



Alsager Highfields Primary School

Mighty oaks from small acorns grow

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Friday 16th May 2025

Dear Parents & Carers,

There are so many positives items to fill this newsletter with, but firstly, I have to mention our year 6 pupils and their unbelievably positive attitude towards their SATs. Every single child did their best; we could not have asked for more. Mrs Harrison has beamed with pride all week and regardless of the outcomes, we could not be more proud of your children. Focus in year 6 will now shift to writing, the residential to London and the Production!

The end of the academic year is always particularly busy and we have so many events to look forward to including the Key Stage 2 production, Sports day and Leavers events. Much work goes on behind the scenes to enable such events to take place and a huge thank you to all the staff and parents who go above and beyond to ensure that these events go ahead. A special mention to Miss Eden who saves the staff at Highfields hours of work by completing much of the 'leg work'. She is already booking next year's residential visits so that we get the exact dates we want. She really is an asset to Highfields.

I can't quite believe next Friday will see us break up for Whit. The weeks really do seem to be going faster. Enjoy the break when it arrives.

Rachel Woollam



SATs

The Year 6 pupils have shown an outstanding attitude and exemplary behaviour throughout their SATs tests this week. They approached each test with determination, focus, and a positive mindset, demonstrating resilience and a strong work ethic. Their calm and mature approach to the week was truly impressive, and they should be very proud of themselves. We are!

Opal Play—phase 2!

Now that we have installed our sandpit, tractor tunnels and mud kitchen, we are looking to focus on gardening and relaxation zones next. If you can help with any of the items below, please get in touch:

Hammocks, fence panels, gardening equipment, compost, watering cans, plant cuttings such as periwinkle (ground cover), wheel barrows, old pans, wooden spoons, plastic tea sets, picnic rugs, balance bikes and tyres.

Any help would be greatly appreciated. Thank you.



VE Day Visitors

We were extremely fortunate to be able to spend the 80th anniversary of VE Day with two great grandparents; Ruby's (Y1) great grandad and Esme (Y1), Martha (Y4) and Sebastian's (Y6), great grandma.



Through listening to our visitors, our pupils were able to hear first-hand accounts of life during WWII, including rationing, being evacuated, air raids and air raid shelters, VE Day celebrations and life in the immediate post-war period.

Our pupils (and staff) were all captivated by the stories they were told and this made this special anniversary all the more memorable. Huge thanks to Mrs

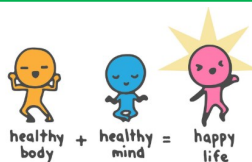


Matthew who organised our VIPs as history lead.

Healthy Body, Healthy Mind

In our weekly whole school assemblies, we cover many aspects of safeguarding, the school values and mental health. The children should be able to 'reel off' the five pillars of keeping their mind healthy, namely; 20 minutes of morning daylight, a healthy diet (eat a rainbow), daily exercise, face to face connections with 'real people' and getting enough sleep.

We have extended our morning break to 20 minutes to ensure pupils get their 'morning daylight', have introduced the daily mile to ensure they get their daily exercise and positively interact with all pupils throughout the day. Please help us to complete the 'five pillars' by sending in healthy snacks and lunches and ensuring children are getting enough sleep (particularly years 5 and 6). Thank you for your anticipated support.



Bronze Awards

YR—Esme W, Lily, Katie G and Oliver J

Silver Awards

Huge well done to our silver award winners.

YR—Jake H

Y1—Esme K, Grace R, and Florence D

Y2—William D, Brodie W, Luna D and Bobby M

Y5—Fleur Y, and Oliver G

Y6—Elliot W, Grace W, Holly S, Abe W, Riley M, Amelia T, Charlie T, Henry C, Shadrach A, Noah L and Thomas W

'Gold Award'

Another four gold award winners!! Huge congratulations to:

Y1—Arthur H

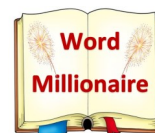
Y2—Indiana G, Skyler B and Ellie-May S

Word Millionaire

The word millionaires keep coming and we are particularly proud of our latest two:

Willow D and Lilylee P-J in Y6, who achieved this accolade during SATs week. A huge well done to both.

Also achieving millionaire status are Miss Byron and Mrs Matthew, taking our staff millionaire count to 5!



Sports Day—Tuesday 20th May

As you know, we have recently introduced the Opal Play scheme and as such now have many other play items in the school grounds. We kindly request that younger siblings attending sports day, stay with parents and do not play or use any of the new equipment as the school cannot accept liability for any injuries that may occur.

Thank you for your cooperation with this matter.



Save the Date

We are excited to announce that we have a date for our next **Wellbeing Festival**.

FREE wellbeing workshops
Children's entertainment
Food and drink
Market stalls

Date: 20th July 2025
Time: 11-4pm
Venue: Milton Park,
Alsager
ST7 2ES

Watch this space for more details we will share as the day draws closer.

If you would like a stall or interested in running a workshop please contact us on hello@auracio.org.uk



A local mental health charity is holding a Wellbeing Festival on 20th July at Milton Park. Their vision is to bring the community together in order to showcase services and therapies that can help us all. All workshops are free. Please check it out.

Level 2 courses designed to upskill and assist professional development are being offered for Cheshire East residents.



Logistica Training proudly offers Fully funded online Level 2 short courses. We have designed courses to support adults upskill and to assist their professional development. Learner will need to be 19 plus and live in a non-devolved Post Code area and not on any other funded course to be Eligible for Funding. You have 3 months to complete the course; Tutors are also available to support. Please check your postcode on this link below:

<https://skillspostcodecheck.com/tool/>

- Certificate in understanding Challenging behaviour
- Level 2 Certificate in Advice and Guidance
- Level 2 Certificate in Mental health Awareness
- Certificate in understanding Mental Health First Aid and Advocacy in the workplace
- Award in awareness of Dementia Care
- Certificate introducing caring for Children and Young People
- Certificate in principles of medication handling and administration for care settings

For more information on how to apply please contact – Julia Chiapparrone juliac@acaciatraining.co.uk

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here –

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cecily Ferguson is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



**National
Online
Safety**

#WakeUpWednesday