

23<sup>rd</sup> June 2017

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NovaPrimarySchool



@NovaPrimary

## Arts Week

We had a wonderful start to the final school term of this year with our Arts Week. Teachers taught children from Reception to Year 6 different art skills using the theme of water. The children learnt to use watercolour paints, pencil and charcoal to observe and sketch, printing techniques and collage. The week was thoroughly enjoyed by all and the Reception children were not phased by the experience and worked really confidently. Thank you to all parents/carers who followed the art trail around school to view children's work. It was a special end to the event.

Next week the Rights Respecting Council are doing an assembly about Water Aid and they want to raise money for this charity with a dress up day on Monday 17<sup>th</sup> July. The dress up theme is anything to do with water.



## Sports Day

Sports day will now take place on Wednesday 12<sup>th</sup> July, with Tuesday 18<sup>th</sup> July being the reserve day in case of rain.

Children will need their sports kit, suncream/hat and a drink of water to take out onto the field. If possible, could children wear a T-shirt the colour of their house, but only if you already have one. We have three events planned.

9:15 – 10am – Reception classes

10:15 – 11:45am – Years 1 & 2

1:40 – 3pm – Years 3 to 6.

We hope to see you there. Please bring a picnic blanket and portable chairs to sit down and enjoy the event.

## Dates for your diary

**Inset days, School closed**

**Day 5 – Monday 10<sup>th</sup> July**

### TERM 6

**Sat 24 June – SUMMER FAIR from midday**

**Thurs 29 June – Colston Hall concert for choir 7:30pm**

**Fri 30 June – Teddy Bears' Picnic YR**

**Wed 12 July – Sports Day**

**Thurs 13 July – Y5 & 6 Concert, 10:30am & 6:30pm**

**Fri 14 July – Moving Up Day and school reports home**

**Mon 17 July – Water Dress Up day**

**Tues 18 July – Sports Day reserve**

**Thurs 20 July – Nova's Got Talent**

**Fri 21 July – Last day of school year**

### Term Dates for next year, 2017 - 18

Term 1 Mon 4 Sept – Fri 20 Oct 2017

Term 2 Mon 30 Oct – Fri 15 Dec 2017

Term 3 Tues 2 Jan – Fri 9 Feb 2018

Term 4 Mon 19 Feb – Fri 23 March 2018

Term 5 Mon 9 April – Fri 25 May 2018

Term 6 Mon 4 June – Tues 24 July 2018

**Summer Fair – tomorrow** This takes place tomorrow in the school grounds from 12 – 3pm. Entrance is through the main school gates on Barracks Lane – 50p for adults, children are free. Attractions include an Animal Petting Farm, the climbing wall, various side stalls, face painting and of course a summer barbecue. Our thanks go to the PTFA for organising this day. Please do come along and support this event.

## Endings and new beginnings

As the end of the school year approaches I have to tell you of our staffing changes.

After a very lengthy spell here, Mr Parslow is moving on. He joined the school in September 2002 and is well known to many of you having taught children in Year 1, Year 3 and Reception during his time here. He has also dedicated much of his time to running the school football team, always hoping to find Bristol City's next star player. We will miss you and wish you all the very best for the future Mr P.

Miss Rowley and Mrs McLaughlin are both also moving on. Miss Rowley has covered Miss Pinnell's maternity leave brilliantly and we wish you all the very best in your new post. Miss Pinnell will be returning to work in Year 2 for 50% of the week. We have secured a wonderful job share to work alongside Miss Pinnell, called Mrs Broster. She already knows the school well having carried out supply here. Mrs McLaughlin has been a great job share teacher in year 1 - kind and hard working. We wish you all the very best for the future.

In addition, we are welcoming Mr Parry to teach in Year 4 and Miss Winter to teach in Gromit class. We are also fortunate to have Mrs Coleman, as a part time teacher, working with groups across KS1 and lower KS2. We are still recruiting and will therefore shortly be able to inform you of the staffing of the Matthew Class.

Using the chart below you can find out your child's next class. By letting you know this now, we think it will help with transition. Our moving up afternoon is Friday 14<sup>th</sup> July. On that afternoon all children will be taught by their new teacher. When you collect your child on that day you can pop into the new classroom and say hello to them.

Current class	New Teacher		Current class	New Teacher
Wallace	Y1 – TBA <b>The Matthew</b>		Goram	Y4 – Miss Foote <b>Brunel</b>
Gromit	Y1 – Miss Soper <b>SS Great Britain</b>		Vincent	Y4 – Mr Parry <b>Cabot</b>
SS Great Britain	Y2 – Miss Pinnell & Mrs Broster <b>Rolls Royce</b>		Cabot	Y5 – Mr Walker <b>Kingsweston</b>
The Matthew	Y2 – Miss Pyle <b>Concorde</b>		Brunel	Y5 – Miss Menday <b>Blaise Castle</b>
Concorde	Y3- Ms Normand <b>Vincent</b>		Kingsweston	Y6 – Miss Catchpole <b>Banksy</b>
Rolls Royce	Y3 – Mr Kilcoyne <b>Goram</b>		Blaise Castle	Y6 – Mrs Leonard <b>To be decided</b>

## Past Pupil now MP

Whatever your political views, it is rather wonderful to know that the recently elected Member of Parliament for Bristol north west is a past pupil of old Avon Primary. Not only was Darren Jones a pupil here but he was also my Chair of Governors for two years.

There are times when we say to the children, "Aim high – you could be the next prime minister." Well, maybe Darren will.





## **Mental Health and Wellbeing – our work this year**

Whether it's the Young Royals with their Blue Headbands at the London Marathon, Ant McPartlin, or keynote speeches from politicians like Marvin Rees and Theresa May, you can't have failed to notice the amount of coverage issues surrounding Mental Health have been given recently.

We have been supporting pupils and each other on several fronts, and having recently spoken to our Parent's Forum, they felt it was very important that we publicised our work in this area, as Mental Health can be a worrying and even taboo subject.

### **What have we been doing?**

As teachers and Senior Leadership in the school, we recognise how vital emotional health and wellbeing is to pupils' happiness and future success, and in preparing them for adulthood. This has been a key element of our school improvement programme this year, and we have been told by the Bristol Healthy Schools Team that we are one of– if not the – most successful schools in the city in working in this way.

One of the big changes has been the introduction of the daily physical burst, 15 minutes of additional activity across the whole school at the start of the morning, which invigorates pupils and prepares them for the rest of their lessons.

We have had our Health and Wellbeing council, which is now ending its second year, look at several issues that affect pupils in school, for example the impact of the daily physical burst on our wellbeing, as well as their work with groups like the British Heart Foundation and NSPCC. We want to develop this role further and have pupil champions who are able to offer peer-peer support, in addition to the key adults. We already have adult champions working with some of our pupils. Our first Pupil Champion

helped co-present an Assembly in May, and spoke passionately and eloquently to the rest of the school about why Mental Health issues mattered, and how important it was to be able to talk about them.

We have well-established teaching strategies such as FAIL (First Attempt in Learning) that promote pupil resilience and in Assembly time we've also taught pupils that it's ok to *Flip Their Lid*, and explained the Neuro-science behind how we feel when we are under stress, and what happens to our brains as a result.

Linked to our assemblies is our ongoing PSHE and Relationships and Sex Education Curriculum that ensures our pupils are provided with age-appropriate knowledge and skills that they need to get on in the world and with each other. We have had several whole-school events with a focus on wellbeing including the theme of this year's enterprise week and the recent outdoor gardening activity.

### How do we know it's working?

In addition to what the staff have noticed from the Daily Physical Burst, pupils have been canvassed for their views in several ways, - including the Wellbeing Survey – with feedback being captured using photograph and video. Pupils have said, "It helps me get fitter. I want it to carry on." (Y4 pupil) "It gives you exercise and (makes you) ready for the day." (Y6 pupil). "I like physical break because it gets you energy." (Y3 Pupil) Feedback from parents included the following comments: "I love it. I love the idea that the kids get out and get some fresh air, and get them(selves) ready for the day and gets them learning." Another parent stated: "I am really impressed with the work that you and the school are doing towards making the children aware of physical and mental health issues. Because of mental health issues that I struggle with personally, this is something I feel strongly about." Governors were also invited to give their views and the Chair of Governors stated: "The Governors are very aware of the increasing levels of obesity in the region, and fully support the whole-school approach to the Daily Physical Burst at Nova Primary. This is an important contribution to educating the pupils towards how to maintain their health and other benefits through regular physical exercise. The pupils we spoke to look forward to it, especially when the weather permits this outdoors, and they understood why it was taking place. Some were able to enjoy a competitive aspect of the burst, leading them to try harder. Governors and staff hope regular exercise will become habit-forming and lead to better lives for the pupils and their families".

We surveyed the same 5 pupils from each class in October and again in May and compared their answers to the following questions (increases in response are shown in brackets)

1. How much do you enjoy exercise?

I LOVE IT 66% (+2%) IT'S OKAY 30% I HATE IT 4%

2. How easy/difficult do you find the Daily Physical Burst?

EASY 59% (+11%) IT'S OKAY 32% TOO HARD 8%

3. How does exercise make you feel?

REALLY GOOD 76% (+12%) OKAY I GUESS 17% TIRED AND HORRIBLE 6%

4. How much exercise do you think you do out of school?

LOADS 55% (+18%) SOME 26% NOT MUCH 19%

5. Would you like to learn outdoors more at Nova?

YES 77% (+16%) I DON'T MIND 21% NO 2%

6. In your opinion, do you think you have a healthy diet?

VERY HEALTHY 32% (-13%) QUITE HEALTHY 64% (+15%) NOT VERY HEALTHY 6%

7. Do you worry about things?

A LOT 32% (+8%) ONLY SOMETIMES 28% NOT MUCH AT ALL 40% (+8%)

8. How active are you compared to this time last year?

MORE 83% LESS 4% THE SAME 15%

## **Mental Health and Wellbeing – our work this year**

The results of the survey show some real improvement in pupils' attitude towards exercise and outdoor learning (something else that we have focussed on in school), It also points to possible areas of future work about diet and managing worries. Many of us in school feel that Pupil's Mental Health will become as important an area as Safeguarding (if it hasn't already). If you would like any further information, please speak to any of the Senior Leadership Team.