

Clifton Community News #5

Friday 19th January 2024

Happy New Year!

Happy New Year and Welcome to the Spring Term at Clifton.

The first two weeks have been very busy and very, very cold. Please ensure your child brings their coat to school every day as we do not want them outside without one on.

Attendance continues to be extremely high on our school priorities this year and you will remember we wrote to you earlier last term to explain why our terms dates around Christmas were slightly different. We finished school for the children a week earlier than usual and had three full weeks of holidays. We asked all families who wished to travel over this time to do so within the three weeks. Thank you to the many of you who did this and arrived back in time for school on the 8th January.

We have done some analysis and so far it is looking very positive compared to previous years when we finished very close to Christmas with only a two week school break.

We have taken the last 3 weeks of the Autumn Term for three years. Two following Covid (2022 and 2023) and the one before Covid (2019). The numbers below are unauthorised holidays.

- December 2019 (2/12 – 19/12) 22 children / 18 families
- December 2022 (28/11 – 16/12) 20 children / 15 families
- December 2023 (27/11 – 15/12) 9 children / 7 families

We've also taken the first day back in January for the Spring Term for the same three years.

- 7th Jan 2020 29 children / 17 families
- 4th Jan 2023 17 children / 14 families
- 8th Jan 2024 9 children / 8 families

As you can see, the number of families taking their children out of school for unauthorised holiday fell dramatically this year. For this, we would like to say a huge thank you.

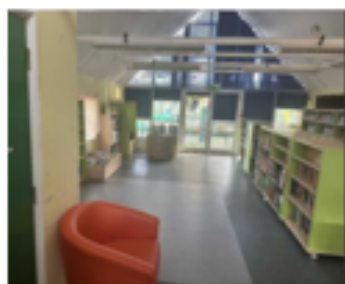
Towards the end of this newsletter are our new term dates for 2024/2025. We have done the same as we did this year and we will finish earlier at Christmas and have a longer break. We will analyse the data again to see if it continues the same pattern. Having the term dates early means you can book your travel well in advance when flight prices are at their very lowest.

Thank you for your continued support in improving the attendance of all our children.

Library Day

Friday 9th February 2024

On Friday 9th February, come to school dressed as your favourite book character. This will cost £1 and the money will go towards creating lovely artwork in our library!



Create a poster all about your favourite character and give them to Miss Miller – the winners will see their characters on the walls of the library!



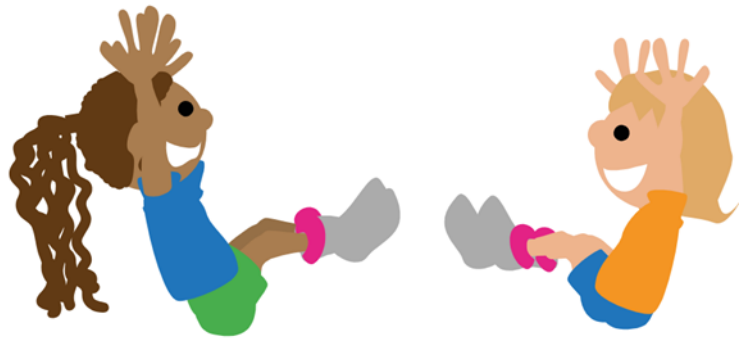
PE AT HOME

How to play:

Mirror Image Seated (Personal)



Individual: imagine you are sitting next to a partner. Create different seated balances and shapes.



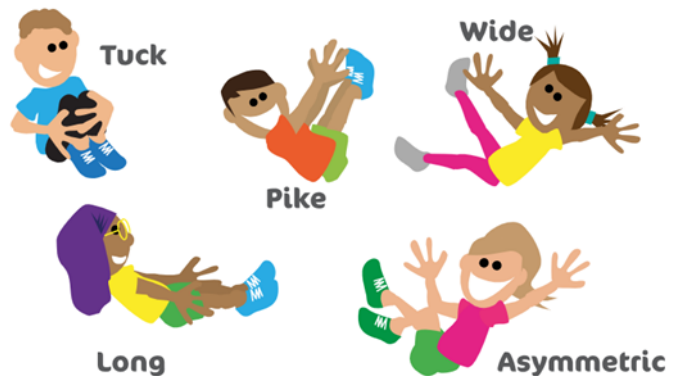
Pair: Take turns as 'mirror' and 'reflection'. As the 'mirror' changes shapes, the 'reflection' must follow as accurately as they can.

How to play:

Find & Select Shapes (Cognitive)



Individual/Pair: work with a partner or by yourself to come up with at least 5 shapes that you can perform in a seated balance.



Think about tuck, star, straight, straddle and pike shapes and how you might move between shapes .

How to play:

Exchange Objects (PB Challenge)

Personal Best Challenge



Individual: Sit on the floor and pass a piece of equipment from a zone on one side of your body to a zone on the other side. Time how many objects you can pass from one zone to the other.



Wellbeing activities at home!

1) Repeat positive affirmations together

"Reciting positive affirmations with your child is a simple yet effective way of instilling confidence and self-belief into them from a young age", says Amanda.

Try starting with a simple sentence like 'I am brave' or 'I am kind'.

To keep your child interested in what you are saying, you could **sing each affirmation and add actions** to make it more fun.

They will love watching and copying your actions when you sing a positive mantra. It will also help them connect different words with actions, boosting their self-esteem and language learning!



Regular affirmations activates your brain's reward system.

2) Wiggle your worries out

"Start by setting a one-minute timer and asking your child to jump up and down and wiggle their body. At the end of the minute, ask them to place a hand on their heart and listen to their heartbeat. As they listen, ask them how their body feels", Amanda explains.

Your child will love jumping around and getting silly with you.



This activity also acts as an outlet for them to release any built-up emotion or tension from their body.

An alternative option for this activity is cranking up your favourite song and **having a dance party** together! Dancing has **endless benefits** for your child, including giving them a confidence boost and an outlet to express themselves.



Dancing helps get kids moving, laughing and feeling good.

3) Fly on your magic feelings carpet

"Sit on the floor on a rug or blanket with your child, fasten your imaginary seatbelts and get ready to go on a magical ride!" says Amanda.

Build up the excitement by asking them if they want to get on their magic carpet and go on a big adventure. To spark their imagination, you can ask them to close their eyes and choose what colour their carpet is, who they want to come along on the journey and where they want to go.

As you go on your imaginary journey, you can pretend to fly over a sea of water. Ask whether anything is bothering them. Then you can suggest they imagine themselves throwing their worries off their magic carpet and into the water, making the problem smaller...and smaller...and smaller...until it disappears.

"Follow their lead in this activity as every child will want to do it differently. The key is to let go and encourage them to use their imagination," says Amanda.



Pretend role play is a fun way for your child to expand their imagination.

4) Try teddy bear breathing

"Children live in their imagination, and we can use this to our advantage by making breathing exercises a little bit more fun," says Amanda.

Ask your child to lie down flat with their favourite teddy placed on their tummy. Together, try breathing in for a few seconds, then out for a few seconds. Encourage them to watch their 'breathing buddy' go up and down with every breath they take.

Why not celebrate your moment of mindfulness afterwards with a **teddy bear picnic**? This is a fantastic way to practise role-play and develop your toddler's communication whilst hopefully giving you the chance to sneakily enjoy a hot cup of tea!



A mindful moment a day can go a long way.

5) Clear your space

"I'm sure you're familiar with the saying, a tidy space equals a tidy mind," says Amanda.

"Although, with young children running around, this is easier said than done!"

Why not try **turning tidying up into a fun game** for your child by chatting whilst you build a den? You could also encourage them to **help you with the laundry** or the **washing up**.

Getting them involved in these fun activities will help clear their mind and boost their mood when they feel a sense of accomplishment.



6) Go on a listening walk to find a gratitude rock

"There's no fresher way to boost your mood than putting on your shoes and **getting outside** with your child," says Amanda.

Getting out and about is great for stimulating your child's senses and opening up a whole new world of words. Describing everything you see and do can help you both stay present and focus on what is going on in the world around you.

"When you're out on your **listening walk**, why not let them choose a small, smooth rock that they can take home, wash and colour in?" suggests Amanda.

"Every evening before bed, you can then ask your little one to hold their gratitude rock and say one thing that made them happy that day."



7) Take time to appreciate your loved ones

"Spend a few minutes every day looking at a photo of someone your child loves. This could be mummy, daddy, grandma or a friend's doggy. Chat to them about that person, making sure to show how much you appreciate them," says Amanda.

Digging out old **photo books** and looking at them with your child is a great way to remind them of familiar faces and memories. It also gives you a great opportunity for conversation.



8) Have an at-home spa day

"For older children, why not try having a spa day from home? We can't guarantee that it will go as smoothly as a hotel spa day, but it is a fun, new way to bond with your child and model activities that will boost their wellbeing," suggests Amanda.

To get excited for your at-home spa day, you could spend time with your child drawing out invitations and spa signs to be posted around your home. **Drawing together** is a great activity to get them talking.

You could start your spa day off with some **bath time bubbles**, followed by a **relaxing massage**. Then recharge your batteries over a **teddy bear afternoon tea** and end the day watching your favourite CBeebies show in a **homemade den**.



Fortnightly Attendance Winners

Every fortnight we will be announcing the class who has had the best attendance for the school year so far. At the end of a half and full term, the class who has achieved first place the most in their Key Stage will be rewarded with a prize!

Key Stage One

Congratulations to **Tulip** class

Key Stage Two

Congratulations to **Darwin** class

Our whole school attendance (exc Nursery) is currently **95.4%**. Our current target is **95.7%**, this means we are currently below our target. Please keep sending your children to school everyday so we can reach our target!

GOLD AWARD



Tulip
(Year 1)
96.2%

GOLD AWARD

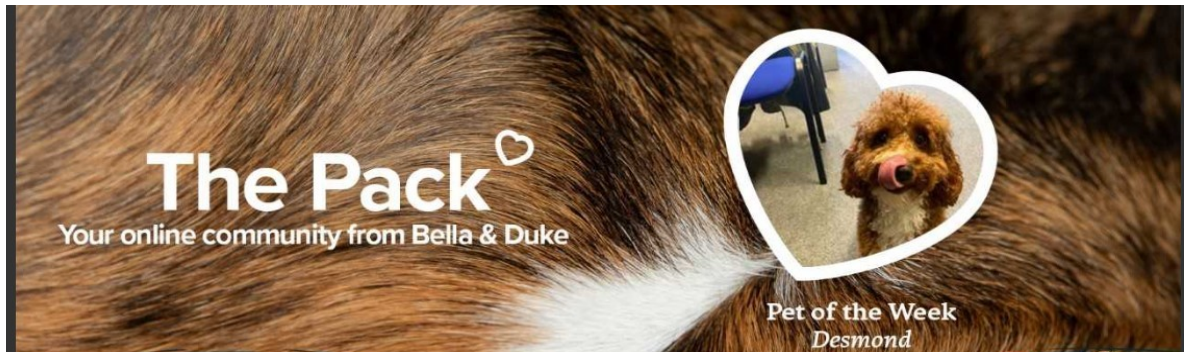


Darwin
(Year 4)
97.2%

Let's aim even higher and give our pupils the best opportunity to achieve their full potential!

DESMOND'S DIARY

Dear Diary,



Can you believe that I have been chosen for Dog of the Week with the company that make my food? A few months ago, Miss Smith sent them a photograph of me trying their food for the very first time and they loved it! I have also been asked to join them on a pod cast to talk about my life at school with all of you wonderful children. I am so excited and feel a little bit like a celebrity. If you have any tips on how I should answer the questions I am asked, please let me know as I am also feeling a little nervous.

During the Christmas holiday, I discovered a new place to go walking and I took my human cousin Baby Bear with me. Close to my house, there is a long rowing lake called Dorney. It is the perfect place for Baby Bear to use his scooter—I even tied myself to his scooter handle so I could pull him along for a quicker ride!

Some of you have noticed my new trick, I put my two front paws over the puppy gate to try to get as much attention as I can! If you see me do this, please don't tell Miss Corrigan as I am not supposed to jump up, ever! It



would really help me if when I did it, you walked past super sensibly and ignored me otherwise I get very excited and will reach over even more.



Finally my assessment day has arrived, on Tuesday 23rd of January I am having my Dog Mentor Assessment Day. Wish me luck :) and I will keep you all posted on how I do! I think they are assessing Miss Corrigan even more than they assess me!

Lots of love, Desmond Bear xXx

Desmond Bear

Happier January 2024

This month, we're encouraging you to carry out small acts of kindness, take a look at January's Wellbeing Calendar:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 Learn something new and share it with others	1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe
14 Eat healthy food which really nourishes you today	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
21 Try out something new to get out of your comfort zone	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
28 Ask other people about things they've enjoyed recently	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside

Illustrations: A hand holding a magnifying glass over a heart, a person watering a plant, two people sitting on a bench, a person reading, a person writing, a person looking at a calendar, a person smiling, a person holding a magnifying glass over a calendar, a person holding a magnifying glass over a calendar, a person holding a magnifying glass over a calendar.

Happier January 2024

Happier · Kinder · Together

ACTION FOR HAPPINESS



Ealing Schools Counselling Partnership

Less drama, more connection

Here is a list of ways to help you connect more with your child and decrease drama and meltdowns at home. It may be a good idea to hang these up somewhere handy as a reminder!

- Put “special time” aside with your child every day- even if just for 10mins!
- Be present and put your phone aside when you are with your child
- Pause and take a deep breath whenever you feel the urge to yell
- Move and play together- let your child take the lead on a game and get them laughing every day!
- Choose empathy first: set limits to behaviours and allow them to have their emotion
- Choose empathy to help your child feel understood
- Find the YES behind the NO: tell them what they CAN do instead
- Look after yourself and make sure your cup is full
- Give yourself a break: good enough really is enough and most ruptures can be repaired
- Ask for support when things feel hard: from a partner, from other parents, or from a professional if necessary

Sometimes we could all do with someone to talk to. If you would like to meet Elita for a confidential and non-judgemental chat about you, your child, or any other worries, she is available on Wednesdays at 9-10am. You can call/text Elita on 07469701260 or email her at elita@schoolscounsellingpartnership.co.uk

Important Reminders and Messages

Half term holiday: 12th February 2024 - 16th February 2024
Monday 19th February school is closed for Inset day.

School reopens on Tuesday 20th February, please ensure children arrive on time at 8.40am

Attendance will be UNAUTHORISED for any pupils who are abroad during term-time, these families will receive a fine from the local authority. They may also be taken off of the school roll.

Doctor's and Dentist Appointments

We would kindly request that dentist and doctor's appointments are booked outside of the school day unless they are emergency appointments.

For emergency appointments/hospital appointments/home office appointments, please ensure you inform the School Office by 9am on the day of the appointment, if you do not notify the school in advance of the appointment you will not be able to collect your child early and your appointment will have to be rearranged.

No Nuts in School




We are trying our hardest to be a nut free school, please do not send your child into school with any nut based product for snacks or packed lunch. This includes products that may contain traces of nuts such as; Nutella and peanut butter. We have children and staff who are severely allergic to nuts and can have adverse reactions if they are exposed to nuts.

Online Safety Free Webinar 08/02/2024

ECP are offering FREE mini Webinar focusing on Navigating the Digital world for online safety week 5-9th February. Join our webinar for parents, carers, and staff. Explore apps, gaming trends, and cyberbullying.

Uncover the reality of social media's impact on mental health, the risks of sharenting, and grooming. Learn about the Online Safety Act 2023 and discover support resources. Equip yourself to navigate the digital world confidently and help protect and guide those you care for most.

Take this opportunity to join me and learn about online space your children and young people are using. Spaces are filling up quickly, secure your place by signing up 

 Thursday 8th at 12pm <https://attendee.gotowebinar.com/register/77308198535444821>

 Thursday 8th at 7:30 <https://attendee.gotowebinar.com/register/7635685379402584926>

GDPR (General Data Protection Regulations)

If you would like to learn more about how we collect, use and store your data please have a look on our [GDPR website](#)

Coming Up at Clifton...

Date	Event
22/01/24	Speech and Language Therapist Parent and Family Session 9am Clifton Hall
22/01/24 - 2/02/24	Year 4 Swimming
24/01/24	Year 6 Attenborough Class Assembly - 9am Clifton Hall
25/01/24	Year 6 - Police Talk
25/01/2024	Sitting Volleyball Competition
26/01/24	Reception Trip on the bus
31/01/24	Year 5 - Frank Class Assembly - 9am Clifton Hall
31/01/2024	Nursery– Bluebell Bus Trip to the park
2/02/24	Reception trip to Southall Park on the Bus
5/02/24	Year 5/6 Girl's Football League — Fixture 2
6/02/24	Y6 Trip to the Ealing Synagogue
7/02/24	Nursery– Snowdrop Bus Trip to the park
7/02/24	Year 5/6 Prime VR Workshops
8/02/24	Year 5/6 Quicksticks Competition
9/02/24	Library Fundraising Dress up day
9/02/24	Micro:bit Workshops
12/02/24 - 16/02/24	Half Term
19/02/24	INSET Day - School Closed to pupils
20/2/24	Pupils return to school

Term Dates 2023-2024

Spring Term 2024

Monday 8th January – Pupils Return to School

Monday 12th February - Friday 16th February – Half Term

Monday 19th February – INSET Day (School closed to pupils)

Thursday 28th March – Last Day of Term

Friday 29th March - Friday 12th April – Easter Holidays

Summer Term 2024

Monday 15th April – Pupils Return to School

Monday 6th May – Bank Holiday (School Closed)

Monday 27th May to Friday 31st May – Half Term

Monday 3rd June – Pupils Return to School

Friday 26th July – Last Day of Term

Monday 29th July – Occasional Day (School Closed)

Term Dates 2024/2025

Autumn Term 2024

Monday 2nd September – INSET Day (School closed to pupils)
Tuesday 3rd September – INSET Day (School closed to pupils)
Wednesday 4th September – Pupils return to school
Monday 28th October – Friday 1st November – Half Term
Monday 4th November – Pupils return to school
Friday 13th December – Last day of term
Monday 23rd December – Friday 3rd January – Christmas Holidays

Monday 16th December – INSET Day (School closed to pupils)
Tuesday 17th December – INSET Day (School closed to pupils)
Wednesday 18th December – Occasional Day (School closed)
Thursday 19th December – Occasional Day (School closed)
Friday 20th December - Occasional Day (School closed)

Spring Term 2025

Monday 6th January – Pupils return to school
Monday 17th February – Friday 21st February – Half Term
Monday 24th February – INSET Day (School closed to pupils)
Tuesday 25th February – Pupils return to school
Friday 4th April – Last day of term
Monday 7th April – Monday 21st April – Easter Holidays

Summer Term 2025

Tuesday 22nd April – Pupils return to school
Monday 5th May – Bank Holiday (School Closed)
Monday 26th May – Friday 30th May – Half Term
Friday 25th July – Last day of term

School Website

Our school website has such an extensive amount of information on it which we are constantly adding to. Please take your time to explore what we have available. <https://www.cliftonprimaryschool.com/>

Click the links below to be taken to some of the key pages.

[Curriculum](#)

[Inclusion](#)

[Safeguarding](#)

[Medical](#)

[School Policies](#)

[Mental Health and Wellbeing](#)

[Term Dates](#) (also in this newsletter)

[School Uniform](#)

[School Meals](#)

[Online Safety for Parents/Carers](#)

[Extra Curricular Clubs](#)

[Parent and Carer Events](#)

All of the information on our website can be translated via google translate.



CLIFTON PRIMARY SCHOOL

Select Language ▼

ENHANCED BY Google

SEARCH

LOG IN

Aspire to Achieve

HOME

ABOUT US

KEY INFORMATION

NEWS AND EVENTS

PARENTS/CARERS

PUPILS

Attendance and Punctuality

“From the first day of term to the last, the small moments in a school day make a real difference to your child. #AttendanceCounts”

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

Good school attendance is one of the main factors in determining your child's future and opportunities in life.

Pupils should be in school on time, all day, everyday, except when they are too unwell/sick to attend. NHS advises that it is fine to send children to school with minor coughs and colds. Please read NHS guidance:

NHS: <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Do NOT take your child out of school to go abroad for an extended holiday or leave of absence during term-time. All unauthorised absences will receive a penalty notice fine from Ealing Council.

Guidance for parents on how to seek support with attendance challenges:
[Guidance for parents](#)



“THIS MORNING, HE WAS WORRIED ABOUT SCHOOL... BUT LOOK AT HIM NOW!”

MOMENTS MATTER, ATTENDANCE COUNTS.

 HM Government
Head to the Education Hub to find out more.



Special Educational Needs Information

About the Local Offer

The name 'Local Offer' is used to describe all the services and provision available to children and young people aged 0-25, and families 'locally' who are living with Special Educational Needs and Disability (SEND).

The Local Offer website is a resource to help you understand what is available and how to access services and support.

Ealing's Local Offer includes:

- Early years and childcare
- Links to SEND provision within all schools
- Education, Health & Care (EHC) Assessment & Plan information
- Health and wellbeing
- Specific conditions
- Short breaks
- Money and benefits
- Housing adaptations
- Travel assistance
- Preparing for Adulthood (inc. housing, employment, support)
- SEN Support for Education

<https://www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/advice.page?id=9RSLmWI34g0&localofferchannelnew=0>

Are you concerned about your child's learning? If so please make an appointment to meet their class teacher to discuss what additional support can be put in place. For some children, they have additional Special Educational Needs which may mean they need teaching to be adapted.

They may need some support from professionals such as Occupational Therapists or Speech and Language Therapists which we can help you with. We have an extensive Inclusion Team at Clifton which is lead by Miss Corrigan.

Please take a look at our Inclusion page to find out more:

<https://www.cliftonprimaryschool.com/inclusion/>





Facebook

facebook.com/SLTEaling



Raising Awareness of Communication Differences

e.g. selective/situational mutism



What's on in the Community

Find activities or useful services across the borough



Top Tips for Supporting Communication Difficulties

e.g. glue ear




Ealing Community Partners



YouTube

facebook.com/SLTEaling



Raising Awareness of Communication Differences

e.g. Stammering



Speech and Language Therapy Workshops

In-depth informative videos



Communication Clips

Short advice videos

