

# Nova News

Keeping you up to date all year round

**NOVA**  
PRIMARY SCHOOL

## Dear Nova Families,

There are a lot of 'thank yous' in this week's newsletter which is a fantastic way to end term 3!

One of the highlights of our term was the Health and wellbeing day. This was planned by the Health and Wellbeing curriculum team and involved staff and children participating in a variety of activities designed to be beneficial for body and mind. The children had a wonderful day and I hope you enjoy the pictures below. Thank you so much to the staff for playing their part in making this a brilliant experience.

Special weeks and days are always popular and as part of our curriculum, we have aimed to include more trips, visitors and themed days and weeks. Though not

### Dates for your diary

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We know how important it is to be able to plan in advance. We will endeavour to keep you as up to date as possible with school events.

### Bristol Term Dates for 2019 – 2020

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#### Term 3

Mon 6th Jan 2020 to Fri  
14th Feb 2020

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#### Term 4

Mon 24th Feb 2020 to Fri

every part of school life can be 'fun', we know that Nova pupils get so much out of experiential learning and this makes them want to come to school and learn even more. May I take this opportunity to thank all of the parents and carers who volunteer their own time to come and supervise these events- we couldn't do them without you!

We have seen a small and steady increase in attendance this term, which currently stands at 93.4%. Thank you so much to those of you who have really thought about the value of attendance and done your best to get children into school whenever possible. We need to maintain this momentum and make sure we improve this figure; we are aiming for 95%! Here are the attendance figures for each class, this term:

Wallace	92.7%
Gromit	92.2%
The Matthew	94.3%
SS Great Britain	91.5%
Concorde	91.5%
Rolls Royce	93.1%
Goram	94.1%
Vincent	91.9%
Brunel	95.8%
Cabot	96.8%
Blaise Castle	93.3%
Kingsweston	93.8%
Morph	92.3%
Banksy	94.2%

3rd April 2020

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### **Term 5**

Mon 20th April 2020 to Fri  
22nd May 2020

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### **Term 6**

Mon 1st June 2020 to Mon  
20th July 2020

**PLEASE NOTE SCHOOL  
WILL BE CLOSED ON  
THE FOLLOWING INSET  
DAYS 19/20**

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### **Inset Day 4**

Friday 3rd April 2020

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### **Inset Day 5**

Monday 20th July 2020

### **Other Useful Dates:**

-

### **24th - 28th February**

World Book Week

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### **Friday 28th February**

World Book Week

Showcase

2.45pm - 3.15pm

-

A big thank you as well to all of you that attended out parent/carer consultations this week. It is always a real pleasure to see you all so visibly proud of your wonderful children. I do hope that you enjoyed the tempting treats provided by our caterers, Chartwells. School meals are excellent at Nova and we are lucky to have such a great partnership with this company. Thank you for splashing out at our book fair too- we made £185.74 towards books for the library, which is all the more reason to be excited about our new library refurbishment happening in March! We have a huge new selection of fiction books to fill our beautiful shelving- we can't wait to get the children in there and choosing.

I must extend a great big thank you to Mrs Goodwin, who is leaving us this Friday! Mrs Goodwin stepped into teach at Nova last year, and has become a firm favourite amongst staff and children. We wish her well in her new ventures and hope that she will be back to volunteer! We have recruited Mr Brown to work alongside Mrs Glanville in Vincent class. I am sure you would like me to extend a warm welcome to Mr Brown.

I would also like to welcome some new staff to Nova Primary. Miss Switalski has joined the office team this term and has already helped us manage attendance

**Thursday 5th March**

Cake Sale

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**Wednesday 26th March**

CAN Coffee Morning @  
10.00am

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**30th March - 2nd April**

Autism Awareness Week

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**Monday 30th March**

Spectrun Dress Up Day  
(more details to follow)

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**Wednesday 1st & Friday**

**3rd April**

Year 5 Warburton  
Workshops

and finances with skill, Mrs Ford and Miss Bullen have joined the SMSA team, Ms Kusheva has joined the teaching team, delivering French, and Miss Morris will be joining the TA team after the holidays, working with children who need additional support. The staff at Nova are a great bunch to work with and we hope you enjoy being part of our team.

Have a super week off and I look forward to seeing you all, back in school, on Monday 24<sup>th</sup> February!

With kindest regards,

Anna Morris  
Headteacher



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## MEET THE TEAM



**Name:** Becky McSmythurs

**Role:** Teaching Assistant

### The best part of the role:

Everyday is an adventure

### Hobbies:

Outside of work, I enjoy participating in regular yoga classes, swimming & walking the dog!

### Favourite quote:

"Don't cry because it's over. Smile because it happened" Dr Seuss

### Experience:

I have over 20 years experience as a Teaching Assistant and I love working with children

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## OTHER NEWS

## Health & Wellbeing Day







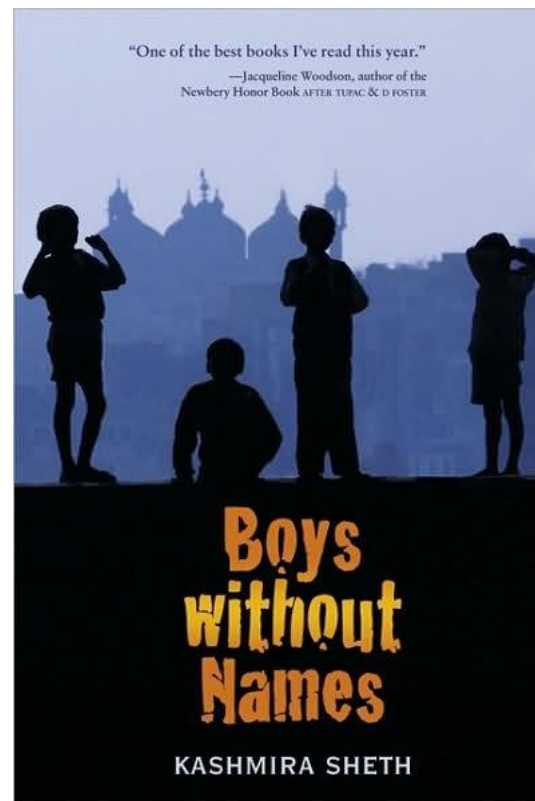
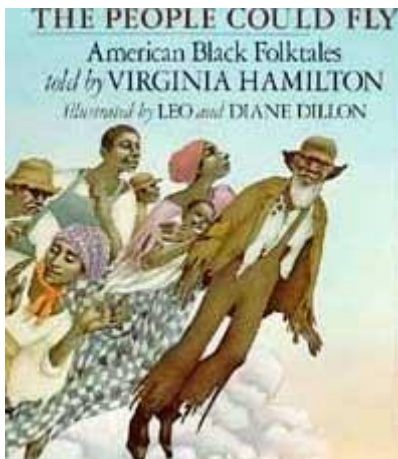
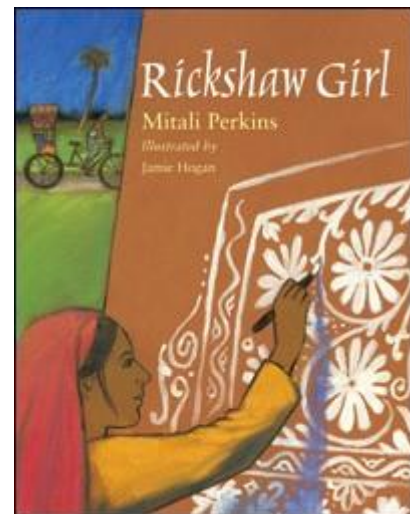
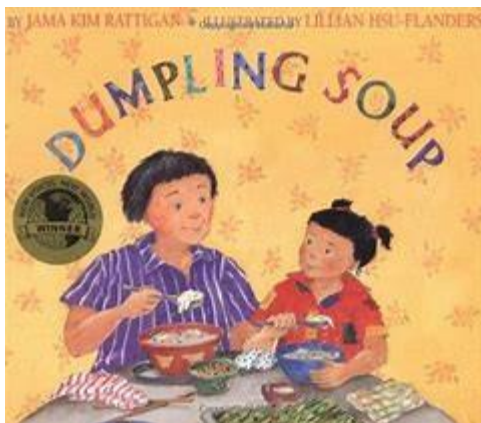
## World Book Day

To celebrate reading and World Book Day this year, we are having a 'World Book Week' from Monday 24th - 28th February.

Each class will be focusing on a book set in another country to learn all about the culture, linking to geography, art and music.

On Friday 28th February, there will be a showcase of learning in the halls from 2.45pm - 3.15pm.

To mark World Book Day on Thursday 5th March, there will be a cake sale to raise money for new books, so please get baking and remember to bring money for the sale which will take place in the dining hall, after school!





## CAN Corner

Welcome to the new “Children with Additional Needs Corner” of our school newsletter. Every issue, I will be sharing a strategy, tip or insight that you may find useful if you are a parent or carer of a child with an additional need. As last week was Children’s mental health week, I wanted to share a grounding exercise that may help when children (or adults) feel overwhelmed with anxiety or worries. Anxiety is something most of us have experienced at least once in our life. This five-step exercise can be very helpful during periods of anxiety or panic by helping to ground you in the present when your mind is bouncing around between various anxious thoughts.

Before starting this exercise, pay attention to your breathing. Slow, deep, long breaths can help you maintain a sense of calm or help you return to a calmer state. Once you find your breath, go through the following steps to help ground yourself:

5: Acknowledge FIVE things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.

4: Acknowledge FOUR things you can touch around you. It could be your hair, a pillow, or the ground under your feet.

3: Acknowledge THREE things you hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.

2: Acknowledge TWO things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent you could smell soap in your bathroom, or nature outside.

1: Acknowledge ONE thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?

This technique is one of many options you could encourage your child to use if they are feeling anxious or overwhelmed. If anxiety is something that your child struggles

with regularly a variety of other coping skills can be found at

**[www.copingskillsforkids.com/calming-anxiety](http://www.copingskillsforkids.com/calming-anxiety)**



Survey for

**Parents and carers  
of children with Special  
Educational Needs and  
Disability (SEND)**

**Have your say.**

We want parents, carers and young people to let us know about your experiences of the SEND system in Bristol.

We need to know what you would like to see improved and what is working well, to help us make things better for you.

**Please share your views at:**

**[www.bristol.gov.uk/SENDparentcarersurvey](http://www.bristol.gov.uk/SENDparentcarersurvey)**

The survey will be open until 20 March 2020.



Contact details for Shine are:

07932 873476

[info@myshine.co.uk](mailto:info@myshine.co.uk)

You can book and find out everything we have on offer @ **MyShine.co.uk**

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## CLUBS RUNNING AT YOUR SCHOOL

THIS TERM

15:15 - 17:00

**MON**

Outdoor Adventure / Reception - Year 6  
My Time / Reception - Year 6

**TUE**

Cookery Club / Reception - Year 6  
Football Club / Reception - Year 6

**WED**

Gymnastics Club / Reception - Year 6  
My Time / Reception - Year 6

**THU**

Athletics & Running Club / Reception - Year 6  
My Time / Reception - Year 6

**FRI**



Multi Sports Club / Reception - Year 6

PLEASE CALL 01174 033 033 OR  
EMAIL [INFO@MYSHINE.CO.UK](mailto:INFO@MYSHINE.CO.UK) FOR MORE INFORMATION

BRISTOL  
ACTIVE CITY



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