



Victoria Primary Academy Weekly Newsletter

Diary Dates

5th January 2021

*Back to school,
start of the new
term*

12th February

PTA Mufti day

We are sad to be saying “goodbye” to Mrs York, who has been a lunch time supervisor and cleaner with us for 6 years and Mrs Mataria, who has stood in for Miss Costanzo as class teacher this term.

Best wishes to them and also to Mrs Burdett, a PPA cover teacher and Mrs West, a lunch time supervisor, who are also moving on to pastures new.



**Merry Christmas
& Happy New Year**

With our very best wishes,
from Mrs Scargill and the
staff at



Victoria Primary Academy



We all enjoyed our Christmas Jumper day in aid of "Save the Children". Thank you to everyone who took part and donated towards the charity.







Our Christmas Jumper day raised
£232.00 for "Save the Children".
Thank you.



Mental Health and Wellbeing

Let's talk about it. As we come towards the end of 2020 it is important to reflect on the many things you have achieved across the year. Even the smallest step of progress should be celebrated as an achievement.

We all experience different emotions and try to manage those emotions, this is the same with children. We want to teach children that it is completely normal to experience different feelings and how to manage those feelings to promote positive emotional health and wellbeing.

At Victoria we encourage children to talk about their different emotions, this provides children with the opportunity to express themselves and their feelings. We all know it is better to talk about something, then hold it in.

Since the start of term we have introduced the daily mile. By participating in the daily mile, research shows it promotes:

- Better concentration and focus in class
- Improvements to mood and self-efficacy
- Increased awareness and interest in health & wellbeing
- Increased fitness levels



We have been continuing our work in PSHE to learn, discuss and express different emotions and support children in regulating those different emotions. We have encouraged and emphasised the fact that we all feel these emotions from time to time, and expressed ways we manage these different feelings.

Throughout the school day, we also participate in Mindfulness activities. Research has shown us that paying more attention to the present moment, to your own thoughts and feelings, and to the world around you can improve your mental wellbeing. Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better.

All these different things have made an impact on the children, there has also been a noticeable impact in the classroom where the children feel calmer, more relaxed and confident within the classroom environment.

Mental Health and Wellbeing



Top tips to support children and young people



Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.

[How to start a conversation with your child](#)



Support them through difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.

[Help with difficult behaviour and emotions](#)



Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.



Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

[The Anna Freud Centre support guide](#)



Build positive routines

We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college.

[Sleep tips for children](#)

If you want to find out more about how you can support your child's mental health and emotional wellbeing at home, here are some useful websites:

Place2B – <https://www.place2be.org.uk>

Every Mind Matters – <https://www.nhs.uk/oneyou/every-mind-matters>

Young Minds – <https://youngminds.org.uk>

If you have any questions, or would like to hear about some additional resources, please don't hesitate to ask.

Exciting news!!

We will become a partner school with Northampton Town FC Community Trust from January 2021, they share our vision to help our children be happy, healthy and more connected with the local community. They are going to be supporting us with an Education Sports Mentor working across school on a range of areas to improve wellbeing of our pupils physically and mentally to allow them to flourish and achieve. They will be an active and positive member in school to support our current offer of physical outcomes but will also be offering to others who need a mentor and improve academic outcomes too, they will be running their flagship programme 'Team Talk' with us as part of their weekly delivery. We are very excited for the Mentor to be a positive role model and start working with children across our school.





From the
Victoria Primary
Academy
P.T.A.



We had some lovely entries for our donation pot label competition—it was difficult to pick a winner for each classroom!

The pots are now decorated with their new labels, designed by:

Gabriel Cooper, Ayush Patel, Kacper Styczynski, Julia Plewa, Olivia Grzesiak, Lucy Bothamley, Rozalia Kaliszewska, Jay Dave, Julia Piech, Asim Rokab, Kornelia Bendyk, Inez Olchawa, Omi Kotti and Tanya Hewage.—Well done!



Congratulations to our competition winners who have taken home a cuddly reindeer and a bag of sweets each.

RA: Kai	3B: Kiara
RB: Matas	4A: Lucy
1A: Rosie	4B: Lacey
1B: David H	5A: Kacper
2A: Devon	5B: Olivia
2B: Sarah-Janelle	6A: Zuzanna
3A: Jamie	6B: Daniel

£159.50 raised for the school