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# FRIDAY FLYER

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Happy Friday Everyone!

We welcome a variety of hairstyles in school, as we believe that a hairstyle is an expression of a child's identity and personality. We do need to set guidelines and parameters though, to ensure we have a clear, equal and inclusive approach.

The only hairstyles we will not permit are those that hinder or prevent a child from accessing the teaching and learning activities that take place each day, and those which contain any kind of writing or symbols, this includes lines.

We ask that any accessories worn in children's hair follow the school colours. Hairbands, bobbles and beads should be small, smooth and plain, rather than large, pointy or decorative, for safety reasons.

There are exceptions to the above guidelines on accessories is for a child's birthday, or themed days in school, such as:

- Religious festivals
- Non-Uniform Days
- Fundraising days (e.g. Children in Need, Comic Relief)

Head coverings for religious reasons are completely acceptable.

A number of eagle-eyed parents have spotted an issue with the new updated MyChildAtSchool app where you are no longer receiving notifications and also having to download documents such as School Reports in order to view them. We have put your concerns to Bromcom and have received the following response –

*The lack of notifications is a known issue that requires a software fix, this is currently planned for 20th September.*

*The issue with having to download attachments has been ongoing since the switch to the new version of the app, again we have been reassured that it will be resolved but no eta on that one.'*

And finally, you may remember that we mentioned how proud we are of Tommy Glue in Y2 who is currently raising money for the Kent, Surrey and Sussex Air Ambulance. To help Tommy reach his fundraising target we will be holding a non-uniform day next Friday for a donation of £1.

With every best wish

Mark

## FIVE WAYS TO WELL-BEING DAY



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence



Today, Pine Class were lucky enough to take part in the Five Ways to Wellbeing program. They were able to connect, take notice, be active, keep learning and give to one another in order to promote self-care and a sense of personal wellbeing and mental health. They enjoyed a really fun and active session with Debbie and Amanda, who we have now worked with for the last five years. The children were able to transform their understanding of wellbeing from a base layer to a fully-fledged understanding of what mental wellbeing is. Mental wellbeing describes how you are feeling and how well you can cope with day-to-day life. Out mental wellbeing can change from moment to moment, day to day, month to month or year to year.

### EMOTIONAL SUPPORT AT SCHOOL

At Midhurst Primary School, we pride ourselves on our extensive offer to support our pupils' emotional needs. We have a wealth of qualified staff both internally and externally who can support our pupils and their families. So, who is who?

#### Our Learning Mentors



Our Learning Mentors provide the first layer of emotional support, working with children for 6-12 weeks. They build rapport and trust and act as a listening ear to help children problem solve solutions to their problems.

### **Emotional Literacy Support Assistant (ELSA)**

Our qualified ELSA, Mrs Mullen, meets regularly with an Educational Psychologist and will support children to build emotional resilience and help them cope with life's challenges. Mrs Mullen also runs daily Sensory Circuits which provides a soft start to the school day for children who find separation from caregivers difficult.

### **Play Therapists**

We are extremely lucky to have two play therapists supporting 6 children a week. Play therapists are skilled professionals who work with children (and their families) to work through difficult situations and experiences such as bereavement, abuse and neglect, depression and anxiety, family conflict, psychological issues or other traumatic experiences.

### **ThoughtFull**

Our Mental Health Support Team work in school weekly providing one to one evidence-based interventions for mild to moderate mental health issues such as anxiety and depression.

### **Family Support Worker**

Kirsty Hewitt, our Family Support Worker, can support families to overcome difficulties and prevent crisis. She can support families with issues such as poverty, ill health, bereavement, family break-up, domestic abuse as well as help with sleep routines, behaviour at home, fussy eating, anxiety-based school avoidance,

### **How to refer you child**

If you feel that child might need support with any of the following:

- Family bereavement
- Family separation
- Anger management
- New baby
- Self esteem
- Social skills
- Relationships
- Anxiety (including phobias)
- Friendships
- School avoidance
- Self-harm
- Sleep difficulties related to anxiety-based behaviours
- Poor eating
- Common behavioural difficulties

Then please get in touch. Speak to Mrs Chance on the school gate (Mon/Tue/Fri), send an email to [lchance@midhurstprimary.co.uk](mailto:lchance@midhurstprimary.co.uk) or attend our next coffee and croissant morning.

### **PARKING PERMITS**

Any parents who want a parking permit for the Grange at school drop off and collection times should email Helen on [bursar@midhurstprimary.co.uk](mailto:bursar@midhurstprimary.co.uk) giving the pupil name/year and car registration. Families can have more than one vehicle permit, but please give the adult name associated with each vehicle. Parking permits are issued for the academic year, so if you have one from last year it won't be valid for this year.

## SENSORY MAKOVER



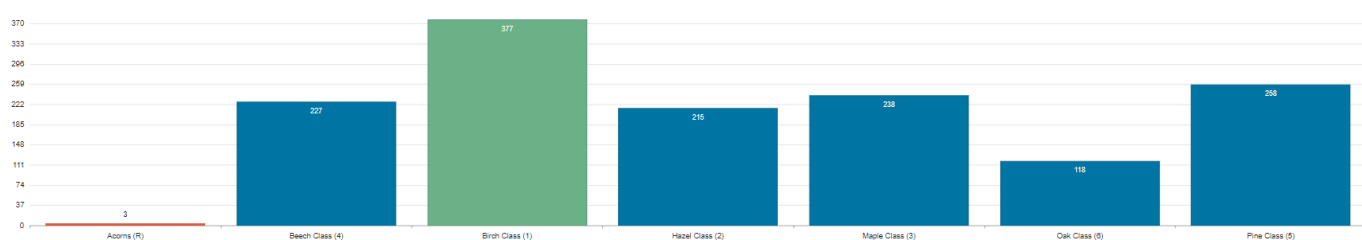
Some of the more eagle eyed of you may have noticed that the area outside Reception had a makeover this summer. This was thanks to a grant from the Betty Martin Charity to create a sensory garden for our children. Studies have shown that providing students with a sensory space that stimulates the five senses (touch, sight, smell, sound and taste) can improve mental health and raise mood and wellbeing.

Watch this space for further additions to the area over the coming months, including an outdoor reading box and stools so that children can use the story-telling chair at break times and lunchtimes to read to their peers. As well as more resources promoting the

five senses. Thank you to Aylings Garden Centre for giving us a discount on our new plants.

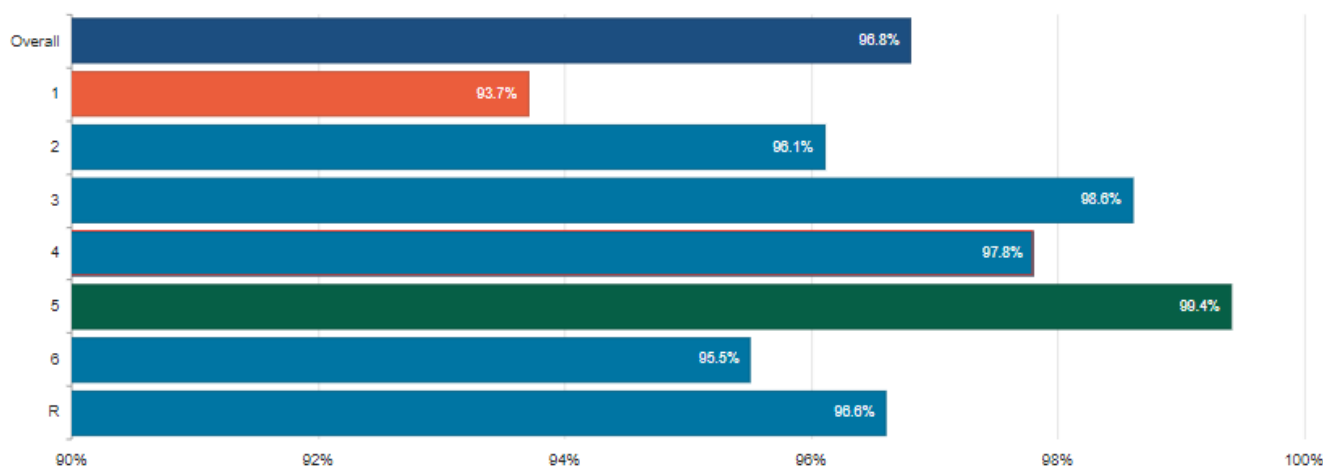
## BEHAVIOUR POINTS

Congratulations to Birch Class for gaining the most Reward Points this week with 377 points. Well done Birch Class!



## WEEKLY ATTENDANCE

This week's overall attendance is 96.8%, 1.8% above our target of 95%.



## THIS WEEK'S ATTENDANCE CHAMPION

Congratulations to Pine Class, this week's attendance champions with 99.4%

## DIARY DATES

Date	Event/Activity	Details
Monday 16 <sup>th</sup> September	Hazel & Beech - PE today Littlewoods for Birch class Dance club	Please come in PE kit  Group 1  3.30-4.30pm
Tuesday 17 <sup>th</sup> September	Birch, Hazel & Maple - PE today Aspire Football club	Please come in PE kit  3.30-4.30pm
Wednesday 18 <sup>th</sup> September	Beech & Pine - PE today Oak class - MRC Experience day Dance club	Please come in PE kit  9.30 - 2pm – packed lunch and coats required as children will be walking to MRC 3.30-4.30pm
Thursday 19 <sup>th</sup> September	Birch & Oak - PE today Forest schools Church Friendship Tea	Please come in PE kit Year 6 group 1 (please bring kit) Some Year 6s involved
Friday 20 <sup>th</sup> September	Own Clothes Day  Maple & Pine PE today Forest schools	£1 donation in aid of the Air Ambulance Charity Kent Surrey Sussex (KSS) Please come in PE kit Year 6 group 1 (please bring kit)
Monday 23 <sup>rd</sup> September	Hazel & Beech - PE today Littlewoods for Birch class Dance club	Please come in PE kit  Group 1  3.30-4.30pm
Tuesday 24 <sup>th</sup> September	Birch, Hazel & Maple - PE today Aspire Football club	Please come in PE kit  3.30-4.30pm
Wednesday 25 <sup>th</sup> September	Beech, Pine & Oak - PE today Dance club	Please come in PE kit  3.30-4.30pm
Thursday 26 <sup>th</sup> September	Birch & Oak - PE today Forest schools	Please come in PE kit Year 6 group 1 (please bring kit)
Friday 27 <sup>th</sup> September	Maple & Pine PE today Forest schools	Please come in PE kit Year 6 group 1 (please bring kit)



**Food Super Heroes**

Chartwells Catering have vacancies  
Are you interested in school catering that fits around your family life?

If so, why not join our friendly, professional team!

**Plaistow Primary school RH14 0PX - Catering assistant 10hrs per week**  
**Compton and Upmarden primary school PO18 9EZ - Catering assistant 15hrs per week**  
**Loxwood primary school RH14 0SR - Catering assistant 15hrs per week**  
**Area support 16.25hrs per week**  
**Term time only.**

DBS checks will be carried out on successful applicants.  
For more information, please contact  
[sharon.aldred@compass-group.co.uk](mailto:sharon.aldred@compass-group.co.uk) 07867 202887



# Midhurst Rother College

The best in everyone™

Part of United Learning

## Open Evening

Wednesday 25 September 2024

6.00 - 8.00pm

## Drop-In Mornings

Tuesday 8 October & Thursday 16 October 2024

9.30 - 11.30am



## Please come and hear about:

- Grammar Stream for the most able
- Music and Drama performances
- Residential visits to places in Europe and further afield
- Extensive clubs and enrichment offers

t: 01730 812451

e: [sarah.banbury@mrc-academy.org](mailto:sarah.banbury@mrc-academy.org)

w: [www.mrc-academy.org](http://www.mrc-academy.org)

An outstanding 11-18 school in the heart of rural West Sussex



# Figure.23 Dance

Midhurst primary School Dance Clubs



Day	Mondays	Day	Wednesdays
Class	Street Dance	Class	Dance with voice
Times	3:30-4:30	Times	3:30-4:30
Years	All	Years	All
Start Date	9 <sup>th</sup> Sep	Start Date	11 <sup>th</sup> Sep
Finish Date	21 <sup>st</sup> Oct	Finish Date	23 <sup>rd</sup> Oct
Price per child	£8.25	Price per child	£8.25
Price for this term (7 weeks)	£57.75	Price for this term (7 weeks)	£57.75
Maximum of Participants	20	Maximum of Participants	20
15% off 2 class deal!! (Mon & Wed) (Applies to siblings)	£98.18	15% off 2 class deal!! (Mon & Wed) (Applies to siblings)	£98.18

- No child can participate without pre booking and paying for a slot.
- All children should wear appropriate gym clothing, (not their uniform) with trainers or bare feet.
- Classes will be held on school premises where children will need to be collected.
- We advise children to bring water to have during the class.
- We must be made aware of any health conditions or injuries of any children who take part in our classes. (Via Email - [Figure23dance@gmail.com](mailto:Figure23dance@gmail.com))
- F.23 coaches are enhanced DBS checked, first aid trained and carry liability insurance .

## Booking and payment

Enter the Link into your user browser for the online booking system, where you will find the name of your required class and payment details.

[https://www.calengoo.com/booking/figure\\_23\\_dance/](https://www.calengoo.com/booking/figure_23_dance/)  
**Class required**

You will need to click on the 9th or 11th Sep fill in the details and click book, you will only need to do this for the first date of this term.

Please use the payment details to make the bank transfer of the full payment amount in order to secure your place.

If you have any problems with the booking link please email- [Figure23dance@gmail.com](mailto:Figure23dance@gmail.com)

**No refunds are given unless class has to be cancelled by F.23 Dance**



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Sussex



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Heli Hike in Sussex



**Tommy Glue**

**Please sponsor Tommy  
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