

Warton Nethersole's CE Primary School

Phone: 01827 894182 Email: admin@warton.heartwoodmat.co.uk

<https://warton.bdmat.org.uk/>

Newsletter Term 3 Week 7: Friday 18th February 2022

Be Courageous. Be Strong. Do Everything with Love. (1 Corinthians 16:13-14)

Dear parents,

This afternoon I emailed all of our staff to say thank you. Not just for their hard work- they always work hard – but for getting our school back on track post Covid. It really feels like school is starting to be as it should be; sporting events, whole school assemblies and even a school trip! Next half term we also begin whole school singing and have wonderful whole school plans for World Book Day that we haven't seen since I started here and possibly even before that!

But thank you too! It's not always been easy and there have been lots of frustrations on the way but through school closures, home learning, mask wearing and outdoor nativity-ing we are safely at the end of another half term and I am really proud of our whole community.

I have heard of lots of wonderful holiday plans from the children today- trips to Scotland, ice skating, sleepovers and softplays! Whatever you are doing, stay safe and have fun. I look forward to welcoming you all back on Tuesday 1st March.

Best wishes,
Susan Friend
Head Teacher

Living our Values



We were delighted to have representatives Dr Becky and Aiden in school for our collective worship on Monday celebrating with us for our Kimilili fundraising efforts. They shared many photos, stories and lots of information about Kimilili and the specific children we will be funding to go to school. It was so interesting to see lots of similarities as well as many differences between our school and the one that Dr Becky worked alongside in Kenya. Our children had the opportunity to try on typical Kenyan clothing, play with toys that the children have in school and to ask lots of questions too. The collective worship was a wonderful time to feel proud of our donation and know that we are 'doing everything with love' to support others across the world.

Thank You So Much!
You Raised
£1171.46

Which will pay for 3 students to attend Dreamland Education Centre, in Kimilili, Kenya. Thank you for your kindness, generosity and hard work!



Your donation will ensure that Mitchell, Emmanuel and Isaac have all they need to succeed at school!

Visit www.icfem-mission.org to find out more!



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Head Teacher Gold Award

This week's gold award goes to Millie May in Oak Class. Millie May always works incredibly hard and demonstrates our values brilliantly but has shone this week through her wonderful writing of a poem about WW1. She has shown such empathy, maturity and kindness through her writing and the accompanying video that it deserves to be recognised. Well done!

Mrs Shigdar's Tips for Wellbeing! - Why do some children refuse to eat?

As a parent, carer or grandparent I am sure you have had the experience of your child refusing to eat. It maybe you have served them their favourite food, yet they push their plate away or turn their face from you, with lips stuck together with super glue, adamant they are not eating whatever you have put in front of them. This situation can leave you feeling anxious, worried they will starve, feel confused by their sudden change in behaviour, or even stressed at the reoccurring situation that your child never seems to eat. The challenge then is to work out why. There are a number of different reasons and theories why, I have picked the top 4 most acknowledged by occupational therapists.



1. Oral motor skills – this means the ability to chew. Most people believe this is a natural skill we have, like learning to walk and talk. But it is actually a skill we need to learn, to understand what chewing is and how to do this action. This starts when we ween our babies from liquid milk to a more solid food item. This does not come easy to all children. Some may choke or gag, hold onto food in their mouth or spit out food that has been barely chewed. Some children will refuse to eat for fear of them gagging or choking on it, even if they never actually have. This can lead to them feeling frustration by their own fears and anxious at every meal time.
2. Sensory Processing – this is when children will feel the texture of food items, or taste them in their mouth, smell them or even find how they look unappealing. Some reactions to this can be to gag, squirm, even look scared at the sight, smell or touch of the item of food. These reactions can start as the taste buds become more developed, between the ages of 1 & 2 years, is can also happen to older children. They develop taste sensitivities causing these reactions to appear.
3. Anxiety – suffering with anxiety can lead to refusal to eat, not be the cause of it. Your child may associate eating as a negative experience as they feel pressured to eat by those around them, maybe it's a common topic of conversation within the family, which in turn makes them feel they have negative attention on them. The anxiety feeling can lead to stomach aches, it can trigger overactive thoughts about the effects of eating on them physically.
4. The routine of being a picky eater, snowballed into their character – having a routine around eating, at set meal times throughout the day can have a huge positive impact on children and their eating. They are less likely to pick throughout the day, they will have a structure that allows them to get hungry and eat a meal, hopefully with some of their 5 a day included to keep them healthy. Without a set mealtime routine, it has been noticed that children will pick unhealthy, high sugar, quick fixes to fill them up, thus reducing the variety of food they experience.

All of these situations can be helped with support, love and patience, as they are developmental and most children will outgrow them. But, you should not rule out the possibility your child is refusing to eat due to a medical reason. The advice given in this instance is to keep a food diary, recording what has been eaten by your child, how much they ate and they reacted and reaching out to your GP.



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Nursery / Wraparound Miss and Mrs Baker Challenge!

Nursery and Wrap Around will be planting sunflowers in the week beginning 1st March and watching them grow until World Down Syndrome Day on 21st March. On that end date the children can take their sunflowers home for a suggested £1 donation towards the charity.



Diary Dates

February

28th- INSET Day

March

1st- Children back in school

3rd – World Book Day!

18th – Comic Relief!

28th – Parent's Evening this week!

April

5th – Vision Day – Bangladesh!

6th – Maple Class Trip!

7th- Break up for Easter

8th – INSET Day

25th – Return to School

A message from Mrs Sage...



We are really pleased with how our children, staff and wider community have embraced our school vision: "Be courageous. Be strong. Do everything with love."

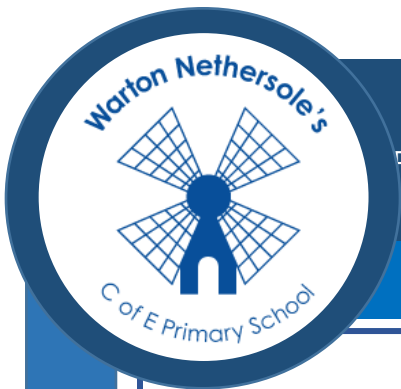
We have two Vision Days planned over the next few months. Our first Vision Day is taking place on 5th April and will focus on performing arts. This Vision Day links to being strong; we want our children to build skills and knowledge that encourages independence so that they are prepared for the wider world and have the strength they need to make positive change for themselves and others. We aim to promote ambition in all of our children and hope that they will use their wide-ranging experiences in school to reach their full potential.

Our first Vision Day will also link to Bangladesh which is the country we have been assigned as part of the BDMAT Commonwealth project. On the day all children will take part in three workshops which are being led by external artists; music and singing, interactive story-telling and dance. We really hope that all of our children will fully participate in the day and will all experience something that encourages them to "Be Strong".

Our second Vision Day is planned for July. I will send more information nearer the time.

We are always keen to hear from parents and carers about our school vision and values, and any ideas you may have linked to how we can promote these further. Please do speak to me if you have anything to share.

Mrs Sage



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Year 5/6 Athletics Team

On Wednesday 16th February we took part in an athletics competition and we WON! Well done to our year 5 and 6's who have worked very hard for this event and of course to our wonderful staff for their organisation and support!



Year 5/6 Dodgeball Team

Another sporting achievement...this week Year 5/6 took part in the North Warwickshire Dodgeball tournament at Kingsbury, they played exceptionally well at short notice. We would like to take this opportunity to thank all our parents that helped with lifts, without your support these events couldn't take place. We are very grateful. Thank you!



Willow visit Tamworth Castle

Despite the blustery weather, Willow class went to Tamworth Castle today and had a wonderful time! Upon their return, they were particularly excited to tell me all about the dragon poo...



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