

FOSTON PRIMARY SCHOOL BULLETIN

Nursery & Reception

The children in Nursery and reception had a brilliant time at Woldies Nature Farm this week! They loved seeing the different ponds with fish swimming and seeing so many dragonflies! We saw lots of bees, butterflies, birds and used our senses to smell and explore different herbs and lavender. The children also got to explore the giant trim trial showing off our balancing skills. We all had the best time in the giant sand and mud kitchen area as well. They also enjoyed the other play area with a treehouse, slide, climbing hall and giant swing. Some children chose to race through the rows of lavender, building on their skills from sports day! We finished our day with a game of foot golf! It was truly a lovely day out with lots of happy children and the perfect way to end the school year! A big well done to all our Reception children as they transition to Year One. I wish all of our families a wonderful summer holidays.



Year 3 & 4

What a fantastic year for all the Year 3 and Year 4 children in Class 3! I am so proud of all their achievements this academic year and wish them well as they continue their journey forward. I am sure many enjoyed soaking Mr Yip with wet sponges and a bucket full of cold water to finish the year! Have a great summer holiday.

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Message From Our Executive Headteacher

Dear Parents and Children,

As the year draws to a close, I want to take a moment to express my heartfelt thanks to all of you for your ongoing support. Our children have had a fantastic year and have made us all incredibly proud with their achievements and growth.

Our federation has seen many successes this year, including the positive Ofsted inspections at Terrington and Stillington, and the church school inspection at Foston that captured our ethos so well. These accomplishments are a testament to the dedication and hard work of our entire staff team.

However, these successes would not have been possible without the hard work and enthusiasm of our children and the unwavering support from you, the parents. Your commitment to our schools and your children's education is truly appreciated.

As we sadly say goodbye to our year 6 children I want to wish them every success at secondary school. I know they will all excel and are ready for the next stage of their educational journey.

Thank you once again for a wonderful year. I wish you all a restful and enjoyable summer break and look forward to seeing you in the new school year.

Sarah Moore
Executive Headteacher

Exciting News - Our New Website Is Nearly Here

After much preparation we are pleased to announce that in the next few days our new website will be launched. We hope all our parents love it as much as we do.

The link when live will be www.fstfederation.org.uk.

If you have any suggestions that would make this site more useful for you please feel free to let us know.

Staffing Update

I am pleased to share that we have two new staff members to welcome to the Foston Team in September following our recruitment process. We have Mrs Jennifer Foster who will be supporting Miss Cooke, Mrs Gibson and Mrs Dale as a playworker in wrap around care. We also have Mrs Frances Foster who will be working in Key Stage 1 alongside Mrs Scaife on a Thursday and Friday.

PE Kits

Please can we make sure that all children bring in their PE kits for the first day back in September.

Autumn Term Menu

Attached is the autumn term menu.

Extra-Curricular Clubs

All extra-curricular clubs will be released the first week back ready to start the second week.

ParentPay

All ParentPay accounts are up to date as of today, Friday 19th July. Please login and clear any outstanding balances by **Thursday 1st August 2024**.

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Information Around Dealing With Worry and Anxiety

Please find below some information for parents on dealing with worry and anxiety in children.

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.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

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Diary Dates

Event	Date	Key points
Summer	Friday 19th July (last day at school) Tuesday 3rd September (first day back, 3.30pm finish going forward)	<ul style="list-style-type: none">• School closes at 1pm• No wrap around care available