3rd February 2023

ST. PETER'S NEWS

St Peter's CE Primary & Nursery School
Shrubbery Gardens, Wem SY4 5BX
Tel: 01939 232292
Email: admin@st-peters.shropshire.sch.uk

Happy Friday!





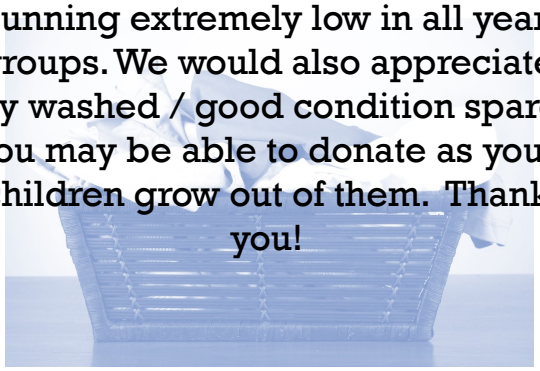
Next week is Children's Mental Health week. We will be addressing this through our usual Character Education Lessons and our Children's Safeguarding Board will be promoting this throughout school. The theme this year is 'Let's Connect' - please click on the link below for more information.

https://www.childrensmentalhealthweek.org.uk/news-and-blogs/2022/october/place2be-announces-theme-for-children-s-mental-health-week-2023/

Have a lovely weekend, Miss Kynaston and everyone at St Peter's.

Spare clothes amnesty

Please could you have a look at home to see if any of our school spares (underwear / trousers etc) have made it into cupboards? We are running extremely low in all year groups. We would also appreciate any washed / good condition spares you may be able to donate as your children grow out of them. Thank you!



REMINDER

Only Mr Bearne's, Mrs Hawke's and the wrap around care after school clubs will be running next week due to parents consultations taking place.

Nursery

The weather has been so glorious this week so we have been spending as much time outside as possible. This means that we have been playing pirate ships, ice cream shops, what's the time Mr Wolf? and many more games. This has been good for our physical development as well as working with our friends.







Our DT project this term is to design and make a carrier - we are designing and making a picnic carrier for when we go on our bus journey.













We are loving our bus in Nursery, we have been to Whitchurch, Shrewsbury, London and the seaside!





Year 1

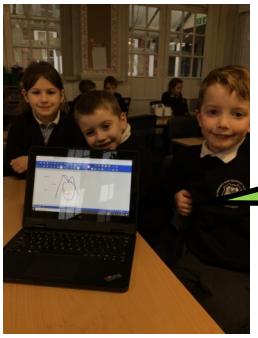
Year 1 have been learning to use the trackpad and keyboard in their computing lessons.



The block is made from plastic. It was strong and smooth

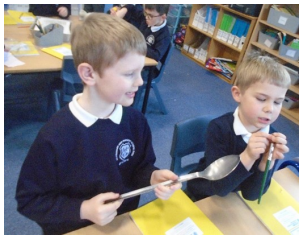


I used the trackpad to make a picture.

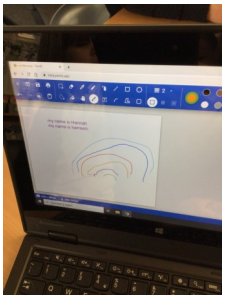


I have typed my name





We thought that the cereal box was made of cardboard. The cardboard is flexible and light.



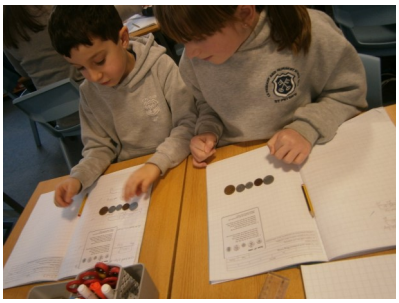
In Science, we have been exploring objects and the materials they are made from. This week, we have been naming properties for each material.

Year 3



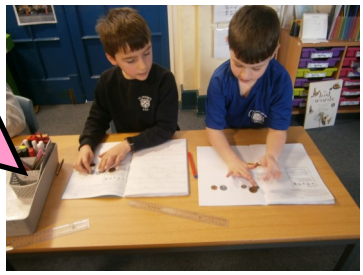


We have combined our line drawing and shading skills to create Stone Age cave pictures. We chose our colour palette carefully



Teamwork Tiger to the rescue as we look at solving problems using money

I played with coins at home, this helps me learn in school



We are really developing our skills in gymnastics, this week we have performed in unison with a partner





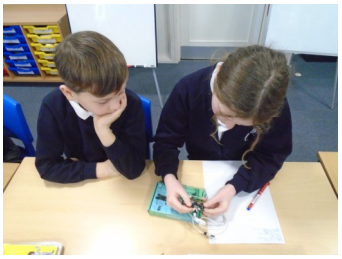


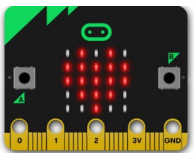


I have to watch my partner carefully



Year 5



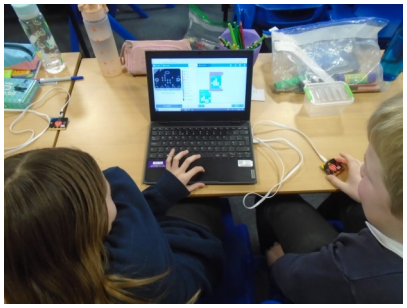




As part of our learning on forces we have been exploring cogs and gears.











Year 5 had a great session programming micro:bits with Mr Smith

All children in Reception, Year 1 and Year 2 of school receive free school meals, known as Universal Free School Meals. Some children can continue to get Free School Meals from Year 3 right up until they are 18 if they are in full time education and their parents / carers receive a qualifying benefit.
Please visit https://www.shropshire.gov.uk/free-school-meals/apply-for-free-school-meals to check to see if your child is eligible and how to apply.

Children on benefits-related free school meals will also get support with food costs through-out the Christmas and half-term holidays.
Find out more https://newsroom.shropshire.gov.uk/2022/11/free-school-meals-holiday-support-extended-until-end-of-spring-term/



Worrying about Money?

Please use the link below to find guidance and advice regarding money worries that may be affecting you and your family:

https://www.worryingaboutmoney.co.uk/shropshire

Mon 13th Feb – Chester Zoo Year 4
Friday 17th Feb—Non Uniform Day
Thur 23rd March—Year 5 trip to London
Thur 30th Mar—Easter cake sale and raffle





Shropshire Council

Relationships can be difficult, complicated, fun, satisfying, exciting, annoying, bring out the best in us, bring out the worst in us. We are often in one, but we don't often spend much time on them. So here's the chance

- Do you feel your relationship needs some attention?
- Do you feel you are drifting a bit lately or things have been difficult?
- Would you like to meet with other parents and carers?
- Are you looking for a way forward?

Why not join us for our 4 week workshop with one 2 hours session each week.

WORKING ON YOUR RELATIONSHIP

There are 2 different workshops on offer this Spring:

- Starts Wednesday 25th January for 4 weeks, 12.30-2.30pm in Shrewsbury
- Starts Wednesday 8th March for 4 weeks, 12.30-2.30pm in Shrewsbury

To book a place on the workshop or for further information, including the venue please contact the Parenting Team by emailing parenting.team@shropshire.gov.uk or call 01743 250950

www.shropshire.gov.uk
General Enquiries: 0345 678 9000

Shropshire Council

- *Would you like to know more about why sleep is important for our health and emotional well- being?*
- *Does your child struggle with their sleep?*
- *Would you like to access support to help improve sleep and bedtime routines?*
- *Would you like to meet other parents/carers to share and discuss experiences?*

SLEEP TIGHT WORKSHOP

The workshop is delivered virtually via MS Teams
Our workshop runs for 5 weeks from the start date excluding the School Holidays

Starting on Thursday 2nd March 2023
from 12.30pm to 2.30pm

To book a place on one of our workshops or for further information on the workshops we run please contact the Parenting Team by:
Emailing Parenting.team@shropshire.gov.uk
Or call us on 01743 250950

www.shropshire.gov.uk
General Enquiries: 0345 678 9000

Shropshire
Music Education Hub
in partnership with Shropshire Libraries

all in
i-gnition

Shared Sounds

musical workshops for children with disabilities and their families.

Predominantly for 3-7 year olds led by Shropshire Music Service professionals.

Participants and their families will be able to listen to live music, help create music by singing/playing instruments and interact with music physically in whatever way they choose.

Sessions will be informal and will adapt to the needs of the children involved.

Siblings welcome



£5 per family

Creativity for all

'They were really flexible and followed the interests of the child'

Parent attendee

Book via:
bookings@i-gnition.co.uk

Dates:

The Lantern Library	Bridgnorth Library	Oswestry Library
10.30am-12pm	**10.30am-12pm**	**1pm-2.30pm**
14th Jan	14th Jan	21st Jan
21st Jan	28th Jan	4th Feb
28th Jan	11th Feb	4th March
4th Feb	25th Feb	18th March
11th Feb	11th March	25th March

Actio

LET'S CONNECT

Place2Be's CHILDREN'S MENTAL HEALTH WEEK 6-12 FEBRUARY 2023

TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. **Connect with your child in everyday ways**
   Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

   With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. **Talk to your child about important connections**
   This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

   Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. **Talk to your child about their friends**
   As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

#ChildrensMentalHealthWeek

Autism West midlands (AWM)

February Half Term events!
Teens Meet – Monday 20th February 10.30am-1.30pm Shrewsbury (All In Short Breaks opportunity, young people need to be registered with All In to attend)
https://autismwestmidlands.org.uk/events/teens-meet-shropshire-20th-february-2023/

Family Fun Afternoon – Monday 20th February 1.30pm – 3.15pm Shrewsbury
https://autismwestmidlands.org.uk/events/family-fun-afternoon-shropshire-20th-february-2023/

Teens online club
Teams Together – Teens online meet up Weds 1st Feb, 1st March 6pm-7pm

https://autismwestmidlands.org.uk/events/teams-together-fun-sessions-for-shropshire-youngsters-1feb/

WEEKLY Teams Advice slots – every Tuesday, Wednesday and Thursday

For those would like some online advice we are offering this virtually via video appointments. Teams works well on mobile phones. To book a 45 min advice appointment with a specialist autism advisor please book via our shop. If the dates/timings of our online advice appointments are not convenient for you, please contact us to make alternative arrangements – scroll down for details

https://shop.autismwestmidlands.org.uk/collections/events/products/online-autism-advice-and-consultation-sessions-shropshire-county
IMPORTANT – WE EMAIL YOUR TEAMS LINK TO YOU THE WEEK BEFORE YOUR SLOT, MAKE SURE YOU CHECK YOUR INBOX INCLUDING SPAM/JUNK TO GET YOUR LINK

Virtual Support Group for Parents - Wednesday Mornings 10am-11am & Wednesday Evenings 8pm-9pm – 1st and 3rd Weds of each month (term time)

Our online support groups meet twice a month via Zoom. This is an opportunity to talk with other parents, share ideas, and offer support. We recommend that you have attended an online advice appointment with a member of the team before joining group sessions (link above).
If you would like to join either of the support groups, please email the team here shropshire@autismwestmidlands.org.uk

Dad's Group – Monthly on a Thursday 7pm-8pm

This is an opportunity for dads to meet online, share ideas, celebrate their children's achievement's and offer support to each other with a member of Autism West Midlands present. For more information and booking details see link below
https://autismwestmidlands.org.uk/events/virtual-dads-support-group-west-midlands-mar31/

Advice and support

We also offer advice and support over the phone and via email. Parents/carers and professionals can contact our small team directly to arrange an appointment including face-to-face if preferable.
Shropshire office - 01952 454156
Weds, Thu, Fri - Emma Hegenbarth 07881109480
Tue, Wed, Thu - Dawn Lewis 07706309382
Thu - Nicola King
Email shropshire@autismwestmidlands.org.uk
Helpline 0121 450 7575
Feel free to share with families and colleagues – if you would like to be added to our professionals mailing list, please email your details to emmah@autismwestmidlands.org.uk

	WEEK 1	WEEK 2	WEEK 3
	W/C: 31st Oct, 21st Nov, 12th Dec,16th Jan, 6th Feb	W/C: 7th Nov, 28th Nov, 4th Jan, 23rd Jan, 13th Feb	W/C: 14th Nov, 5th Dec, 9th Jan, 30th Jan
MONDAY	Beef or Quorn Bolognaise with Penne Pasta Jacket Potatoes with various fillings Cheesy Garlic Bread Salad Bar, Steamed Cauliflower Chocolate Crunch Cake	Meatballs or Quorn Balls in Tomato & Basil Sauce Jacket Potatoes with various fillings Penne Pasta Salad Bar, Broccoli Selection of Muffins	Oven Baked Fish Fingers or Vegetable Fingers Jacket Potatoes with various fillings Oven Baked Chips Salad Bar, Garden Peas, Baked Beans Lemon Drizzle Cake
TUESDAY	Chicken or Vegetable Nuggets Jacket Potatoes with various fillings Herby diced Potatoes Salad Bar, Carrots, Baked Beans Shortbread	Young's Fish Cake, Cheese Pasty Jacket Potatoes with various fillings Oven Baked Chips, Mashed Potato Salad Bar, Baked Beans, Garden Peas Shortbread	Chicken Bites or Quorn with Sweet & Sour Sauce Jacket Potatoes with various fillings Steamed Noodles, 50/50 Egg Fried Rice Salad Bar, Carrots, Steamed Cabbage Selection of Cookies
WEDNESDAY	Chicken Curry Young's Fish Cake with Oven Baked Chips Jacket Potatoes with various fillings 50/50 Rice, Naan Bread Salad Bar, Garden Peas Steamed Golden Syrup Sponge & Custard	Tuna & Sweetcorn Pasta, Pasta with Tomato & Basil Sauce Jacket Potatoes with various fillings Penne Pasta, Salad Bar, Carrots Steamed Jam Sponge & Custard	Chicken & Sweetcorn Pasta or Pesto Pasta Jacket Potatoes with various fillings Cheesy Garlic Bread Salad Bar, Green Beans, Baked Beans Steamed Chocolate & Pear Sponge & Custard
THURSDAY	Pork or Quorn Sausage with Gravy Jacket Potatoes with various fillings Mini Potato Rosti, Mashed Potato Salad Bar, Carrots, Steamed Broccoli Banana or Apple Flapjack	Minced Beef or Three Bean Taco Jacket Potatoes with various fillings Steamed 50/50 Rice, Potato Wedges Salad Bar, Sweetcorn Selection of Cookies	Pork or Quorn Sausage in Hot Dog Roll Jacket Potatoes with various fillings Oven Baked Chips, BBQ Sauce, Ketchup Salad Bar, Sweetcorn Fruit Salad, Jelly
FRIDAY	Cheese & Tomato Pizza, BBQ Chicken Pizza Jacket Potatoes with various fillings Penne Pasta , Oven Baked Chips Salad Bar, Sweetcorn, Baked Beans Cheshire Creamery Ice Cream	Roasted Vegetable Pizza, Three Cheese Pizza Jacket Potatoes with various fillings Oven Baked Chips, Penne Pasta Salad Bar, Sweetcorn, Baked Beans Mrs Evanson's Chocolate Mud Cake	BBQ Chicken Pizza, Cheese & Tomato Pizza Jacket Potatoes with various fillings Potato Wedges Pasta Salad Bar, Baked Beans Raspberry Ripple Mousse

Stars of the Week

Nursery	Albie J	3B	Ethan S
RL	Isaac S	4L	Olivia J
RM	Mason J	4K	Toby W
1B	James T	5W	Darcie A
1K	Charlie Mc	5V	George T M
2S	Rio P	6H	Owen O
2B		6C	Evie S
3G	Molly H		

** Readiness * Reasoning * Reflectivity * Resilience * Resourcefulness * Respect **