



Dear Parents & Carers,

Summer feels like it's finally on the horizon! From the comments from the teachers, below, it seems like everyone feels blessed by the sun being out.

The children enjoyed lunchtimes on the field this week, meaning more space to play. Our children from Early Years joined in the fun, mixing with the older children for the first time. It has been encouraging to see so many of our older children taking care of the younger ones.

Piotr, our Site Manager, has been hard at work, pruning bushes and clearing years' worth of mess and untouched areas of school grounds. I hope that you have noticed the changes that are happening around the site. Do please go and say hello and thank him for his hard work.

Over Easter, the Friends of Pilgrims' Cross also 'put in a shift' and did a LOT of clearing. Without willing, kind-hearted, sacrificial volunteers the school community would be much poorer. FOPS would really like to hear from **parents and carers who are happy to help out at the Summer Fete on Saturday 13th June**. This does not need to be a lot- half an hour on a stall or a bit of help before or after would be much appreciated. Please contact friendspilgrimscross@gmail.com if you would like to volunteer.

AS we head into the summer term, thoughts begin to turn to next academic year and transition. I know that many of you raised this at the recent parent/carer evenings. We are aiming to give you some information about this in the next few weeks, to alleviate anxiety as much as possible and prepare your children for their next classes.

Enjoy the sunshine this weekend!

Jim Cascarini – Headteacher

headteacher@pilgrimscross.co.uk

Vision Awards

Congratulations to all our children who received a Vision Award this week...	Love	Courage	Trust
Oak		Luuk S	
Willow		Max S	
Sycamore	Rosie J		
Maple		Ahmad H	
Hazel		Mia P	
Lime		Lily J	
Elm			Austin S
Ash	Mollie L		
Beech	Pollyanna W		
Pine		Lilly M-H	
Hawthorn	Lexi P		
Aspen			Thea R
Juniper	Zafir C		

What we have been learning this week...

Willow & Oak

The weather has been very beneficial for Year R this week as we have been able to get out every day to enjoy the sunshine. We have been in the mud kitchen, in the garden doing herb planting, outside with the books and scooters and trying to do den building. In English we have been using our senses to inspire our writing, what we can see in the garden, hear in the outdoor area, smell from the flowers and feel when touching the flowers. Maths we have extended our numbers to include 11, 12 and 13. We can't wait to get out even more for the rest of this term!

Mrs CK, Mr Edgington and Mrs Treasure

Sycamore & Maple

What a super sunny week it has been! The children have enjoyed being able to get out onto the field at lunchtimes to play. We are looking forward to going outside next week in search of wild and garden plants in the school grounds.

In Maths this week the children have continued to explore multiplication. In Year 1 the children learned to count in 2s, 5s and 10s and to make arrays with objects and pictures to help them multiply. We do not yet cover formal methods of multiplication ($2 \times 5 = 10$) at this stage. Next week we will be moving into division by sharing into equal groups.

In English the children have been continuing to immerse themselves in our story *There's a Tiger in the Garden*. They have generated some lovely noun phrases to describe the tiger, which will be used next week as we begin rewriting the story ourselves!

In History the children have learnt about Mary Kingsley and Dame Ellen MacArthur and we have thought about which questions we would ask them about their exploration adventures. In Science the children labelled the parts of a plant and in Computing they took photographs on the iPads to tell a story in three parts.

Have a lovely weekend.

Miss Miners, Mrs Wakefield and Mrs Edgington

Lime & Hazel

This week we have continued our work on fractions. We have been looking at finding and recognising halves, quarters and thirds of both shapes and numbers. In English we have continued our work on *The Bog Baby* and have designed our very own character. We have investigated what a terrarium is and designed our own. We have started looking at a list of things we will need to add to our terrarium. Next week we will look at planning out our instructions using some exciting vocabulary, adverbials and even some adverbs to write a set of instructions. In music we have been learning about pitch and dynamics and singing some wonderful songs and listening to the sound of the countryside. In PSHE we have been looking at how to care for animals and their basic needs as well as the specific needs of individual pets. In RE we have been looking at prayer and reasons why we pray. In our PE lessons we have been looking at keeping fit and we have been doing a range of fitness activities! Please make sure all children have a water bottle filled with water every day!

Miss Samuel and Miss Dewsbury

Elm & Ash

It has been another fantastic week of learning across the curriculum.

In Maths, the children have now completed their unit on measurement, with a particular focus on volume and capacity. They thoroughly enjoyed exploring this through practical activities using water and jugs, which helped to bring their learning to life and develop a deeper understanding of how we measure and compare amounts.

In English, we have been focusing on grammar through an engaging link to *A Midsummer Night's Dream*. The children have been writing their own instructions for creating a magical love potion. During this, they have been developing their use of fronted adverbials, bullet points, conjunctions and imperative verbs to make their writing clear and effective.

In Science, we have been learning about the different parts of a plant and their functions. The children have shown great curiosity when identifying each part and understanding how plants grow and survive.

In Geography, we have explored the human and physical features of our local area. The children have been able to identify and discuss what makes features natural or man-made, linking this to places they recognise in their everyday environment.

We are very proud of the effort the children have shown this week and look forward to another exciting week of learning ahead.

Mrs Bryan and Mr Dookheran

Beech & Pine

What a busy week we've had and it's been made great by the sunshine, which has meant break and lunch time has been back on the field!

This week we have been continuing our learning around our English text and have been developing some rich and ambitious vocabulary ready for our narrative write next week. As well as this, our geography learning has continued where we have learned more about the structure of rivers and worked in groups to create representations of the different courses. Our PE focus has continued to be around tennis and fitness and some of the children have been trying out some of the fitness activities on the field in their own time too!

Enjoy the sunshine this weekend and we'll see you all next week.

Miss Howick, Miss Markham and Mr Osmond

Aspen, Hawthorn & Juniper

It's been another work-filled week in 5/6. Well done to all the children for sticking with the hard work despite the classrooms getting warmer and the sun being out. Special mention to Hawthorn and Aspen for completing an arithmetic paper on Friday afternoon! We have been seeing brilliant scores and some real consistency with all the children's results. We have completed the first part of our frame narrative; using dialogue to convey Macbeth's emotions and thoughts as he sees Birnam Wood moving towards him in his castle at Dunsinane. The children identified the rules of dialogue and knew to miss a line each time a new character spoke. They went into detail about the setting and using links between the weather and character's emotions. In Maths, we have moved onto percentage in Hawthorn and Aspen. This has been tricky at first, but the children persevered and over two lessons managed to conquer that mountain. We had a lovely time enjoying the sunshine outside on the field on Friday afternoon as a reward for all the children's hard work this week. The build up to SATS can be intense but the children are handling it well and have displayed mature, kind behaviours throughout. Well done everyone and enjoy the sun this weekend!

Mr Childs, Mr Hambidge and Mrs McNee

Attendance

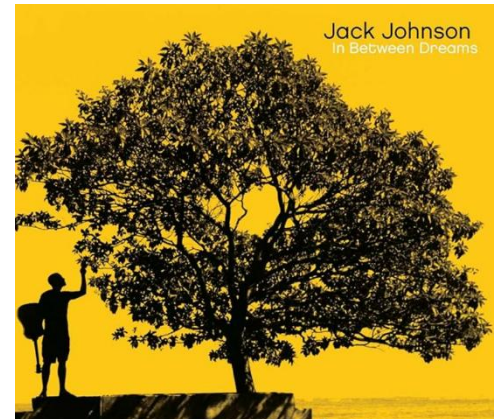
Our current whole school attendance this year so far stands at **95.4%** which has slightly improved. Thank you for your support for ensuring regular attendance is a priority.

We will continue to monitor our children's attendance during our weekly reviews so **please do not be alarmed if we communicate when we have noticed attendance decreasing**. We understand that illnesses can often not be avoided and will always look to work *together* to help wherever we can.

Mrs Hathaway Familysupport@pilgrimscross.co.uk

Music of the week

The children have been enjoying some chilled guitar music this week in collective worship. Fancy listening at home? Check out the album *In Between Dreams* by Jack Johnson. Track 1, *Better Together*, reminded us that doing life together is better than on our own.



Calling all Times Tables Rockstars!

To celebrate your achievements on Times Tables Rock Stars, on Friday 1st May, we will be holding a Rock Day, where you can dress up as a rock star for the day.

To make it more exciting, a competition for the best dressed rock star will be held. A winner from each year group will be chosen and there are prizes up for grabs. So, spike your hair up, get out your blow-up guitars and dig out your denim trousers for a day full of rock and roll fun.

But that's not all! We will also be looking at the top 3 children in the school who have worked their socks off with their times tables. We won't just be looking for the top three for the week, but for the whole of April. So, do as much TTRS as you can over the Easter holidays to get yourself into that top 3 position.

All Year groups are invited to take part in dressing up however only KS2 will take part in the Times Table TTRS challenge.

Rock on! Mr Hambidge

Community fun!

Why not go out this weekend and enjoy sunshine and fun in Andover?



Andover's family festival
with a focus on young people

SUNDAY 26TH APRIL 2026
10AM - 3PM | Andover High Street



**FAIRGROUND RIDES | DANCERS | SINGERS | FOOD STALLS | HENNA
ARTISANS | THERAPY GOATS | FIRE ENGINE | FACEPAINTING
PERFORMERS | ACTIVITIES | ARTS & CRAFTS | ICE CREAM
YOUTH GROUPS, CLUBS & ORGANISATIONS ...and so much more**

**FREE TO
ATTEND**

Let us know that you'll be there
by scanning the QR code
For more information, please visit:
www.afestandover.co.uk



Andover
Town Council



Test Valley
Borough Council



Hampshire
County Council



The District
Trust



Live Local
Marketing
Company

Safeguarding- Supporting Children's Mental Health

When children and young people experience traumatic or difficult life events, their emotional world can be shaken, and the impact may show up in their behaviour, mood, or relationships. Check out the helpful guide below...

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#WakeUpWednesday

1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

Key dates

- Friday 1st May – TT Rock Star Day (**dress up as a rock star for the day**)
- Monday 18th May- Year 5/6 Class Celebration @ 8.45am
- Monday 18th May - Year 4 Class Celebration @ 2.15pm
- Tuesday 19th May - Year 3 Class Celebration @ 8.45am
- Tuesday 19th May – Year R Class Celebration @ 2.15pm
- Wednesday 20th May – Year 2 Class Celebration @ 2.15pm
- Thursday 21st May – Year 1 Class Celebration @ 2.15pm
- Thursday 2nd May – Year 4 Trip to Stockbridge Common (more information to follow)
- Friday 22nd May – Non School uniform Day – **Make the Rules!** (Please pay 50p per rule changed)
- Saturday 13th June – Summer Fete
- Friday 19th June 2026- INSET day 5
- Monday 22nd June – Sports Day! (more information to follow)
- Friday 26th June 2026 – Year 6 Leavers' Service at Winchester Cathedral
- Tuesday 14th July – Year 6 Graduation at the Lights Andover
- Wednesday 22nd July – Non School Uniform Day – **What I want to be when I grow up!**

Please check out our website calendar for all relevant dates:

<https://www.pilgrimscross.co.uk/calendar/?calid=1,2,3,4,5,6,7,8&pid=8&viewid=1>