



News from Shottery St Andrew's CofE Primary School

Week 25—Friday 21st March 2025



Dear Parents and Carers,

The weeks are flying by as we approach Easter, and what a busy and exciting time it has been this week!

We started the week with a whole-school collective worship to launch Neurodiversity Week. The children reflected on the wonderful ways we are all unique, celebrating our individual strengths, different ways of thinking, and diverse talents that we share with the world.

Throughout the week, we were thrilled to welcome the Royal Shakespeare Company (RSC), who worked closely with our Year 3 and 4 and Year 5 and 6 classes in preparation for next week's Shakespeare Week celebrations. We feel incredibly lucky to live in Stratford-upon-Avon, the home of the Bard, and to have such a fantastic working relationship with the RSC. We are truly grateful for all the wonderful opportunities we are given.

Hedgehogs Class have been fully immersed in their class text, *The Lights that Dance in the Night*, and were incredibly excited to share their very own Northern Lights experience in the classroom! The children have also been watching their caterpillars grow—it's amazing how much they've grown in just one week! As part of their Rainbow Challenges, they have been learning about life cycles and creating their own.

Over in Owls Class, the children have been getting very technical, designing their own fairground wheels while developing their knowledge and understanding of wheels and axles. It's been wonderful to see their creativity and problem-solving skills in action!

To end the week, we celebrated Red Nose Day with our Wear It Red Day and Comic Relief Bake Off. We were absolutely blown away by the fantastic Bake Off entries—what talented bakers we have in school! Our judging panel had a tough job, but after much deliberation, the winners were announced: Harry (Year 2) and Ollie L (Year 3). Well done to both of them! The delicious bakes were then sold at our Friday Bake Sale, with all proceeds going to Comic Relief.

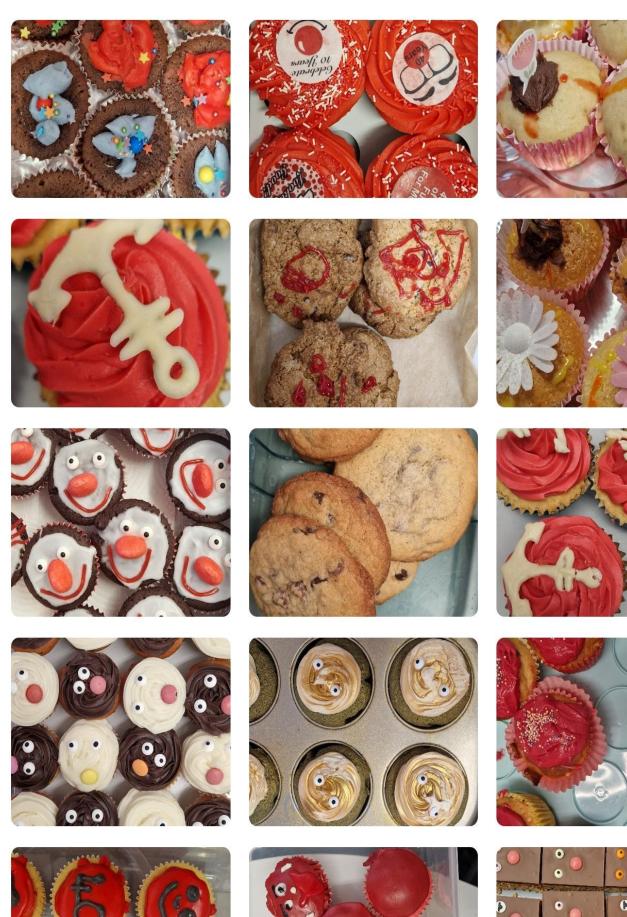
Next week promises to be just as exciting, with a host of enriching activities planned, including:

- Tudor World trips for KS2 children
- Dogs Trust Workshops
- Whole-school worship with Reverend Craig
- Open House visits for children in Years 2-6 to Shakespeare houses in and around Stratford
- The arrival of our Scholastic Book Fair!

There's never a dull moment at Shottery, and we can't wait for another fantastic week ahead!

Wishing you a very lovely weekend.

Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.' Matthew 5:16



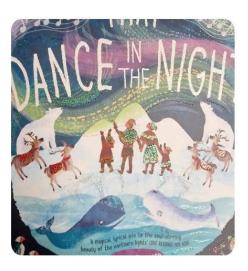


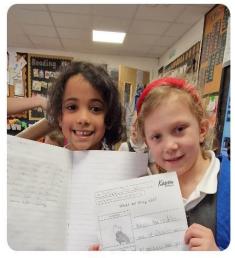
































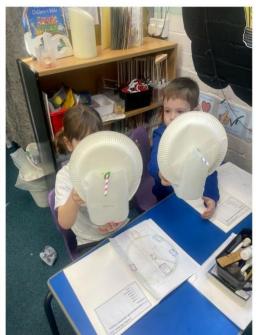




















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EASTER CELEBRATION

Join us for our Easter celebration on Thursday 10th April

EASTER ACTIVITIES

Easter raffle draw

Easter egg hunt

Drinks & Cakes

Chocolate tombola

Bunny races

Hook a duck

Face paint

On school grounds 2:00pm - 3:30pm









RIVERSIDE



VENUE

AFTERNOON TEA WITH THE EASTER BUNNY!

PLUS Special Guests....!
18th April, 12pm - 2pm
Riverside Venue Bar & Restaurant,
Tiddington Road, CV37 7AB





Suitable for 2+

SCAN TO FIND OUT MORE AND GET YOUR TICKETS

























Eat Well, movemore



Swap sugary drinks for water or milk.



Check portion sizes and give children smaller plates.



Make exercise fun with active games.



Walk, cycle or scoot for short journeys.





For help to stay healthy go to: www.warwickshire.gov.uk/eatwellmovemore

Encouraging healthy habits - Eat Well and Move More campaign

Warwickshire County Council is supporting families to make healthier choices through the Eat Well Move More campaign, helping children build lifelong healthy habits. Schools play a key role in reinforcing these messages, and we're asking for your support in sharing this important information with families.

Eat Well

Healthy eating starts with simple swaps. Replacing fizzy drinks, juice drinks, and flavoured milks with water, lower-fat milk, or drinks with no-added-sugar is a great way to cut down on sugar. Energy drinks are not recommended for children under 16 as they are high in caffeine and can lead to physical and mental health issues.

Involving children in meal planning can also encourage healthier eating. Let them choose recipes, pick vegetables and fruits at the supermarket, and get them helping with meal preparation. Children learn by watching their parents—so setting a good example can make a real impact.

Portion size matters too. Kids are smaller than adults, so start with a smaller portion. If they're still hungry, they'll ask for more. When eating out, look for child-friendly options that include fruit and vegetables, and try to avoid bigger portion sizes like 'go large or 'supersize' deals.

Sugary snacks can add up quickly. Fruit and vegetables are a great snack choice, but if kids are having packaged snacks, aim for no more than two a day.

Move more:

A healthy lifestyle also involves plenty of physical activity. Children should ideally be active for at least 60 minutes a day, with 30 minutes taking place outside of school. This can be broken into short 10-minute bursts—they could try scootering to school, skipping to the shops, or dancing to a song!

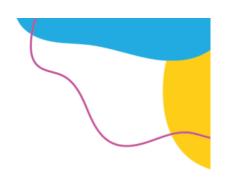
There are lots of ways to encourage children to be more active. Make exercise fun by turning activities into games like tag, hide-and-seek, or dancing. Walk or bike to school if possible or visit a local park for a family walk. Warwickshire also offers a range of after-school sports clubs where young people can stay fit while developing socially

For more information and resources, visit:

www.warwickshire.gov.uk/eatwellmovemore







Self-Care

Self-care is all about the little things we do to help ourselves feel better or to keep ourselves feeling good. This is a great way to look after our mental health and wellbeing. Self-care involves 'checking in' with yourself and thinking "how do I feel today?" and understanding "what do I need today?" Self-care looks different for everybody. What works for one person may not work for someone else!

Our tips for self-care:

- Taking time-out when we are feeling overwhelmed.
- **Making** time for an activity which makes us feel good e.g., taking a bath, listening to music, going for a walk, or playing a game you enjoy.
- Doing the basic things to look after ourselves e.g., eating and sleeping well.
- Practise self-care by asking yourself the questions in the box below:

How do I feel today? What do I need today? Do I need physical or mental self-care? When can I add self-care into my day? Make time to do it! Repeating these Self-Care check-ins at least once each day can help improve our mental health.

Make time for a relaxation activity. Scan the QR codes below for more information around self-care. Why not try the mindfulness activities in the QR codes below too!

Primary resources:



Self-Care



Mindfulness



Self-Care



Secondary resources:

Mindfulness

Watch the Mindfulness animation! The Mindfulness in Schools Project has lots of other great resources

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.



MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



WORRIED? WE'RE HERE TO LISTEN

Call Childline on 0800 1111



childline

ONLINE, ON THE PHONE, ANYTIME childline.org.uk | 0800 1111

Whatever your worry, call us and a friendly person will be there to listen. It's free, you don't have to tell us your name, and we're here all day and night.