School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 17th June	**INSET DAY**
Tuesday 18th June	• **Class 2 to All Saints Junior School for Qualitas Sports Event 9.30 - 11.30 - PLEASE CAN CHILDREN COME IN THEIR PE KIT. Please use Parent Pay to give your permission.** • **Football Match after school - St Joseph's v St Giles at Cavendish Fields** • Qualitas Club after school – KS1 Football • **New Starters meeting for Parents 5.00pm**
Wednesday 19th June	• Choir at lunchtime • Qualitas Club after school – KS1 and KS2 – Athletics
Thursday 20th June	• Class 3 Trip Derby Museum • Little Smiles Parent and Toddler Group 9am - 10.30am • Class 4 Swimming – pyjamas needed
Friday 21st June	• No Forest School lessons today • **SPORTS DAY – 1.15 - 3.00 Everyone Welcome** • **PTFA Quiz Night at Starkholmes Village Hall. 7.30pm for an 8.00pm start. Tickets £5 per person are available from the school office. Max 6 per team. We hope you can make it.**
Monday 24th June	• Qualitas KS2 Strking and Fielding after school
Tuesday 25th June	• Qualitas KS1 Football Club after school • Darley Churchtown v St Giles - Football match after school
Wednesday 26th June	• Y6 to Moorways Athletics in Derby • Qualitas KS1 and KS2 Athletics club after school
Thursday 27th June	
Friday 28th June	• Forest School for Class 1 and Class 2 - AM

OTHER NEWS

- **SOUTH PEAK SPORTS – Well done to all the children that represented St Giles last night. Thank you to everyone who braved the weather to support us. The children were amazing and we did incredibly well – unfortunately we were pipped at the post and missed out on the win by just one point!**
- **PTFA QUIZ NIGHT – Friday 21st June at Starkholmes Village Hall. 7.30pm for 8.00pm start. Tickets are £5.00 per person and are available now from the office. Max 6 per team. We hope you can make it.**
- **ADVANCE NOTICE – NO AFTER SCHOOL CLUB ON THE LAST DAY OF TERM – Tuesday 23rd July**

- **PLEASE CHECK YOUR PARENT PAY ACCOUNTS. Please help us by settling all outstanding balances for school meals, Breakfast Club and After School Club promptly. Thank you for your cooperation with this.**
- **PLEASE CAN WE ASK THAT YOU ENSURE ALL CHILDREN HAVE A SUN HAT AND SUN CREAM IN SCHOOL DURING THE SUMMER TERM.**

The June Newsletter and Class Newsletters for the summer term can be found on the Newsletters page of the school website

Please do not hesitate to contact us on 01629 56813 or by email with any questions or queries.

Friday updates can be found in the Newsletters section of our school website.

FURTHER DATES FOR YOUR DIARY	
Monday 1st July	Qualitas KS2 Striking and Fielding after school
Tuesday 2nd July	New Starters – Stay and Play between 1.15 and 3.00 Qualitas KS1 Football Club after school
Wednesday 3rd July	New Starters Transition Visit 9.30 - 11.30 Moving up day for children changing classes in September Y6 – Transition Day to Highfields for pupils joining in September Qualitas KS1 & KS2 Athletics after school
Thursday 4th July	**LAST SWIMMING OF THIS SCHOOL YEAR** Y6 – Transition Day to Lady Manners for pupils joining in September
Friday 5th July	Forest School for Class 1 and Class 2
Monday 8th July	Qualitas KS2 Striking and Fielding after school
Tuesday 9th July	Class 3 to Highfields – Tennis afternoon – details to follow Qualitas KS2 Football after school Football match after school – St Giles v Castle View
Thursday 11th July	Qualitas KS2 and KS2 Athletics after school New Starters Transition Visit 1.30 - 3.00
Friday 12th July	Forest School for Class 1 and Class 2
Monday 15th July	Qualitas KS2 Striking and Fielding after school
Tuesday 16th July	Class 2 to All Saints Juniors for Qualitas Sports Event Class 4 End of Year Production 6.00pm in school Qualitas KS2 Football after school
Wednesday 17th July	Qualitas KS1 and KS2 Athletics after school
Tuesday 23rd July	**Leavers service in St Giles Church at 11.00am - Y6 parents are invited to attend** **LAST DAY OF TERM** **NO AFTER SCHOOL CLUB**
	2024 – 2025 Academic Year
Wednesday 4th September	**INSET DAY – school closed**
Thursday 5th September	**INSET DAY – school closed**
Friday 6th September	**FIRST DAY OF TERM**
Monday 4th November	**INSET DAY – School closed**

Monday 24th February 2025	**INSET DAY – School closed**
Monday 2nd June 2025	**INSET DAY – School closed**

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

1 GRANT FRIENDSHIP OPPORTUNITIES

Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

2 LEAD BY EXAMPLE

The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships looks like and how to navigate them.

3 HELP THEM LOVE THEMSELVES

Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.

4 MONITOR SCREEN TIME

Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.

5 TEACH PROBLEM-SOLVING

Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.

6 EMPOWER THE CHILD

When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

7 TEACH EMPATHY

'Healthy friendships' doesn't always mean 'perfect.' Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship; to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.

8 BE OPEN TO QUESTIONS

Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

9 UNDERSTAND BOUNDARIES

One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belongings to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.

10 SPOT THE SIGNS

We can't always supervise young people: sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

Meet Our Expert

Becky Dawson is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the adults who work with them, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.

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