



Dear Parents & Carers,

Sports day is always a big day in school. This year's was a fabulous celebration of sporting prowess and the joy of physical exercise & teamwork. I was particularly impressed with the wonderful carousel of activities that the children had to complete. All classes, morning and afternoon, moved in an excited and organised fashion around the field to play their part. Well done to all the staff for organising such a great day- and to the FOPS for the refreshments!

Since I have begun at Pilgrims' Cross, I have been particularly struck by the sense of togetherness and support which threads its way throughout the school. Children and staff **love** and care for each other. The atmosphere of support in the classrooms and around the building is tangible- don't take that for granted, it's a special thing.

You will have received your child's report this week. I hope that they highlight and celebrate the achievements of your children over this year. As we near the end of term, it is a good point to pause and reflect on the successes, challenges and unexpected blessings over the year. Why not take time to do this over the weekend with your children?

Enjoy the sunshine!

Jim Cascarini - Headteacher

admin@pilgrimscross.co.uk

Vision Awards

This week, we took the opportunity to celebrate Sports Day achievements in our Friday worship so there were no Vision certificates awarded. Some children received awards for their efforts and I am sure they will share these with you at home. Everyone worked super-hard and a great effort from all!

Next Tuesday, we will be celebrating the Governor Awards. Parents/carers whose children have received a nomination for this will have been contacted to attend.

What we have been learning this week...

Willow & Oak

This week, Willow and Oak class have been really looking forward to sports day. We have been making rosettes and medals which some have been proudly wearing round their necks.

In maths, we have been making some maths games and trying to put into practice all the things that we've learnt this year. We've also enjoyed using dice to make tally charts during morning task.

We wrote some instructions for 'how to make mug cakes' and Willow class enjoyed making their cakes on Monday. (Oak made theirs last week)

In Welly Wednesday, we painted a pebble then made a Willow and Oak tree large art design using the pebbles as leaves. We all worked together to make our design.

We all loved sports day and enjoyed working together and supporting our friends. Well done, Oak and Willow!

Sycamore & Maple

We have had an excellent final full week in year 1. We finished writing our diary entries about Grandad's island from the perspective of Syd. We thought carefully about what he saw, what he did and what his feelings were about Grandad staying on the island. In maths, we have been getting the children ready for year two by working on our problem solving and reasoning skills. The children can understand complex questions and explain their thinking on paper. We had the best day at sport days on Thursday and we were so proud of all the love, courage and trust that we saw from the children throughout the day. Congratulations to our sports day award winners as well, you deserve it.

Mr Till and Miss Miners

Lime & Hazel

This week, Year 2 have used their History and English learning to write a non-chronological report all about castles and have included lots of interesting facts! In Maths, they have practised solving multiplication and division number sentences using resources and drawings. In D.T, they have explored wheels and axles, and designed their own ferris wheel. They finished the week with lots of fun and sportsmanship with our 'Medieval Banquet' and a fantastic sports day! Well done, Year 2!
Miss Plaw and Miss Samuel

Chestnut & Elm

We have had another fun week in Year 3 this week. In English we started off the week by planning, drafting and editing our non-chronological reports. We then finished off the week by using our drafts to edit and publish our final pieces. In Maths we started our learning journey on Statistics. We learnt about Pictograms and Bar charts and began to collect data to draw our own charts. We got our creative juices flowing with our learning journeys. In DT we wrapped up our learning of pneumatic toys by making our own versions using takeaway boxes, balloons and plastic tubing. We then decorated the outside. It was amazing to see them work!
Mrs Bishop and Miss Njebele



Beech & Ash

This week in year 4 we have been recapping money in Maths and using it to solve real-life problems. In English we have been planning and drafting our final character description of Fenrir the wolf. In DT we used our car designs from last lesson to create and decorate the bodies of our cars ready to test next lesson. We had a very successful sports day and enjoyed participating in a variety of events and showing our parents our school values through our sportsmanship. Well done to all year 4 for their great participation!
Miss Collier & Miss Methley

Pine & Hawthorn

In year 5 this week we have planned our very own free-write, based on an image we have investigated in class. Using prepositions and brackets to increase our amount of parenthesis and make our work as detailed as possible. We have also designed and created our doodlers to great effect! Using motors, batteries and wires we were able to make our doodlers move independently to create drawings on paper. Finally, the children have focused very hard in Maths as we revisit certain topics from the year such as long multiplication where we have ensured we always remember the placeholder! Well done to all the children in Year 5 for their excellent work this week!
Mr Childs & Mr Dookheran

Aspen & Juniper

Year 6's final week in primary school began with a graduation ceremony at The Lights in Andover. Looking the part, in mortar boards and gowns, the Year 6s listened to inspiring speakers and were presented with certificates in front of their parents. No graduation would be complete without throwing your mortar board into the air and it was a wonderful moment to watch all of Year 6 do just that after the ceremony! What a special and memorable event!
Back in the classroom, Year 6 have been designing a portable navigation tool in DT. They have worked in groups to develop a product concept and they learnt about the importance of sustainable product design. Later, they had the opportunity to bring their design ideas to life using CAD (computer-aided design).
Mrs Cocks & Mrs Straughan

Book amnesty

We need to collect in all library books and *Little Wandle* reading books. Could you please bring in as many school books as you can find around the house, under the sofa, behind the fishtank, etc...? We are conscious that some children have been taking library books out without first scanning them out. We will have a no-judgement amnesty- please just bring them back in!

It is **really important** that we get as many of our reading scheme books back as possible. These are our *Little Wandle* phonics scheme books. Again, we are having a no-judgement amnesty!

Breakfast Club

In September, we will be continuing to run our Breakfast Club. All children (including our newest learners in Early Years next year) are able to attend. The Club begins at 7.30am. Cost is £5 per session. Children will be provided with cold breakfast choices: cereals, fruit, yoghurts, etc.

If you are interested, please contact the school office- admin@pilgrimscross.co.uk **Payment will be in advance**, please.

Pupil passports for pupils on our SEN Register

Thank you to those of you who have taken the time to contribute to your child's pupil passport. We appreciate the information you have shared and this will be valuable to staff in preparing to receive children in September. **These will be live by 5pm today**, at which point you will be able to log on and view them in provision map. For those of you who haven't yet had an opportunity to contribute, we will leave parent comments open over the weekend to enable you to do so.

Kind Regards
Mrs Clark

School Dinners...

There is a large amount of outstanding unpaid school dinner debt. Please make sure that you pay this *before* the end of term. Thank you!

On another note, Hampshire Caterers have informed us that the cost of school dinners will be rising to **£3.20** in September. We want to let you know as soon as possible, so you are able to plan for this rise.

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.

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: 94.9%

Lateness: 1093 minutes of lost learning this week – please all note that September will see a crack down on attendance and punctuality.

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

FOPS

Wow! A BIG thank you to our amazing PTA- and you as parents & carers for your support. The money raised will go directly into things which improve provision & experiences for your children. FOPS are currently thinking and planning about next year's events- watch this space, as there's lots of exciting stuff on the horizon!

Keep up the good work, everyone!

**THIS YEAR
FOPS HAVE RAISED
OVER £5,200**

- Fireworks
- Christmas Fayre
- Discos
- Quiz Night
- Wreath Making Workshop
- Xmas Cards
- Summer Fair
- Bags 2 School

Thanks for your support!

This infographic features a blue sky background with a sun and clouds. The text is in a bold, blue, sans-serif font. The activities are listed in colorful, cloud-like shapes. At the bottom, there is a green bucket with a red shovel and a colorful beach ball.

**WHICH MEANS WE
HAVE BEEN ABLE
TO FUND;**

- Leavers Hoodies
- £1,000 donation to School
- Summer Wishlist for every Classroom
- Easter Gifts for Staff
- Mothers Day Gift Exchange
- Year 6 Leavers Disco
- Christmas Wishlist for every Classroom
- Fathers Day Gift Exchange
- Xmas Cards
- Easter Colouring Competition
- Christmas Book Presents from Santa

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Safeguarding: Worry and anxiety

We all get anxious and worry to different extents. You may be in need of help and reassurance over your own child. Check out the handy guide below as a starter. We also can link in with external agencies and our Mental Health Support Team when we are concerned about our learners at Pilgrims' Cross.

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.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, untreated worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Active listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help reduce anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health professional. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provision.

#WakeUpWednesday

The National College

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Key dates

- Monday 15th July- Year 6 Graduation
- Tuesday 16th July – Reserve Sports Day
- 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/>