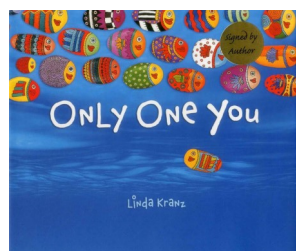


FISHBOURNE
CHURCH OF ENGLAND PRIMARY SCHOOL

Only one you

Dear Parents,



Our newsletter this month has a focus on WELLBEING - the new year is always a good time to reflect on what is going well and what we are thankful for as well as things we need to develop or improve in our lives. We hold wellbeing at the heart of all we do at Fishbourne, starting with our school vision of **ONLY ONE YOU**. We recognise how unique each member of our school family is and our role in

MAKING THE WORLD A BETTER PLACE for

those around us using our unique gifts. We live and breathe this vision each day - it is the bedrock of what we set out to achieve in our school. Visitors to our school comment on how happy, relaxed and focused our children are in their learning. It's lovely to receive this feedback as we know that in order to learn, we need to be ready!

Over the last couple of years, we have spent a lot of time in school developing our understanding about behaviour with the support of Beacon House and Releasing Potential alongside several fabulous books about behaviour including When the Adults Change by Paul Dix and Restorative Practice by Mark Finnis. Ultimately, we know:



*Meaningful learning takes place when we have meaningful relationships.

*Each young person is a part of a wider social system inside and outside Fishbourne Primary

*Each individual is unique and it is essential to support them to develop a strong self-concept through an understanding of strengths, areas for development and a core belief that one can improve.

*We can modify unacceptable behaviours by understanding the cause and providing appropriate support.

In collaboration with staff and children, we have explored the concept of rules and agreed that it is important that we have simple rules in place to behave well as learners and in life! During a whole school learning experience, we shared our thoughts about rules and ensured all voices were heard before coming together as a school family to decide on our three umbrella rules! Our behaviour for learning and life policy has been co-written and co-produced by everyone it impacts which results in consistency in its approach and delivery. The primary aim of our behaviour policy is not a system to enforce rules. It is a means of promoting positive relationships, so that people can work together with the common purpose of helping everyone to learn.

At Fishbourne, we have developed our own bespoke PSHCE curriculum which you can learn more about here:

<https://www.fishbourneprimary.co.uk/attachments/download.asp?file=604&type=pdf>

Our PSHE education helps our children to develop the knowledge, skills and attributes they need to manage life's challenges and make the most of life's opportunities. It is personalised to reflect the unique needs of our community. Our curriculum enables children to tackle barriers to their learning, raise aspirations, and improves the life chances of our most vulnerable and disadvantaged children. Our curriculum helps keep children safe, mentally and physically healthy and prepared for life and work. All children leave our school knowing that there is 'Only One You' and they are determined to make the world a better place. We use an enquiry question based approach within three key themes: Health and Wellbeing, Relationships and Living in the Wider World. With a question for each half term, here are a selection of questions the children consider:

Who helps keep us safe?

What is bullying?

Who makes a community?

How can our choices make a difference to others and the environment?

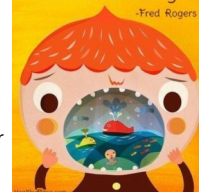
How do friendships change as we grow?

How can the media influence people?

There will always be children and young people in schools facing life challenges that affect their ability to engage with learning and who require a little more support for a short period of time. ELSA is an initiative developed and supported by Educational Psychologists to help schools support the emotional needs of students in their care. Research has shown that children are more able learners and feel happier in school if their emotional needs are met. Our Emotional Literacy Support Assistant (ELSA), Mrs Harvey has been trained by and, receives ongoing supervision from Educational Psychologists to plan and deliver programmes of support to pupils who are experiencing temporary or longer term additional emotional needs. ELSA can support in the following areas: social skills, anxiety, self-esteem, friendships and relationships, anger management, loss and change. If you are concerned about your child's emotional wellbeing, do contact your class teacher to let them know.



When we can talk
about our feelings
they become
less overwhelming
less upsetting,
and less scary.



We also run our Mentorship Programme for children in school because we believe that 'every child deserves a champion: an adult who will never give up on them, who understands the power of connection and insists they become the best that they can possibly be.' Sometimes children can need something a little more in school to help them to feel connected and the mentorship programme

gives children the opportunity to build a connection with an adult outside their classroom who can check in with them on a fortnightly basis and see how things are going for them! Mentorship time typically involves a mug of hot chocolate and some time spent doing activities together. We have seen the huge benefits to this in school and referrals are made in the same way as ELSA.



Alongside our three umbrella rules, we have our learning behaviours that were developed with the whole school family about four years ago. These behaviours are celebrated when seen in action and actively taught through our learning experiences. This half term we have a focus on our learning behaviour 'REFLECTIVE' as the children, supported by staff, reflect on themselves as learners, readers, writers and mathematicians and make contributions to their mid-year learning report.



We have a super collection of books to support children's wellbeing that are kept in our wellbeing library in the entrance hall. We have a sign-out book and ask families to return books when they have finished with them to ensure that they are there when needed by others. The books in this area cover all sorts of themes - feelings, worries, anxieties, bereavement, friendship... there's a book for everything. We started to develop this lovely collection during the first lockdown and it has proved to be very popular with children and families.



More recently, we have started to develop a library for parents too! Many parents pop in to talk about worries they may have about family life which we all know can be challenging at times! If you have any recommendations for good books to broaden our collection, please do let us know as we would love to include them in our library too! At Fishbourne, we recognise that no matter what kind of family we have, it is special in its own unique way. We also know that families go through times when life is wonderful and times that can be really challenging and we want to be able to extend support to our families at all times. Lots of our families have found our Parenting Programme really helpful. This is an opportunity to share in the highs and lows of family life, seek some fresh ideas and build supportive relationships in school. Parents who have taken part in the programme from Fishbourne have said:

'I have thoroughly enjoyed the course! It felt as though it set me up to be a better parent.'
'I loved it! I cannot express how important this has been for me. It was very gentle and warm, and gave me time to think about how to take my family forward in the very best possible way. The languages of love were incredibly helpful - for my children, but also for my husband and I.'
 As soon as we have more details about when the programme will be running, we will be in touch! We warmly welcome you to come along and get involved.



We were enormously grateful to be awarded a grant from the Fatface Foundation recently for £750 to support our wellbeing priorities. We will be using this funding to support our ongoing

wellbeing work in school and to develop our collection of stories and books, as well as our wellbeing space in school. We will share with you more once this money has been allocated.

As our little fish get older and become more computer aware, we are aware that one of the most significant ways of improving wellbeing is ensuring children learn to connect with the Internet positively. This year's theme is 'Want to talk about it?' and provides an opportunity to make space for conversations about life online. We will be marking this significant date in school with all year groups and providing some additional information for families about how you can support your children to maintain positive relationships online. These conversations are so important as children develop a healthy outlook on technology.



Everything we do in school sets out to celebrate the uniqueness of each of us and our responsibility to use our gifts to make the world a better place to be!



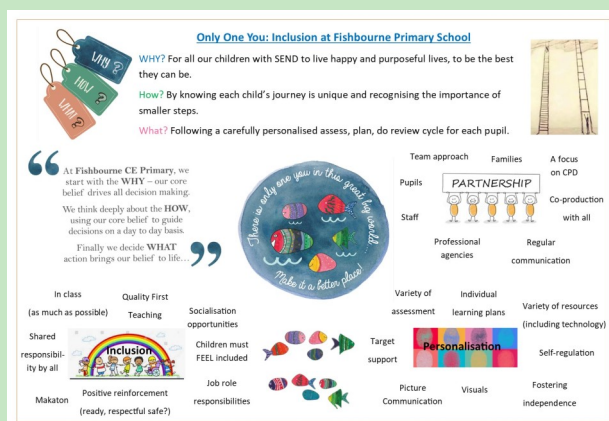
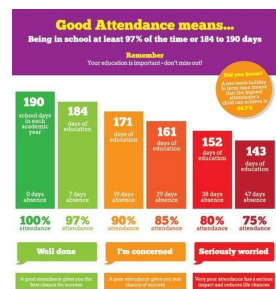
Dates for Spring Term 2023

Thu 12th January - KS1 to see Smartest Giant in Town
 7th February - Safer Internet Day
 Mon 13th - Fri 17th Feb—HALF TERM
 Mon 20th Feb—INSET Day
 Thurs 2nd March - World Book Day (more details to follow!)
 Mon 20th March—Fri 31st March - Geography based Whole School Learning Experience
 Where my wellies take me!

Other INSET Days next academic year will be on
 Monday 20th February 2023 and Monday 5th June 2023.

Why we send out attendance letters?

We are often asked this question! The DfE require us to report to parents their child's termly attendance and we do this because being in school is so important! We absolutely understand that children should be at home if they are not well enough to attend school BUT we need to minimise any avoidable absence for the sake of all learners in school. If you are concerned about your child's attendance and need some support, please don't hesitate to let us know and we will be very happy to help!



It has been absolutely wonderful to welcome Mrs Jo Angell back to school following her maternity leave! Jo is our SENDCO and works with us for a day and a half a week - usually on a Monday and half day Tuesday. Jo is a knowledgeable and skilled member of our team who supports staff and parents to identify children with additional needs and pinpoint the most appropriate support for them. Our school website contains lots of information about special educational needs and contact details for Jo.

<https://www.fishbourneprimary.co.uk/page/?title=SEND&pid=96>

At Fishbourne CE Primary School we nurture our learners to become...

