

November 2024 Newsletter

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Head's Report



Dear Thomas's Academy Community,

I hope you all had a wonderful break after a very busy half term. It was wonderful to finish off the first half term of the academic year with a dress-up day. Thank you to the wonderful PTA who organised this. Undertaking a whole school fire drill dressed in our pyjamas was a sight to see.

The day after children broke up for half term, the amazing Thomas's Academy staff had a day full of high quality training. We were expertly led through training on inclusive practice to benefit all and norm setting for behaviour. Thank you to Mr Merel and Ms Simpson for sharing their expertise in these areas. We also revisited our restorative approach to re-establish consistency of its use.

The hard work doesn't stop during school holidays though. During the week off, a set of 12 volunteers, led by our gardener Pascale, spent a day making improvements to the site. The Special Needs Co-ordinator Room has seen a refresh following a leak a few weeks ago making the room unusable. Thank you to Davine Collective and to FE Fundinfo for their support to our school community.



Thank you to everyone who attended the parents meetings for Reception to Year 6. Children benefit hugely when school and families work together. Thank you also to those who took the time to complete the parent questionnaire. If you didn't get the chance, please click <u>here</u> to share your thoughts about the school. On the theme of working together, I met with the PTA who are looking for more of our parental community to put themselves forward to get involved in the upcoming activities. Please see your class rep. If you're not sure who your rep is and you're in the younger years, please see Xanthe and Whittaker's parents (Y3 and Y1).

We have many exciting plans for this next half term including trips, assemblies for parents, productions (nativity and Christmas songs) as well as all the learning that goes on in the classrooms. We also have a new music teacher, Simon Savage, who joined us at the end of October and did music with most children. He has lots of exciting plans for this subject. We are busily planning to welcome a new Spring cohort to our thriving nursery.

Thank you for your support of the school. Together, we can make a real difference in our community.

Miss Kelly

October Attendance 🥳

Reception to Year 6 average attendance in October was 95.8% (93% in September), which is <u>expected</u> attendance ! We look forward to November's attendance being even better. Brilliant achievement everyone.

Please check the <u>website</u> for our term dates to ensure that you can plan family holidays without interrupting your child's education.

MOMENTS MATTER, ATTENDANCE COUNTS

Reception	Y1	Y2	Y3	Y4	Y5	Y6	Average attendance
92%	98.2%	94.8%	97.5%	96%	96.5%	93.7%	95.8%

Class attendance for the month of October 2024. Nursery is not statutory, therefore data is not included here.

Please note that we are obliged to contact the Local Authority if a pupil has unauthorised absences that equate to more than 10% within a ten-week period. This route will result in a Penalty Notice (PN) being issued or a referral to Family Services.

If there is a reason for your child to be absent, for example sickness or medical appointments, please email <u>absent@academy.thomas-s.co.uk</u>. For absence requests, a form can be collected from the school office for Miss Kelly to consider.

Punctuality is also incredibly important. The classrooms open at 8.45am at which point children enter and engage with learning activities - these tend to be maths revision and challenges to support children's retention of maths learning. The register is taken at 8.55am after which point children are marked late. School doors close at this time and children will only be able to enter via the front office.

Late children should be brought into the school (not left at the gate) so parents/carers can sign children in late. This is to ensure that children are safely handed over.

Children should be collected promptly at the end of their school day. Any parent collecting after being 10 minutes late, their child will be sent to Shine Bright Club and parents/carers may be charged a minimum fee of £10.

Social Media

Did you know you can subscribe to the school blog to be notified when the school posts about something that is happening? To subscribe to the blog, either follow the link: https://thomassacademy.wordpress.com/

or click on the subscribe button on the top right corner of our blog homepage. Did you know we are also on TikTok, Facebook and Instagram! Please follow us if you don't already!

Road (

Safety

Week

Instrumental Lessons

If you would like your child to learn an instrument whilst at Thomas's Academy then please do let us know. We currently offer Piano, Violin and Cello lessons.



Anti- Bullying Week 11-15th Nov 2024



The theme is **<u>Respect</u>**. At Thomas's Academy, we choose to recognise this week as 'Kindness and Anti-Bullying Week'. There will be assemblies and lessons during this week to educate the children about what bullying is, the impact of bullying, how to prevent it happening and how to be an upstander, not a bystander.



Thank you to **'Pines and Needles'** who are again donating a Christmas Tree to Thomas's Academy.

They are selling trees at St John's Church at the Southern end of North End Road. Use code School10 to receive a discount.

Odd Socks Day- 12th Nov '24

All you need to do is wear odd socks! It's a great way to celebrate what makes us all unique in Anti-Bullying Week! Odd Socks Day 2024 will take place on Tuesday 12th November.





Our school council are leading a whole school assembly on Wednesday 20th Nov, to share advice on how to use the roads safely. This will add to our 'School Travel Plan' and our aim to receive Silver Award at the end of the academic year.



In this year's competition, there are two age categories: 5-7 and 8-11 year-olds. All children need to do is write a story they would love to read in 500 words or less. The deadline for submitting stories directly online is **9pm on Friday 8th** November 2024.

We would love children of all abilities to enter; spelling, punctuation and grammar are not marked - it's all about creativity!

50 finalists will be invited to go to a glamorous **grand final** at Buckingham Palace in February next year, where the bronze, silver and gold winners in each category will have their stories read out by celebrities.

To find out more, click <u>here</u>.

PARENT WORKSHOPS

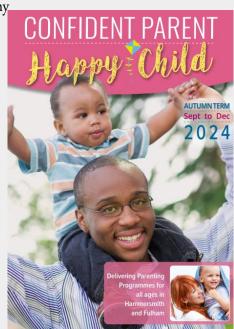


Triple P (Positive Parenting Programme)

You are welcome to join us for a 6-week programme for parents/carers who have a child between 0-12 years of age. The programme helps parents raise happy and confident children. Parents are introduced to a range of strategies to enhance parent child relationship, encourage positive behaviour and manage misbehaviour.

- Date: Each Friday, 8th November 2024- 13th December 2024
- Time: 9:15 AM 11:15 AM
- Welcome Room @ Thomas's Academy





Central London Community Healthcare

Your healthcare closer to home

Hello, my name is Polly Mattia, I am the school nurse at Thomas's Academy

Looking for health advice, support or information? I am available every Monday afternoon We can discuss anything that's on your mind, such as:

- Bullying
- Emotional wellbeing
- Stress
- Self-harm
- Family matters
- Healthy eating & exercise
- Bed Wetting
- Growing-up & adolescence
- Anger & hormones
- Sleep
- Staying safe
- Immunisations



You can contact your school nurse on

T: 07908 130 138

polly.mattia@nhs.net

week 1 Menu dessert School Lunches



Wrap-Around Care at Thomas's Academy





Breakfast

Glub

Food

Monday Cereals, toast, and fruit Tuesday Cereals, scrambled eags with

soldiers and fruit Wednesday Cereals, bagels and fruit

Thursday Cereals, beans on toast and fruit

Friday Coco pops or toast and chocolate spread/jam (Friday only) and fruit

Activities

Thomas's

Monday Games and Small World

Tuesday Colouring and Crafts

Wednesday Games and Small World Puzzles and Lego

> Thursday Train Set and Games

Friday iPads (Friday only)

when sam

Lower Hall

For further information email info@academy.thomas-s.co.uk £3.50 per day - to be booked via the school payment app

Safeguarding

Miss Kelly, Head Teacher, is our Designated Safeguarding Lead (DSL). Deputies (DDSL) are Mrs James, Miss Wood, Miss Dairo and Miss Shen.

To find our more about our approach to Safeguarding, you can read the Safeguarding policy, plus others, on our website:

https://www.academy.thomas-s.co.uk/policies-outcomes/school-policies

We have a Safeguarding email address should you wish to contact the Safeguarding Team at school. It's <u>tacsafeguarding@academy.thomas-s.co.uk</u>.

At Thomas's Academy, Safeguarding is our top priority. Please let one of the safeguarding leads know if you have any safeguarding concerns. Confidentiality is important so we encourage speaking to these adults directly or to Children's Services directly.

Contacts and Collection

Please let the office know on <u>info@academy.thomas-s.co.uk</u> if you change any personal details such as your email address or phone number in order that you receive all our communications. We require at least two contacts for all children. Also, please let us know if someone different is collecting your child or after school arrangements have changed. These are important measures to keep your children safe. For your information, only children in Year 6 are permitted to leave school at 3.30pm unaccompanied. All children should be collected from after-school clubs.

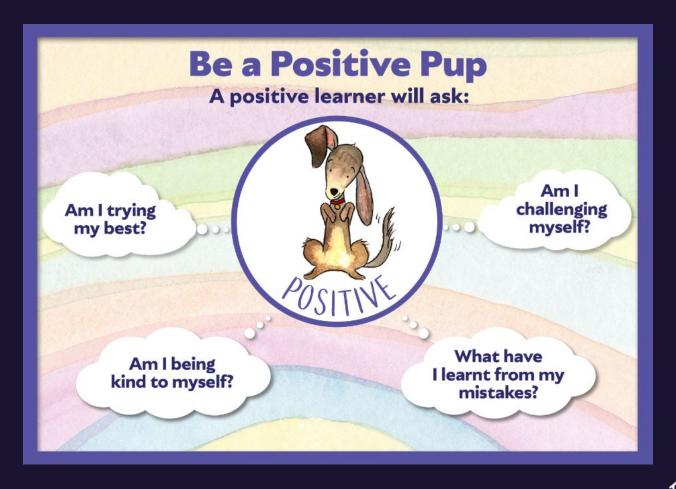


Learn to Learn

Our focus for this half term is **BE POSITIVE.**



Pupils need to be confident enough to attempt a difficult task, resilient enough to persevere and willing to fail to learn effectively. This learning behaviour is fundamental to the success of all of the others.



Digital Learning

Our lead for digital learning is Yasmin Mohammed, our nursery teacher.

We are committed to keeping children safe online and supporting parents with ways to embed these strategies at home. Our PSHE and computing curriculum teaches children how to use the internet safely and what to do if things go wrong. If you are concerned about anything related to this, please speak to a member of staff.

Please use the links below for any necessary support.

Parental Support

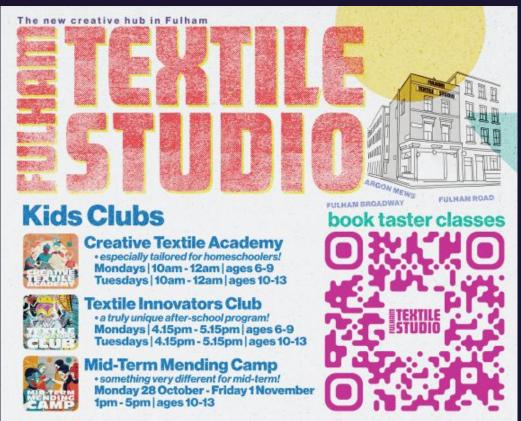
<u>'Things change so fast online, it's</u> <u>hard to keep up with what my</u> <u>child is doing</u>'

<u>'My child keeps asking to play a</u> game, or download an app that I <u>don't know about, what can I</u> <u>do?'</u>

<u>'My child is asking for a new</u> <u>device and I'm not sure they're</u> <u>ready for one'</u> <u>'My child is keen to share</u> <u>content and make a change</u> <u>online. How can I help them</u> <u>achieve this safely?'</u>

'How to make a report online'





www.fulhamtextilestudio.com · 2 Argon Mews, London SW6 1BJ

The Fulham Palace Festive Light Display

28th November to 22nd December. 5.00pm - 9.00pm FULHAM PALACE

www.londonilluminatedlights.co.uk





SING. DANCE. PLAY WRITE & RECORD PERFORM

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SATURDAY SESSIONS Parsons Green

POPKIDS Yr R - Yr 3 BAND SESSIONS Yr4+

www.upbeatmusiccourses.co.uk upbeatmusiccourses@gmail.com 07816 901396

Following Year 5's trip to Chelsea and Westminster Hospital to learn about CPR:

Dear Thomas' Academy,

Firstly I'd like to say a humungous thank you to your school for participating in our event. I was so impressed by the behaviour, enthusiasm and interest by all pupils. Myself and the team thoroughly enjoyed hosting them.

Here's a bit of detail to give context to why we participated in this National Event (#restartaheart) **Key messages**

1. <u>Lifesaver (life-saver.org.uk)</u> here people can practise to be a real life saver in several scenarios: Choking; cardiac arrest; heart attack; and an unconscious person

2. <u>Learn CPR in 15 minutes | RevivR | BHF - BHF</u> Here they can practise how to assess if someone is conscious, in cardiac arrest and simulate dialing 999 to call for help. Will a pillow they will then be able to practice CPR and with a hand held device (using the camera) it will tell them if they are doing it right!

3. <u>youtube.com/watch?v=GmqXqwSV3bo</u> Here they will learn how to put someone into the recovery position.

4. <u>How to do CPR | Resuscitation Council UK</u> They have alternative language versions here of the steps required to provide CPR



MUDDY BOOTS

Gardening Club

Christ Church

Mondays | 4pm-5pm

Nature & Bliss



Stress Awareness Week November 4th to November 8th

mind ammersmith, Fulham, Ealing and Hounslow

What is Stress?

Stress is your body's way of responding to a real (or imagined) threat or pressure. When you are stressed, your body releases hormones (such as cortisol) that activate your sympathetic nervous system. When this happens, one of four different responses can be triggered - called the flight, fight, freeze or fawn responses. · The flight response is where your body prepares itself to escape, you may feel anxious and as though you

- need to get out of a situation. · The freeze response is where your body becomes overwhelmed and you may be unable to move or speak.
- · The fight response is where your body prepares itself to stand up to the perceived danger or pressure.
- The fawn response is where you may act in a way that pleases others in an attempt to avoid conflict.
- It is important to remember that everyone will experience stress and everyone will react differently.

How can i feel less stressed?

The first step to reducing stress is taking notice of it. Are you experiencing any of the signs above? Are you finding yourself worrying more than usual? Although avoiding all stressors in life is impossible, there are several techniques and strategies that can be used to reduce the impact stress has on you, as well as help you manage stress better.



Stress can be triggered by many different situations and threats. Some of these may actually be a danger to us (for example a strange alking to us on the street or a wild animal approaching us), and som nay just be perceived as a danger in our minds (for example, exams, public speaking or worries about friends or family). Although these are not a danger in themselves, over time, they can still cause the same reaction in our bodies - making us feel overwhelmed.

What can stress look like?

Stress can present itself in may different ways, and it can be hard to notice if you are feeling overwhelmed. However, these are some signs that you may notice.

Emotional Behavioural

- You may notice that your appetite has changed - you may be eating less (or more)
- You may notice that you don't want to be around other people as much as you used to.

than usual.



You may find yourself feeling more agitated than normal. or you may feel that you can't quite enjoy the things you used to (due to verthinking or worries).

You may notice that you feel more tired mentally and may be less able to manage or complete certain tasks.



Bodilv You may notice have more headaches than usual

- You feel like you have to fidget more often to relieve some of the pressure you are feeling.
- You may experience more stomach-related issues or have times where your skin feels issues (itchy,

· You may struggle to get to sleep or wake

Mindfulness

Mindfulness is a simple but effective way to reduce stress. It can allow your body and mind to reconnect allowing you to be more aware and respond to stress better.

 Techniques include: 1. Kinaesthetic techniques These can help release tension stored in our bodies. Try clenching your fists as tight as you can and then releasing them.

2. Grounding

These techniques can bring you out of stressful moments and into the present. Try focusing on your 5 senses. What can you see, hear, smell, touch and taste? Breath counting can also help relieve moments of high stress. Try inhaling for 4 seconds, holding your breath for 7 seconds and exhaling for 8 seconds.

Self care

- If you are stressed, you may feel too tired to take part in activities that you used to enjoy
- It is important you look after yourself and your mind so that you feel more able to cope with the stressors that are unavoidable.
- Try reading a book or playing a game that you enjoy. Being able to switch your mind off for a while can help a lot.
- Going outside to play a sport with friends, or simply going for a walk in nature can also help to reduce your level of stress hormones and increase good chemicals in our brains.



The 4 A's

- Sometimes, stress can feel like a backpack that is weighing you down - gradually getting heavier over time. Using the 4As, you can make stress lighter - and therefore more easy to manage.
- 1. AVOID unnecessary stress. Although some stressors are unavoidable, such as exam revision, you can create space between the activity and the stress by making it more enjoyable. For example, by playing music whilst revising.
- 2. ALTER how you respond to stress. If you are struggling, talk to someone you trust to see if they can support you.
- 3. ACCEPT situations. By overthinking or over-worrying about situations, you keep the stress alive.
- 4. ADAPT your expectations of yourself. Be kind to yourself - no one's perfect.

Is stress always bad?

Stress is not always bad. We have adapted to Stress is not aways due way to cope with dangerous or negative situations. Just like in a videogame or in sports, when we are stressed, it can motivate us to work harder. However, if we become over stressed our performance can reduce and it might signal us that we need of



To learn more about the support we offer, visit our website: www.hfehmind.org.uk or email wellbeingteam@hfehmind.org.uk



What can trigger stress?

Upcoming Dates

(live version available on <u>the website</u>)

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November 2024

November 2024				
4th	Ciara and Adam from CFC working with various classes			
5th	Year 4 swimming Gardening session with Pascale - Nursery			
6th	School Tour Y5- Virtual and interactive STEM 'Factory of the Future' show			
8th	Gardening session with Pascale - Year 2 Parents Workshop - Positive Parenting Programme			
11th	Kindness and Anti-bullying week Adam from CFC working with various classes Remembrance Day			
12th	Year 4 swimming Gardening Session with Pascale - Reception			
13th	School Tour Y6 trip to Latymer Upper School			
14th	Year 3 to the Science Museum			
15th	Parents Workshop - Positive Parenting Programme Gardening session with Pascale - Year 3			
18th	Road Safety Week Adam from CFC working with various classes			
19th	Year 4 swimming Gardening session with Pascale - Year 1			
20th	School Tour Year 5 & 6 Trip to Lyric Theatre Hammersmith to watch Aladdin Panto			
22nd	Parents Workshop - Positive Parenting Programme Gardening session with Pascale - Year 4			
25th	Adam from CFC working with various classes			
25th and 26th	Year 5 Healthy Friendships Workshops			
26th	Year 4 swimming Y6 Gardening with Pascale			
27th	School Tour Year 6 class assembly at 9am			
28th	CWIZZ at Emmanuel (8 keen readers from Year 5&6)			
29th	Gardening session with Pascale - Year 4 Parents Workshop - Positive Parenting Programme Thistles wear blue accessory to celebrate St Andrew's Day			
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Please ensure no holidays are booked during term-time!





Upcoming Dates

(live version available on <u>the website</u>)

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December 202

2nd	Adam from CFC working with various classes. Church Visits (Christianity)
3rd	Year 4 swimming Church Visits (Christianity)
4th	Year 5 class assembly School tour
6th	Parents Workshop 'Triple P' Programme
9th	Adam from CFC working with various classes.
10th	Year 4 swimming
12th	Christmas lunch and jumper day Last day of extra-curricular clubs for this term
13th	Parents Workshop 'Triple P' Programme KS1 Nativity Winter Wonderland
16th	Adam from CFC working with various classes.
17th	Early Years Christmas Songs
18th	School Tour
20th	Last Day of Autumn Term - Children Finish at 2pm (No Shine Bright Club)



Please ensure no holidays are booked during term-time!



