



Charleston Church of England Academy

Parent Updates Newsletter

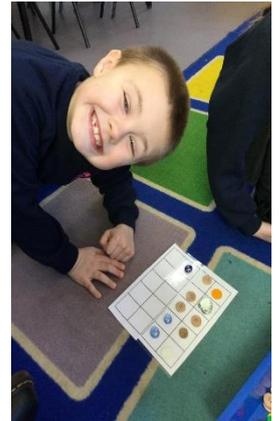
Friday 21st January 2022

Dear Parents,



It's been a delight to get into classes this week and see fantastic learning going on across the school.

Goodshelter class have been learning all about the Sculpture of Henry Moore whilst Start Point class are exploring the geography of the United Kingdom and Croft class have had an exciting delivery of an electricity components kit to explore



in Science lessons.

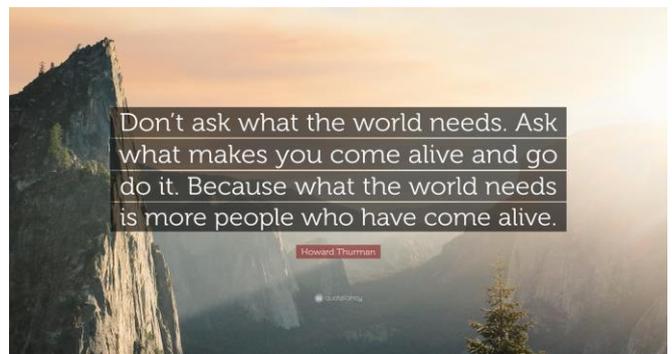
Croft also enjoyed taking part in a virtual Gymnastics festival this week organised by Miss Worden, our specialist PE teacher from Spires College. The Festival involved schools from our Trust family and beyond trying out new skills and learning from each other, such a great opportunity!

Across our school this week we have been thinking about our school value **Responsibility** and how we can take responsibility for serving others. During our assembly time together we thought about this quote "Don't ask what the world needs. Ask what makes you come alive and go do it, because what the world needs is people who have come alive"

As a school we are planning to use the talents that "make us come alive" to support the charity we have been learning about this year - Promise of Education Uganda. We look forward to sharing all of the children's fantastic ideas with you soon!

Have a great weekend,

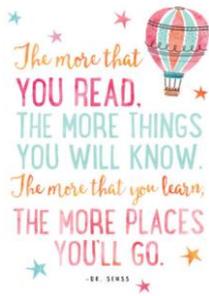
Miss Coombe



Home School Link Journal

'Children will always achieve more when we work together.'

To support the development of your child's reading, we ask that you read with your child four times a week and record when you have read in their home school reading journal. When you complete the journal, remember it is a record of your child's reading and a place to let us know how they did. It will also help us to know when to change your child's book.



Reading in Early Years and Key Stage One

We understand that knowing how to help your child to learn to read can be confusing for parents. In order to help you understand what your child will be doing in their RWINC lessons and how to help, we have provided some useful resources and information below. If you have any questions, please see your child's teacher.

If they find a word tricky, help your child to sound out the letters and then 'push' the sounds together to make a whole word. Try not to refer to the letters by their names. Help your child to focus on the sounds. You can hear how to say the sounds correctly at this link:

<http://www.ruthmiskintraining.com/teacher-support/61/index.html>



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We know parents and carers are very busy people. But if you can find time to read to your child as much as possible, it helps him or her to learn about books and stories. They also learn new words and what they mean. Show that you are interested in reading yourself and talk about reading as a family.

Top Tips!

- Practise the sounds that will be enclosed within their reading journal.
- Fred talk new words (sounding out and then blending the sounds together e.g. s - t - a - m - p stamp)
- Help your child to take note of the punctuation and read with expression e.g. pause at a full stop or a comma, use a character's voice when there are speech marks and sound dramatic when there is a !
- Reading to your child will also help to enrich their language and understanding.
- Make reading a special quiet time and cuddle up so both of you can see the book.
- Show curiosity in what you're reading together: Oh no! I think Arthur is going to get even angrier now.
- Chat about the story:
 - I wonder why he did that?
 - Oh no, I hope she's not going to...
 - I wouldn't have done that, would you?
- Read favourite stories over and over again. Get your child to join in with the bits they know.
- Read with enthusiasm. Don't be embarrassed to try out different voices. Your child will love it!
- Most importantly read with enjoyment. If you're not enjoying it, your child won't.

Happy Reading!



Volunteers

Getting involved by volunteering is a great way to take a further interest in your child's education. Parent volunteers offer a huge resource and support base for the school community. Even if you haven't been involved in the past, it's never too late to start!

Looking for Parent Volunteers!

Volunteering in school can take many forms and does not have to be a regular commitment. Here are some ideas of how you could volunteer to support our school;

- Reading with groups or individuals
- Book Club
- Forest School
- Gardening Club
- Arts, crafts and school display
- Cooking School trips and welly walks
- Sharing your professional skills (for example, if you're a doctor, you might go in to talk to a class whose topic is healthy living)

If you would like to volunteer in school please ask in the school office.

Nursery Places

We have some morning and afternoon sessions available in our Nursery. If you would like your child to take up extra sessions please let the school office know.

Parent Representative

Parent Representatives play an important role in the development and life of the academy and across our family of schools; supporting the Trust through local governance as we work together for the benefit of all our children and our communities. There will be one Parent Representative for each academy.

For more information, please contact the school office who will be happy to share with you more information and arrange a chat with one of our current Parent Representatives to learn more about the role.

HAVE YOU CONSIDERED BEING A SCHOOL GOVERNOR?

Would you like to shape the future for the next generation?
Do you have valuable / professional skills you can offer?
Are you committed to contributing to your local community?

If you answered YES to any of the above please get in touch: clerk@lapsw.org

We welcome anyone who is interested in school governance and full training and support will be provided.



GARDENING CLUB

If your child would like to come along to Gardening Club on a Tuesday lunchtime can they please bring in wellies to wear. We have had some gardening gloves donated by parents and this week the children got stuck in clearing out the beds.



ECO CLUB

This week in Eco club the children made bird feeders and hung them around the adventure playground. Could they bring a healthy snack to have before club starts – Mrs Parbles very kindly brings biscuits but the children do get hungry!



SCHOOL LUNCHES

American Day lunch was a great success yesterday! The lunch looked amazing and the children enjoyed the pancakes!



Don't forget to order your child's lunches for the week/day before midnight the night before. You can order them on a weekly basis or right up to half term. If you are having problems logging in to School Money, contact Mrs Jeffery in the office. This terms menu can be found on our website: <https://charleton-lap.co.uk/wp-content/uploads/2021/12/Spring-2022.pdf>



Family Support and Special Needs



Devon
County Council

What is the Max Card?

The Max Card is free to families with children aged 0-25 who have SEND and it allows eligible children and young people free or discounted admission to more than 800 attractions nationwide, over 60 of which are in Devon and Cornwall.

For more information visit [the Max Card website](#).

How do I get a Max Card?

When you are registered as part of [the Disability Network](#) Devon County Council will send you a Max Card. You have to be 25 or under to be eligible.

Mealtime Routines

Some ideas for creating a positive and enjoyable mealtime routine are:

- Introduce the idea of eating together, start with once or twice a week and build up from there.
- Ask the children to be involved in preparing the meal or laying the table, this helps them learn new skills and helps keep them entertained.
- Keep the meals healthy but simple, so that it's not too time consuming or stressful.
- Model good table manners, they will pick up on your actions quicker than your words.
- Turn the TV off during mealtimes to create an opportunity to talk and have enjoyable conversations.



Mealtime routines can help children develop manners, social skills and healthy eating habits



Helping children & teens overcome anxiety



Online Workshops

www.thestillmethod.com

Parents and teacher workshops created to help people support children to overcome anxiety. By following a fun, step-by-step process, where you and your child work together, your child can become anxiety free.

The number of children and teenagers suffering from anxiety is increasing, but there is a lack of support for parents and teachers. There is often conflicting advice, with words like mindfulness, counselling and CBT used and these are often hard to apply.

Top tips on how to talk to your children about their feelings

Ask them what they need

It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. For example, do you need some space right now?

Name it

Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, 'You seem really angry today. I can see you are clenching your hands, and you don't have a happy face. I wonder if anything has made you angry or upset?'

Listen carefully

This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.

Choose your timing wisely

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

Think about the setting

Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

Here are some handy tips on how you could begin talking to your children about their feelings.

Practice asking open questions (rather than closed ones)

Closed questions usually encourage yes or no type answers. Open questions, on the other hand, go a bit deeper and encourage more thinking and exploration. This simple difference in style might help your child consider their own thoughts and feelings a little more and encourage them to share more of their story or problem with you.

Think about whether your child feels ready to talk

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body, too, for indicators on whether they really want to talk about their feelings.

Model it

Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

Take away the intensity

It can be pretty daunting (on both sides) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.



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If you are struggling to talk to a child in your life about their feelings, or you want to talk to the team about anything at all, you can reach out to us by logging into [qwello](#)