

# The Cottingham CofE fortnightly

Issue 9 – Week Ending 28<sup>th</sup> January 2022

**‘Are not two sparrows sold for a cent? And yet not one of them will fall to the ground apart from your Father. But the very hairs of your head are all numbered. So do not fear; you are more valuable than many sparrows.’  
Matthew 10:29-31**

Dear Parent/Carer,

We are just a week or so away from making it to half way through this academic year. That also means that the year 2 children are just a few sleeps away from their Beaumanor Hall residential. Each day, one year 2 child will tell me how many sleeps they have until we leave. I am looking forward to taking the children along with Mrs Wilson and Mrs Ferguson. Our children are lucky to have staff that want to take them and parents who trust their children upon us and pay for such an event. We certainly look forward to telling you more in a future newsletter.

*I was told this week that the newsletter is too long. I am always mindful to not put in a lot of writing and instead add pictures to show your children winning awards, learning in class or just having fun. I am always open to suggestions of what you would like in the newsletter or not like?! I look forward to receiving any such feedback.*

Sporting events and activities are ramping up. We saw children reach the semi-finals at a recent basketball event. All children and staff took part in a skipping taster day. Children this week will be attending a curling competition and an athletics event. Look out for Tweets or more info in the next newsletter. Throughout the year we will try to pick all children to represent the school in one or more events. We are also liaising with CSD to offer discounted or even FREE clubs for certain children. Next term, CSD have put on a skipping club on the back of our taster day. Mr Stafford sent out 20 discount codes. At the time of writing, only 2 spaces have been taken up. Please do make use of the offers and support the clubs that we offer. It would be such a shame to cancel clubs. If you do not intend to use a FREE voucher, please let us know so we can offer the place to another child.

Finally, our zebra crossing has zig-zags!! This, along with a speed sign, is something that I have been chasing up for a while. Today, the zig-zags were finally marked and will provide safer areas for the children. It goes without saying that these markings will help keep your own children safe! PLEASE DO NOT PARK OVER THEM!!!! I will continue to liaise with various groups to ensure a speed sign is erected as soon as possible. Watch this space.

You may have heard that the children are to soon have a playground that boasts an all-weather, artificial surface. The work is planned to start on March 7<sup>th</sup> in readiness for the children to use the following week. Mr Stafford is especially excited to try out the pitch that will be the size of the netball court. This has been funded using the trusts unspent sports funding. Another top secret project will also be coming our way! Cycle helmets and a bicycle lock may be required in the not too distant future!

Have a lovely week/weekend. See you all soon. Mr Scott



## **SAFEGUARDING**

### **Emergency Contact & Medical Information**

It is imperative that we have the correct and most up to date contact and medical information for your child. Please ensure you contact the school office if any information has changed by email:

[admin@cottinghamprimary.co.uk](mailto:admin@cottinghamprimary.co.uk)

### **GDPR**

#### **Privacy Notices**

The latest Privacy Notices can be found on the school website [www.cottinghamprimary.co.uk](http://www.cottinghamprimary.co.uk)

### **Photos**

Please let the school office know if you **DO NOT** want photographs of your child taken and used in the newsletter, twitter or any other social media

## **Year 2 Residential – Beaumnor Hall**



*How many sleeps.....*



The children and staff are very excited about the overnight stay to Beaumanor next week. We shall be checking the forecast.....please send your child with adequate outdoor clothing in the event of wet or very cold weather. If you **DO NOT** want your child's photo to be taken/used on twitter or school website/newsletter, please let me know as soon as possible:

[admin@cottinghamprimary.co.uk](mailto:admin@cottinghamprimary.co.uk)

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## Magnificent Minds

### Children's Mental Health Awareness Week 7<sup>th</sup> -13<sup>th</sup> February 2022

The Magnificent Minds Team met on Friday to discuss Children's Mental Health Awareness week on the dates above.

The theme of this year's Children's Mental Health Week is **"Growing Together"**.

On Monday 7<sup>th</sup> February – Children and staff are invited to come into school dressed in bright colors' – to launch the week!!!! There is no charge for this MUFTI Day but please do show your colours. A more detailed letter about MUFTI Day has gone out to all parents/carers.

During the week, your child will be bringing home a 'bulb' to plant and look after – in keeping with the theme 'growing together' – we encourage children to send pictures and Tweets to show them planting, looking after and eventually seeing the progress of the bulbs once they begin to bloom. Please use the hashtag #growingtogether when Tweeting.

In addition to this, Tuesday 8<sup>th</sup> February is 'Safer Internet Day' – we will be promoting this and speaking to the children about keeping safe and how on-line abuse can affect mental health. More information to follow in next newsletter.....

### Children's Mental Health Week

**Be Mindful**  
Mindfulness means noticing what is happening right now. What can you see? What can you hear? How does your body feel? What are you thinking? Take time throughout the day to notice what is happening in the moment.

**Talk about It!**  
How are you feeling today? Whether it's a good or a not-so-good feeling, take time to tell someone close to you. It isn't always easy to describe how you feel but it can help to talk about it.

**We Are All Unique**  
Remember – you are one of a kind. No one in the whole world is the same as you. Think of three things that make you special.

**Be Kind**  
Being kind and taking care of your friends and loved ones helps them to feel happy, and can make you feel happier too!

**Ask for Help**  
We don't have to feel happy all the time. It's OK to feel sad. If you ever need someone to talk to, tell a trusted adult like your parent or carer, or grown-up at school.

**Healthy Body, Healthy Mind**  
Physical activity, getting enough rest and eating a balanced diet all help to keep your mind healthy as well as your body.

**Make Time for Fun**  
Playing and spending time doing hobbies you really enjoy is a great way to keep your mind healthy and happy!

### Children's Mental Health Week Growing Together

#### Share Kindness

We can grow together by being kind. As we grow, there will be times when we struggle or feel uncomfortable emotions. Being kind to ourselves can help us to feel good inside and keep trying when things are tricky. Being kind to others can help them to feel happy and positive. Who will you **share kindness** with today?



#### Have a Go to Grow

Every day, we try new, exciting things that we might not have done before. It's OK to find things tricky. We all learn by making mistakes. Being brave and **having a go helps us to grow**. What are you going to try that's new today?

#### Take Time to Grow

When we water a plant, we don't see it grow straight away. But taking time to give it special care helps it to blossom later. We are the same! Think about what you can do now that you couldn't when you were smaller. Giving ourselves time when we start doing something new helps us to build **confidence** and grow step by step. Think today about what you can do now that you couldn't before.



#### Growing and Changing

As we grow, we change. Our bodies change as we grow older and our minds and feelings can change too. Sometimes, this happens over a long time and sometimes, things change from day to day. This is OK. Remember, if you're ever worried about something that has changed, **speak to an adult you trust** in school or at home.





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## Sports Update

On Saturday 22nd January, William and Alfie (Year 5) represented Cottingham Primary School in the Northamptonshire Cross Country Championship. Both boys had already sailed through two previous rounds of competition to get to the County finals. It was a tough competition but both boys performed to the best of their ability, with William smashing his 1800m PB. We are incredibly proud of both boys and of their performances. Thank you to the parents for taking them to Abingdon Park to take part.

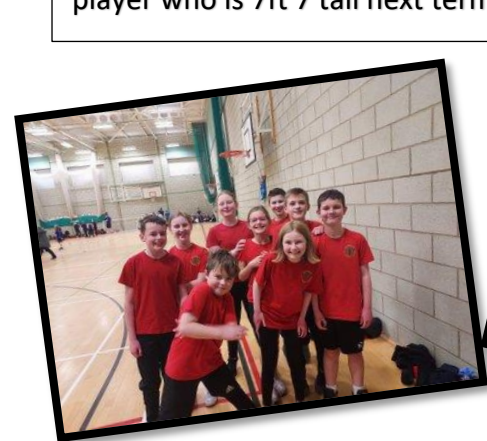
Mrs Lloyd



We are very busy with sports at the moment! On Wednesday we take a team of 12 children to a Curling event where we will be taking on other schools hoping to qualify for the regional finals, this event is for selected key stage one and two children. We are also taking two groups of children to an athletics event this Friday, children from year 3-6 will be competing in various athletics events against other Corby schools, good luck to everyone attending!

Last week Mrs Lloyd took a team of year 5/6 basketball players to a tournament, the children did amazing and managed to reach the semi-finals of the event, a massive well done to all players who attended.

Skip2bfit visited the school last week as part of our taster day sessions we are offering throughout the year, the children had so much fun as did the staff! Look out for a visit from an ex Harlem Globetrotter basketball player who is 7ft 7 tall next term! More information to follow.



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## Academic Year 2021 to 2022

Term	Open to pupils on the morning of	Closed at the end of the afternoon on
Term 3	Wednesday 5 January 2022	Friday 11 February 2022
Term 4	Tuesday 22 February 2022	Friday 1 April 2022
Term 5	Tuesday 19 April 2022	Friday 27 May 2022
Term 6	Monday 6 June 2022	Thursday 21 <sup>st</sup> July 2022

Please note – school will re-open to pupils for Term 1 on Monday 6<sup>th</sup> September 2021

## Remaining INSET Days 2021 to 2022

(Please note these could be subject to change. Sufficient notice will be given if possible)

Monday 21/02/2022

## Academic Year 2022 to 2023

The term dates for the 2022 to 2023 academic year have now been confirmed.

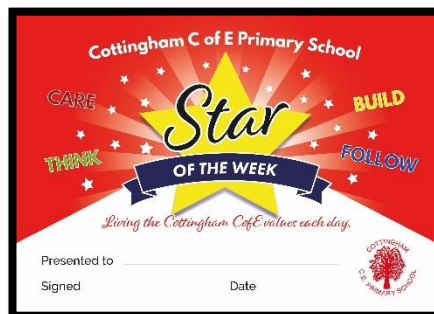
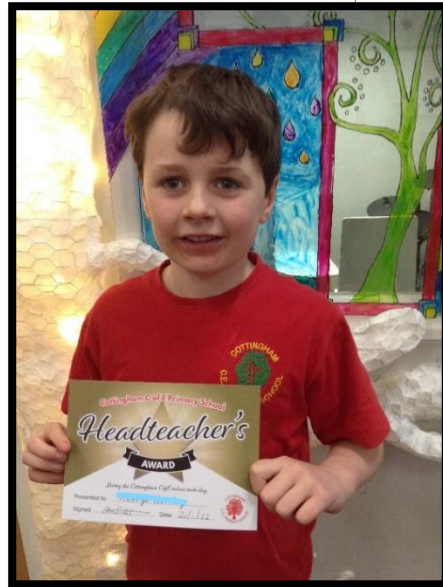
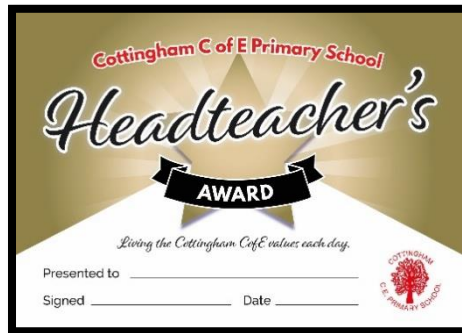
Term	Open to pupils on the morning of	Closed at the end of the afternoon on
Term 1	Thursday 1 September 2022	Friday 21 October 2022
Term 2	Monday 31 October 2022	Friday 16 December 2022
Term 3	Tuesday 3 January 2023	Friday 10 February 2023
Term 4	Monday 20 February 2023	Friday 31 March 2023
Term 5	Monday 17 April 2023	Friday 26 May 2023
Term 6	Monday 5 June 2023	Friday 21 July 2023

## INSET Days 2022 to 2023

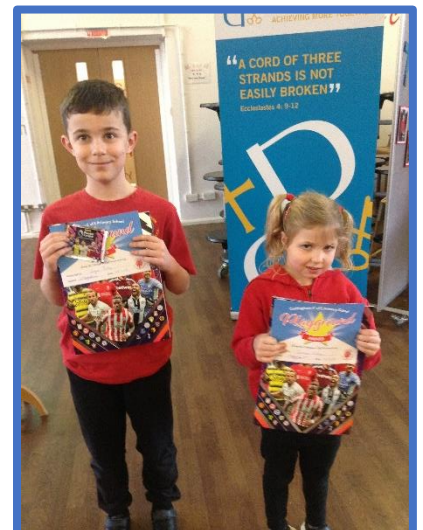
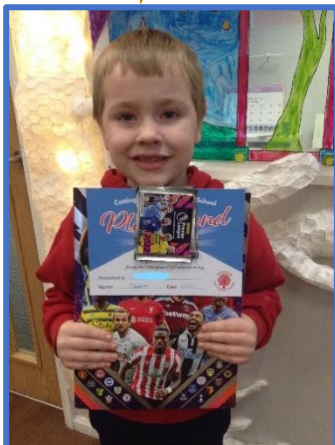
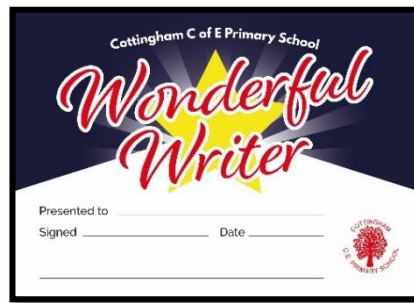
- Thursday 1<sup>st</sup> and Friday 2<sup>nd</sup> September 2022
- Monday 31<sup>st</sup> October 2022
- Tuesday 3<sup>rd</sup> January 2023
- Friday 31<sup>st</sup> March 2023



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## Young Voices Choir



*The Young Voices Concert has been postponed until the spring/summer. We will share the new date with you as soon as we have been informed. Please note all tickets purchased will be valid for the new date.*

**Choir practice will recommence after half-term on a Monday lunchtime @12.05pm – please encourage your child to practice songs and dance moves at home**


## YOGA

### The main elements of Yoga are:


- Correct Breathing
- Flexibility
- Balance & Co-ordination
- Body Awareness
- Core Strength
- Relaxation

### Benefits of Yoga:


- Increased Flexibility
- Correct Posture
- Well-being
- Improved Concentration
- Greater Confidence




"Yoga makes me feel calm, excited and relaxed. I have been practicing at home"



"Yoga makes me feel happy and relaxed and it is fun"



"Yoga makes me feel powerful and strong"



"Yoga makes me feel, relaxed, happy, calm chilled and positive"

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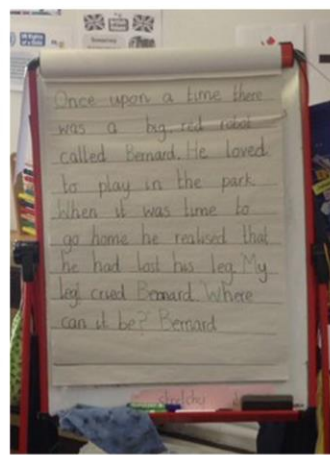
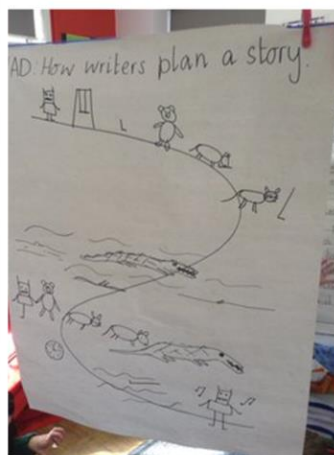
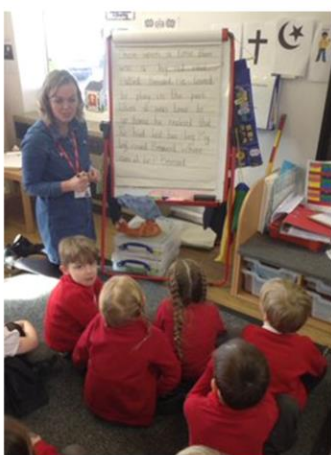
## HOT DINNER WINNER

During census day, children who had ordered a hot dinner received a raffle ticket. Two lucky winners were drawn and received a baking themed prize. Mr Scott enjoyed the delivery of a home-made cookie. Mrs Southcombe and the children certainly enjoyed their roast dinner. One lucky winner also won a prize to take some friends to a cooking party at Kingswood caterers.



## THE WRITING JOURNEY

Check out Mrs DeLo teaching and modelling the writing journey to her class. You can see the writing map that will then help the children to remember the important parts of a story for example.





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## HOPE FOR FAMILIES

Welcome to Hope for Families - a not-for-profit organisation based in Corby. We want every family to know there is hope for them and we are passionate about building strong family relationships through three main streams - parent support, couple support and faith in the family. We are a Christian organisation, passionate about working with all families, wherever they are on their journey of faith. Our new website - <https://hopeforfamilies.org.uk> - has just launched and it's full of information on the support we offer, upcoming events and a little bit about our story. You can also follow us on social media @hopeforfamiliesuk. We would love to support you and your family in whatever way we can so please do get in touch!

## HANDLING ANGER IN THE FAMILY

This is a short 4-week online course for parents of children aged 5-16 years. We will look at how we can manage and handle anger in a safe and healthy way, starting with ourselves as parents and carers and then with helping our children.

**Date and time:** Tuesday mornings, 9:30-11:30am from 8th - 29th March

**Cost:** £12.50 per household including accompanying parent handbook (RRP. £9.99) and additional resources and goodies. Bursary places are available for parents who qualify (providing a 50% discount on registration).

**Book here:** <https://www.eventbrite.co.uk/e/256065096597>

## LEFT TO THEIR OWN DEVICES


This 2 hour session is designed to help parents and carers safely navigate the online world with their children. This session is mainly aimed at parents of primary aged children.

**Date and time:** Tuesday 8th March, 7:00-9:00pm

**Cost:** £10 per household including session notes, additional resources and goodies. Bursary places are available for parents who qualify (providing a 50% discount on registration).

**Book here:** <https://www.eventbrite.co.uk/e/212527805387>

If you have any questions about any of these courses/events, please do get in touch!



**Left to their own devices?**

Confident parenting in a world of screens  
A video-based session on parenting in a digital age

When: Tuesday 8th March 2022 from 7:00-9:00pm  
Where: Online using Zoom video conferencing. All joining details will be sent on completion of booking.  
How to book: Please secure your place by visiting our website <https://hopeforfamilies.org.uk/events>  
Places are limited (although more than one person can join from one household if using the same device and log in). Tickets cost £10. Bursary places available.  
The session notes booklet and accompanying resources will be distributed to parents and carers ahead of the event.



**Time Out For Parents**  
**Handling Anger in the Family**

Positive Parenting Time Out for Parents courses from Care for the Family provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children aged 5 to 16, then Time Out for Parents - Handling Anger in the Family is for you. Over four sessions, you'll increase your skills and confidence as a parent and discover practical tools to help you and your children deal with the ordinary, everyday anger that all families experience.

**The Sessions**

- Session 1 Managing our anger - part 1
- Session 2 Managing our anger - part 2
- Session 3 Helping children manage anger - part 1
- Session 4 Helping children manage anger - part 2

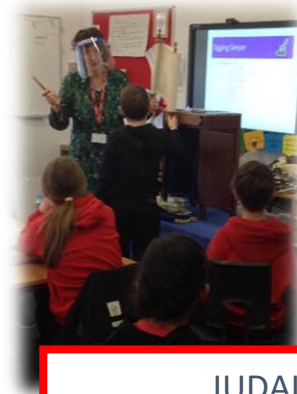
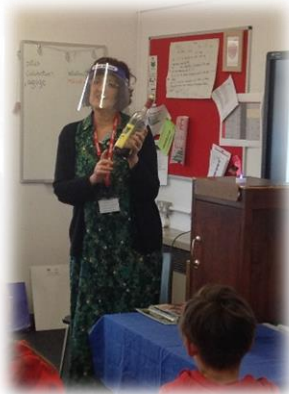
Care for the Family (Totterdell House, Clippes Park, Newport NP23 5BA)  
Tel (029) 2081 0800, [info@cff.org.uk](mailto:info@cff.org.uk)  
Care for the Family is a Christian organisation with a mission to help.  
A registered charity (No 94987 and 94988, Scotland: SC038685).

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## TTRS

Many children, but not all, are actively learning their multiplication facts by accessing Times Tables Rock Stars. It is so important that the children have a good knowledge of their x tables. Oak class are the current leaders!!!



## JUDAISM

We really had a really informative visitor who talked about her own religion – Judaism. The children were able to see and touch/wear many artefacts that they will hopefully recall when they learn more about the religion during future RE lessons.

