



Dear Parents & Carers,

Ensuring that our children feel confident to begin their next stage in their education is really important to us at Pilgrims' Cross. Whether it is our youngest learners' first experiences within the school building, our oldest children visiting their new secondary schools- or anyone in-between- "getting it right" is key.

In order to reduce anxiety, build **courage** and develop **trust**, whilst creating new friendships, based on **love**, we have planned two transition sessions- the 2nd July and 12th July (see more details below).

Please talk to your children about these and ask them how their times in their new classes and classrooms went. We want to partner with you to ensure that next year is their best yet!

Thank you for the positive comments on the new newsletter- we hope that you are receiving the information you need in order to help your child. Please do always feel free to drop me a line on the email address below.

Jim Cascarini – Headteacher

admin@pilgrimscross.co.uk

Vision Awards

Congratulations to all our children who received a Vision Award this week...this week's theme was <i>Trust</i>	<i>Love</i>	<i>Courage</i>	<i>Trust</i>
<i>Willow</i>			Esmae B
<i>Oak</i>			Olivia K & Isla M
<i>Sycamore</i>			John H-B
<i>Maple</i>			Arthur B
<i>Lime</i>			Abdul M
<i>Hazel</i>			Ivy P
<i>Chestnut</i>			Jennifer S
<i>Elm</i>			Lexi P
<i>Beech</i>			Annabelle E
<i>Ash</i>			Alfie-Blue G
<i>Pine</i>			Isabella T
<i>Hawthorn</i>			Nana Y
<i>Aspen</i>			Leo H
<i>Juniper</i>			Deolu B



What we have been learning this week...

Willow & Oak

This week Oak and Willow have been focussing on writing part of the story "Snail Trail".

In Maths, the children have been learning how to create 3D models from maps and describing the positions using prepositional language. For example, having a map of Marwell Zoo and putting a toy rhino next to a toy Zebra and saying "the rhino is next to the zebra" or putting a toy tiger opposite a toy ostrich and saying "the tiger is opposite the ostrich".

In Phonics, they have been practising reading and writing words ending in "ing" for example 'sleeping' and words ending in "ed" but that make different sounds (for example when it makes the "t" sound- as in 'helped', the "id" sound- as in 'started' or the "d" sound- as in 'crowned'.

For Welly Wednesday, which we did on Thursday, we checked our minibeast houses, we made dandelion tea and we tried to look for snails. While the weather was very hot, we had the paddling pool out and picked up corks with our toes! We enjoyed the obstacle courses, especially making our way through the different tunnels and drawing round our friends using chalk.

Finally, we made bumble bees out of materials, making sure we added antennae, and drew our own faces after looking in a mirror as well as made faces using playdough.

Another fun and hot week of learning. Well done, Oak and Willow!

Sycamore & Maple

We have had another busy week in Sycamore and Maple class. In English, we have been writing setting descriptions of what we saw on our journey to the North Pole! We carefully considered the noun phrases we wanted to write about and we joined two together with 'and' to make compound sentences. We saw sparkling stars, vicious polar bears and enormous icebergs- just to name a few! In Maths, we finished learning about money. The children were able to total up different coins, in addition to learning the different types of UK pound notes. In science, we constructed animal homes from natural materials before carrying out a waterproof test on them. Well done for your hard work Year 1!

Miss Miners and Mr Till



Lime & Hazel

This week in Year 2, we have been learning all about banquets in English so that we can write some instructions on how to throw one! In Maths we've been using lots of language in relation to position and direction - even directing each other outside. In Computing we helped Paxi pack a space bag for his visit to the International Space Station and in Science we've been testing out sustainable materials to see if we could use them to make plant pots!

Chestnut & Elm

This week, Year 3 have been planning, drafting and writing up our narrative stories based on the video, *The Egyptian Pyramid*. We used our drafts to create and publish our own mini story books and created a front cover to go with this. Within Maths, we rounded off our learning adventure on Time and began to learn about Shape. We looked at different turns and angles and used our learning to write up our own instructions. We also had a fantastic time learning about mummies in our learning adventure, *Walk Like an Ancient Egyptian*. We learnt about how ancient Egyptians prepared bodies for mummification and then had a go at mummifying our own tomatoes! Mrs Bishop and Miss Njebele

Beech & Ash

This week in Ash and Beech class we have begun exploring our new exciting text 'Arthur and the Golden Rope', using it as inspiration to create our own sentences with similes and alliterations. In Maths, we have been navigating our way through position and direction, getting to grips with using coordinate grids and plotting points on them. In Design and Technology, we started to look at making our own slingshot cars, and began with creating the chassis, which you can see below.

Miss Collier & Miss Methley



Pine & Hawthorn

In year 5 this week, we have finished our descriptive writing about Grendel in Beowulf, there were lots of terrifying narratives with cracking parenthesis and use of short sentences. We have also mastered playing a song on xylophones as well as creating and writing our own compositions! Finally, we have made a great start on the topic of converting volume and length in maths. Well done to all the children!

Mr Childs & Mr Dookheran

Aspen & Juniper

In Year 6 this week, we have had a big focus on writing. We have produced three varied pieces of writing, with the aim of showcasing our skills for our end-of-year writing assessment. Firstly, we wrote a narrative, based on the fateful day when Captain Robert Scott and his team reached the South Pole. We also wrote a persuasive voice-over for an advert and a recount based on a WW2 animation. Our teachers are very proud of the progress we have made over the course of the year! In history, we learnt about the historical figure, Mary Seacole. We found out about her achievements and significance as part of our History learning, 'Who Should Feature on a Banknote?' As part of this learning (before we went on residential), we had a visit from Analeigh's Dad, Mr Cockerill, who shared his expertise on banknotes. We gained a fascinating insight into the production and security features of a banknote - a brilliant addition to our learning!

Mrs Cocks & Mrs Straughan

Transition Days

I hope that the information I provided about transition days was helpful and that all parents & carers saw the link to the school newsletter in emails last week. Transition days are **2nd July and 12th July**. These are for all children. The majority of Year 6 pupils will be off to their secondary school for transition, but we will have activities planned for the handful of children who will remain with us on that day- please bring your child in as normal.

On the **2nd July**, children will spend the day in their new classroom and get familiar with the learning environment, their new classmates, etc. They may or may not have the adult who will be teaching their class next year- in fact, all teaching staff are going to stay in their *existing* classrooms, as we will not have all new class teachers available on that date to meet their new classes. Any learning support assistants who currently work with children will go with the children they work with, so there will be familiar faces there.

On the afternoon of the **12th July**, children will spend the afternoon in their new classrooms again, with their *new* class teachers. You will know who your child's teacher will be on the 12th July, at the end of the day.

Your child's views are important, so teachers have been asking all pupils to write down the names of 3 friends that they would like to be in class next year with- and we will guarantee that, as far as possible, **at least one** of them will be in the same class as your child.

This is, understandably, a time when parents/carers might want to give their thoughts or share any concerns about next year. Thank you to those of you who have emailed your thoughts. We finalise class lists on Monday.

Reports

On Wednesday 17th July, you will be receiving your child's school report. This year, we will be sending them to you electronically. Please look out for the email in your inbox! If you would like to discuss anything in the report with your child's class teacher, please either make an appointment via the school office or grab your child's teacher at the beginning or end of the day to arrange this.

Sports Day- Tuesday 9th July

A reminder that our Sports Day is Tuesday 9th. We are looking forward to welcoming as many of you as possible to this event to help cheer on our children's efforts.

Can we please encourage you complete the online form for indicating your child's lunch choice so that we can ensure all children are fed. As previously shared there will be no hot meals on this day, in place there is a picnic lunch available to pre order. Please see the link below for more information.

<https://forms.office.com/e/ZwdpEsdAsz>

Staffing news

We are pleased to announce that **Mrs Hutchison** is taking over the SENCO role from Mrs Clark, next September. Having this key role led by such an experienced member of staff will ensure continuity and quality of provision going forwards.

We also wanted you to know that Ms Galarraga will be leaving us at the end of this academic year. We will update you in due course, as to how we will be providing ELSA/pastoral support for our learners going forwards.

School uniform

I have seen quite a few children not wearing school uniform, especially trainers (rather than school shoes), branded tracksuit trousers for PE and t-shirts with logos. From September, please could you ensure that your child comes in to school with the correct uniform. We will kindly 'turn a blind eye' for the final few weeks, but will be insisting on this from September, to allow everyone time to purchase the correct uniform.

Reminder: jumpers and t-shirts with the Pilgrims' Cross logo are lovely, but our uniform policy does not insist on school branded items. Plain maroon jumpers and plain white polo shirts & t-shirts are available from many supermarkets for a reasonable price. Please stock up!

Come and join us!

We would love to recruit two more Mid-Day Supervisory Assistants to join our wonderful lunchtime team. The role would be 10 hours per week (2 hours per day, between 11.30am and 1.30pm). Salary is £5185.00 per year.

Please email recruitment@pilgrimscross.co.uk or call in at the office for an application form.

Attendance

At Pilgrims' Cross we value the importance of regular and punctual attendance and remind parents of the importance of ensuring your child in school as much as possible and to think carefully before keeping your child off school. Guidance can be found on <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Whole School Attendance this week: 93.7%

Lateness: 773 minutes of lost learning this week!

Classroom doors are open from 8.20am and 8.30am for morning drop off and 2.50pm – 3pm for end of day collection.

Summer Fest!

Don't forget that this Saturday is the Summer Fest. Enjoy an afternoon of fun community activities, whilst raising valuable funds for the school.



We need your help!

We can't put on these amazing events without your help, so we have also created a new easy to use portal to enable anyone to sign up to volunteer for some of the exciting stalls we have. We would be very grateful if you could spare us an hour of your time to ensure we can offer as much as possible on the day - thank you!

Please follow the link below and register;

<https://www.pta-events.co.uk/pilgrimscrossprimaryschool/index.cfm>

Raffle Tickets

The FOPS team will be selling raffle tickets each day at drop off and pick up, outside reception and at the Co-Op entrance. Priced at £1 per ticket, to save writing out multiple strips this year, so the ratio of winning a super prize is still the same!!

Service Families

A message from our Service Family group leader Mrs Scowen...

We are a group of 31 children who all have a parent that has recently served or is serving in the Armed Forces. We meet weekly and do lots of different activities. We are really enjoying building friendships. This week we have been doing activities to celebrate Armed Forces Day (29th June). On Friday 19th July, we would like to invite our Service families to join the children for a tea party at 1.30pm. Letters will be going home next week, so keep a look out!

Resources

Family first support NHS England in improving the physical and mental wellbeing of families living in England. To access your free copy of the UK's largest parenting title please follow this link:

https://issuu.com/sevenstarmedia/docs/ff_summer2024_digital240624



INSET days

Governors have agreed the INSET days for the academic year 2024/25:

- Monday 2nd September 2024
- Tuesday 3rd September 2024
- Friday 20th December 2024
- Monday 6th January 2025
- Friday 20th June 2025

Safeguarding:

Sleep is so important. Are you struggling to create healthy sleep patterns in your family? Read the handy guide, below, for some tips...

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.03.2024

Key dates

- Tuesday 2nd July- School Transition Day 1
- Tuesday 2nd July- Winton transition Day
- Tuesday 2nd July & Thursday 4th July- EYFS *Stay & Play*
- Tuesday 9th July- Sports Day
- Friday 12th July- new EYFS Teddy Bear Picnic
- Friday 12th July- School Transition Day 2
- Monday 15th July- Year 6 Graduation
- Wednesday 17th July- School reports go 'live' to parents/carers
- Monday 22nd July- Year 6 Leavers' Worship- 1.45pm
- Tuesday 23rd July- Non-school uniform day
- Tuesday 23rd July- Last day of term & Year 6 Leavers' party
- Wednesday 24th July- Sunday 1st September- Summer holidays
- Monday 2nd September- INSET Day 1
- Tuesday 3rd September- INSET Day 2
- Wednesday 4th September- First day of new academic year
- Friday 20th December 2024- INSET Day 3
- Monday 6th January 2025- INSET Day 4
- Friday 20th June 2025- INSET Day 5

Please check out our website calendar for all relevant dates:

<https://www.pilgrimscross.co.uk/diary/grid/2024/06/>