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17<sup>th</sup> May 2024

Dear Parents and Carers,

A calm but busy week!

This week we celebrate the efforts of our Year 6 children. They undertook their tests calmy and with great concentration. They tried their best – which is all we ask.

Thank you to all the families who supported the children so well. The early morning breakfasts were well attended by the children and were supported by school staff. Thank you to everyone who made the week run so smoothly. The next few months are very special and such important ones for Year 6 and we have some lovely experiences planned for them. The SATS do not mark the end of their learning!

#### Next Week ... Class Photos 2024

The school photographer will be in school on Monday 20<sup>th</sup> May to take class photos. If you do NOT wish for your child to be photographed, please contact the school office. All children should come to school wearing their school uniform and not PE kits on this day.

#### **Summer Movie Night**

Apologies for the mix up with the non-uniform/photo clash! Movie night will still go ahead on Monday but in school uniform. Non uniform day will be Friday 24<sup>th</sup> May instead.

If you would like your child to attend, please book their place and pay via ParentPay by Monday morning.

Children will stay after school and will need to be collected at 4:30pm. Children will be dismissed from their classrooms as normal. Children who are booked into our After School Club will be able to attend at no additional cost and will go back into ASC at 4:30pm and can be collected as normal from there.

#### **General Reminders**

- School lunches must be ordered by 8am on the day.
- School starts at 8:55am. Children can arrive from 8:45am-8:55am.
- Keep personal belongings brought into school to a minimum. <u>We still have a number of children bringing in</u> <u>large rucksacks, we do not have the space on coat pegs or in classrooms.</u>
- Wear PE kit on PE days (white t-shirt, black/dark joggers and green sweatshirt/hoodie)
- Bring a labelled water bottle daily (no juice please).
- Dogs are not allowed on school premises, even if they are carried.
- Please check Arbor, ParentPay and the website frequently for important updates.
- School Streets is in operation between the hours of 8:30-9:30am and 2:30-3:30pm, please adhere to the restrictions to reduce congestion and help keep our community safe.

May 2024	
20.05.24	Class Photographs
20.05.24	FOG Summer Movie Night 3:15pm
w/c 20.05.24	Y6 Bikeability
24.05.24	Half Term - Non Uniform Day
June 2024	
03.06.24	Term begins for all
04.06.24	Y6 Residential Meeting for parents 5pm

w/c 03.06.24	Y4 times tables check
07.06.24	KS1 Sports Day 9am -10:30am
w/c 10.06.24	Y1 Phonics Screening check
10.06.24	Coffee Afternoon for parents -info to follow 2pm
12.06.24	KS2 Sports Day
21.06.24	F2 Sports Day 9-10am
24.06.24	Y6 Residential
28.06.24	FOG Non-uniform Day - sweets
July 2024	
03.07.24	INDUCTION Day for all year groups
05.07.24	Y1/2 Chester Zoo
10.7.24	Transition meetings for parents Y1-6 times TBC
12.07.24	Reports out to parents
12.07.24	FOG Non-Uniform Day - Bottles
13.07.24	FOG Summer Fair 11-1pm
15.07.24	Work Celebration – 3:15-4pm
19.07.24	End of term for children SDD4/5 Teachers 22.7.24 and 23.7.24

#### Wake Up Wednesday Top Tips Update

This week it discusses school avoidance.

#### **Governing Board**

Our Governing Board is made up of staff governors, parent governors, an LA governor and co-opted governors. We currently have two vacancies on our Board for co-opted governors. This can be anybody within the local community of Wirral. Co-opted governors can make the link between the world of work and education and constructively support the success of their local school. You don't have to be an expert in education and we welcome interest from all walks of life to bring different perspectives and views. These roles are a rewarding and effective way of making a voluntary contribution to the lives of local young people. If you are interested in our children's future, have energy and enthusiasm, and want to help with the direction of the school's future, please send an expression of interest to the school office marked for the attention of the Headteacher.

Best Wishes Mrs Sharon Edwards Headteacher

# What Parents & Educators Need to Know about

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

#### REASONS FOR ABSENCE

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UNDERSTANDING

SCHOOL AVOIDANCE

School avaidance is sometimes underpinned School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bultying and friendship difficulties at school, pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

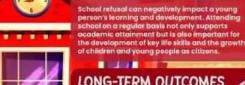
COMPANY DESCRIPTION OF

#### PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child ar young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress - such a changes in the environment, changes of routine and sensory stimuli.

#### COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they leal ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.



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#### LONG-TERM OUTCOMES The difficulties associated with scho on-attendance can be far reaching and may

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have a negative impact on long-term outcomes. It may, for example, lead to red future aspirations, poor emotional regulat mental health difficulties, limited academ progress and restricted employment



Consistent absences may contribute to consistent absences may continue to sustained school avoidance over time. Furth to this, the longer a pupil is out of education, more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their des to stay at home.

## **Advice for Parents & Educators**

#### WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing. It's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

#### FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a merning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routin which is calm and limited time on screens can also give children much neede predictability and familiarity. Schools can help create a timetabled routine fo the child's school day, if required.

#### Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board momber, Anno Bateman has a superb understanding of what works in pedagogy, school improvement and leodership. She has also advised the Department for Education on their mental health green paper.

### MANAGING OVERWHELMING FEELINGS

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While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

#### REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewording experiences at home, which could be interpreted as a positive aspect of avoiding school.



The National College

