

# Newsletter 3

24<sup>th</sup> October 2024

Dear Parents and Carers,  
As we come to the end of the Autumn half term, I have a few notices for you.



## Anti-Bullying Week 2024

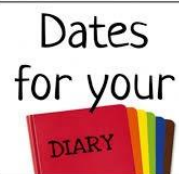
We are celebrating Anti-bullying week during the week of Monday 11<sup>th</sup> November. The theme is 'Choose Respect'. This fits perfectly with our school values. The children will be focusing on the theme during assemblies and in class. On Tuesday 12<sup>th</sup> November we will be having our odd sock day to help us remember that it's okay to be different and to stand up against bullying and discrimination. Children can wear odd socks to school. If they wear tights, they can wear their odd socks over their tights.

## Remembrance Ceremony

We will be holding our Act of Remembrance in the upper playground at school on **Monday 11<sup>th</sup> November** at **11am**. All parents are warmly invited to attend this brief ceremony - please arrive at school no later than 10.50am.

## Uniform

Please note that the sweatshirt hoodies are only to be worn for PE and not a substitute for the school jumper/school cardigan which should be worn as part of the school uniform.



## REMAINING INSET Days

May I remind you that the school is closed for staff training on  
**Monday 4<sup>th</sup> November 2024**  
**Friday 23<sup>rd</sup> May 2025**  
**Monday 21<sup>st</sup> July 2025**  
**Tuesday 22<sup>nd</sup> July 2025**



## PTA

A huge thank you to Ellie Bransden and Lucy Woods for all their hard work with the PTA. We are so grateful for all the events and funds raised over the years.

## Littlehampton & District Foodbank

Our Harvest donation of 279kg was gratefully received. The foodbank has already provided food for 2,196 people across the local area in the first 9 months of this year. More than a third of these are children.

We thank parents and carers for all the donations brought in to school during Harvest to help this amazing project.

A big  
**THANK YOU**

St Margaret's CE Primary School  
for supporting Littlehampton & District Foodbank.  
Your donations make a **BIG** difference to local people in crisis.

Littlehampton & District Foodbank is part of  
The Trussell Trust's UK wide foodbank network.

Littlehampton & District  
**foodbank**

Registered Charity Number: 1160455 | Registered in England and Wales

# ARE YOU? ELIGIBLE?

## Additional Funding Support

If you are receiving benefits, your children may be eligible for additional funding whilst at school. This funding is extremely valuable in supporting children and their families in accessing activities, learning opportunities and we would really appreciate you checking your eligibility online by following the Free School Meal Application process here:-

[https://www.stmargaretsprimary.org.uk/\\_data/site/305/pg/114/FreeSchoolMealApplicationProcessforParents12.pdf](https://www.stmargaretsprimary.org.uk/_data/site/305/pg/114/FreeSchoolMealApplicationProcessforParents12.pdf)

A letter giving more information regarding Pupil Premium and free school meals can be found on our website.

## Colourful Christmas Hampers 2024

### Exciting Festive Hampers To Be Won!

Again this year St Margaret's are bringing you some festive fun for a chance to win a Christmas Hamper like never before!

We would kindly ask each child to bring in an item of their **YEAR GROUP COLOUR**, which will contribute to a large Christmas Hamper. Our Beautiful Hampers will be showcased and then placed into a Christmas raffle for a lucky winner.

Items ranging from festive treats, festive toys, new toiletries, alcohol, and non-perishable items would be gratefully received.

**PLEASE SEE BELOW FOR YOUR YEAR GROUP ITEM COLOUR**

<b>RECEPTION:</b>	<b>MULTI COLOURED</b>
<b>YEAR 1:</b>	<b>RED</b>
<b>YEAR 2:</b>	<b>PURPLE/PINK</b>
<b>YEAR 3:</b>	<b>BLUE</b>
<b>YEAR 4:</b>	<b>SILVER/WHITE</b>
<b>YEAR 5:</b>	<b>YELLOW/GOLD</b>
<b>YEAR 6:</b>	<b>GREEN</b>



**\*Please bring in your donation on FRIDAY 15TH NOV in exchange for children wearing their own clothes\***

Follow our school social media pages for updates and reminders!



@stmargaretsprimaryang



### School Absence

Absence for any reason, please notify the school office either by phone 01903 785416 or email

[school@stmargaretsprimary.org.uk](mailto:school@stmargaretsprimary.org.uk)

May I remind you that Headteachers are NOT allowed by law to authorise absence in term time except for 'exceptional circumstances.' Children are in school for 190 days per year. Holidays in term time cannot be included as 'exceptional circumstances' except in very rare cases. As such Headteachers are not permitted to authorise such absences and the Local Authority (NOT the school) may issue a fine. In the exceptional case where you may have to request absence from school please complete the form available on the school's website or from the school office at least one month in advance of the first date of absence.

**FREE**

Join us for a fun filled evening with  
**games, crafts & food.**  
**Come & go as you please.**

YOU ARE INVITED:

# LIGHT PARTY

31<sup>ST</sup> OCT AT 5:30 PM

To sign up head to our website or email:  
**benmartin@angmering.org.uk**



www.stmargaretsangmering.church    SHARING GOD'S LOVE

St Margaret's  
 CHURCH  
 ANGMERING

Would you like to join our PTA?

We always welcome new faces, and new ideas.

We appreciate everybody has busy lives but even a few hours every now and again to help our PTA would be gratefully appreciated.

If you are interested please contact [pta@stmargaretsprimary.org.uk](mailto:pta@stmargaretsprimary.org.uk) or come and speak to the school office.

Join the



We Need Your Help



Looking for things to do over Half Term

Look at

<https://www.nationaltrust.org.uk/visit/50-things>



**Is your child a budding author?**

If so then "write a story you would love to read!" BBC's 500 words, the UK's largest children's writing competition for children aged 5-11, is open for entries now! With two age categories: 5-7 year olds and 8-11 year olds, children are invited to write a story, in no more than 500 words that they would like to read. It's all about creativity, imagination and originality: spelling, punctuation and grammar are not marked! Submit before the competition closes at 9pm on Friday 8th November 2024.

Please find attached more information about the competition and how to enter. If you do enter, make sure you send us a copy of your story entry too!

# Cool Milk

**Cool Milk**

Is your child over the age of 5 and would like to have milk in school? If so please sign up to Cool Milk at a subsidised cost by registering your child at [www.coolmilk.com/register](http://www.coolmilk.com/register).

If your child is under the age of 5 they will continue to receive free school milk until their 5<sup>th</sup> birthday.

# 10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

- 1 ENCOURAGE OPEN COMMUNICATION**  
Regularly engaging children in open dialogue helps them build emotional resilience. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions to children: "What's made you happy today?". This encourages children to express themselves openly.
- 2 MODEL POSITIVE BEHAVIOUR**  
Children often learn how to manage emotions by observing adults. By modeling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling to children in a constructive way, such as "My job worked up, so I'm going for a walk to clear my mind."
- 3 TEACH PROBLEM SOLVING SKILLS**  
Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, asking things like "What's the first question for now?"
- 4 FOSTER A GROWTH MINDSET**  
Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be afraid of. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reframes the idea that effort and perseverance leads to improvement.
- 5 PROMOTE SELF-CARE PRACTICES**  
Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.
- 6 BUILD HEALTHY RELATIONSHIPS**  
Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be fun alternatives to help children learn how to resolve conflicts with friends by modelling and providing calm communication.
- 7 SUPPORT EMOTIONAL AWARENESS**  
Helping children to identify and name their emotions allows them to manage those feelings more effectively. Utilise a child's mood, encouraging them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing those emotions.
- 8 ENCOURAGE INDEPENDENCE**  
Giving children opportunities to make their own decisions builds confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.
- 9 DEVELOP COPING STRATEGIES**  
Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practice this regularly. Reinforcing it as a habit means a young person will make it easier for them to use these techniques of their own accord during stressful moments.
- 10 CELEBRATE SMALL WINS**  
Recognising effort, no matter how small, reinforces persistence and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

**Meet Our Expert**  
Adam Gillett is an Associate Vice Principal for Personal Development at Hoveville primary school and works an evening role one day a week for MINDS Ahead, which works with schools on improving their mental health provision.



**#WakeUpWednesday** **The National College**

X @wake\_up\_weds | f /www.thenationalcollege | @wake.up.wednesday | @wake.up.weds

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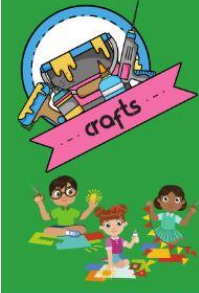
**Online Monster Phonics Book Fair**  
Keep your eyes peeled for an online Monster Phonics Book Fair. The bookings window will open on Monday 4<sup>th</sup> November and close on Friday 29<sup>th</sup> November. The school will receive 20% of the total number of orders placed. Further details to follow via ParentMail.

**F Family Support Work**  
The Sussex Charity for Children Since 1890

## Angmering After School Club

All families welcome  
Preschool - 11 years  
For more information contact Becca 07747 481360

**Dates for After School Club:**  
Wednesday 25th September  
Wednesday 30th October  
Wednesday 27th November  
(Christmas Party with Rustington After School Club)  
3.30 - 5.30 pm  
St Margaret's Church Hall  
St Margaret's Church, Arundel Road  
Angmering BN16 4JS



THE CHICHESTER DIOCESAN ASSOCIATION FOR FAMILY SUPPORT WORK  
CHARITY NO 285337. A COMPANY LIMITED BY GUARANTEE REGISTERED NO 1048903.  
REGISTERED OFFICE: GARTON HOUSE, 22 STANFORD AVENUE, BRIGHTON, BN1 6AA



**Sundays, 1pm - 2:30pm**  
28th January 2024  
25th February  
7th April  
28th April  
26th May  
30th June  
28th July  
25th August  
29th September  
27th October  
17th November  
29th December

## SEN Mighty Mites play session

For Children 6 and under with additional needs, their parents and siblings.  
Giving families a chance to connect and share experiences or concerns with others whilst children play in a safe and understanding environment.  
Lancing Manor Leisure Centre, BN15 0PH  
**Free** - just turn up on the day or contact: 07503 177100  
[richard.deniese@worthingmencap.org](mailto:richard.deniese@worthingmencap.org)  
Session are funded by Worthing Mencap, in partnership with South Downs Leisure



Items highlighted in red are new or amended dates

## DATES FOR YOUR DIARY – Autumn Term 2024

Date	Time	Event
<b>Monday 28<sup>rd</sup> – Friday 1<sup>st</sup> November</b>		<b>Half Term</b>
Monday 4 <sup>th</sup> November	All day	INSET DAY School Closed
Tuesday 5 <sup>th</sup> November	6.00pm	Year 6 Cobnor Presentation
<b>Friday 8<sup>th</sup> November</b>	<b>Pm</b>	<b>Kite Surfer assembly and demonstration during the afternoon</b>
Monday 11 <sup>th</sup> November	11.00am	Remembrance Service – all welcome
<b>Thursday 14<sup>th</sup> November</b>	<b>Am</b>	<b>Year 2 Little Big Sing at East Preston School</b>
Tuesday 19 <sup>th</sup> November	6.00pm	Year 4 Dalesdown Presentation
Friday 29 <sup>th</sup> November	pm	Year 4 Music performances (further details to follow)
<b>Wednesday 4<sup>th</sup> December</b>	<b>All day</b>	<b>Flu Vaccinations in school</b>
Friday 6 <sup>th</sup> December	All day	Year 2 Kindness Carnival (further details to follow)
Monday 9 <sup>th</sup> December	9.15am 10.00am	Years 4, 5 and 6 Church Service at St Margaret's Church (Parents invited to attend) Years 1, 2 and 3 Church Service at St Margaret's Church (Parents invited to attend)
Tuesday 10 <sup>th</sup> December	1.30pm	Year 1 and 2 Christmas play to parents and carers
Wednesday 11 <sup>th</sup> December	9.30am 2.30pm	Year 1 and 2 Christmas play to parents and carers EYFS Christmas Nativity to parents
<b>Friday 13<sup>th</sup> December</b>	<b>pm</b>	<b>Rocksteady Concert to participating children</b>
<b>Monday 16<sup>th</sup> December</b>		<b>Chartwells Christmas Lunch (will be available to book after half term)</b>
Wednesday 18 <sup>th</sup> December	8.40am – 9.15am 6.30pm	Parents and Carers drop in for our "Create" project in the school hall (further details to follow) Carols in the car park
Friday 20 <sup>th</sup> December		Last Day of School
First day back after Christmas is Monday 6 <sup>th</sup> January 2025		



School Council 2024-2025	
Please ensure it is someone who has not done it before but it can be someone who was a Deputy Member a previous year can. Thank you!! Thank you!	
Class	School Council Member
Willow	Luna Clark
Cherry	Oliver Dove
Badger	Christopher Chrimes
Otter	Faye
Fox	Molly-Rose Buckman
Mole	Phoebe Carvell
Amberley	Effie Baker
Lewes	Dawson Mayes
Arundel (boy)	Leo Ferreira
Arundel (girl)	Josie Sterley
Bramber (boy)	Flynn Wild
Bramber (girl)	Mollie Robinson



And finally .... After a busy half term we wish everyone a safe and restful break. We look forward to seeing you on Tuesday 5<sup>th</sup> November.

Yours sincerely  
**Mike Jee**  
Headteacher

