# The Beacon

# Academic Year 2021/22

Issue No: 13

Date 10th Dec 2021

### Hello from Mr West

Throughout my time at Montpelier, I have to say that the children and staff have never ceased to amaze me. No matter what we are facing, the staff are always smiling and this week has been no different.

'It's beginning to look a lot like Christmas' and this week those words couldn't be more appropriate, Christmas is well and truly in full swing at our school. We've held seven Christmas lunches, the annual Christmas tree festival - keep an eye out for your virtual tour going to a screen near you very soon - as well as the Year 1 Nativity and EYFS sing-a-long.

As we enter the final week of term, my hope is that the children experience a time filled with laughter and happiness. They have all worked incredibly hard and thoroughly deserve the break that will be upon us next Friday.

I do hope you have a wonderful weekend.

A plea from the Site Team - please vacate the playgrounds ASAP once your child comes out. For security they need to lock the gates as soon as possible at the end of the day.

### Football Club news

### All football clubs are now finished until Christmas.

After Christmas, on Wednesdays, there will be a Year 3/4 boys club. Letters were handed out in school but do find an electronic copy on the school website in the sporting clubs section if needed. They should be returned to Mr Robinson in 5P as soon as possible

The Boys' 5/6 club has now ended. The Girls' 5/6 club will continue until Easter. Children already signed up from September will automatically be added to the list for January, so don't need a new letter. There are a few places available still, so 5/6 girls should return the letter (again in the sporting clubs section on the website) to Mr Robinson in 5P.

Also in January, the third 3/4 girls Argyle club will begin on Friday 7<sup>th</sup> January. If your child has a place, you should have received a letter and a school money notification.

For term 4 and into the summer term, the Friday Argyle club will concentrate on children in Key Stage 1. More information will be provided nearer the time.

For any queries regarding football clubs in school, please contact Mr Robinson on class5P@mpsplymouth.net.

### School Term Dates for 2021/2022

Tues 14<sup>th</sup> Dec – Christmas party days for Foundation, Yr2, Yr3, Yr4, Yr5 and Yr6 children can wear mufti on these days

Wed 15<sup>th</sup> Dec - Christmas party day for Yr1 children can wear mufti

Fri 17<sup>th</sup> Dec – Christmas jumper day

Mon 20th Dec 2021 - Mon 3rd Jan 2022 Inc. - Christmas holidays

Tues 4th Jan 2022 - non-pupil day

Mon 21st - Fri 25th Feb - half term

Mon 11<sup>th</sup> - Fri 22<sup>nd</sup> Apr Inc. - Easter holidays

Mon 2<sup>nd</sup> May – Bank holiday

Monday 30th May – Bank holiday

Tues 31 May - Fri 3<sup>rd</sup> June Inc. - Half term

Mon 6<sup>th</sup> June - non-pupil day

25th & 26th July - non-pupil days

27th July – start of the summer holidays

# Save the Date Upcoming Parent Workshops



When: Thursday 10th February 8:45-10:00om

Where: School Café

What: Come along for a small group session to find out more about how you can use Emotional Logic at home to support your child with the changes and

challenges in life.



Speech and Language Support in the Home

When: Thursday 24th March 8:45-10:00am

Where: School Café

What: Come along to learn about practical approaches you could use at home to support your child with their speech and language needs. This may be helpful for those families who are on the speech and language waiting list.

Look out for more details in the New Year.



### **Montpelier Primary School**

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# UNDERSTANDING ANXIETY

# And how we support Children & Young People

# Workshop for Parents & Carers

- Anxiety is what we feel when we are worried, tense or afraid particularly
  about things that are about to happen, or which we think could happen
  in the future. Anxiety is a natural human response when we perceive that
  we are under threat. It can be experienced through our thoughts, feelings
  and physical sensations.
- This 4 session workshop will introduce participants to key concepts that help to understand anxiety and develop the means of supporting their child/young person struggling to manage their anxiety. These topics include:
- What is anxiety?
- How does it appear?
- Why does it occur?
- How can we manage it ineffectively
- How can we support our children when they are anxious?
- · Practical ideas and interventions to for anxiety

The workshops will run over 4 sessions:

Tuesday 18th January 1:30-3:00pm

Tuesday 1st February 1:30-3:00pm

Tuesday 8th February 1:30-3:00pm

Tuesday 29th March 1:30-3:00pm (follow up session)

The workshop will take place in the school café depending on covid guideline.

Places are limited to 8 parents. You must be able to attend all 4 sessions.

If you would like a place please email Jane Gilbert by Friday 7th January 2022.

janeqilbert@mpsplymouth.net

Kind regards

Jane Gilbert and Sarah Green