

# Halsall St Cuthbert's CE Primary School

## Newsletter No 9a

### St Cuthbert's Church

Come and join us  
at our  
**Family Eucharist Service**

Sunday 24th February  
9-30am

Refreshments from 9-15am  
A celebration for ALL the family



### PGL and Scarborough Trips

These residential trips will soon be upon us. Please send any payments into school on Fridays. We're busy organising the activities, the children should have a fabulous time. The amazing memories they gain from these trips will stay with them forever. Thanks.

### CLASS L : BIG THANKYOU

Thanks to everyone who came along to the "stay and play" this week in Class L.

The children loved showing you their work and activities. We hope that you enjoyed it. Thanks to Mrs Harrison, Mrs Wilson, Mrs King and Mrs Cockbain for organising the event.

### Why Read With My Child?

At Halsall St Cuthbert's we expect children to read at home to an adult at LEAST three times a week, a little daily reading is our aim. It doesn't have to be school reading scheme books – reading for pleasure is equally important so make a note of bedtime stories or longer reads that your child is enjoying too.

It may feel hard to find 20 minutes each day to read with your child, but the cost of not doing this is far too great. Children who read for just 20 minutes per day see 1.8 million words each year and have scores on standardised tests in the 90th percentile (because they have experienced so many words!). Compare this with the child who is reading for just 1 minute per day, they only see 8000 words each year and have scores in the 10th percentile on standardised tests. A small amount of reading each day makes an incredible difference! (Nagy and Herman, 1987) **Benefits are:**

1. Children who read often and widely get better at it.

After all, practice makes perfect in almost everything humans do, and reading in no different.

2. Reading exercises our brain.

Reading is a much more complex task for the human brain rather than watching TV, for example. Reading strengthens brain connections and builds NEW connections.

3. Reading improves concentration.

Children have to sit still and quietly so that they can focus on the story when they are reading. If they read often, they will develop the skill to do this for longer.

4. Reading teaches children about the world around them.

Through reading a variety of books children learn about people, places, and events outside of their own experience.

5. Reading improves vocabulary and language skills.

Children learn new words as they read. Subconsciously, they absorb information on how to structure sentences and how to use words and other language features effectively in their writing and speaking.

6. Reading develops a child's imagination.

As we read our brains translate the descriptions we read of people, places and things into pictures. While we are engaged in a story we are also imagining how a character is feeling. Young children then bring this knowledge into their everyday play.

7. Reading helps children to develop empathy.

As children develop they begin to imagine how they would feel in that situation.

8. Reading is a fun activity.

A book or an e-reader doesn't take up much space and is light to carry, so you take it anywhere so you can never be bored if you have a book in your bag.

9. Reading is a great way to spend time together.

Reading together on the sofa, bedtime stories and visiting the library are just some ways of spending time together.

10. Children who read achieve better in school.

Reading promotes achievement in all subjects, not just English. Children who are good readers tend to achieve better across the curriculum.

### Walking to the Church

If parents wish to collect their children from the St Cuthbert's church, please let us know.

We have spoken to the children who are being collected in this way, and reminded them that they must exit the playground promptly and not play games or climb on the activity equipment. This is because there would not be any supervision for them.

Please could you remind them to behave sensibly as they pass through Bishop's Walk. We have had reports of children play fighting, fencing with sticks, throwing stones and ice and standing precariously near the deep stream gorge. We wouldn't wish them to fall into it. Many thanks.

### Start of the Day

The start of the school is an important time for staff as they prepare resources and books for the 1st session of the day.

Please do your best not to "grab" staff in the playground at this time, unless it is an urgent matter.

Preferably, write a note, visit the school office or telephone to make an appointment or ask for a call-back when the member of staff has time.

Your support in this matter is appreciated. Children's learning is then less disrupted



### Quiz Night

**Friday 15th March**

**From 7-30pm**

**Tickets £5**

**Make up teams of 6-8**  
**Bring your own refreshments**  
**Lots of spot prizes, fun and frolics, everyone welcome.**

### Breakfast Club

**From 8-00am**

**Each morning**

**Only £2-50**

**No need to book, just turn up. There's lots to do to keep them busy.**

### Icy Weather and Snow

As you will be aware, the weather this week has been very challenging and we have tried to ensure that the school stays open and that it is as safe as possible. A big thanks to Mrs Yvonne Woods and our gardener Mr Simon Bounds, for all their hard work clearing the snow and gritting.



### Spring Half-Term

**School closes : Friday 15th Feb**

**Kidz Club as normal**

**School reopens : Monday 25th Feb**

**Breakfast Club from 8-00am**

## **Resilience in Children: Strategies to Strengthen Your Kids**

All children are capable of working through challenges and coping with stress. Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that kids either have or don't have; it's a skill that kids develop as they grow. Resilient kids are more likely to take healthy risks because they don't fear falling short of expectations. They are curious, brave, and trusting of their instincts. They know their limits and they push themselves to step outside of their comfort zones. This helps them reach for their long-term goals and it helps them solve problems independently.

### **STRESS AND RESILIENCE**

All kids encounter stress of varying degrees as they grow. Despite their best efforts, parents can't protect kids from obstacles. **Kids get sick, move to new neighbourhoods, encounter bullies and cyberbullies, take tests, cope with grief, lose friends, and deal with divorce**, to name a few. These obstacles might seem small in the eyes of an adult, but they feel large and all-consuming to kids. Resilience helps kids navigate these stressful situations. When kids have the skills and the confidence to confront and work through their problems, they learn that they have what it takes to confront difficult issues. The more they bounce back on their own, the more they internalize the message that they are strong and capable.

### **STRATEGIES TO BUILD RESILIENCE**

Parents can help kids build resilience and confront uncertainty by teaching them to solve problems independently. While the gut reaction of the parent might be to jump in and help so that the child avoids dealing with discomfort, this actually weakens resilience. Kids need to experience discomfort so that they can learn to work through it and develop their own problem-solving skills. Without this skill-set in place, kids will experience anxiety and shut down in the face of adversity.

### **PROMOTE HEALTHY RISK-TAKING**

In a world where playgrounds are made "safe" with bouncy floor materials and helicopter parenting, it's important to encourage kids to take healthy risks. What's a healthy risk? Something that pushes a child to go outside of their comfort zone, but results in very little harm if they are unsuccessful. Examples include trying a new sport, participating in the school play, or striking up a conversation with a shy peer. When kids avoid risk, they internalize the message that they aren't strong enough to handle challenges. When kids embrace risks, they learn to push to push themselves.

### **RESIST THE URGE TO FIX IT AND ASK QUESTIONS INSTEAD**

When kids come to parents to solve their problems, the natural response is to lecture or explain. A better strategy is to ask questions. By bouncing the problem back to the child with questions, the parent helps the child think through the issue and come up with solutions.

### **TEACH PROBLEM-SOLVING SKILLS**

The goal is not to promote rugged self-reliance. We all need help sometimes, and it's important for kids to know they have help. By brainstorming solutions *with* kids, parents engage in the process of solving problems. Encourage kids to come up with a list of ideas and weigh the pros and cons of each one.

### **EMBRACE MISTAKES—THEIRS AND YOURS**

Failure avoiders lack resilience. In fact, failure avoiders tend to be highly anxious kids. When parents focus on end results, kids get caught up in the pass/fail cycle. They either succeed or they don't. This causes risk avoidance. Embracing mistakes (your own included) helps promote a growth mindset and gives kids the message that mistakes help them learn. It can be helpful to talk about a mistake you made and how you recovered from it.

### **PROMOTE THE BRIGHT SIDE—EVERY EXPERIENCE HAS ONE**

Optimism and resiliency go hand in hand. Some kids may appear more naturally optimistic than others, but optimism can be nurtured. If you have a mini pessimist on your hands, acknowledge the feelings that lead to pessimistic thinking and teach your child to reframe his thoughts to find the positive.

### **GO OUTSIDE**

Exercise helps strengthen the brain and make it more resilient to stress and adversity. While team sports are the most popular method of consistent exercise for kids, all kids really need is time spent outdoors engaging in a physical activity. If team sports don't appeal to your child, encourage them or introduce them to bicycling, playing tag, or even just swinging at the playground. These are all great ways for kids to engage in free play that also builds resilience.

**Resilience helps kids navigate the obstacles they encounter as they grow.**

**It's not possible to avoid stress, but being resilient is one of the best ways to cope with it.**