



### Our Learning

Year 2 had a fantastic day dressed up as the different classes, crew and even the Titanic itself! We continued our History learning journey and learnt about what rules changed in the maritime world after the sinking of the Titanic. One of the many new rules put in place was that there had to be enough lifeboats for all passengers and crew members.

After this, our focus was on communicating our knowledge and opinions so we created 'News reports' to inform others of what happened to the Titanic, who was blamed and what has changed since 1912.



The children's news reports will be on seesaw for you to celebrate in their learning.

### Our Assembly Theme This Week

#### Mental Health Awareness Week

As part of Mental Health Awareness Week, we have thought carefully about how we might keep our mind healthy. In assembly, we discussed how keeping active and finding time to get outside can support our mental health. Next week, we launch Walk to School Week and the children identified how talking to a friend or a trusted adult on the way to school is a great way to look after our mental health, combining friendship and talk with getting outside and being active.

We hope that as many children and families as possible can get involved in this next week. Children who complete the full week will receive a certificate next Friday!

It is important that children feel they have a trusted adult in school to talk to about their worries and concerns. All the staff at Boorley are ready to listen and to support children with concerns or worries they may have. Staff are talking to children to ensure they can think of an adult in school who they feel happy to talk to. Please encourage your child to talk to you about who their trusted adult in school is.

On the next page is a supportive guide to help parents and school work together when children are finding attending school difficult. Please do not hesitate to contact us if you are concerned about your child finding coming to school a challenge.

# What Parents & Educators Need to Know about SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

## UNDERSTANDING SCHOOL AVOIDANCE

### REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

### PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

### COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

## IMPACT OF SCHOOL AVOIDANCE

### LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

### LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

### CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

## Advice for Parents & Educators

### WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

### FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

### MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

### REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

### Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

# Dates for Your Diaries—2023-2024

## Whole School

### Summer Term 2024

- Thursday 23rd May—Class Photos
- Friday 24th May—Last Day of Summer 2 Half Term
- Monday 27th—Friday 31st May—Half Term
- Monday 3rd June—First Day of Summer 2 Half Term
- Monday 24th June—INSET Day - School closed for pupils
- Friday 28th June—Non-school uniform - bring a bottle for the Summer Fayre
- Tuesday 23rd July—Last Day of Term
- Thursday 24th July—Monday 2nd September - Summer Holidays
- Tuesday 3rd September—First Day of Autumn Term 1



## Year R

- Monday 17th June - Parent Picnic followed by Sports Event - 12.30-2.00pm - more details to follow
- Friday 21st June—9am-12pm-Mill Cottage Farm Experience in school - more details to follow

## Year 1

- Friday 7th June—Trip to Portchester Castle
- Tuesday 18th June - Year 1 & 2 Parent Picnic followed by Sports Event - 12.15-2.30pm - more details to follow
- Tuesday 25th June —Royal Festival and Dress Up Day (inc parent event at 2:45pm) - **change of date**
- **Rabbit Class** Monday 15th July—9:15am—Celebration Assembly for Parents
- **Otter Class** Tuesday 16th July—9:15am—Celebration Assembly for Parents

## Year 2

- **Hedgehog Class**—Thursday 23rd May—2:45pm—Art Gallery for parents
- **Fox Class**—Friday 24th May—2:45pm—Art Gallery for parents
- Thursday 6th June—Habitat Hunt in school (for children only)
- Tuesday 18th June - Year 1 & 2 Parent Picnic followed by Sports Event - 12.15-2.30pm - more details to follow
- **Hedgehog Class** Wednesday 17th July—9:15am—Celebration Assembly for Parents
- **Fox Class** Thursday 18th July—9:15am—Celebration Assembly for Parents

# Dates for Your Diaries—2023-2024

## Year 3

- **Deer Class** Tuesday 21st May—2:30pm—Magnets Workshop with parents
- **Mouse Class** Wednesday 22nd May—2:30pm—Magnets Workshop with parents
- Friday 14th June—2:30pm - Family Picnic - more details to follow
- Tuesday 19th June - Year 3 & 4 Parents Picnic followed by Sports Event - 12.15-2.30pm - more details to follow

## Year 4

- W.c. 3rd June—Statutory Year 4 Multiplication Tables Check
- Tuesday 18th June - Year 3 & 4 Parents Picnic followed by Sports Event - 12.15-2.30pm - more details to follow
- Tuesday 9th July- 2:45pm—Parent Event in Owl Class - A 'showcase' of their work from

## PTA News

A huge thank you to all the children (and grown-ups) that took part in the PTA's 2024 Challenge over the Easter holidays. Together you raised an enormous £903.52.

The determination shown and entrepreneurial imaginations at work were lovely to witness. We had cake sales, dance-a-thons, sponsored bike rides and runs, penalty shot outs and one Year 2 set up a fruit and vegetable sale for his neighbours.

All those who took part will receive a special certificate to thank them for their hard work.

Boorley Park PTA

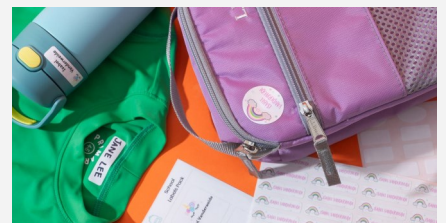
 BookTrust

**Pyjama  
rama**

Thank you for supporting Pyjamarama Day.

We raised £167.80 for the Book Trust.

**REMINDER TO PARENTS:** Please make sure that ALL your children's belongings (clothes, hats, lunch boxes and drink bottles etc.) are **CLEARLY LABELLED** with your child's name. Labelled property can be easily returned to its owner.



# Boorley Park Term Dates 2024/25



September 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
35							1
36	2	3	4	5	6	7	8
37	9	10	11	12	13	14	15
38	16	17	18	19	20	21	22
39	23	24	25	26	27	28	29
	30						

October 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
39		1	2	3	4	5	6
40	7	8	9	10	11	12	13
41	14	15	16	17	18	19	20
42	21	22	23	24	25	26	27
43	28	29	30	31			
44							

November 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
44					1	2	3
45	4	5	6	7	8	9	10
46	11	12	13	14	15	16	17
47	18	19	20	21	22	23	24
48	25	26	27	28	29	30	

December 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
48							1
49	2	3	4	5	6	7	8
50	9	10	11	12	13	14	15
51	16	17	18	19	20	21	22
52	23	24	25	26	27	28	29
	30	31					

January 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
1			1	2	3	4	5
2	6	7	8	9	10	11	12
3	13	14	15	16	17	18	19
4	20	21	22	23	24	25	26
5	27	28	29	30	31		

February 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
5						1	2
6	3	4	5	6	7	8	9
7	10	11	12	13	14	15	16
8	17	18	19	20	21	22	23
9	24	25	26	27	28		

March 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
9						1	2
10	3	4	5	6	7	8	9
11	10	11	12	13	14	15	16
12	17	18	19	20	21	22	23
13	24	25	26	27	28	29	30
	31						

April 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
14		1	2	3	4	5	6
15	7	8	9	10	11	12	13
16	14	15	16	17	18	19	20
17	21	22	23	24	25	26	27
18	28	29	30				

May 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
18				1	2	3	4
19	5	6	7	8	9	10	11
20	12	13	14	15	16	17	18
21	19	20	21	22	23	24	25
22	26	27	28	29	30	31	

June 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
22							1
23	2	3	4	5	6	7	8
24	9	10	11	12	13	14	15
25	16	17	18	19	20	21	22
26	23	24	25	26	27	28	29
	30						

July 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
27		1	2	3	4	5	6
28	7	8	9	10	11	12	13
29	14	15	16	17	18	19	20
30	21	22	23	24	25	26	27
31	28	29	30	31			

August 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
31					1	2	3
32	4	5	6	7	8	9	10
33	11	12	13	14	15	16	17
34	18	19	20	21	22	23	24
35	25	26	27	28	29	30	31

Bank Holiday  
 School Holiday

INSET Day (school closed to children)