

News Update

TERM 1, Week 7

Attendance Winners:

Walnut - 97%

Dates for the Diary	
Celebration Afternoon 2.30pm	Wed 23rd Oct
Year 1 Eastbourne Miniature Railway Trip	Wed 23rd Oct
Mufti Day - Special me day	Thurs 24th Oct
Last Day of Term 1 for pupils	Thurs 24th Oct
INSET DAY	Fri 25th Oct
INSET DAY	Mon 4th Nov
After School Clubs begin	w/c 4th Nov
First day of Term 2 for pupils	Tues 5th Nov
EYFS & KSI Parent Consultation Meetings	Wed 6th Nov
Anti-Bullying Week	Mon 11th - 15th Nov
Orca Whale Talk Years 3, 4 and 5	Tues 12th Nov
Reception Alexandra Park Trip	Wed 13th Nov
Big Sing Concert White Rock Theatre	Mon 2nd Dec
Last week of After school clubs	w/c 9th Dec
Christmas Academy Fair 3-5pm	Mon 16th Dec

Behaviour for Learning - The Empowerment Approach

When someone is finding it difficult to manage, this may be because they have messages in their brains telling them not so good things about themselves, for example, "I'm not good at maths," or "Nobody likes me." When someone feels like this, it won't help them to be told off or ignored. Instead, we use the Five Point Plan to help them feel calm and happy again. This can help them to get back on track with learning and sure we are all safe, happy, calm and learning at our best. Everyone in the academy community can help by using the Five Point Response plan when somebody is struggling:

When you see someone struggling....



1. **Calm your own chimp**



2. **Accept, Acknowledge & Empathise:**

"I can hear that you are really frustrated about something. That must be tough for you." (You don't have to agree).



3. **Throw a lifeline. Protect their self-worth.**

"Don't worry. We want to help. We can work together on this."



4. **Listen to understand** (not just to get your own view in)

Be matter-of-fact. Be kind. Stay in positive positions!



5. **Problem Solve** (get them to come up with a solution)

"I'm noticing there's something making it difficult for you to start your writing. What's going on for you? What do you need to help you get started?"

Recommended reading:

A Child of Books

A picture book which celebrates the power of stories and imagination.



Spelling strategy of the week:

Write your spelling words forwards and then backwards.

Write neatly!

Example:

where erehw

Spotlight on Safeguarding

Over the course of the term, we have seen an increase in children discussing their usage of devices and apps which could allow access to inappropriate and harmful content. We would like to remind parents to be vigilant with the material that your children access online, and to also remind that information can be sought from Mrs Green, Safeguarding Officer regarding this matter. Mrs Green is available at the Bagel bar in the mornings or you can email safeguarding@robsackwoodprimaryacademy.org.uk

Value of the Month

Our value of the month for November is **honesty**. We have been thinking and talking about honesty at the academy. Here are some quotes to get you thinking at home:

"Honesty is the best policy. If I lose mine honor, I lose myself."

--William Shakespeare

"It takes strength and courage to admit the truth."

— Rick Riordan, *The Red Pyramid*

"Honest people don't hide their deeds."

— Emily Brontë, *Wuthering Heights*



We were contacted by the **Department for Education** today to give

Congratulations to Walnut Class who won the **Hastings Sumdog Maths Challenge!**

A pizza party supplied by Pizza Express is their prize. Yum!

Sporting News

RSW participated in the area cross country competition. Well done to all competitors, especially **Isabella Buchanan** who won the Year 3/4 cross country event against all schools in the local area. She ran around The St Leonards Academy grounds which were very hilly and beat off all competition!

Inclusion

We have a number of children in the academy who have medical needs and allergies. Should you wish to alert others to your child's medical condition or allergy, there are a variety of children's medical ID bracelets that you can purchase online for a reasonable cost. This is particularly useful if your child requires an Epi-Pen or other vital medication in case of emergency.

