

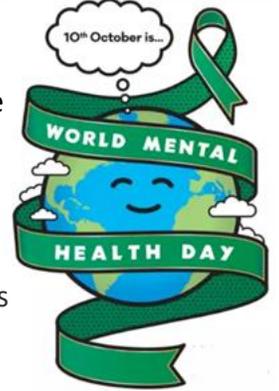


Gainsborough Primary & Nursery School Newsletter

13th October 2023

Dear Parents and Carers

To celebrate and recognise World Mental Health Day the children have been making friends across the school. On Tuesday, classes from different year groups had the opportunity to mingle and have time to talk. Many of them played Friend Bingo and found that they had lots of things in common with each other. World Mental Health Day is a day to talk about mental health and show everyone that mental health matters. It's also a day to let people know that it's okay to ask for help, no matter what you're going through. Talking is good for your mental health and talking *about* mental health is important but, starting a conversation isn't always easy. Whether you'd like to talk to someone about how you're feeling, or check-in with someone you care about, here are some tips that can help.



Talking about your mental health

1. Choose someone you trust to talk to

This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

2. Think about the best place to talk

It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

3. Prepare yourself for their reaction

Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that's the case, try to give them time to process what you've told them. It might help to give them information to read to help them understand. And don't forget to be kind to yourself and practise self-care.



We hope you all have a lovely weekend.

Miss Marshall

Year 6

On Wednesday, Year 6 visited The Mornflake Stadium - home of Crewe Alexandra F.C. - to participate in the Crucial Crewe 2023 event. Whilst we were there, we took part in six short workshops run by: Cheshire Police, British transport Police, the NHS, SP Energy, the Ambulance Service and CGL – Cheshire East (Young Persons Substance Misuse Service). We learnt how to stay safe online, near the railways, with electricity and even how to perform CPR if we discovered someone who was unresponsive and not breathing. Whilst there, the deputy mayor of Crewe, a representative from BAE systems and the High Sheriff of Cheshire all visited the event and were all highly impressed with us and how well we answered questions. We had a fantastic time and we know how to stay safe and help others.





Cup Winners



- Class 1: Amelia for fantastic phonics work.
- Class 2: Olivia for writing her name independently.
- Class 3: Zayn for a super effort in all lessons this week.
- Class 4: Ibrahim for exceptional manners.
- Class 5: Poppy for amazing writing and always listening carefully.
- Class 6: Isaac for his excellent English work this week.
- Class 7: Poppy for making a big effort with her reading and writing.
- Class 8: Seby for excellent manners and for always being kind to other children.
- Class 9: Freya for making a huge effort to improve her handwriting and write in a neat and cursive style.
- Class 10: Rares for doing amazing work in English and getting so involved with our book Egyptian Cinderella.
- Class 11: Robert for excellent spelling scores this half term.
- Class 12: Oly for great improvement in his concentration.
- Class 13: Philip for answering lots of questions during our Crucial Crewe visit.
- Class 14: Ella for trying really hard in assessments.



Mrs Nurse's Special Award

- ★ Mateusz (c14) for being a fabulous representative of Gainsborough at Crucial Crewe.
- ★ Louie (c9) and Lincoln (c5) for great participation in the Harvest assembly.

Gold Stars

There are still a few spaces available at the Gold Stars October half term holiday club.

If you would like your child to attend, then please could you book a place using the Arbor app.

Gold Stars Autumn Half Term



Monday 23rd October

- Perfect pets drawing competition
- Woolen pumpkin wreaths



Tuesday 24th October

- Mummy pudding cups
- Oreo spiders



Wednesday 25th October

- Forest walk & leaf collection
- Making a leaf man



Thursday 26th October

- Lollipop spiders
- Egg carton bats



Friday 27th October

- Bingo
- Film and popcorn



Attendance

National average Primary School attendance		96%		
Overall school attendance to date		96.06%		
Overall school attendance last week		96.64%		
Nursery Miss Farnworth		96.3%		
Class 1 Mrs Kettle & Mrs Taylor	100%	Class 2 Mrs Grocott	95.5%	
Class 3 Miss Booth & Mrs Clewes	93.2%	Class 4 Mrs Hampshire	100%	
Class 5 Miss Croucher	95.2%	Class 6 Mrs Poulson-Green	98.7%	
Class 7 Mr Basing	94.7%	Class 8 Miss Lee	93.8%	
Class 9 Miss Gough	98.1%	Class 10 Miss Iddenden	100%	
Class 11 Mrs Dewey	94.8%	Class 12 Miss Marshall	93.2%	
Class 13 Mrs Kelly	97.7%	Class 14 Mrs Taylor	98.7%	

Dates for your Diary

16 th to 18 th October	Year 6 Robinwood Residential
19 th October 8.50am	N & R Come and Read
20 th October	Class 8 swimming lesson
20 th October	Last day of term
23 rd to 30 th October	Half Term holiday
31 st October	Pupils return to school
31 st October 8.15am	Year 2 Breakfast and Books
31 st October	Year 5 Bikeability
1 st November	Year 6 Breakfast and Books
2 nd & 3 rd November	Year 4 Burwardsley Residential

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dates to remember

Harvest Festival

The whole school have been learning about Harvest this week.

Harvest Festival celebrates the time of year when crops have been gathered from the field and people can reflect and show gratitude for the food that they have. It dates back a long time in British history, to when people relied on crops for food and farmers would give thanks for a good harvest.

Please see social media for a couple of videos of the children performing songs and poems.

Thank you for all the food donations that have been brought into school. We are supporting two charities this year – Chance Changing Lives and St Paul's Pantry. They have been truly overwhelmed with your generosity.

