

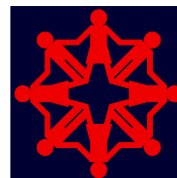
# All Saints' C of E Primary School

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Headteacher: Mrs Josephine Copeland MA



All Believing, All Achieving



Dear Parents/Carers

10th March 2023 – Week 22

***'For by grace you have been saved through faith.'* Ephesians 2:8-10**

## Peregrine Falcon Class Assembly



Year 6 Falcons kicked off Friday with their assembly on our school value of Faith. The children's personal reflections on the impact of faith in their lives was a moving portion of the assembly, and the whole school enjoyed a song from 'Matilda the Musical' that celebrated childlike faith and dreams!

Well done to all the children and adults involved.

'For God gave us a spirit not of fear, but of power and love and self-control.' -2 Timothy 1:7

## Eco Warriors



The Eco Warriors have been working hard researching carbon footprints preparing for an assembly. The whole school is tracking our carbon footprint, monitoring our energy consumption for the next couple of weeks. We look forward to seeing what the results are and who has consumed the least!



Spinach is great for reducing blood sugar levels. It can also aid good bone health and good eyesight. It also has anti-inflammatory properties.

## Olive Dining

MONTHLY BULLETIN | CHEF'S CHOICE RECIPE  
SPINACH SMOOTHIE

**METHOD**

- Whizz the frozen spinach with the avocado, chopped mango, banana and milk in a powerful blender until it is smooth.
- Useful Tip: Any leftovers can be put into lolly moulds and frozen for desserts!

**INGREDIENTS**

- 2 CHUNKS FROZEN SPINACH (OR 2 HANDFULS FRESH BABY SPINACH)
- 1 FRESH OR FROZEN CHOPPED MANGO
- 1 BANANA
- 500ML MILK
- 1/4 AVOCADO

*Olive Dining*  
food with passion

## RED NOSE DAY



On Friday 17<sup>th</sup> March we are celebrating Red Nose Day by wearing something red.

Please bring in a £1 donation, to help raise money for this great cause. Perhaps learn a new joke to tell the class, see if you can make us laugh!



### Year 6

We enjoyed some time outside in the snow this week. Joyful and fun!

### Year 2 Parents' Evening

Please note that YR2 parents' Evening will be Monday 13<sup>th</sup> March and Tuesday 14<sup>th</sup> March.

### Mothers' Day Lunch

We look forward to welcoming those of you have booked on Friday 17<sup>th</sup> March.

Please see look out for your invitation letter with a time slot.



### Year 1 Parent Phonics Workshop

We would like to thank our Year 1 parents who came along to the Phonics workshop. There were games played, suggestions on how children can be supported at home with phonics, some websites that are useful and fun and even a look at an example phonics test. Children also learn phonics in Nursery, Reception, Year 2 and Year 3. So here are a few useful websites for you to have a look at!

Jolly Phonics – <https://www.youtube.com/watch?v=eCjYB07aSU>

Alphablocks – <https://www.bbc.co.uk/cbeebies/shows/alphablocks>

Mr Thorne does phonics – <https://mrthorne.com>

Phonics Play – <https://www.phonicsplay.co.uk/Phase5Menu.htm>

# Phonics



Stars of the Week	
Nursery Butterflies Class	Eden & Lamiyah
Reception Giraffes Class	David & Viyana
Year 1 Dolphin Class	Asia-Skye & Bradley
Year 2 Hummingbirds Class	Lidiya & Ricarie
Year 3/4 Cheetah Class	Gio & Deonnah
Year 3/4 Tiger Class	Toju & Oghentega
Year 5 Whales Class	Fabio & Ciara
Year 6 Owls Class	Deborah & Joessen
Year 6 Falcons Class	Amelie & Mehrtash

Star of the Week!

**Weekly Attendance – 89.7%**  
**Attendance is has dropped again this week!**  
**Let's keep moving in the right direction.**

Year	Class	%	Lates	Winners
Nur	Butterflies	92%	3	<b>Well done to Tigers with over 95%!</b> Congratulations to <b>Owls</b> and <b>Cheetahs</b> too. All 3 classes can wear their jeans on Monday 13 <sup>th</sup> March.
Rec	Giraffes	80.9%	3	
Yr1	Dolphins	90.1%	2	
Yr2	Hummingbirds	83.3%	4	
Yr3/4	Tigers	95.2%	8	
Yr3/4	Cheetahs	93.5%	5	
Yr5	Whales	89.6%	2	
Yr6	Falcons	90.5%	5	
Yr6	Pygmy Owls	93.1%	4	

### Attendance

For those whose attendance is currently not where it should be (below 91%) may we remind you that in accordance with the provisions of the Education Act 1996, you have a legal duty to ensure you child's/children's regular attendance at school and failure to do so may amount to an offence for which you could be prosecuted or issued with a Penalty Notice.

### Notices

- 13<sup>th</sup> & 14<sup>th</sup> March – Science workshops
- 13<sup>th</sup> & 14<sup>th</sup> March – YR2 Parents' Evening
- 14<sup>th</sup> March – Parents' Evening
- 15<sup>th</sup> March – Parents' Evening
- 16<sup>th</sup> March – Pygmy Owl Class Assembly 9.10am
- 17<sup>th</sup> March – Red Nose Day
- 17<sup>th</sup> March - Mothers' Day Lunch
- 17<sup>th</sup> March - Y6 Trip – Globe theatre
- 31<sup>st</sup> March – Last day of term – finish at 1.00pm



With every blessing!  
 Josephine Copeland  
 Headteacher

If you're experiencing challenging behaviour from your child, here are our tips for what you can do and where to get help. In this guide we provide information and strategies for parents of primary aged children. Some suggestions may also feel appropriate for older children and young people.



Parenting is an incredibly rewarding and challenging experience.

At times, it can feel like a real rollercoaster of emotions – particularly when your child is behaving in ways that are difficult to manage and understand.

Children's behaviour can be challenging in different ways at different stages. Often, this behaviour is developmentally 'normal', which means it fits with the age they have reached. Sometimes, however, a child's challenging behaviour becomes more frequent and difficult to manage. When this is the case, daily life can become exhausting for you as a parent.

Remember it is possible to come through this – with support, your child can find healthier ways to express and manage their feelings, and both of you can experience a more positive family life.

**Be kind to yourself. Keep reminding yourself that you are doing your best, even if you wish you might have handled something differently that day.**

Rox, parent

## What is challenging behaviour?

Just like us, children behave differently at different times. Feeling upset, sad, cross, frustrated and lots of other kinds of emotions is a normal and healthy part of their life. Many children go through phases of testing boundaries, and they are likely to behave in ways that are harder to manage when they are tired, ill or stressed. It is normal for younger children to have tantrums sometimes, while older children may sometimes shout, storm out or lash out.

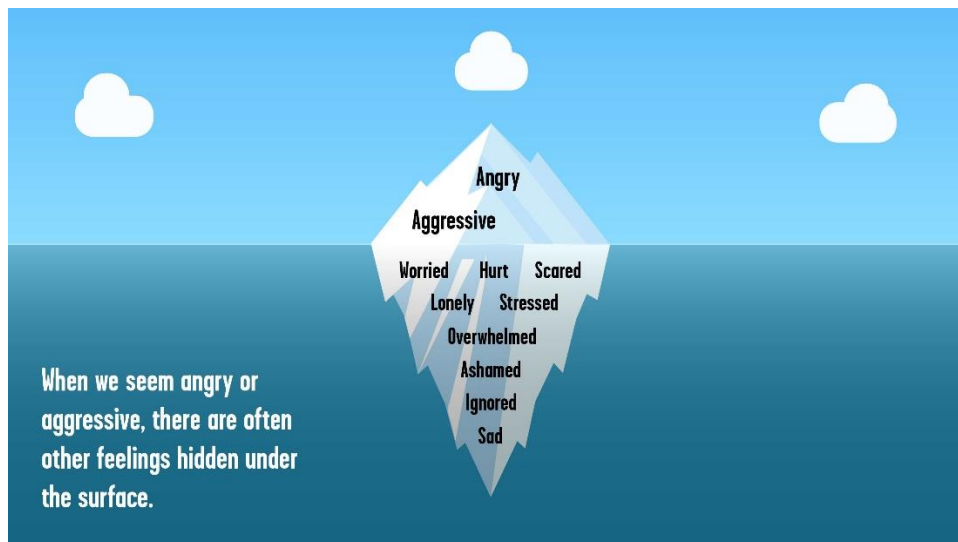
When we talk about 'challenging behaviour', we mean behaviours that are persistent and difficult for both you and your child to manage. This includes things like:

- having lots of angry outbursts
- regularly shouting, swearing and being very argumentative
- frequently hitting, biting or kicking others
- kicking, smashing or damaging things in their home or school
- being unkind or bullying towards other family members or children
- persistently getting into trouble at school

**Challenging behaviour is exhausting and demoralising. In our family it often leads to everyone feeling less positive and only picking out the negative behaviours, which is so hard not to do. When we notice that we have all gotten stuck in a negative rut, we make an effort to pick up on and name some positives, however small, and this helps us move through a difficult time.**

Parent

# How can I talk to my child about their behaviour?



Your child's behaviour is a means of communicating how they're feeling. When your child is acting out, it can be useful to think of an iceberg. The difficult behaviour is the tip, but there are likely to be a range of emotions hidden under the surface.

By opening up a conversation with your child, you can find out more about how they're feeling and what's going on for them.

## [Read our advice, below, on starting a conversation with your child](#)

- Find a suitable time and place to talk  
Your child might find it easier to talk if you start the conversation while doing an activity.
- Make it clear that the behaviour is the problem, not them  
Let them know that it's okay to feel however they feel - whether that's sad, angry, worried or something else - and that you can work together to find new ways of managing these feelings.
- Explain why the behaviour is not okay so they understand  
For example, you might say that while it's normal to feel angry, it hurts other people when they hit.
- Be curious, empathetic and non-judgmental  
Focus on listening and trying to understand things from their perspective.
- Use simple phrases  
Try to use simple phrases such as:
  - "I **notice** there is a lot of shouting happening."
  - "I **think** something might be upsetting you."
  - "I **feel** worried you're not happy."
  - "I **need** you to know you can talk to me about what's going on."
- Reassure them  
Reassure them that you love them and want to help them feel happier and enjoy things again.