | Nottinghamshire County Council](#)¹ or watch this YouTube video - <https://youtu.be/qlHefKy3bnU>



Year 6 Performance - Matilda

We were blown away by the incredible success of Year 6's performance of *Matilda*! Our talented children brought the beloved story to life with outstanding acting, singing, and dancing, captivating the audience from start to finish. The hard work and dedication they poured into rehearsals truly shone through on

¹https://www.nottinghamshire.gov.uk/education/holiday-activities-and-food?utm_campaign=&utm_content=&utm_medium=email&utm_source=govdelivery&utm_term=

stage. From the enchanting portrayal of Matilda to the delightfully wicked Miss Trunchbull, each character was performed with remarkable energy and enthusiasm.

Congratulations to Year 6 for delivering a show-stopping performance that will be remembered for years to come!

F2 Graduation

Wow! We had a fantastic graduation on Monday. The children all looked fantastic and we are so immensely proud of each and everyone of them. Thank you again for all of your support throughout the year. We wish all of the children good luck as they head into year 1.

School Summer Assemblies

It was wonderful to see the amazing Summer assemblies taking place on Wednesday. From KS1 through the Year 6, everyone was blown away by the amazing amount of knowledge the children were able to share, as well as showcasing their amazing double page spreads, art work and creative homework. Added into the mix were some wonderful songs, which were performed absolutely beautifully.

Well done to all the children.

Flying High Trust Awards

It was a wonderful night at the Flying High Trust Awards on Thursday at the Motorpoint Arena in Nottingham. Along with all the other children and staff from all the school within the school, we had the opportunity to celebrate the achievements of the children and staff of Mapplewells.

It was a fantastic event which was thoroughly enjoyed by everyone who attended and it was brilliant to see so the children of Mapplewells up on stage singing and receiving their awards supported by their friends and families in the crowd.

The full list of award winners from Mapplewells are:

- Pupil All Values Award - **Rayan**
- Pupil Sport Winner - **Madison**
- Aspiration Award - **Finley & Mrs Downie**
- Confidence Award - **Tilly & Mr Latkowski**
- Creativity Award - **Athena & Miss Ryder**
- Enjoyment Award - **Maggie and Miss Coleman**
- Perseverance Award - **Charlie & Miss Brooks**
- Pride Award - **Ada & Mrs Smith**

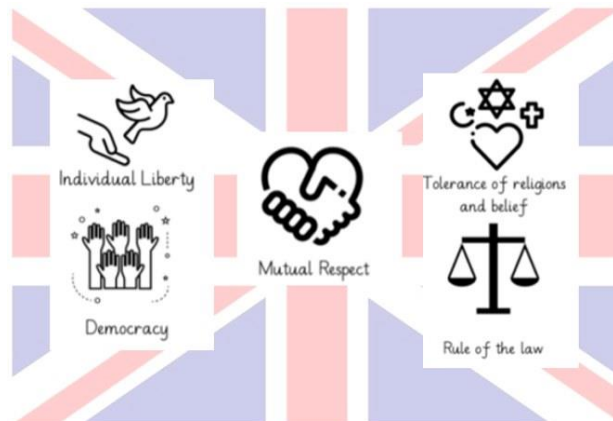
- Responsibility Award - **Elsie & Mrs Watson**
 - Recognition of Outstanding Contribution - **Mrs Best**

Congratulations to all of our winners and all of the children who took part in the event on the night. A huge thank you to Holmes, Miss Welsh and Miss Houston, for helping to organise the event and taking the children for the whole day to practise their amazing performance

Spotlight on British Values

Rule of Law

At Mapplewells, the rule of law is a fundamental British value that we integrate into our daily school life. Understanding and respecting rules help create a safe and orderly environment where everyone can thrive. Recently, our children participated in assemblies with local Police Officers, learning about the importance of laws in society and how they protect our rights and freedoms. In the classroom, we discuss the reasons behind our school rules and the importance of fairness and justice. By teaching our students about the rule of law, we aim to foster a sense of responsibility, respect and a commitment to upholding the principles that keep our community safe and harmonious.





Internet Safety



<http://www.netSMARTkids.org>

What Parents and Carers need to know about Worry and Anxiety

At times, growing up can be a stressful experience. It's not unheard of for young people to fret about things that could potentially go wrong in their lives – and what implications this would have for their life. In some situations, this can go beyond feeling uneasy about the future and become full-blown anxiety, which affects their mental, emotional and even physical wellbeing.

While worry and anxiety can originate from many different places, it's immensely important for parents and educators to understand the effect this can have on youngsters – and how best to support them if they're going through a difficult time. This guide provides insight into the ramifications of worry and anxiety, and how you can help children manage – and hopefully overcome – these challenges.

At The National College, our wellbeing strategy guides employees and equips parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, visit our tips, please call 0800 200 0000.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with cerebral realisation, where stress is experienced as feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as headaches, fatigue, muscle tension, and dizziness. The distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more pervasive and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger throughout the situation. It is essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES
Unresolved worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, untreated worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may struggle with concentration, memory and decision-making, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on a child's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach issues or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

ACADEMIC & SOCIAL IMPACTS

Worry and anxiety can significantly impact a child's academic performance and social interactions. Children experiencing chronic worry or anxiety may struggle with concentration, memory and decision-making, making it difficult for them to succeed in school. Additionally, anxiety can hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or loneliness.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and difficulties openly. Actively listening and validating their feelings can help them feel understood and supported, reducing the likelihood of internalising concerns. Creating opportunities for regular check-ins and open dialogue can help build a strong, healthy coping strategy and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing reassurance and offering encouragement can help reduce anxiety and create a sense of security for children. Fostering a culture of empathy and understanding, where children feel safe enough to express their worries and seek support when needed.

TEACH COPING STRATEGIES

Equipping children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm physical symptoms and promote a sense of calmness. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health professional. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gilbert is Associate Vice Principal for Personal Development of Pastoral Support and works on a sector-wide one-day course for MASH, alongside working collaboratively with schools to improve their mental health provision.




Car parking

In response to concerns from local residents, please can I ask parents and carers to be considerate when parking if you are driving to school, please do not to block driveways or pavements when parking.

We ask that parents do not park on Mapplewells Crescent or Henning Lane as we need to ensure that access to school is clear and that children are able to walk safely to and from school.

We highly recommend that where possible children and parents walk to school. This is to ensure the safety of all our fellow Mapplewellians.

Thank you in advance for your continued support and co-operation in this matter.



Can you help F2?

The F2 staff are wanting to improve the writing area within the unit to encourage children to do more independent writing and we need your help! If you have any of the following items, please could you give it to a member of the EYFS team:

- *notebooks
- *coloured/fancy paper
- *pencil crayons
- *range of pens/pencils
- *cards/envelopes
- *to do lists/shopping lists
- *party invitations

Thank you for your continued support, we really do appreciate it!

School Crossing Patrol vacancy

Via East Midlands is looking to recruit a School Crossing Patrol (Lollipop Person) to the site outside our school. The role is term time Mon - Fri £12.03 per hour. If you would like to find out more information, you can use the link below, or contact Via on 0115 9774373, or by email: roadsafety@viaem.co.uk².

To find out what current patrols like about their role in the community please visit Via's YouTube – Working for Via as a School Crossing Patrol – YouTube

²<mailto:roadsafety@viaem.co.uk>

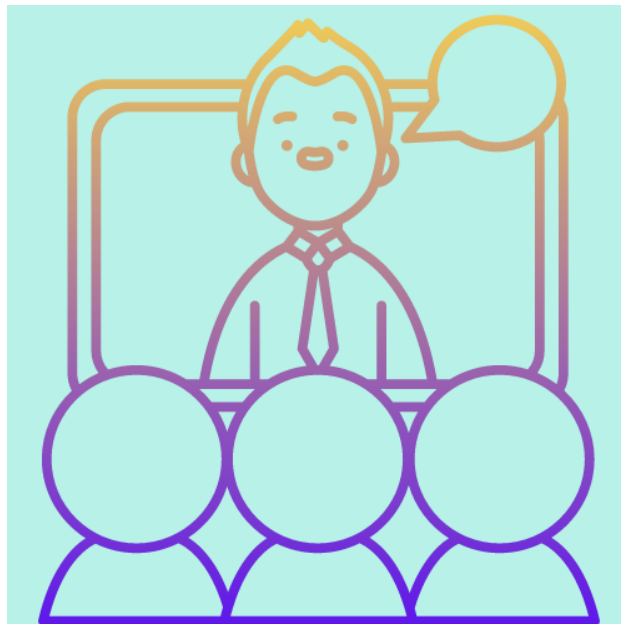
<https://www.viaem.co.uk/services/road-safety/school-crossing-patrols/>



Interoception and mental wellbeing in autistic children

We are planning to arrange an expert to come into school in September to do some interoception training with our parents. This session will be open to all, whether your child has a diagnosis of autism or not. Our SenCo Mrs Richards thought it might be useful to share a link on interoception from the Autism Education Trust so you can read whether this may be of interest - <https://www.autism.org.uk/advice-and-guidance/professional-practice/interoception-wellbeing>

If this training sounds useful to you or your family please let us know what time of day suits you best by completing this survey - <https://forms.office.com/e/ZONSEUNPU1>



Sports Kit

Last year we were extremely lucky to have had the support of our parents and local businesses, who very kindly sponsored us to purchase new sports kits for our kiddos. **A HUGE thank you to the parents who generously sponsored us to purchase all sports kits-**

- **Mr Danby Insight Business**
- **Mrs Hickton Brays Business**
- **Mr Jones SJ Plumbing Business**
- **Mrs Emslie EMOS Business**

When our children represent Mapplewells at sporting events they wear our fantastic sports kits with pride. We consider ourselves very lucky to have had the support from our very generous parents and local businesses.

As we are coming to the end of the school year, the Friends of Mapplewells & Miss Christie have been sorting through the kits ready for the year ahead. We are missing several kits. The missing kits are as follows:

- * 2 long sleeved jackets
- * 8 long sleeved full kits
- * 1 goal keepers short sleeved full kit
- * 4 short sleeved sleeved full kit

If you have any of the above kits at home please ensure they are sent into school as soon as possible. It is vital they are all returned by **Thursday 25th July**. As you can appreciate, there has been a large sum of money spent on our kits and many hours spent by the Friends of Mapplewells. In their own time at home, in the evenings and weekends they have spent their time planning, designing, ordering and sorting out all the kits for our children to wear. We appreciate everyone is busy, but if you have a kit please ensure it is sent back to school through Mrs Warren in reception. At present we have £500 worth of kit missing. If your child is using one of the kits please look after it and ensure it is taken off after a sports event and put back in the bag it was provided in, and returned to school the next day so it can be checked off. Each kit bag has a list of contents included if you are unsure what the kit your child is using consists of.



Havenswood

F2 had a fantastic trip to Havenswood on Tuesday. The children loved joining in the activities, making clay faces, wooden frames and especially going on the zipline. Thank you for all of the adults who supported with our trip.







Fundraising

Friends Of Mapplewells are now registered with easyfundraising, which means you can raise FREE donations for us every time you shop online. Over 7,000 brands will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself! These donations really mount up and make a BIG difference to us, so we'd really appreciate it if you could take a moment to sign up and support us. It's completely FREE and only takes a moment.

And here's the best part: for the next two weeks, every supporter who signs up to support Friends of Mapplewells through easyfundraising will trigger a £1 bonus donation!

Ready to make a difference? It only takes a few minutes to sign up. You can find our easyfundraising page at https://www.easyfundraising.org.uk/causes/friends-of-mapplewells/?utm_medium=email&utm_campaign=pmc&utm_content=gs-email1

Thank you so much!



KS2 Guitar lessons from September

If your child will be in Years 3, 4, 5 or 6 in September and they would like to learn to play the guitar, please find attached a link to register for Inspire Music lessons 2024-25 beginning in Autumn term <https://inspire2016.wufoo.com/forms/direct-billing-schools-autumn-2024-applications/>

If you wish to proceed with music lessons for the new year, then please complete the application link and submit by **19th July 2024**. After Autumn term, your application will automatically roll over and continue during the Spring 2025 and Summer 2025 terms. If you wish to cancel lessons during the academic year, then please contact imt@inspireculture.org.uk³ to arrange this.

Please note, if you are currently receiving lessons and do not reapply, this will remove you from our lesson list for Autumn.

Thank you for your time and your continued support of music lessons. We will look forward to September and the start of the new year.



Year 1 trip to Wheelgate

Year 1 had a fantastic trip to Wheelgate last week. The children had a great day on the rides and visiting the animals. Thank you for all of the adults who supported with our trip.



³<mailto:imt@inspireculture.org.uk>













Friends of Mapplewells - What A Year!

I would like to take this opportunity on behalf of our school and friends of Mapplewells to thank you, a huge high five to each and every one of you who has supported us throughout the year. As ALWAYS our lovely children are our reason, our drive, our passion and at the heart of everything we do and strive to achieve.

This year Friends of Mapplewells have been able to support school with the following:-

- Pay for Christmas parties
- created the new library area
- bought iPads £5,000 and visualisers
- foundation resources
- equipment for the classroom
- new bikes for outdoor area
- staff desks
- money to support the development of the sensory garden
- courtyard and playtimes games
- sports kit resources
- breakfast club resources
- £3,500 toward resources for the next school year
- forest school resources
- subscription to a new scheme of work for PSHE
- books to use within school

A special and heartfelt thank you must go to our truly committed and amazing Friends of Mapplewells and staff team! Without them, our fundraising events like the fairs and discos wouldn't and couldn't happen. Thank you lovelies, I am so proud of each and everyone of you and how you come through for us all.





Residentials - we want your feedback!

At Mapplewells, we pride ourselves on the additionality we are able to offer our children and one of our principles that drives our curriculum is opportunities. We feel it is vitally important for our children to have a range of experiences throughout their time at school which helps to support their learning, develop socially and give them memories that will last a lifetime, this includes: performances, events, clubs, visitors in school, trips and residentials.

This year we were really pleased to be able to offer a residential to all children from Year 2 to Year 6 and it was worth it as the children loved the experiences! However, we are also very conscious of the financial impact this can have on families, particularly those with siblings at the school and given the current financial crisis the country as a whole is facing we thought it would be a good idea to look into the residential offer we provide for our children. With this in mind, we would like to get your views on what may be a good way to progress this year and in the future. Currently, we offer an overnight residential in Years 2, 3, 4, 5 and 6. Over the course of a child's time at the school, the cost of these would amount to £636 (based on 2024 prices). We expect these prices to rise in future to in excess of £750. An alternative proposal, would be to offer the children a residential every two years, meaning they

would go in Year 2, Year 4 and Year 6. This would cut down on the cost over the period of time the children are at school, whilst still offering them range of opportunities. Based on 2024 prices this would be a saving of £251. We would also be able to offer longer term payment plans so that families are able to spread the cost over a longer period of time.

Throughout the year, children would be offered a variety of other additional opportunities both in school and on trips linked to their learning within school. Your voice is hugely important to us and we are keen to get parent feedback and views on this as we want to ensure all children continue to receive the best possible experiences at Mapplewells. Please could you spend a few minutes to complete our survey by Wednesday 24th July so that staff are able to begin the process of organising residential.

Thank you in advance for taking the time to complete the survey.



Events for families of children with additional needs

Please find below details of all the wonderful events and activities that the Community Coaching Company have planned for the summer holidays. The Community Coaching Company support the parents of families of children with additional needs.



DRUMMING PICNIC IN THE PARK

Meet on the Play Park

NG22 9DF

Summer Holiday from 11am

WED 7th Aug

feel free to message or phone to find us 07967 456350

Some Snacks & Drinks provided

Bring a Picnic





A Family Meet Up event all families of children/ young people with additional needs are welcome



SUMMER HOLS LEGO CAFE

Followed by
Play on the Park

10am to 1pm

Thursday 15th AUG



CAFE ON THE CORNER

**ST PAULS CHURCH
BOUNDARY RD
WEST BRIDGFORD
NG2 7DB**

We are The Community Coaching Company for families of children with additional needs.



* Lego Cafe is open weekly.
The Community Coaching Company staff available twice per month
contact Maria 07967 456350 or Dani 07970 533556




SUMMER HOLIDAY

11am to 1pm

21st August

MESSY PLAY AND SENSORY PLAY SESSION

ONLY £1 PER PERSON

A Fun Family session for families with children with additional needs & disabilities

at
**Westdale Lane
Community Centre
Mapperley
NG3 6ES**



this is a popular event with limited places
to book your places please go to: <https://www.bookwhen.com/theccc>


 Join us for
PICNIC IN THE PARK
SHERWOOD PINES
 Sherwood Pines, NG219JL

Meet on the Play Park Nr cafe
 feel free to message or phone to find us
 07967 456350

Summer Hols from 10:30am WED 28th Aug
 A Family Meet Up event all families of children/ young people with additional needs are welcome

Some Snacks & Drinks provided
Bring a Picnic



SUMMER HOLS LEGO CAFE


Followed by
 Play on the Park
 10AM to 1pm
Thursday 29th AUG


CAFE ON THE CORNER
 ST PAULS CHURCH
 BOUNDARY RD
 WEST BRIDGFORD
 NG2 7DB

* Lego Cafe is open weekly.
 The Community Coaching Company staff available twice per month
 contact Maria 07967 456350 or Dani 07970 533556

We are The Community Coaching Company for families of children with additional needs.





Outdoor Colour & Sound Bath plus
PICNIC IN THE PARK
Rushcliffe Country Park
 Mere Way, Nottingham, NG11 6JS

Meet next to the Play Park
 feel free to message or phone to find us
 07967 456350

Family Picnic plus Children and Family Outdoor Colour & Sound Bath
Mon 12th August 11am - 1.30pm
 Some Snacks & Drinks provided
Bring a PICNIC




KS1 Authentic outcome

This term, KS1 learnt new skills and new knowledge to help them answer the question: "how can art leave a lasting impression?" Yesterday, the children showcased everything they had learnt this term to their fellow Mapplewellians - the children showed their beautiful double page spreads and their bird baths which they sculpted using clay. They were inspired by nature when creating their sculpture and decided to leave a lasting impression on their local community by donating them to a local care home to improve the habitat of the local birds. The care home residents and care home helpers were so excited to meet some children from KS1! They were blown away by the children's artwork and to thank the children for their hard work, they shared some cakes and juice, and they played some games with the children. We are so proud of KS1 and the legacy they have left behind in their local area, there were smiles all around!













Key dates

Please keep updated with our key dates as we will add to this over the coming weeks.

Diary Dates	
2023-24	
July	
Monday 22 nd	Start of class swap week
Friday 26 th	Last day of summer 2 term & non uniform day
2024-25	
September	
Monday 2 nd	INSET day
Tuesday 3 rd	INSET day
Wednesday 4 th	First day of Autumn term
Friday 27 th	INSET day
November	
Monday 4 th	INSET day
February	
Monday 24 th	INSET day
May	
Friday 23 rd	INSET day

Our term dates are on the school notice board and our website -

<https://mapplewellsprimarynurserysutton.secure-primariesite.net/useful-information/>

Mr Whittle

Headteacher

Mr Latkowski

Deputy Headteacher