

03.11.23

## St. Mary's

Church of England Primary School  
Kirkby Lonsdale



Honesty



Trust



Responsibility



Perseverance



Respect



Dear Parents,

As we navigate our way through this half term, I couldn't help but draw parallels between the challenges we face in our academic journey and the remarkable feat of rowing across the Atlantic. This week we welcomed Adam Green to school to inspire the children with his amazing achievement of rowing across the Atlantic. The children in Year 3 have been reading Alistair Humphreys' book, *'The Girl Who Rowed the Ocean'*. Inspired by this it seemed perfect to welcome Adam to school to share his experience. Thank you to Adam for giving up his time to inspire our children and discuss your team transatlantic crossing. I have themed my letter accordingly...



This journey is filled with ups and downs, but we're proud to report that your children have been successfully "rowing" through their classes, just like the brave individuals who take on the vast Atlantic Ocean. We started this half term like a well-prepared crew setting off on an Atlantic expedition. Much like the careful planning and rigorous training required for such an adventure, our students began the term with enthusiasm and readiness (despite post half term tiredness). They embraced their studies with dedication, much like rowers preparing for the challenges ahead. We have seen some superb creative work from our children this week from, art, music, design technology and also starting new geography or history topics. It was a pleasure to give out so many certificates this week to children who have made such an effort with home learning and impressing the staff in lessons this week.

Just as rowers face unpredictable weather and waves, our families may encounter their own set of challenges during this term. The Atlantic rowers rely on their team and their inner strength to overcome adversity. Similarly, our students and families have been working together to tackle various challenges that have come their way. We're building resilience, teamwork, and adaptability, which are essential life skills for navigating the "ocean" of life. Equally, if you think your child requires support, please get in touch and we can support your child through a difficult time. We continue to benefit from the amazing support work of Mrs Anderson, our school counsellor and Mrs Mitton, our Emotional Literacy Support Assistant.

The importance of homework in our students' lives can be likened to the preparation and training that rowers must undergo to survive the Atlantic crossing. Homework serves as the training ground where they develop the skills and knowledge necessary to face real-world challenges. Just as rowers must build their endurance and stamina, our students are enhancing their learning, which will prepare them for the real world beyond school. The lessons they learn here are like the supplies and equipment needed for a successful voyage. I hope you have appreciated (despite inevitable tech issues at times) our parents consultation system, but moreover you have had fruitful conversations with the teachers.

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Maintaining an active lifestyle and nurturing our physical well-being is another crucial aspect of this journey. Just as the rowers need to stay in peak physical condition to endure the harsh conditions of the Atlantic, our students are encouraged to lead active lives to ensure a healthy body and mind. Physical activity provides the energy and focus required to excel in their studies and in life. Mr Yates announced Cross Country Club in assembly today which is taking place on Wednesday lunch times.

As we celebrate the halfway point of this term, we want to express our gratitude for your ongoing support in this academic voyage. Just as the rowers reach milestones and find joy in their accomplishments, we are pleased to see your children thriving and growing academically and personally. Let's continue to work together to nurture their potential and help them achieve their dreams, just like the brave souls rowing across the Atlantic.

Very soon we will be announcing our Christmas events so you can place these in your diaries. This will be a long and busy term and we hope the children enjoy this half term.

Thank you for entrusting us with the education and well-being of your children. We look forward to the rest of this half term and the exciting journey that lies ahead.

Wishing you a wonderful half term break and a joyous continuation of this academic adventure.

P.S. Apologies if I went overboard with the rowing analogies.

Warmest regards,

Mr Jones



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Please invite friends and families who have children **wanting to start Reception Class or Nursery in 2024**. This is a superb opportunity to look around school in the morning and see the school in action.

We are inviting Zoobidoo to join us from 9:30-10:30am in Reception Class as part of the open morning. They will be bringing in an array of creatures to view and handle during the hour.

Reception Application Deadline is **January 15th**

Applications are via:

<https://tinyurl.com/yc8xn6bx>

Please come and join us if you are applying and would like to view our school.

You can phone the school office on **015242 71334** to confirm you are coming.

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# Emotional Literacy Support Assistants



Many schools around the country have trained a member of staff to support pupils with their emotional literacy as they navigate growing up.

An ELSA in a school is an **Emotional Literacy Support Assistant**. There is a recognised training course aimed specifically at Teaching Assistants or other specialist school roles. ELSAs are specialists with a wealth of experience of working with children and young people. ELSAs are trained and regularly supervised by Educational Psychologists.

ELSAs are warm, kind and caring people who want to make children and young people feel happy in school, and to reach their potential socially, emotionally and academically. They understand the barriers to learning that some children and young people might have and can help them with this.

They can support the children and young person's emotional development and help them cope with life's challenges. ELSAs will also help children and young people to find solutions to problems they might have.

An ELSA is not there to fix problems but to help them find their own solutions and offer that important support to a child or young person. Relationships are key in helping children and young people to feel safe and nurtured. ELSA is about creating a reflective space for the child or young person.

Once the target has been set an ELSA can plan a series of sessions for that child to help them achieve their target. This might be a one to one session or a group session. The usual intervention is 6 sessions (half a term) but it could be a little longer if necessary. It is important the child or young person doesn't become too attached and reliant on the ELSA because the aim for most children or young people is to cope independently with any challenges that they face.

Sometimes things happen in life such as a death, divorce, illness, hospital stay, and so on. An ELSA can help the child or young person reactively which means they can support them immediately when things like this happen. Through a strong relationship with the ELSA, the child or young person can feel safe and cared for and know that someone is there for them.

At St Mary's Mrs Mitton is trained and working as an Emotional Literacy Support Assistant and her work is proving to be very effective in supporting a range of pupils with varying needs.

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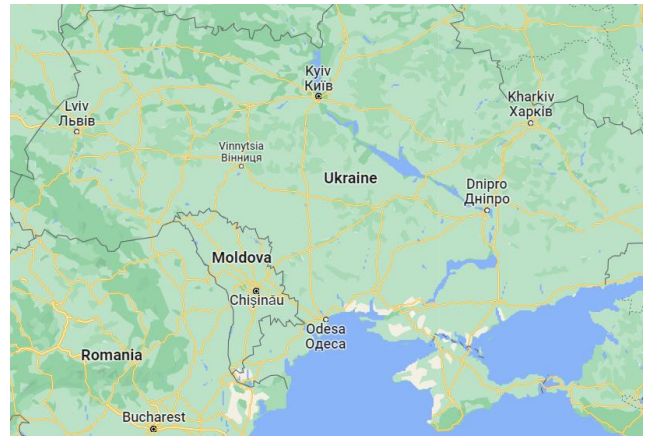




## Shoe, boot and trainers collection

There are many communities in crisis at the present time in various countries and whilst a light has been taken off the crisis in Ukraine in the news, the issues and struggles continue to exist.

Mrs Chase is one of our Midday Supervisors and she is responding to a need to provide shoes for those fleeing and living in the region.



We have set up a box in school for donations of shoes and trainers (adult and children) to send to the area very soon. If you can help with any donations, your support will be most gratefully received. If during November you can donate shoes, boots or trainers, Mrs Chase will ensure they are sent quickly and where they are most needed in the area.



## Messy Church Notice



### Care for our World

- Activities
- Hot Meal
- Totally free

Sunday 19th November 4.30-6.00pm  
Kirkby Lonsdale Methodist Church



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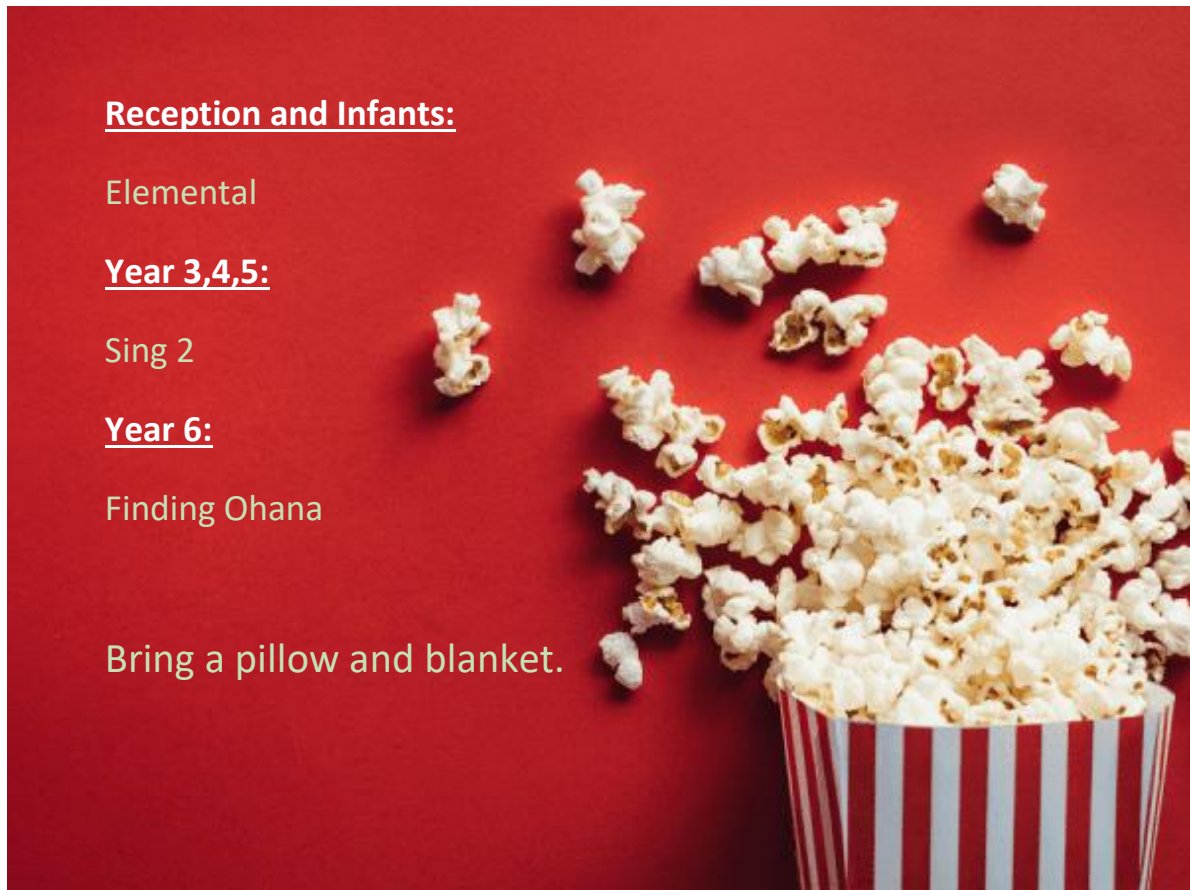
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## Film Night, Friday 10<sup>th</sup> November

Our PTA have distributed letters to invite children to come along to Film Night on Friday after school.

**Parents collect at 5:30pm and the cost is £3 which includes sweets, popcorn and a drink.**



## Online Safety Newsletter

Along with this newsletter you should also receive our monthly Online Safety Newsletter providing you with superb information to support you as a parent.

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## Kendal Snowsports HAF Event 2023

Join us this Christmas on Kendal Dry Ski  
Slope for 90 minutes ski time and a  
barbeque lunch

*You can do it!*

Beginner Lessons **Fully Funded** for children (7-16) on Free  
School Meals and some other categories—please enquire  
Limited Self-funded places £20

**Dates: December 20th , 21st and 28th, morning  
and afternoon sessions  
Book all days or just one**



Further Information



To Book Places



**For more activities search "Cumbria Holiday Activities and food"**

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