



Ark Atwood: Newsletter, Friday 16th September

Coming up Next Week

- Tuesday 20th September: Nursey Parent Curriculum Session (8.00am)
- Tuesday 20th September: Atwood Parent Forum (8.45am – all parents invited)
- Wednesday 21st September: Reception Parent Curriculum Session (8.00am)
- Thursday 22nd September: Year One Parent Curriculum Session (8.00am)

Dear Parents,

The term is well under way now and it has been such a pleasure to spend time around the classrooms seeing all that is happening – please make sure you attend the Parent Curriculum Sessions which are taking place at the moment so you can find out what your child is learning.

Next Tuesday at 8.45am is our termly Parent Forum – all parents are welcome to attend the session where I will be updating you on school life, some of the challenges we are facing and, of course, you will be able to ask questions. Look forward to seeing lots of you there.

One change we have made this term is to think more carefully about exactly what we want Atwood Scholars to achieve by the time they leave us. Of course, we want them to get excellent SATs outcomes but what does success look like in more broader terms? To answer this question, we have set out the 'Atwood Scholar' – the seven characteristics that make up an Atwood Scholar when they leave us in Year Six. Everything we do will be linked to these including school improvement work, the curriculum and wider aspects of our provision. The Atwood Values guide children's behaviour and choices as they seek to become brilliant Atwood

Scholars ready for secondary school. To make sure everything is joined up, we have adapted our Curriculum Vision Statement to include this development. You can read our Curriculum Vision Statement here: <https://arkatwoodprimary.org/page-strips/curriculum-aims-1>.

I cycled home via Parliament earlier this week and it was extraordinary to see the enormous numbers gathering in our city for the huge occasion coming up on Monday. As we head into this special weekend, our thoughts are with the nation as we pay our final respects to Queen Elizabeth II.

Enjoy the weekend,

Best Wishes

James Evelyn
Headteacher, Ark Atwood Primary Academy

To be an ambassador for my community, I ASPIRE to be:



Enthusiastic to learn and curious about the world



A confident Communicator and Collaborator



A reflective learner and critical thinker



Proud of Who I am



Resilient and Challenge Myself



Independent and Creative



Kind friend who celebrates diversity

The Atwood Scholar

Secondary School Applications

A reminder to parents of Year 6 children regarding the deadline for secondary school applications (it is essential that parents complete the application **by 31st October** – please get in touch if you have questions).

I wrote to Year 6 parents earlier in the term with all of the information you need – the letter is on the Atwood website here <https://arkatwoodprimary.org/admissions/transferring-secondary-school>.

Year 6 parents will be able to hear from the Principals of Paddington Academy and Westminster Academy at a special session at 9.00am on Tuesday 27th September. For now, please ensure you are attending Open Days/Evenings so you can find out more about the schools you are applying to.

Class Photos

The annual class photos will be taking place on these days:

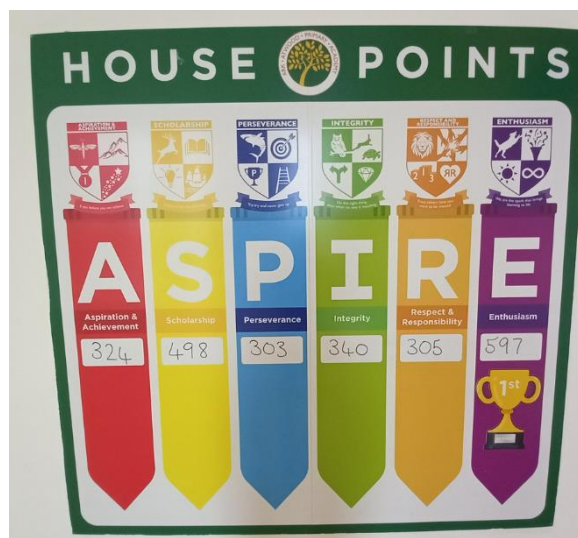
- Tuesday 27th September – Years 3, 4, 5 and 6
- Wednesday 28th September – Nursery, Reception, Years 1 and 2

House Captains and House Points

This week, the children voted for their new House Captains. Congratulations to the following children:

- Aspiration and Achievement - Jude
- Scholarship - Maryam
- Perseverance - Traevon
- Integrity - Amani
- Respect and Responsibility - Vesa
- Enthusiasm - Leo

This week's winner is Enthusiasm with a massive 597 points. Well done to Leo and his House.



Atwood Building



We all know that our building was not designed for high temperatures and that we struggle with ventilation. One thing we have now done is to install solar film on the windows in both corridors and the hall – this will apparently reduce the heat from the sun coming in by up to 50%. This won't solve the ongoing ventilation issue but should help with the temperatures. The windows are now mirrored and harder to see through from the outside.

E-Safety

We share E-Safety information with parents in the Atwood newsletter. This is to help you in ensuring that your child can use technology safely. Please read the following information.

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.thenationalcollege.co.uk for further information and resources.

Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily in the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

2 MEET THE CHILD 'WHERE THEY ARE'

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by their experiences and their understanding of death – and in the context of their religious or community beliefs.

3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

SAMARITANS:
116 123

WWW.THEMIX.ORG.UK/GET-SUPPORT
0808 808 4994

WINSTON'S WISH:
08088 020 021

Meet Our Expert

Anna Bateman 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 for Education, advising them on their mental health green paper.



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