

Parkhead Community Primary School

Weekly News Bulletin



Be kind. Be ambitious. Be the best you can be!

Issue Number 30: Friday 9th May 2025

This week has been a short week in school, but as always, an action packed one, including our fantastic Reception children going on their school trip to Hall Hill Farm. What a great time they had, topped off with fantastic weather. We had glowing reports back from the leaders at the farm regarding their excellent behaviour and manners throughout the day. Thanks to those who gave up their day to help us out on the trip.

I must congratulate our wonderful Year 6 children for the hard work and effort they have given in terms of preparing for their SATs. They have certainly worked their socks off and we are all very proud of them. Next week, it is extremely important that all of our Year 6 children are on time for school enabling them to have a settled and calm start to each day. Grab and go breakfast will be available to all of them and they are welcome to come into school from 8.30am in order to have a smooth start to the day. We wish them lots of luck.

Willow class have enjoyed utilising our lovely woods area. They have had a lot of fun this week. It is great to see them being outdoors, climbing the trees and following their own imagination. I am sure they will continue to enjoy themselves for the rest of this half term.

Our Year 3s and Year 4s enjoyed their singing session with Mrs Parkin this week. It was lovely hearing their sweet voices echoing around the upper building. They are learning some quite complex songs and they can't wait to perform for you later in the school year.

As the weather continues to be kind to us, please remember that your child can bring in a sun hat and sun cream into school.

I hope you all have a relaxing weekend. See you all next week.

Mrs Chard

FACEBOOK:

Keep an eye on our facebook book for updates on what is happening in school [Parkhead Facebook page](#)



SUMMER TERM EVENTS:

Reception visit
KS2 SATs
Leaver hoodies
Local History week
Y5 Bikeability
Y1 Visit
Y4 Multiplication checks
Y1 Phonics checks
Field work week
Sports week
Police workshops
Water safety assembly
School reports
Transition day
Summer Fayre
Y6 Visit
Reception graduation
Leaver's graduation
Nursery stay and play for new starters
Reception stay and play for new starters

School closed:

26th – 30th May Half term

Mon 2nd June

Further info will be sent next week with a list of dates and details of the above.

YEAR 6 SATS:

We are fast approaching SATS week in school. It is extremely important that all Y6 children arrive at school during SATS week (week beginning 12th May). If you have any queries about SATs week, please do not hesitate to come and speak to a member of the Y6 team or myself. This year, we would like to invite all of our Year 6 children into school from 8.30am each morning in order to have a calm start to the morning. They will be offered some breakfast. Please sign up on Operoo so we know your child will be attending. However, if they prefer to have their breakfast before they come to school that is not a problem. For this week only, children will need to come into school via the main office if they arrive prior to the KS2 gate opening. An email will be sent next week as a reminder.

OTHER STATUTORY ASSESSMENTS:

Year 1 phonics screening will be taking place week beginning 9th June.

Year 4 multiplication tables check will be taking place during the first two weeks back after May half term.

If you have any queries about any of the above, please do not hesitate to speak to your child's class teacher.

TRANSITION DATE AND MEET THE TEACHER SESSION:

I can't believe that it is already that time of year. This year, our children will visit their new teacher and classroom on the morning of Wednesday 2nd July. We will send out more information before this date. Parents / carers will also have the opportunity to meet their child's class teacher at the very start of the new term in September. This will provide you with the opportunity to ask any questions you have about the year ahead and for the class teacher to share all of the lovely learning experiences the children will experience throughout the year.

VE DAY:

Across school on Thursday, pupils spent time celebrating the 80th anniversary of VE day. We all dressed in red, white and blue and found out why it is such a significant date. Year 5 would especially like to thank Alyssa's grandfather and the residents of Winton Court who spent time talking to the children about their memories of WW2 and the first VE Day in 1945. It was amazing to sit and listen to stories from people who had lived through such an important time.



OPAL

OPAL (Outdoor Play and Learning) is a huge part of our play times at Parkhead. We really try to make the most of our wonderful school site and give children the as many opportunities as possible to be active and involved. As well as continuing our normal play provision we have also had some new fixed exercise equipment installed this year. Therefore, we would like to invite all families for a Stay and Play session afterschool. This is an opportunity for parents to come and play with their children and get a taste of what OPAL is like at Parkhead. Keep an eye out for further information next week.

RETURN IN SEPTEMBER 2024:

Children will return to school Tuesday 2nd September 2025. School will be closed to all children for staff development on Monday 1st September.

DATES FOR YOUR DIARY:

Please remember that we have our Summer term dates now listed. These are attached separately. Don't forget to add them to your diary as we would hate you to miss out on some of our fun events.

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RECEPTION VISIT:

Reception had a wonderful visit to Hall Hill Farm this week. We had such fun riding on a tractor, feeding the animals (including the little lambs with a bottle), holding guinea pigs and chicks, finding out about and petting different animals large and small ... we even managed to have a play on the exciting play park at the end! The sun was shining for us which made it even more enjoyable!

Everyone agreed that our visit had been amazing and many of the staff at Hall Hill farm commented about the wonderful, kind and caring behaviour from every single one of our Reception children. The children really were a credit to Parkhead Primary and we couldn't be more proud of them!



COMMUNITY CORNER:

Please note our community corner is open on Mondays, Tuesdays and Wednesdays in term time from 8.50-9.10am and 3.00-3.20pm. There is a lot of items available including school uniform, coats, shoes, games and food. If you cannot make these time's please email familysupportworker@parkheadprimary.org so we can arrange access for you.

FunClub



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SAFEGUARDING:

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



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KLUBZ After School Focussed Activity Timetable – Week Commencing Monday 12th May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Stress Balls	Water Melon Paper Fans	Paper chain Caterpillar puppets	Octopus Pipe Cleaners	Chalk Art

Star of the week

Class	Star
Seedlings	Ayda
Acorns	Lyla
Saplings	Archie
Beech	Oliver
Elm	Blake
Willow	Mya
Cherry	David
Spruce	Logan
Maple	Payton
Birch	Cain
Cedar	Kacper
Pine	Oscar

Mrs Chard's Stars of the week	
Early Years	Oscar
Key Stage 1	Nancy
Key Stage 2	Payton Chessie

