

# Thorndown Primary School Newsletter

Hello,

Welcome to the 2025/26 academic year!

It has been wonderful to welcome all the children back this week and great to see how enthusiastic they have all been in their new classes.

We have also been meeting our newest school members in Reception at our stay and plays and look forward to seeing them all next week as they begin their school journey.

We hope you all had a fantastic summer and we look forward to working with you all again this year.

Have a good weekend,

Mr Snape



## School Dates



8<sup>th</sup> September - Pre-School and Reception  
Children Start

9<sup>th</sup> September - Y1 Toy Picnic

16<sup>th</sup> September - Bat Class Town Trail Trip

19<sup>th</sup> September - Puffin Class Town Trail Trip

23<sup>rd</sup> September - Connecting Together Coffee  
Morning

26<sup>th</sup> September - Welcome Disco

30<sup>th</sup> September - Y1 Reading Cafe

30<sup>th</sup> September - Book Shop

3<sup>rd</sup> October - National Poetry Day

6<sup>th</sup> October - Harvest Festival Assembly

## Attendance

Our whole school attendance for this year is 95.7% which is above the national average of 94.2%.

**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**



This week, the classes winning our attendance trophy for best attendance were Toucans, Jaguar and Camel with 98.6%

## New To Year Group Meetings

Thank you to all who came along to our Welcome to Year Group meetings. We hope you found them informative and useful. We appreciate that not everyone could make these therefore the office will be emailing a copy home to you all and we will be uploading a copy of each year group's on the school website.

# Achievement



## Oracy Assembly

This week, we spent time re-capping our shared 'Oracy Guidelines' which underpin each of our Oracy assemblies.

We began by looking at the Oracy Framework and reminded ourselves of each of the Oracy Strands. We then discussed what we had included in our 'Oracy Guidelines' and why they were important.

Oracy Assembly Guidelines

**Physical**

- Speak with the correct volume.
- Use eye contact.
- Use good body language - turn to talk to your partner.

**Linguistic**

- To think carefully about the vocabulary and language we use.
- To use our stem sentences.

**Cognitive**

- Make a clear point
- Respond to others by building on their idea.

**Social & Emotional**

- One person talking at one time.
- Listen to the person talking.
- Take turns.
- Challenge opinions politely
- Don't interrupt when someone is talking.

Why not try putting them into practise at home by discussing the question:

What are you looking forward to most this school year?

# Well-Being



## WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

### ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



### GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



### GIVE TO GIVE. NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



### HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



### COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



### KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency: 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA KATIVIST

# Opportunity



## English News!

### Book Warmers

A book warmer is a short, engaging handout that gets children excited and ready to read the text that we are reading and writing about in class. These book warmers help children connect with the story, build curiosity and excitement and finally can spark conversations at home about school.

Please look out for these via email and share with your children at home.

## Mystery Reader

We would like to invite you to become a mystery reader for your child's class! The aim of 'Mystery Reader' is to show children that adults love reading too so we would like to invite parents, grandparents or other family members again to come into their child's class to read a children's story.

This could be a book you particularly enjoyed reading when you were growing up or a current children's book brought from home, In order for the class to gain the full impact and excitement of the reader experience, please keep your visit a secret and hence a mystery, even from your own child!

If you would like to take part in this please speak to Mrs Cook in the School Office, where you can sign up. It would be amazing if every child had a special mystery reader by the end of the school year!

## 2<sup>nd</sup> Hand Uniform



If you have some uniform that is no longer needed but still in good condition then please consider donating this to our 2<sup>nd</sup> Hand Uniform stock in the reception area.

We have an incredible team of volunteers who collate and then sell on these items at our 2<sup>nd</sup> hand uniform sales across the year. It is a great way to get these items cleared out of the wardrobes whilst also being eco-friendly!

