



# Thorpe Church of England Primary School

*Faith, Love and Excellence*

**Headteacher: Mrs Helen Southgate MA**

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***Through Christ who strengthens us, all will flourish at our school, with  
Faith, Love and Excellence.***

**Newsletter No. 23**  
Friday 4<sup>th</sup> March 2022

Dear Parents, Carers, Governors and Staff

**World Book day 2021** It was lovely to see so many of you dressed up for World Book Day. We've had an amazing week of exploring many books and finding inspiration. Thank you for making such an effort! A huge thank you to FOTSA for funding the books your child received on Thursday. If you want to follow us on twitter [@Thorpecofe](https://twitter.com/Thorpecofe) you will see our fantastic photos. The winners of our 'Decorate a Class Door' competition were Sapphire Class with Six Dinner Sid and Topaz Class with Harry Potter!

### **Red Nose Day**

On Friday 18<sup>th</sup> March we are inviting everyone to wear an item of RED clothing along with their uniform, and donations are going to Comic Relief. You can donate here [Red Nose](#) Please do not bring cash to school

**Start of the school day** We would like to make the drop off window smaller. Gates will be opened at 8.45am and we would like all children to be in school by 8.55am ready to start learning at 9am.

**Massive thanks to FOTSA** for all the hard work towards getting FOTSA Charity Status. On Monday evening Sarah Tillyer, Martine Mant and I were in the school hall, joined by parents via Zoom to discuss some upcoming FOTSA events and to ratify the Constitution for Charity Status. Thank you so much for the incredible amount of hard work the committee and volunteers undertake to raise funds for the children at Thorpe, it's very much appreciated.

Please remember to park responsibly away from our neighbours' driveways and footpaths. Also, please **do not leave your car engine running whilst parked around school.** The Red Lion Pub is private property and is not available for school parking.

We are delighted to share that **Parents' Evenings** will be in person this Spring. We will hold them in the hall and you will be able to meeting with your child's class teacher face to face and view some of your children's learning. If you do not feel comfortable doing this and would like a telephone or zoom appointment, please let your child's class teacher know. They will be held on Tuesday 29<sup>th</sup> March from 3.20pm to 6pm and Thursday 31<sup>st</sup> March from 4.30pm to 7pm. As soon as Magic Bookings is up and running we will let you know.

Some of you have been in touch to ask how, as a school community, we can support the Ukraine Crisis. There are so many worthwhile charities and causes close to us all. You may wish to consider supporting the Red Cross who are involved in vital humanitarian work around the world. Their website can be reached here. [Red Cross](#).

Wishing you all a healthy weekend.

Kindest regards

*Mrs Helen Southgate*

**Headteacher**

***'Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you' (Thessalonians 3 vs 16)***

General Dates	
<b>February</b>	
<b>March</b>	
Tuesday 8 <sup>th</sup>	Emerald Class visit to St Mary's Church – please drop off at Church Year 5&6 Football Team v St Cuthbert's Primary School
Tuesday 15 <sup>th</sup>	Year 5 & 6 Football Team v Pycroft Grange Primary School
Thursday 17 <sup>th</sup>	Garnet Class visit to St Mary's Church – please drop off at Church
Tuesday 22 <sup>nd</sup>	Year 5&6 Football Team v Ongar Place Primary School
<b>April</b>	
Friday 1 <sup>st</sup>	Break up for Easter – <b>1.30pm pick up</b>
Tuesday 19 <sup>th</sup>	Return to school for Summer Term
Saturday 23 <sup>rd</sup>	ERPSSA Cross Country KS2 Championships at Notre Dame School, Cobham

### Year Group Information

<b>Year R</b>	Please see general information above
<b>Year 1</b>	8 <sup>th</sup> March, children to St Mary's for RE visit- drop at Church
<b>Year 2</b>	See general information above.
<b>Year 3</b>	Visit to Tasis for PE session Monday 14 <sup>th</sup> March .
<b>Year 4</b>	Please remember your P Cornets every Friday. Visit to Tasis for PE session Monday 7 <sup>th</sup> March – wear PE Kit to school 17 <sup>th</sup> March, children to St Mary's for RE visit –drop at Church
<b>Year 5</b>	Visit to Tasis for PE session Thursday 10 <sup>th</sup> March –wear PE Kit to school
<b>Year 6</b>	Visit to Tasis for PE session Thursday 17 <sup>th</sup> March – wear PE Kit to school



### **Supporting Your Child's Emotional Wellbeing Two-Part Workshop**

**When:** Wednesday 23<sup>rd</sup> March 2022

**Time:** 10am-12.30pm

**Venue:** Online, sign up via the following link:

[https://teams.microsoft.com/registration/iLMgt53qJUC19sJESkInTg,uRG8iDTb2UWOKPRZ5lq71w,vbRj6ULG9EGbnuLwx89x-Q,p\\_-Rb-8bTE6AyocYRdyuNA,-kcOZHxEwEak7tuM1HqFzQ,MCqDoTMOCEyHjLEldqtZBA?mode=read&tenantId=b720b388-ea9d-4025-b5f6-c2444a42674e](https://teams.microsoft.com/registration/iLMgt53qJUC19sJESkInTg,uRG8iDTb2UWOKPRZ5lq71w,vbRj6ULG9EGbnuLwx89x-Q,p_-Rb-8bTE6AyocYRdyuNA,-kcOZHxEwEak7tuM1HqFzQ,MCqDoTMOCEyHjLEldqtZBA?mode=read&tenantId=b720b388-ea9d-4025-b5f6-c2444a42674e)

#### **Content**

##### **Part 1: General Wellbeing**

- Childhood brain development and the body-brain connection
- Strategies for positive communication and connection
- Practical ways to support wellbeing that best suit your child
- Sleep routines
- Resources

##### **Part 2: Managing Anxiety**

- Introduction to anxiety
- Triggers, signs and symptoms
- Cycle of anxiety (using Cognitive Behavioural Model)
- Suggestions and strategies to manage anxiety