

ENJOY LEARNING:
EMBRACE CHALLENGE!

SOUTH DARLEY C.E. PRIMARY SCHOOL



School Newsletter

Spring Term 3 2022

Dear All,

It is a relief to see it getting lighter in the mornings and evenings and it certainly feels like we are emerging into the second half of the school year. After the frustrations of Covid and the effects it has had on education and everyday lives, we hope too that this is a turning point and there will be brighter days ahead. We are planning for this and have stepped up the amount of sports tournaments we are entering, the trips all classes are going on, and the events we are planning in school. Part of this will be done by the reinvigorated Friends Of South Darley School who are set to organise several events over the coming year. Please do give them your full support as not only will it help the school raise money for more playground equipment and books, it also acts a way for families to get to know each other in a less formal way. All of this is important following a period when we have been encouraged to keep our distance from each other. Please be aware of some key date changes though.

In order to allow our Juniors to travel to Derby Arena to perform their violins with the Halle Orchestra we are needing to bring our Sports Day forward by a week to the 17th June. Also our school show should be able to go ahead in a full village hall on the 12th and 13th of July. However all of this getting back to normal will mean that external school tests such as SATs will take place as normal for the first time in 3 years.

Finally, I'd like the opportunity to say thank you to Ella Winfieldale and Abbie Atkins who will finish their teacher training placements with us in March. We have very much enjoyed having them in our classrooms, helping them develop good practice over the past few months. We wish them all the best for the future.

Paul Wilde, Headteacher.



Parking is always a contentious issue—every one wants to park close to school so that they can collect their children as quickly as possible. Please remember when parking your vehicle to be respectful to others, including our local neighbours. When parking on the main road please park above the church gate—parking below the gate causes issues for other traffic users especially when a bus is at the bus stop. Parking in front of the plantation entrance causes visibility issues for those wanting to cross the road safely. Thank you for your continued support.



Infection Control Guidance. Current advice from the Health Protection Agency is that all children remain off school for a period of **48 hours** from the last episode of vomiting or diarrhea and that your child should not swim until two weeks after the last episode. Where there is a high incidence of

infection within the school the School Health Service may advise that this exclusion period be extended to 72 hours.

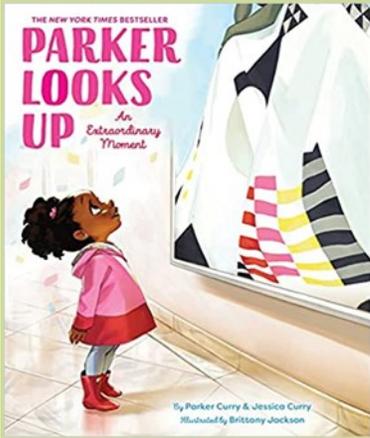
The school can advise parents of any other recommended/statutory absence following any other specified type of illness e.g. chicken pox. Further advice and guidance can also be found on the Health Protection Agency website.

Parents need to notify school by 9:15am that their child will not be in school on each day of the absence unless otherwise agreed with the school office. School dinners cannot be cancelled after this time and become chargeable even if your child is not in school on that day.

By adhering strictly to these guidelines in the last few years the school has greatly reduced the incidence of illness in school, to the benefit of all in the school community, and so would ask that you follow this advice in the event of your child becoming ill.



A thought.... This Sunday was Racial Justice Sunday. It has been marked ecumenically in our churches each year since 2005. Of course, we really shouldn't need a 'racial justice' Sunday, but the reality is that racism, often passive and unintentional, is still alive and well in our communities. And all of us can do our part to be deliberately inclusive and to celebrate the richness of our increasing diversity. Here are just a few suggestions if you are looking to find some ideas for starting those conversations with your child:



'Parker Looks Up' by Parker Curry is a story about a young girl whose life changes during a visit to an art gallery in Washington DC when she looks up and sees a beautiful portrait of Michele Obama.

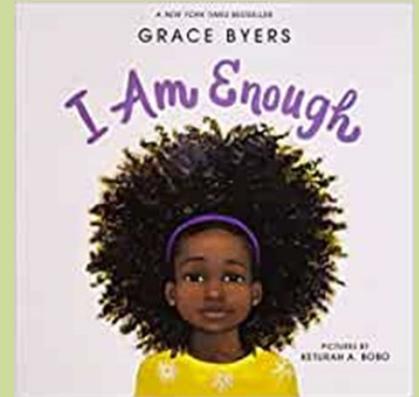
And here are some examples of artists of all races and colours who have created work you might enjoy:

- Willard Wigan who views things in miniature. You won't believe how microscopically small his sculptures are.
- Stephen Wiltshire has an amazing, some might say photographic, memory. He can fly over a city in a helicopter and then draw the city landscape in minute detail.

Frida Kahlo—uses bright bold colours to paint self-portraits and works inspired by the nature of Mexico.

Vashti Harrison—a multi-talented author, illustrator and filmmaker. Follow her 'How to draw' videos.

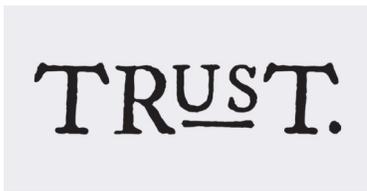
Another lovely story is- 'I Am Enough' by Grace Byers and illustrated by Keturah A. Bobo. A story about loving who you are, respecting others and being kind to one another.



With thanks to Miss Gill for this article

This term our Value

is:



We will be thinking about:

- Putting trust in others and the story of The Boy Who Cried Wolf
- How we can show that we are trustworthy and the Old Testament story of Gideon, a brave and trustworthy man
- Trusting that God can use us to do amazing things
- Trusting God when the going gets tough
- Trusting the future to God, during and even after our earthly lives



School Communication—Getting It Right



In the ever growing digital world it is important that the right message gets to the right person in the right format! With the school now using a number of digital platforms please ensure you use the right message forum! **Class Dojo** should be used to talk to the class teachers about classroom work or homework—please remember though that teachers may only have limited opportunities to respond when they aren't teaching or are not in school. Queries about administration such as PE or sports events, school dinners, parentpay, absence requests and permission forms should be made to the school office via **email**

(amanning@southdarley.derbyshire.sch.uk) or **telephone call** (01629 732240) and sickness/absence notifications need to be reported by **telephone** by 9.15am. Please **telephone** the school for anything

classed as urgent or essential (e.g. who is picking children up) so that you can be assured that messages are received in a timely manner. The school **Facebook** page shouldn't be used as a communications method to the school or other parents. During school holidays please use **email** as email will be monitored, albeit only once per week. Thank you for working with us to ensure good communication between all.



Isiah 12:2 Trust in the Lord and don't be afraid

South Darley: A Mentally Healthy School

Here at South Darley we care about the mental health and welfare of all our children, and being a small school helps us to know all our children really well. This enables us to identify any issues and resolve them quickly.

However sometimes there are things that play on children's minds that might not be obvious in school, where children try and put a brave face on things and hide what they think and feel to save any potential embarrassment, or because they don't think anything can be done about it.

We explain to our children that there are always adults in school who will listen to them and take their worries seriously but often children feel more comfortable talking to their own parents in the safety and comfort of their own home.

Self-Care & Mental Health

for Kids



Share your own feelings to encourage self-awareness.




Find social groups that help them feel like they belong.



Focus on articulating feelings.

Set aside time for low-stress or solo activities.



Practice self-care for yourself to set the standard.

"I am angry."
"I am sad."

Encourage journaling and diaries.

Encourage your child to focus on the moment.




Establish a self-care routine.

Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.

School nurses' top tips

How much sleep does the average child need?

A child aged 3 - 5 years old, needs around 10 - 13 hours' sleep a night.

A child aged 6 - 12 years old, needs around 9 - 12 hours' sleep a night.

Derbyshire Family Health Service

The importance of sleep.

Why is good sleep so important?

Sleep is needed for growth and development. It helps with our learning and makes us less likely to get coughs and colds.

Poor sleep can add to behaviour problems.

Tips for good sleep.

- Keep bedtime and wake up times the same in the week, at weekends and in the holidays.
- Have a 'golden hour' before bedtime with calming, relaxing activities, and no electronic devices (including TV).
- Allow time to talk about any worries before this 'golden hour'.
- Swap any sugary bedtime snacks for 'sleepy foods' like wholewheat toast and butter, cereal, warm milk or a banana.
- Have a routine before bed and for mealtimes.

Improving sleep – we are here to help.

Every child is different. If you would like support improving your child's sleep, contact your school nursing team or The Sleep Charity.

[Helping your children sleep \(derbyshirefamilyhealthservice.nhs.uk\)](https://www.derbyshirefamilyhealthservice.nhs.uk)

[Information & Support - The Sleep Charity](#)

Email: dchst.derbyshireschoolnurses@nhs.net
Telephone: 01246 515100

Website: www.derbyshirefamilyhealthservice.nhs.uk

If this happens then you must let us know as there is almost always something that can be done to help them in school and to lessen any worries and anxieties.

For example in school we can create time for children to talk with a teacher or TA as often as is necessary. We can also set up a particular set of routines or procedures to help an individual child or we can utilize support within the classrooms in a particular way, or buy resources that can better meet their needs. We can set up nurture groups or positive play sessions and if the case meets a certain threshold, we can make referrals to the local 'Early Help' team who can come into school to offer expert support.

A couple of our children described what happens in school: "We share, we work together. Not one individual is given special focus – everybody is helped in trying to sort out problems and issues. There is always someone to talk to if something is bothering you. Opinions are always listened to."

Worry and anxiety in children also leads to worry and anxiety in parents, and in these pandemic times, where everyone's mental health is suffering to different degrees, it is important to seek out help when needed and talk to us. You don't need to wait for a parent's evening – you are welcome to talk to us at any time.



Play Cricket

Every Sunday
Jan to March

Cricket coaching for boys
and girls run by our
qualified coaches

Highfields School
Lumsdale Site Matlock

Bring your friends and
have some fun
All equipment provided



1-2 pm. U8-U11 (years 4-6)

2-3pm U11-U12 (years 6-8)

3-4pm U13-U15 (years 9-12)

For more information contact Stu Rudkin
darleydalecc.sturudkin@gmail.com or 07493 044511

darleydale.play-cricket.com
@DarleyDaleCC

FRIENDS OF SOUTH DARLEY SCHOOL

Friends of South Darley School

Easter Egg Hunt

Saturday 9th April 2022 any time
between 1-4pm at
Wellpaca Woods, Winster

Join us for an Easter themed treasure hunt with prizes. Meet and feed our friendly alpacas and sheep (50p per bag), enjoy our complimentary refreshments, buy a raffle ticket to be in with a chance to win some fabulous prizes and toast marshmallows (£1 extra)



Tickets £5 per family. Please
purchase from Claire on the
school playground after school.

Parentkind
Member Association

Your copy of 'Dates for the Diary' should arrive in your mail boxes alongside this newsletter. Please make sure you keep a copy to hand and remember that it is updated at the end of every half term.

Please note that dates can alter and events can change. A new calendar will be issued at the end of each term. You will also be able to find a copy on the school webpage by clicking on the latest news tab.



Don't forget the first day of the Spring Term 4 2022 is Tuesday 1st March 2022, with the 28th February being an inset day. The remaining dates for inset days are Monday 6th June 2022 and Tuesday 7th June 2022

Events planning under way for FOSDS

FOSDS held its first AGM after the Covid-19 pandemic lockdown earlier this term, appointing a new committee following a change in its constitution. Planning for events due to take place during the remainder of this academic year are well under way and the school looks forward to working with all 3 committee members in hosting fund raisers and events.

Can you help? Do you have or know someone who has some basic accountancy skills? FOSDS accounts need inspecting by someone who has the necessary skills and competency to do so e.g. a parent who runs their own business or runs accounts as part of their job. The person does not need to hold any formal qualifications but cannot be a committee member or anyone related to a committee member. The accounts during lockdown should be simple and quick—if you can help please let Claire, Bex or Mr Pass know.