



# NEWS & VIEWS

Achievement & Enjoyment

Headteacher Mr S Bowsher



## Headteacher Comment:

With the summer holidays fast approaching and with all the changes that entails both in daily routines and in September as children move year groups or start new schools, I wanted to talk about all that we do to promote good wellbeing.

Wellbeing is about how we are doing and how we feel about our lives. Wellbeing is not fixed and it is completely normal for this to go up and down, however, low wellbeing can impact our relationships with family and friends and how we feel about and interact with the world around us.

All of our pupils talk about wellbeing regularly as part of PSHCE lessons and learn strategies for developing positive wellbeing. But what else do we do as a school to support our children?

This year, every class has taken part in a wellbeing workshop run by the charity Heads2Minds. They provide our pet assisted therapy sessions and were keen to share strategies with all the pupils at school. They ran parent workshops which were well attended.

Darren from Ignition Arts has been working with Year 4 to support them to develop strategies for regulating their emotions and developing positive wellbeing.

Every year we celebrate Children's Mental Health Week and the theme this year was 'My Voice Matters'. Our Junior Governors have been keeping this message going all year by organising class votes and acting on what pupils tell us.

This has led to a Kindness Project which the Junior Governors will be championing for the rest of the term, encouraging all pupils to be kind to each other. This will add to the work our older children have done around thinking about the words they use in the playground. All of our older children have signed a pledge to say that they will not use discriminatory language and that they will challenge this if they do hear it. We want to celebrate difference and ensure that children are not called names on the basis of race, gender, sexual orientation, disability, appearance or status.

To encourage children to talk to an adult if they are worried we have posters around the school. There is always a senior member of staff on duty at lunchtimes available for children to talk to if they need to. We have additional posters signposting children to Childline and Kooth.com if they feel that they need someone else to talk to. These are safe places for children and young people to access counselling and support. One of the posters we have up is on page 4 of this News and Views.

We continually try to model things that we know support good mental wellbeing and every class ends the week with '3 Good Things Friday'. Children come up with good things that have happened that week and these are displayed in class. It is always important to stay positive and focus on the things that make us happy.

We will continue to work hard to support the mental wellbeing of all the pupils at Larchwood and new for next year, we are looking forward to a new project, working closely with the NHS Mental Health Support Team.



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## LPPA Big BBQ and Bounce

This amazing event is only a week away. See the flyer on the last page for information.

## Sunflower Competition

Don't forget that the annual sunflower competition has only got three more weeks to run so keep looking after them and get ready to send in photos of your potential winner by the end of the day on 18<sup>th</sup> July.

## Word of the Week

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
React	Submit	Convince	Utilise	Technique	Circumstance	Neutral



## Mr Bowsher's Superstar Award

Evan in 5L for demonstrating all the school values and being an excellent role model.



## Stars of the Week

RM	RT	1A	1P	2C	2G	3B
Oliver	Millie	All of 1A	Violet	Alexandru	Charlie	McKenzie
3C	4LC	4T	5L	5P	6C	6R
John	Frankie	Tolunay	Anne	Niya	-	-



## Reading at Home

1P and 5P had the highest number this week but with no Year 6 children, no class has won a certificate or the trophy. Well done to all the children who did read enough.

Class	Table shows numbers of children and percentages who read from <b>Monday 24<sup>th</sup> June to Friday 28<sup>th</sup> June</b>			Percentage Read 4 & 5 times %
	Less than 4	4	5	
RM	4 (14%)	6 (22%)	18 (64%)	24 (86%)
RT	8 (30%)	7 (26%)	12 (44%)	19 (70%)
1A	2 (7%)	6 (21%)	20 (72%)	26 (93%)
1P	1 (3%)	9 (31%)	19 (66%)	28 (97%)
2C	4 (13%)	6 (20%)	20 (67%)	26 (87%)
2G	3 (11%)	8 (28%)	17 (61%)	25 (89%)
3B	4 (14%)	2 (7%)	23 (79%)	25 (86%)
3C	8 (27%)	10 (33%)	12 (40%)	22 (73%)
4LC	2 (7%)	5 (17%)	23 (76%)	28 (93%)
4T	3 (11%)	6 (22%)	18 (67%)	24 (89%)
5L	4 (13%)	3 (10%)	23 (77%)	26 (87%)
5P	1 (4%)	3 (11%)	23 (85%)	26 (96%)
6C	No reading numbers due to secondary school transition days			
6R	No reading numbers due to secondary school transition days			
Total				87%



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## Diary Dates

Below are some of the important dates coming up this term:

Friday 28 <sup>th</sup> June	LPPA ice cream sale
Friday 5 <sup>th</sup> July	Year 5 taster day at St Martins
Friday 5 <sup>th</sup> July	LPPA Big Barbeque and Bounce (after school)
Monday 1 <sup>st</sup> July	New Reception transition week 1
Monday 8 <sup>th</sup> July	New Reception transition week 2
Wednesday 10 <sup>th</sup> July	Year 2 Trip – Thorndon Country Park
Wednesday 10 <sup>th</sup> July	Year 6 end of year production – 1:45pm and 6:00pm
Monday 15 <sup>th</sup> July	Year 6 Residential Trip – Mersea Outdoors
Wednesday 17 <sup>th</sup> July	Reception Trip – Boydells Dairy Farm
Wednesday 17 <sup>th</sup> July	Year 3 – 6 French day
Monday 22 <sup>nd</sup> July	Move Up Morning / meet your new teacher
Monday 22 <sup>nd</sup> July	Celebration Evening
Wednesday 24 <sup>th</sup> July	Junior Governing Board trip to Parliament
Wednesday 24 <sup>th</sup> July	End of year discos
Thursday 25 <sup>th</sup> July	Larchwood's Got Talent and Last day of term



## Weekly Attendance

### Weekly Attendance – week commencing Monday 24<sup>th</sup> June 2024

Class	RM	RT	1A	1P	2C	2G	3B	Whole school
Attendance	95.3%	90.7%	93.7%	96.7%	98%	93.3%	96%	
Class	3C	4LC	4T	5L	5P	6C	6R	95.2%
Attendance	98.4%	99%	91%	92.4%	95.9%	93.8%	98.3%	

1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
4LC	3C	6R



## Yearly Attendance

### Yearly Attendance – from 6<sup>th</sup> September 2023

Class	RM	RT	1A	1P	2C	2G	3B	Whole school
Attendance	95.9%	93.2%	95.3%	95.4%	96.4%	95%	96.1%	
Class	3C	4LC	4T	5L	5P	6C	6R	95.3%
Attendance	96%	95.7%	94.6%	95.1%	95.6%	96.3%	93.6%	

1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
2C	6C	3B



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# DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!

Here are some brilliant tips from children just like you\*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



## DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:

Do you want to be my friend?

Do you want to play?

I'm here for you.

Shall we tell an adult?

You're a star!

Would you like me to find your friends?



\*With thanks to the pupils at Seascape Primary School and Ark Globe Primary School.

BEANO

Place2Be's  
CHILDREN'S  
MENTAL HEALTH  
WEEK



# THE BIG BBQ AND

# BOUNCE

## Larchwood's Summer

## Social

### Friday 5th July 3.30-7pm

## IMPORTANT INFORMATION



Wristbands can be purchased in advance for £7 before the 28th June. Wristbands will be available on the door at £10. To get yours please head over to -

[www.pta-events.co.uk/larchwoodprimarypa](http://www.pta-events.co.uk/larchwoodprimarypa)



All children must be accompanied by an adult and remain their responsibility



No smoking or vaping on School grounds



No personal BBQ's



No dogs



Only alcohol purchased on the premises may be consumed

