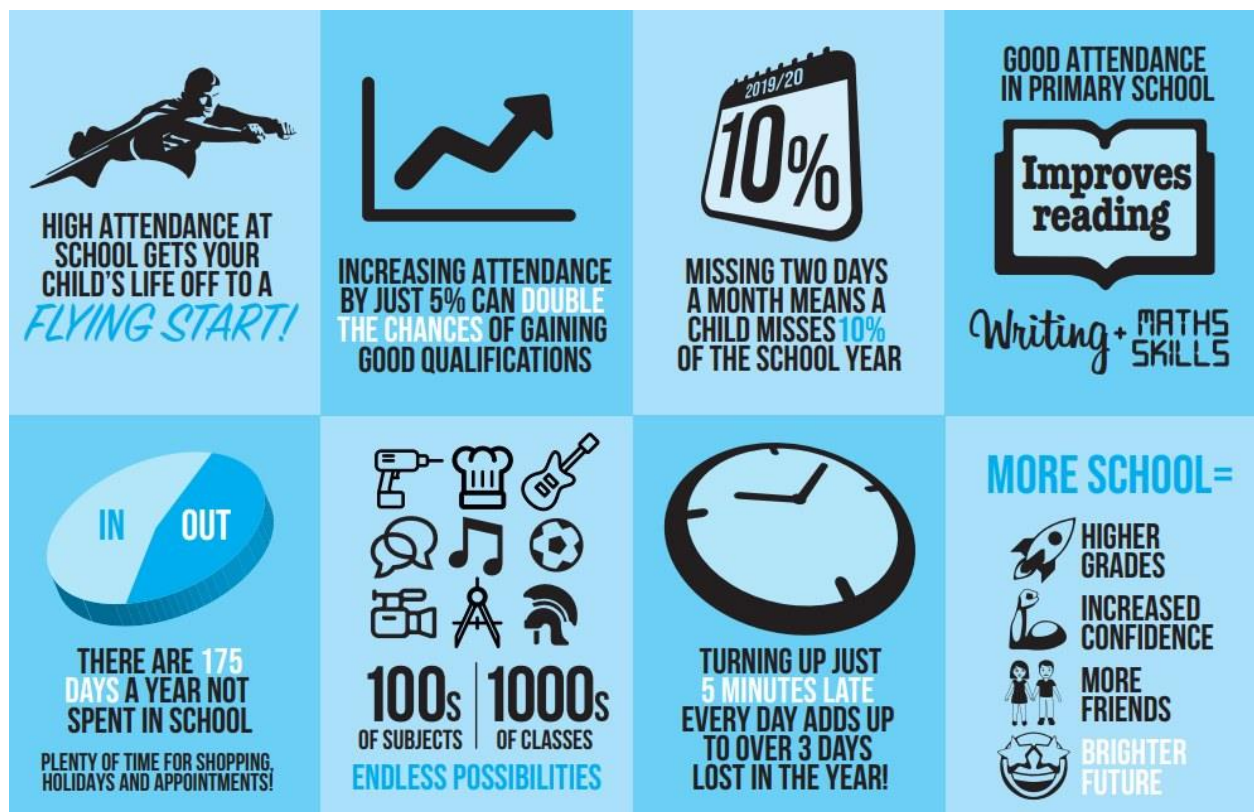




## Newsletter for 25th October 2024

Every lesson counts - your child must attend school every single day for the best chance of success!





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***Our best attending classes this week are:***

*1st Place – Emerald 99.1%*

*2nd Place – Turquoise 98.1%*

*3rd Place – Aqua 97.4%*

***Well done to those classes! Thank you so much parents and carers for making sure your child attends school every day!***

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**"THIS MORNING, HE  
WAS WORRIED ABOUT  
SCHOOL... BUT LOOK  
AT HIM NOW!"**

**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**



**HM Government**

Head to the Education Hub to find out more.





## Headteacher's Message



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*Dear Families,*

*This week, we celebrated the end of Black History Month, with a special assembly on Tuesday. Year 4 read aloud a poem by Benjamin Zephaniah in perfect unison, Year 5 taught us about the achievements of Denise Lewis and Mo Farah and then did a quiz to test the audience's knowledge, and Year 6 sang Bob Marley's 'Three Little Birds' in harmony.*

*Many thanks to all the parents who joined parents' evenings, to find out how well their child has settled in school this academic year, and how to support learning at home. Our charity cake sale raised money for the Prada Willi Association so a huge thank you for all those who were able to donate, and the money raised from the Scholastic Book Fair will also provide free books for our school!*

*Our Year 6 pupils were great ambassadors for school when they visited Bletchley Park on Thursday; this trip supported their learning in History. Year 5 have also been completing their 11BEFORE11 promise 'Perfect Pitch'. To find out more about the trip and the 11BEFORE initiative,*



*please visit our Instagram page <https://www.instagram.com/manorparkprimaryacademy/> and website <https://www.manorparkacademy.co.uk/news-events/11-before-11-events/>.*

*Our adult ESOL classes start on Thursday 7th November, 1:15-3:15 pm, in school and led by teachers from BAES. If you would like to join, please visit the school office for a form. In Spring Term, we are excited to be able to offer Healthy Cooking classes which adults can join with their child.*

*School closes today for the half term holiday and reopens on Monday 4th November. Next half term, we have some great events planned, including RSPCA assemblies and litter picks, School Council elections, Phonics Workshops for Parents and Carers, Christmas Fayre, Festive Singalong, and Staff Talent Show!*

*I wish all our families a happy and safe half term break.*

*Christine Chapman*

*Headteacher*

---



## Apply for free school meals



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[Apply for free school meals - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

*Dear Parents and Carers,*

*Did you know that by registering your child for free school meals, you're not only ensuring they get a nutritious, hot meal every day but also supporting our school's funding? Every child who is registered for free school meals generates extra funding for the school, which we can invest directly back into your child's education and wellbeing. This funding helps us provide more resources, better learning environments, and additional support for our pupils. While all children in Reception, Year 1, and Year 2 (as well as those under the Mayor's Meals scheme in London) automatically receive free school meals, we only receive extra funding if you officially register your child. Please read the attached letter for information on how to apply.*

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## Year 5 and 6 Trip to Scout Adventures January 2025



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*Year 5 and 6 parents,*

*Only 2 spaces left!*

*Any questions, please come and see me but also look below for the presentation, video and questions from other parents that were answered during our meeting.*

**[Year-6-Parent-Meeting-re-Scouts-2025.pdf \(manorparkacademy.co.uk\)](#)**

*Please look at [Why choose Scout Adventures](#) website for all other information about the centre.*

*Please let your child's class teacher know if you are interested.*

***Once numbers are confirmed we will set up the payment system for you.***



*Thank you and have a fabulous weekend!*

*Becky Lewis*

*Deputy Headteacher*

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## **FREE Vouchers for Milk and Food**



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### ***What is Healthy Start?***

*If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.*

*If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.*

*You can use your card to buy:*

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- 
- *plain liquid cow's milk*
  - *fresh, frozen, and tinned fruit and vegetables*
  - *fresh, dried, and tinned pulses*
  - *infant formula milk based on cow's milk*
- 

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*You can also use your card to collect:*

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- 
- *Healthy Start vitamins – these support you during pregnancy and breastfeeding*
  - *vitamin drops for babies and young children – these are suitable from birth to 4 years old*
- 

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*For more information and **to apply online**, please click the link [Get help to buy food and milk \(Healthy Start\)](#)*

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*We have a number of children (and grown ups!) who have nut allergies in school. With such allergies, sometimes just being around nuts (smell and touch) can trigger a dangerous allergic reaction.*

***Please do not send any products containing nuts into school.***

*Thank you,*

*Becky Lewis*

*Deputy Headteacher*

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## Safe Treat List



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*We do not want to prevent children from bringing in treats for their friends if it is a special occasion such as a birthday. This is a long standing tradition that we would like to continue but it must be safe for all children.*

*Please see ideas for safe treat options that do not contain nuts below;*

---

- 
- Cadbury Dairy Milk
  - Cadbury Twirl
  - Cadbury Caramel
  - Cadbury Wispa
  - Cadbury Eclair
  - Cadbury Fudge
  - Cadbury Crunchie



- *Cadbury Buttons*
  - *Galaxy Minstrels*
  - *Galaxy Milk Chocolate*
  - *Galaxy Caramel*
  - *Galaxy Ripple*
  - *Mars bar*
  - *Kitkat (original)*
  - *Halal Haribo*
  - *Cadbury's Heroes (but remove mini Double Deckers - they are not made with nuts but made in a factory that processes nut products)*
- 

## **School Term Dates for Next Year - 2024/25**

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*Please see the calendar below showing all of the school term dates, bank holidays and teacher training days for the next academic year.*

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## Manor Park Calendar 2024/25

August 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
31				1	2	3 4
32	5	6	7	8	9	10 11
33	12	13	14	15	16	17 18
34	19	20	21	22	23	24 25
35	26	27	28	29	30	31

September 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
35						1
36	2	3	4	5	6	7 8
37	9	10	11	12	13	14 15
38	16	17	18	19	20	21 22
39	23	24	25	26	27	28 29
40	30					

October 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
40		1	2	3	4	5 6
41	7	8	9	10	11	12 13
42	14	15	16	17	18	19 20
43	21	22	23	24	25	26 27
44	28	29	30	31		

November 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
44					1	2 3
45	4	5	6	7	8	9 10
46	11	12	13	14	15	16 17
47	18	19	20	21	22	23 24
48	25	26	27	28	29	30

December 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
48						1
49	2	3	4	5	6	7 8
50	9	10	11	12	13	14 15
51	16	17	18	19	20	21 22
52	23	24	25	26	27	28 29
1	30	31				

January 2025						
Wk	Mo	Tu	We	Th	Fr	Sa Su
1			1	2	3	4 5
2	6	7	8	9	10	11 12
3	13	14	15	16	17	18 19
4	20	21	22	23	24	25 26
5	27	28	29	30	31	

February 2025						
Wk	Mo	Tu	We	Th	Fr	Sa Su
5						1 2
6	3	4	5	6	7	8 9
7	10	11	12	13	14	15 16
8	17	18	19	20	21	22 23
9	24	25	26	27	28	

March 2025						
Wk	Mo	Tu	We	Th	Fr	Sa Su
9						1 2
10	3	4	5	6	7	8 9
11	10	11	12	13	14	15 16
12	17	18	19	20	21	22 23
13	24	25	26	27	28	29 30
14	31					

April 2025						
Wk	Mo	Tu	We	Th	Fr	Sa Su
14		1	2	3	4	5 6
15	7	8	9	10	11	12 13
16	14	15	16	17	18	19 20
17	21	22	23	24	25	26 27
18	28	29	30			

May 2025						
Wk	Mo	Tu	We	Th	Fr	Sa Su
18				1	2	3 4
19	5	6	7	8	9	10 11
20	12	13	14	15	16	17 18
21	19	20	21	22	23	24 25
22	26	27	28	29	30	31

June 2025						
Wk	Mo	Tu	We	Th	Fr	Sa Su
22						1
23	2	3	4	5	6	7 8
24	9	10	11	12	13	14 15
25	16	17	18	19	20	21 22
26	23	24	25	26	27	28 29
27	30					

July 2025						
Wk	Mo	Tu	We	Th	Fr	Sa Su
27		1	2	3	4	5 6
28	7	8	9	10	11	12 13
29	14	15	16	17	18	19 20
30	21	22	23	24	25	26 27
31	28	29	30	31		

### Bank holidays 2024/25

26 August '24	August Bank Holiday	26 December '24	Boxing Day	18 April '25	Good Friday	5 May '25	Early May Bank Holiday
25 December '24	Christmas Day	1 January '25	New Year's Day	21 April '25	Easter Monday	26 May '25	Spring Bank Holiday

### Teacher Training Days

2 September 2024	3 September 2024	29 November 2024	31 March 2025	21 July 2025
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## Star of the Week



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*The value of the week is 'Kindness'. Here are Manor Park's Stars of the Week*

*Nursery Atiya*

*Indigo Olivia*

*Copper Arlen*

*Gold Abdullah*

*Aqua Amna*

*Turquoise Sharon*



*Cerise Omar*

*Crimson Zainab*

*Ochre Amira*

*Bronze Urwa*

*Ruby Alisha*

*Topaz Hassan*

*Teal Anayah*

*Emerald Jannah*

***Well done everyone!***

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## **School Policies**

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*Please find our school policies on our website by clicking here:*

*<https://www.manorparkacademy.co.uk/about-us/policies/>*

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## **Have you moved house or changed your number?**

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*Please let the main office know if any of your details change such as:*

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- *Your address*
- *Your phone numbers*



- *Your emergency contacts*

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*Just call 0121 3271023 or email [enquiry@manorparkacademy.org](mailto:enquiry@manorparkacademy.org)*

*Thank you!*

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**Apply for our Nursery or Reception Classes!**





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*Do you have a child or know another parent with a child born between 01.09.2020 - 31.08.2021? We have spaces available in our lovely Nursery!*

*If you also have or know a parent with a child born between 01.09.19 - 31.08.20, we have spaces in our amazing Reception classes too!*

*Please contact the school office for a tour and a chat with our friendly team. You can also see more information here on our website: [Early Years – Manor Park Primary Academy](http://Early Years – Manor Park Primary Academy) ([manorparkacademy.co.uk](http://manorparkacademy.co.uk))*

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## **Dates for your Diary**



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***First Day of Term Monday 4th November***

***Children in Need - Wear Spots! Friday 15th November***

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# Friday 15th November Children in Need



**Wear yellow, spots or  
pudsey ears/clothes**

Please pay a small donation of £1  
to support others.  
Please use the bar code





## Attendance Procedures



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*Please call 0121 327 1023 to report your child's absence by 9.30am*

*If you need support with your child's attendance, please contact Jo Green via email at [enquiry@manorparkacademy.org](mailto:enquiry@manorparkacademy.org) or call the school office.*

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# — AND — THE WINNERS *are...*

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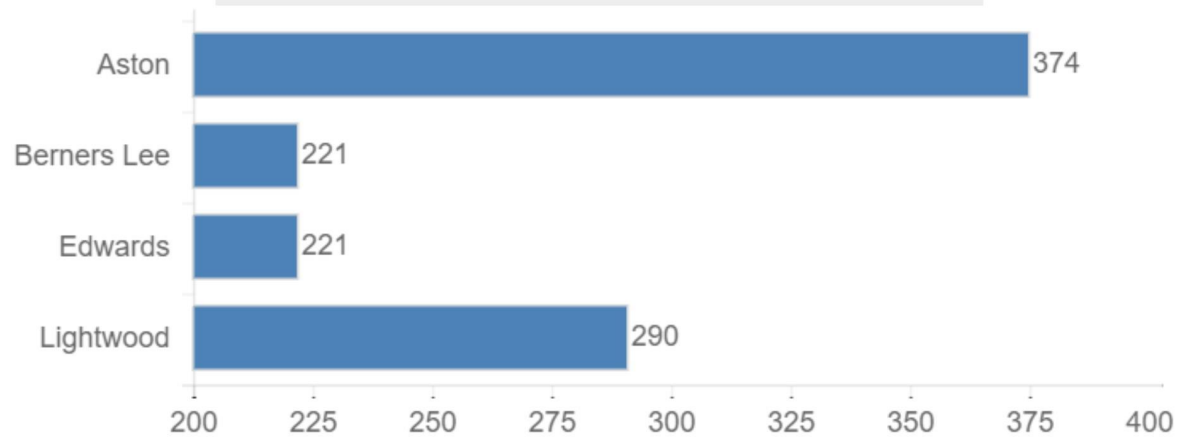
*House Points are now collected using Marvellous Me. **You can see you child's individual house points by clicking on the 'thumbs up' button.** However many 'thumbs up' they've had, this is the number of house points they have received in school!*

*This week's winners overall are Aston!*

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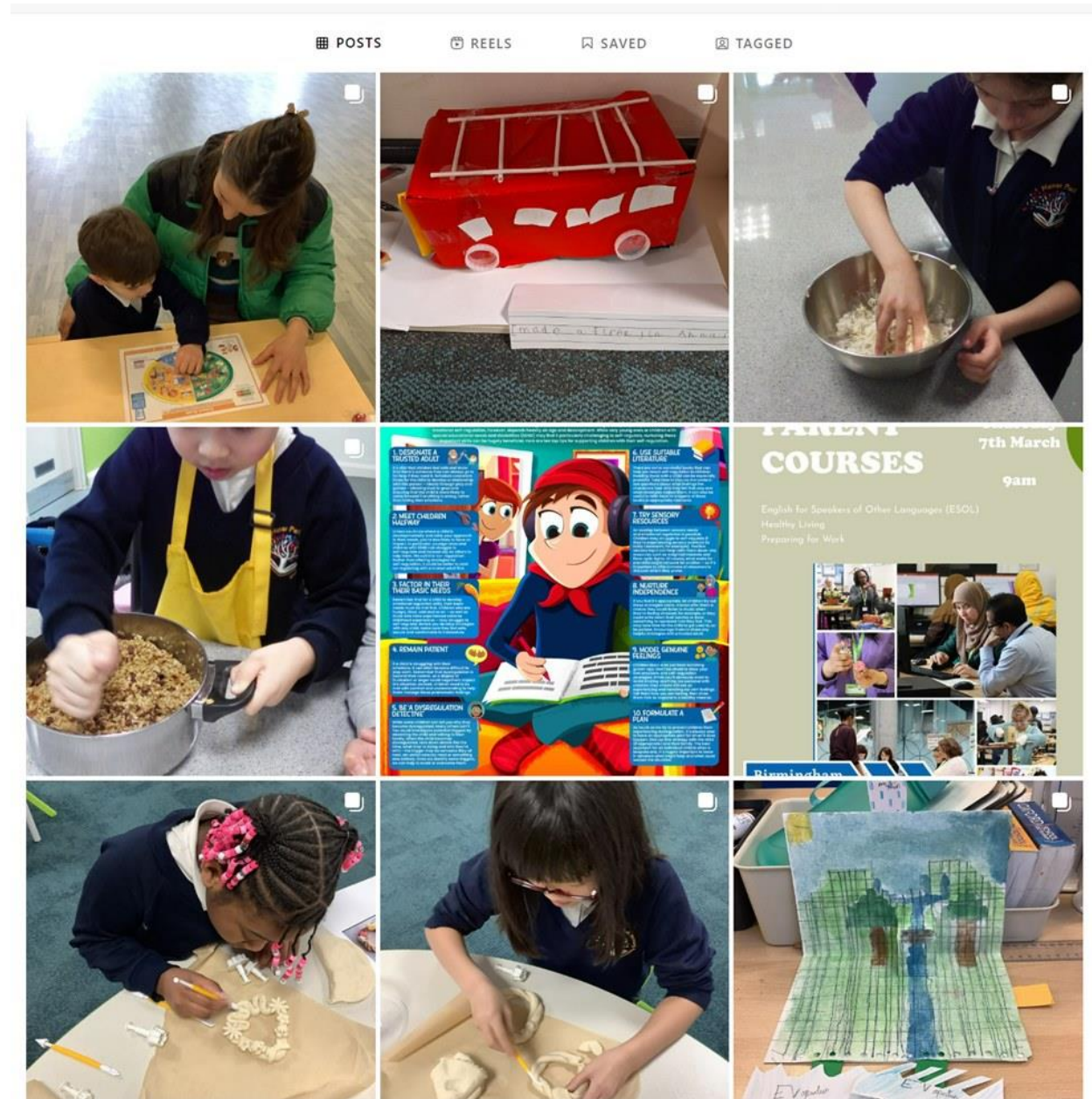
Number of Thumbs Ups awarded in the period selected.





*Give us a follow on Instagram!*

<https://www.instagram.com/manorparkprimaryacademy/>





## Safeguarding and Wellbeing Update - Building Emotional Resilience





# 10 Top Tips for Parents and Educators

## SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

### 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

### 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

### 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

### 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

### 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

### 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

### 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

### 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

### 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

### 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

### 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, which works with schools on improving their mental health provisions.



The National College®





**At Manor Park Primary  
Academy everyone  
has the right to feel safe.**

**At Manor Park Primary  
Academy everyone  
has the right to learn.**



**We are your Designated Safeguarding Leads.  
We can help you.**



Ms Christine Chapman  
**Headteacher**  
DSL



Mrs Saima Mahmood  
**Teacher**  
DSL



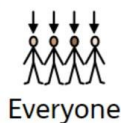
Miss Becky Lewis  
**Deputy  
Headteacher**  
DSL



Mrs Natalie Brindley  
**SENDCo**  
DSL



Miss Jo Green  
**Lead DSL**



Everyone



has

a



right

to



feel safe.



Please



talk to



us.

