



Designated Safeguarding Lead



Joanne Fennelly.
Headteacher

Deputy Designated Safeguarding Leads



Rachel Rosevear. Deputy Headteacher



Jennifer de Board.
Assistant Headteacher



Laura Cunningham. Inclusion Lead



Hannah Cotterill.
Family Support Worker



Natalie Richards. EYFS Lead



Simon de Senlis Primary Weekly Update – 5th January 2024



Dear Parents and Carers,

Happy new year to you and your family and I hope you had a lovely festive break.

It has been wonderful to see all the children back in school and so happy to be here after the Christmas break. As you would expect, the children have settled back into school very easily and there has been great learning taking place across all classes and across all subjects. It has also been lovely to see the children playing so well together at playtimes and lunchtimes; they have missed each other.



It is that exciting time of year again when we begin our whole school Shakespeare unit, and the school has been filled with Shakespearian language and drama as we all develop our understanding of *The Merchant of Venice*. As usual, every child will be working towards their final written and art piece that you are invited to see on Friday February 2nd at our whole school RSC showcase. We have another busy and exciting term ahead so please check the dates on the following slides so as not to miss anything.

I am so excited about the coming weeks and thank you for your ongoing support.

Please enjoy the weekend and I look forward to seeing you on Monday.

Mrs Fennelly

NEARLY NEW CHILDREN'S CLOTHING SALE AT SdS



The Eco Ambassadors and the School Council are planning a Nearly New Children's Clothing sale in the last week of the first term (February). We would be grateful, if you're having a clear out over the holiday, please save any good quality children's clothes to donate.

More details, dates and times to come.....



Dates for your



Date	Year group	Event
8th January	Prospective Reception Parents	Whole school presentation and tour- 6pm.
9th & 10th January	Year 6 parents <ul style="list-style-type: none">• 9th at 9am• 10th at 5pm	SATs meeting . Find out what the end of school assessments mean for your child and how you can help them prepare.
11th January	Whole School	Parents Evening booking opens 6pm.
15th January	All Parents	Simon Aston Online Safety Workshop for parents 8:45 – 9:45am. Not to be missed.
February- date to be decided	All Year Groups	Nearly New Clothes Sale- more information to come.

Dates for your



Date	Year group	Event
February 2nd	All Year Groups	RSC Merchant of Venice whole school showcase-9:00am-9:30am. Come and see your child's final pieces of work.
February 9th	All Year Groups	Short Reports Sent Home.
13th & 15th February	All Year Groups	Parents Evenings 3:30pm-6:30pm.
21st March	Rowling class	Recorder performance to parents at 09:30.

Think of the Week

A **think** is an **unusual question** that makes you **think**. A beguiling question about everyday things that stops you in your tracks and helps you start to look at the world in a whole new light.



**A new year, a
new start.
Do you have a
new year's
resolution?**



Play Leader Update

This week we will be meeting to discuss how our playleaders can encourage and praise children to join in our activities. We be looking at the 'Praise Phrase' list and learning some new warm up activities.

Stay Active - Miss Bland

Reading Ambassador Update

In our meeting this week we discussed the exciting delivery of our new reading shed!

We will be working together to fill the shed with books and we have ordered new benches and seating for the reading area in the playground.

You're making a difference!!

Eco Ambassador Update

We are continuing to plan our Nearly New clothes sale. It will be an opportunity to recycle good quality children's clothing and raise money for future work on the environment in school.

Well done Eco Ambassadors- you're making a real difference! Mrs Fennelly

Wellbeing Leader Update

Our wellbeing leaders are continuing to share strategies in their class to support positivity. They are also working hard on creating well-being posters to display across the school, to promote positive well-being for all. Some fantastic ideas were shared about what can improve our wellbeing.

School Council Update

This week we worked with the Eco Ambassadors to discuss the venture for the new year- a Nearly New Clothes Sale. It will be an opportunity to recycle good quality children's clothing and raise money for future work on the environment in school.

In addition, we placed a classroom rule poster in every class, sharing the rules we have all agreed,

Well done School Council- you're making a real difference! Miss Twigg

Are you, or someone you know, looking for a school place for your child joining Reception in September 2024?

Come to visit us for our final tour of the year on Monday January 8th at 6pm.

To book go to:

[Simon De Senlis Primary School - Home](#)





If you have a new phone number, change your email, or move house over the festive period, please email:



info@simondesensis.org

with your new contact details



Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do. The main thing is getting some fresh air and a break from your screen.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.



AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.



HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.



TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.



SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.



WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.



Jewellery and PE

All jewellery and watches should be removed for PE for health and safety reasons.

If your child has their ears pierced, they must remove these for PE. Adults will be not be able to do this for your child.

Sports - Fitness Bingo

Why not start your New Year by creating a Fitness Bingo game. Here is a sample Bingo card. You can create your own or use this one. Instruction: Kids work in teams of two or three. Place individual activity cards face down in the centre of the room. Each group leader picks up an activity card and must complete the activity listed. The group marks their Bingo cards when the activity is complete, and then picks another activity card. The game is finished when a group yells out "Active". Background music is great at building on energy.

Stay Active.

Miss Bland

A	C	T	I	V	E
Wall-sit	Lunges	Jumping Jacks	"I Don't Know" Stretch	Squats	Jog on the Spot
Burpies	Bench Step-Ups	Cross-Country Ski	Slow Motion Lie Down	Knee-Ups	Leg Lifts
Bicep Curls	Arm Circles	Choose your own	Curl-Ups	Hamstring Curl	Push-ups
Bicycle	Front Elbow Support	Tuck Jumps	Shoulder Rolls	Butterfly Stretch	Sit-ups
Grapevine	Twist	Seat Walk	Wall-sit	Jog Around the Gym	Toe-Touches

School Mental Health Leads

Ms Cunningham and Miss Cotterill are the Mental Health Leads at Simon de Senlis

If you have any worries or concerns about any aspect of your child's mental wellbeing please speak to your child's class teacher or contact us in school.



Laura Cunningham

Inclusion Leader
Deputy Designated Safeguarding Lead
Mental Health First Aider



Hannah Cotterill

Family Support Worker
Deputy Designated Safeguarding Lead
Mental Health First Aider

January can be a difficult time of the year, take a look at these 10 key suggestions for happier living taken from the Action for Happiness website-

[About Us | Action for Happiness](#)



Giving

Do kind things for others



Relating

Connect with people



Exercising

Take care of your body



Awareness

Live life mindfully



Trying Out

Keep learning new things



Direction

Have goals to look forward to



Resilience

Find ways to bounce back



Emotions

Look for what's good



Acceptance

Be comfortable with who you are



Meaning

Be part of something bigger

Happier January 2024

SUNDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future





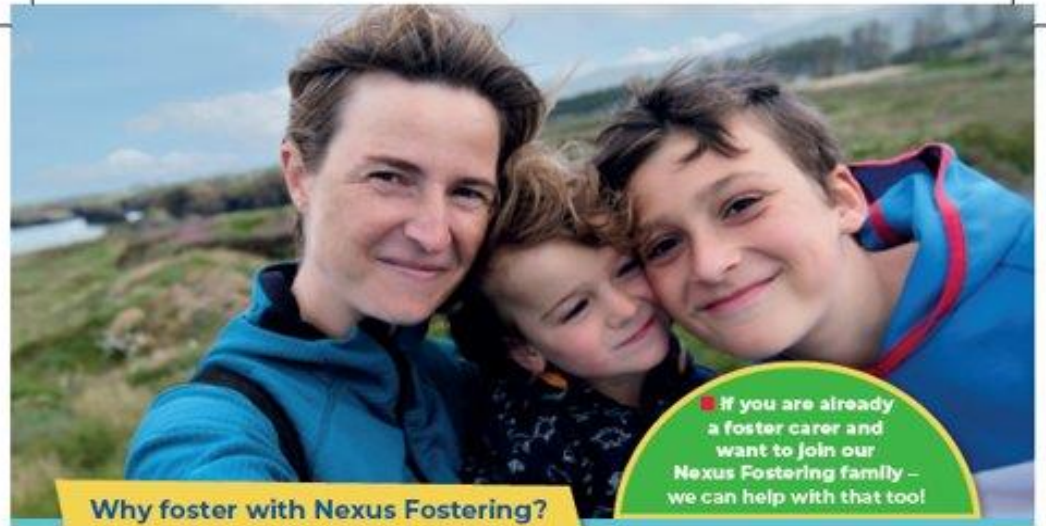
You have what it takes for a rewarding career in fostering

- Your everyday experiences and skills are transferable into a foster carer role, from providing emotional support to teaching life skills.
- Our fostering roles are suitable for individuals, couples, or families from all walks of life. All children are different, so our foster carers are too.
- We offer many different types of fostering roles, including short-term, parent & child, therapeutic and long-term.
- Be part of our professional team and receive our ongoing comprehensive training.
- Receive generous fostering allowances, benefits and tax relief.

As a foster carer, you could provide a safe and stable home environment for a vulnerable child whilst enjoying a flexible and rewarding career that's literally life changing.



Tel: 01462 431 774 Web: www.nexusfostering.co.uk/Amphill



If you are already a foster carer and want to join our Nexus Fostering family – we can help with that too!

Why foster with Nexus Fostering?



Social worker led since 2002



Consistently rated 'Outstanding' by Ofsted



Our teams will support you 365 days a year, 24 hours a day



We offer a competitive weekly allowance and benefits packages



Regular carer support groups, day trips and activities for all the family



Careful and considered matching process led by our dedicated placements team, leading to successful outcomes



Bespoke support packages for our therapeutic-led services and tailor made outreach support for children



You'll never stop learning! We offer extensive initial training and continually invest in your development

Fostering a child can be a rewarding and fulfilling experience for anyone with a passion for helping others.

If you think you could make a difference to a young person's life, get in touch today for an informal chat about what's involved.

Tel: **01462 431 774**



or visit us online at: www.nexusfostering.co.uk/Amphill

7 Doolittle Mill | Froghall Road | Amphill | Bedfordshire | MK45 2ND



NPAT Academic Calendar 24/25

Teacher Training Days
 Monday 2 September 2024
 Tuesday 3 September 2024
 Monday 4 November 2024
 Monday 24 February 2025
 Monday 2 June 2025

September 2024					
Mon		2	9	16	23
Tues		3	10	17	24
Wed		4	11	18	25
Thu		5	12	19	26
Fri	30	6	13	20	27

October 2024					
Mon	30	7	14	21	28
Tues	1	8	15	22	29
Wed	2	9	16	23	30
Thu	3	10	17	24	31
Fri	4	11	18	25	

November 2024					
Mon		4	11	18	25
Tues		5	12	19	26
Wed		6	13	20	27
Thu		7	14	21	28
Fri	1	8	15	22	29

December 2024					
Mon	2	9	16	23	30
Tues	3	10	17	24	31
Wed	4	11	18	25	
Thu	5	12	19	26	
Fri	6	13	20	27	

January 2025					
Mon		6	13	20	27
Tues		7	14	21	28
Wed	1	8	15	22	29
Thu	2	9	16	23	30
Fri	3	10	17	24	31

February 2025					
Mon	3	10	17	24	
Tues	4	11	18	25	
Wed	5	12	19	26	
Thu	6	13	20	27	
Fri	7	14	21	28	

March 2025					
Mon		3	10	17	24 31
Tues		4	11	18	25
Wed		5	12	19	26
Thu		6	13	20	27
Fri		7	14	21	28

April 2025					
Mon		7	14	21	28
Tues	1	8	15	22	29
Wed	2	9	16	23	30
Thu	3	10	17	24	
Fri	4	11	18	25	

May 2025					
Mon		5	12	19	26
Tues		6	13	20	27
Wed		7	14	21	28
Thu	1	8	15	22	29
Fri	2	9	16	23	30

June 2025					
Mon		2	9	16	23
Tues		3	10	17	24
Wed		4	11	18	25
Thu		5	12	19	26
Fri		6	13	20	27

July 2025					
Mon	30	7	14	21	28
Tues	1	8	15	22	29
Wed	2	9	16	23	30
Thu	3	10	17	24	31
Fri	4	11	18	25	

August 2025					
Mon			4	11	18 style="background-color: yellow;">25
Tues			5	12	19 style="background-color: pink;">26
Wed			6	13	20 style="background-color: pink;">27
Thu			7	14	21 style="background-color: pink;">28
Fri		1	8	15	22 style="background-color: pink;">29

A festive graphic for the New Year. The words "Happy New Year" are written in a large, bubbly, 3D-style font. The letters are a light cream color with a thick, vibrant pink-to-purple gradient outline. The text is set against a white background and is surrounded by several colorful, swirling streamers in shades of orange, yellow, green, and purple. The overall style is cheerful and celebratory.

**Happy
New Year**

**The Newspaper for our Children
will be back next week.**