



Gwladys Street CP & Nursery School



News Letter 31st January 2025 - Boletín informativo 31de Enero de 2025



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www.gwladysstreet.or

MESSAGE FROM THE HEAD TEACHER

Dear parents/carers,

We have had another busy week in school. Wednesday was photograph day and it was wonderful to see all the pictures that have come through of the children. They looked very smart indeed!

It was lovely to see the children being creative in our KS1 Art Club on Thursday as they produced paper plate designs of 'The Cat in the Hat'.

The Y4 children were also working hard in their multiplication club.

Today, we draw the attendance raffle prizes with the lucky winners in each class receiving a £10 gift voucher!

Next Tuesday, we have booked local author Ray Douglas who will lead workshops and assemblies focused on mental health and wellbeing. We are really looking forward to his visit.

Week beginning 10th February 2025 is Parents' Evening so further information will follow regarding arrangements for the event. Please try to attend as it is a great opportunity to celebrate your child's work and see their classroom.

Have a wonderful weekend and we look forward to seeing you all next week.

Ms Booth

At Gwladys Street we are a

TEAM

- Trust, listen and respect
- Enjoy everyday
- Achieve and believe in ourselves
- Make everyone feel safe and welcome



WHAT'S FOR LUNCH?

[Click here to view](#)

Free School Meals

Are you entitled?

You might be eligible for Free School Meals

[Apply Here](#) and receive an immediate answer.

En Gwladys Street somos un

EQUIPO

- Confía, escucha y respeta
- Disfruta todos los días
- Lograr y crear en nosotros mismos
- Haz que todos se sientan seguros y bienvenidos




Please click [here](#) to view term dates for the school year.

UPCOMING EVENTS



Parents/ Carers of **Class NEW ZEALAND**
You are invited to share your child's learning experiences in their class assembly.

Monday 3rd February 2025 - KS2 Hall 3pm prompt

Help support your child with Maths and Phonics

Class JAPAN

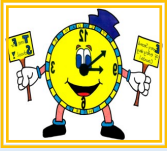
Wednesday 5th February

To help support your child with Maths and Phonics and to show how this can be done in a fun and exciting way at home, we will be holding some afternoon sessions where you will be able to join your child playing a range of Mathematical and Phonic games whilst laughing, chatting and enjoying biscuits!

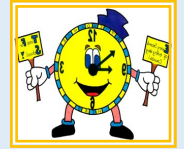
We will hold the sessions in the **Breakfast Room in the Key Stage 1 building from 2:30pm** allowing you to spend just under an hour having fun and playing with your child. Your child's class teacher will also be present so you can chat to them about other things you can do at home. This has been made possible by the school successfully receiving additional funding from Liverpool's Adult Learning Service and Liverpool Learning Partnership to be able to buy resources just for these workshops.



NSPCC Number Day
Is happening on
Friday 7 February!



Attendance Matters



Whole School Target: 97%

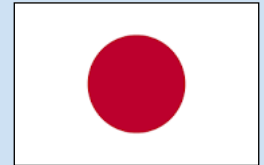
This week's Whole school attendance: **90.09%**

Absence—if your child is absent from school you **MUST** contact the school before 9:00am each day of your child's absence. Failure to make any contact with the school will result in a home visit from staff and Head teacher.

Appointments—should be arranged outside of the school day and if this is not possible,

<u>Class</u>	<u>Attendance %</u>	<u>Position</u>
Japan	95.28%	1st
Ladybirds	95.00%	2nd
China	93.61%	3rd
Costa Rica	92.24%	4th
Caterpillars 2	91.82%	5th
India	91.09%	6th
Morocco	90.80%	7th
France	90.56%	8th
Butterflies	89.54%	9th
Germany	89.44%	10th
New Zealand	88.61%	11th
Australia	88.51%	12th
Russia	87.93%	13th
Kenya	87.50%	14th
Chile	83.33%	15th
Caterpillars 1	83.00%	16th

Perfect Attendance!



EYFS/ KS1 - Ladybirds

KS - Japan

TEAM

Stars of the Week

<u>Class</u>	<u>Name</u>
Caterpillars -	Ava Mae K
Butterflies -	Eva H
Ladybirds -	Kayla C
France -	Sean Junior
Germany -	Freddie E
Australia -	Clay B
New Zealand -	Michael M
Kenya -	Kady Rae H
Morocco -	St Declan
Chile -	Sonny Mc
Costa Rica -	Ibrahim S
India -	Ruby Leigh G
Russia -	Melody O
China -	Richard S
Japan -	Louie J



Congratulations to the **286** children who had **100%** attendance this week.



Congratulations!
Classes
Ladybirds
and
Japan
who are this weeks
Attendance winners.





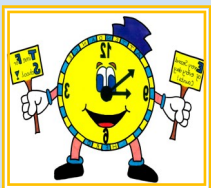
206 children have had 100% attendance this month.
Well done everyone!

One lucky raffle winner from each class has won a £10 voucher

Class

Winner

Caterpillars -	Ella-Rose C
Butterflies -	Carson V
Ladybirds -	King David C
France -	Irshad A
Germany -	Fineseed E
Australia -	Sihass S
New Zealand -	Jaasiel M
Kenya -	Hussein S
Morocco -	Isaac O
Chile -	Georgia V
Costa Rica -	Immanuella V
India -	Ivanna O
Russia -	Logan S
China -	Esmail R
Japan -	Kamso O



REMEMBER ... YOU'VE GOT TO BE IN TO WIN!

FEBRUARY ATTENDANCE INITIATIVE WILL BE ANNOUNCED MONDAY

IT MIGHT BE A SURPRISE FOR PARENTS/CARERS!



This Weeks Wonderful Work



NURSERY



This week in Nursery we have been celebrating Chinese New Year. The children have enjoyed trying different Chinese food, which went down a treat! The children tried chicken and sweetcorn soup, chicken noodle soup, spring rolls, prawn crackers, noodles and fortune cookies. The children tried very hard to use the chopsticks and some children were able to pick up their food using them. The teachers were very impressed!

RECEPTION



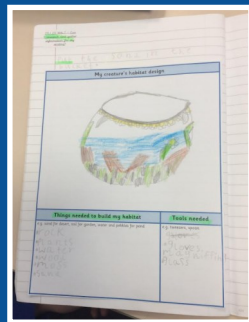
This week we have celebrated Chinese New Year. The children have explored different things from Chinese culture. We have made some paper lanterns, ate some Chinese food and tried on some clothes. The children have loved exploring this celebration.

YEAR 1



Year 1 created brain dumps this week in Geography to widen their understanding of the four seasons. Well done to Irshad who created this one.

YEAR 2



In English this week we have been designing habitats for our creatures planning for writing our instructions next week!

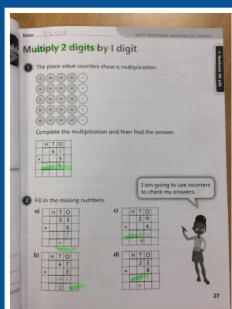
YEAR 3



We were very lucky this week to have competed in a Matball Intra Competition, we had so much fun and learnt a new game. Well done everyone!



YEAR 4



In Maths this week, Year 4 were introduced to column multiplication and multiplying a 2 digit number by a 1 digit number. Everyone has worked super hard on this tricky concept.

YEAR 5

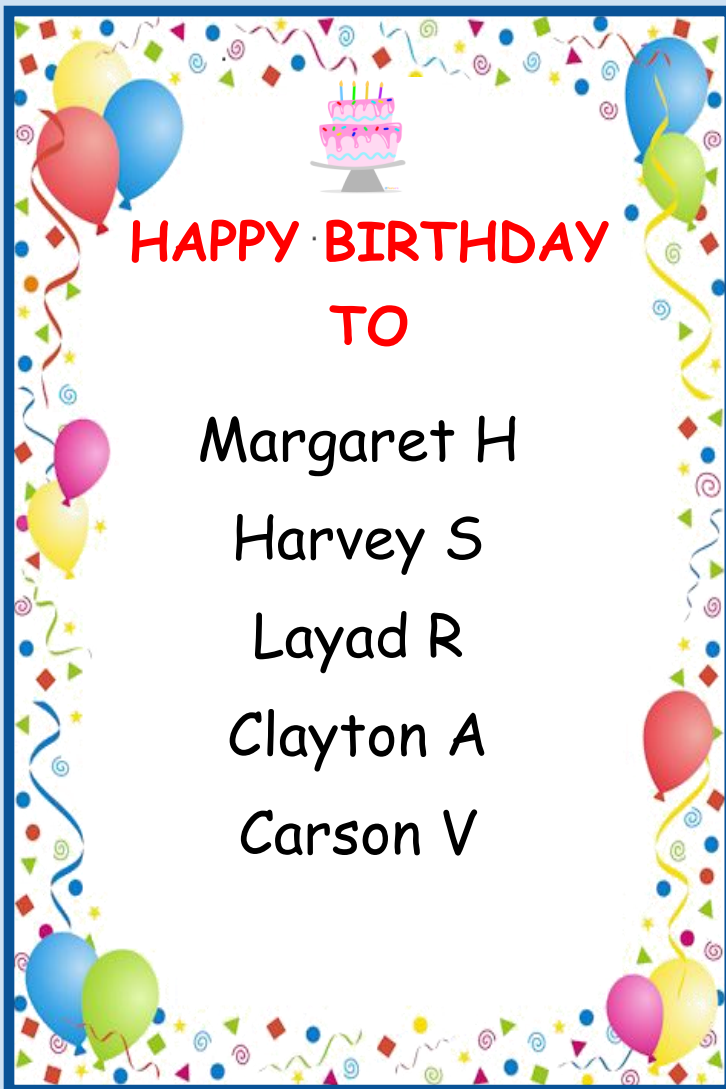


This week, we have been gathering ideas for our formal event log. We re-enacted scenes from our Vehicle Text, The Hound of the Baskervilles!

YEAR 6



This week, we visited the Recycling Discovery Centre and learnt what we should be recycling and what happens to our recycling.



PE TIMETABLE

Monday:

**New Zealand
Year 4 swimming**

Tuesday:

**Australia
Year 6**

Wednesday:

France

Thursday:

**Germany
Year 5**

Friday:

**Kenya
Morocco**



All children must wear their PE kit to school on their PE day.

After School Clubs

	<u>Key Stage 1</u>	<u>Key Stage 2</u>
<u>Mon</u>	Art Club EYFS	GPS Club Yr 6 Mindfulness KS2 Times Table Club Yr4
<u>Tue</u>		Maths (AM) Yr 6
<u>Wed</u>	DT Club KS1 Arts and Craft KS1	Reading Club Yr 6
<u>Thur</u>	Reading and Craft Yr 1 & 2	Maths (AM) Yr 6 Times Table Club Yr4 Yoga KS2
<u>Fri</u>		



SCHOOL UNIFORM



Full school uniform must be worn every day.

Please make sure it has your **CHILD'S NAME** in.

Exceptions can only be made if you have contacted school in advance.

Nursery (F1)

pupil's uniform will be:
- Royal blue jogging suit consisting of round neck jumper and royal blue jogging bottoms.
- White polo shirt.
- Velcro black shoes with black soles.



Reception (F2)

pupil's uniform will be:
- Royal blue jogging suit consisting of round neck jumper and royal blue jogging bottoms.
- White polo shirt.
- Velcro black shoes with black soles.
- Grey socks or tights.



Year 1 and Year 2

pupil's uniform will be:
- Royal blue round neck jumper or cardigan.
- Grey skirt/pinafore or trousers.
- White polo shirt.
- Grey socks or tights.



Years 3/4/5/6

pupil's uniform will be:
- Royal blue V neck jumper or cardigan.
- Grey skirt/pinafore or trousers.
- White shirt.
- School tie.
- Grey socks or tights.



All children from Reception through to year 6 also require a PE kit.

This consists of:

A white round neck t-shirt.
Royal blue shorts.
Royal blue jogging bottoms and Sweatshirt can also be worn.
Black pumps or black trainers only.



ORDER ONLINE: 1. www.gwladysstreet.org 2. About Us 3. Parent Pay Shop



Mental Health Support

for children & young people in Liverpool

Make an **online referral** to Liverpool's Children & Young People's Mental Health Support

Children and young people, parents and carers in crisis can access support **24 hours a day, seven days a week, freephone 0808 196 3550.**

Visit the **emergency advice page** for more information.

Cheshire & Merseyside mental health services - [click here to view](#)

Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?

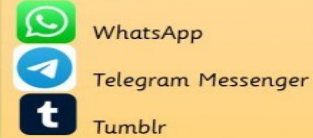
Under 13



13+



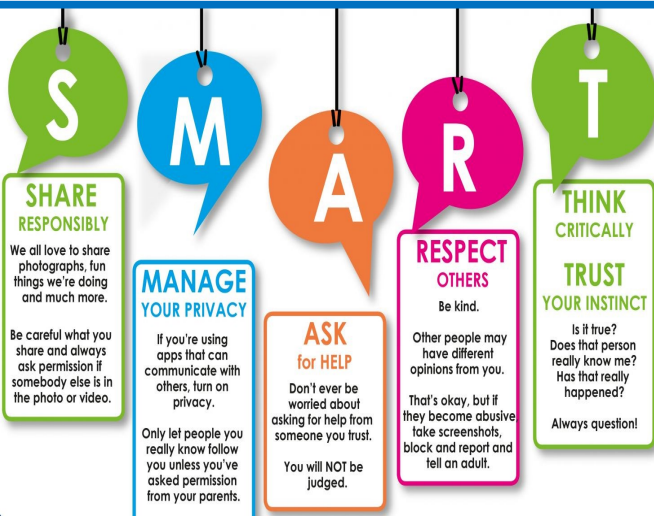
16+



17+



Sourced from NSPCC website October 2019



S **M** **A** **R** **T**

SHARE RESPONSIBLY
We all love to share photographs, fun things we're doing and much more.
Be careful what you share and always ask permission if somebody else is in the photo or video.

MANAGE YOUR PRIVACY
If you're using apps that can communicate with others, turn on privacy.
Only let people you really know follow you unless you've asked permission from your parents.

ASK for HELP
Don't ever be worried about asking for help from someone you trust.
You will NOT be judged.

RESPECT OTHERS
Be kind.
Other people may have different opinions from you.
That's okay, but if they become abusive take screenshots, block and report and tell an adult.

THINK CRITICALLY
TRUST YOUR INSTINCT
Is it true?
Does that person really know me?
Has that really happened?
Always question!

e-safety adviser

Stay safe online




S **A** **F** **E**

Speak to somebody if you need help

Ask an adult before going online

Friends are real people we know

Enjoy play, have fun and stay safe

e-safety adviser

Stay safe online



At the National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

- 1 NAME THE EMOTION**
Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.
- 2 MODEL EMOTIONAL EXPRESSION**
Demonstrate healthy emotional expression by sharing your feelings openly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.
- 3 MINDFULNESS ACTIVITIES**
Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and improve emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.
- 4 USE STORYTELLING**
Integrate storytelling to help children understand emotions. Stories can offer relevant scenarios that relate to the characters' experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.
- 5 PRACTISE EMPATHY**
Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improve their social interactions.
- 6 ENCOURAGE JOURNALING**
Suggest keeping a journal to make notes of thoughts and emotions. Encourage children to provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do not worry if they do not write every day, as long as they experience how to do it effectively.
- 7 TEACH PROBLEM-SOLVING**
Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional issues, encouraging them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.
- 8 CREATE A SAFE SPACE**
Establish an environment where children feel safe to display their emotions without judgement. Encourage open communication and reassure them that all feelings are valid. This creates a safe space for children to express themselves with confidence.
- 9 USE VISUAL AIDS**
Take advantage of visual aids like the emotion cards or mood meters to help children identify and express their feelings. Use these tools regularly to give them a visual representation of emotions, making it easier for children to communicate their emotional state.
- 10 CELEBRATE EMOTIONAL GROWTH**
Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforce the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert
Adam Giblin is Associate Vice-Principal for Personal Development at Parkstone Grammar School and works on secondment one day a week for Mind4School, an organisation that supports schools in improving their mental health provision.

WakeUpWednesday | **The National College**

✗ @wake_up_weds | www.thenationalcollege.com | @wake.up.wednesday | @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.01.2022

Is my child too ill for school?

Click [HERE](#) for more information

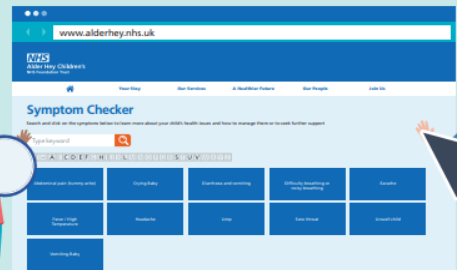
Click [here](#) to use the online Symptom Checker Alder Hey Children's NHS Foundation Trust

DOES YOUR CHILD NEED TO COME TO A&E?

CHECK YOUR CHILD'S SYMPTOMS AND WHAT YOU CAN DO FOR THEM WITH

ALDER HEY'S Symptom Checker

IT'S FAST EASY TO USE RELIABLE



WE ARE STILL IN THIS TOGETHER

Should you visit A&E? Or can you treat symptoms at home?

OUR NEW SYMPTOM CHECKER WILL OFFER YOU ADVICE YOU CAN TRUST.

Developed by the clinicians at Alder Hey for children
Visit: www.alderhey.nhs.uk

LSSP Multi Activities Holiday Camp

Monday 17th February - Wednesday 19th February

Kirkdale St Lawrence
Fonthill Rd, Kirkdale,
Liverpool L4 1QD

Time: 9am - 3pm
Cost: £18
(Includes breakfast & lunch)

Ages: 5-11 Years

Boys and Girls of all abilities welcome

Please bring: drinks, snacks, warm clothing and appropriate footwear for indoor and outdoor surfaces

All staff are fully qualified and DBS checked

Please apply sunscreen when needed

Have fun, make new friends & play sport

CONTACT TO REGISTER:
Email: camps@lssp.co.uk Tel: 0151 530 3010
<https://eequ.org/experience/10996>

Website: lssp.co.uk | ✗: @Liverpool_SSP

Scan the QR Code to register

Find out more [HERE](#)

PLEASE REMEMBER WE ARE A NUT FREE SCHOOL

Lunch box ideas...

- Packed lunch 1**
 - Tuna, sweetcorn and pepper pasta
 - Banana
 - Handful of raisins
 - Carton of semi-skimmed milk
- Packed lunch 2**
 - Egg omelette and cucumber seeded roll
 - Rice pudding
 - Satsumi
 - Bottle of water
- Packed lunch 3**
 - Mashies and potato salad (spiced), mackerel, new potatoes, watercress, pepper, cucumber, chives, low fat mayonnaise
 - Free-range fruit
 - Raspberries
 - Bottle of water
- Packed lunch 4**
 - Fattaleh, eggs, cheese, peas, peppers, sweetcorn
 - Slice of crusty brown bread with low fat spread
 - Small tub of seeds, sultanas and chopped dried apricots
 - Bottle of water
- Packed lunch 5**
 - pitta bread, feta, tzatziki, yogurt and cucumber dip, lettuce and tomato
 - Small pear
 - Handful of plain popcorn
 - Bottle of water
- Packed lunch 6**
 - Wholemeal bagel with ham and soft cheese
 - Pod of cherry tomatoes
 - Frozen cherries mixed with fromage frais
 - Bottle of water
- Packed lunch 7**
 - Humus
 - Carrot and pepper sticks
 - Wholemeal pitta bread
 - Strawberries
 - Yogurt
 - Bottle of water
- Packed lunch 8**
 - Chicken, cream cheese and grated carrot wrap
 - Fruit kebabs
 - Sugar free jelly
 - Carton of semi-skimmed milk
- Packed lunch 9**
 - Vegetable and lentil pasta (chopped tomatoes, carrots, celery, onion, red lentils, pasta)
 - Small tub of grated cheese
 - Chopped peaches in natural juice
 - Low fat custard
 - Bottle of water
- Packed lunch 10**
 - Vegetable cous cous (peas, courgette, peppers, onions, chickpeas, cubed cheese)
 - Canned pineapple in juice
 - Soya yogurt
 - Bottle of water

All images are suggestions only

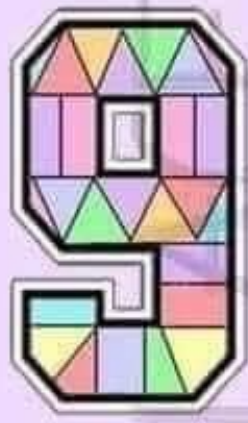
FACT Research by the University of Leeds has shown that only 1.6% of primary school children's packed lunches met the nutritional standards set for school meals.

GLADYS STREET CP & N SCHOOL is a strictly 'no nut' school, for example: no Nutella, no peanut butter, no graze boxes, no chocolate bars containing nuts, etc.

In addition to this, we do not allow hot food caddies/containers and/or skewer sticks.

Also, please cut up grapes, blueberries and cherries lengthways as these are a choking hazard.

If your child is having biscuits, please only provide a portion (1 or 2) and not to a whole packet.



things to say to your anxious child

1. I'm here with you. You're safe.

2. Do you want to do some dancing or running to get rid of the worried energy?

3. Tell me about it.



4. What would you like to say to your worry? What might your worry say back? Then what?

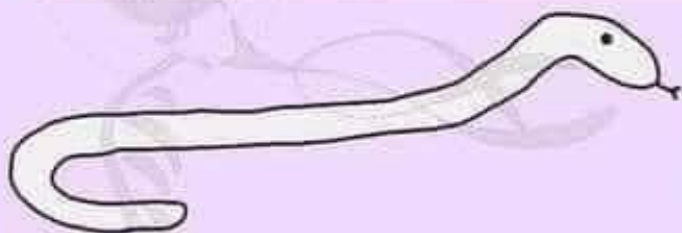
5. Let's draw it.

6. What does it feel like in your body? Where is the worry? How big is it?



7. Match your breaths to mine.

8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).



9. What's something we could do to help you feel better?