



# St Oswald's CE Primary School

Church Road, Aston Juxta Mondrum, Nantwich, Cheshire.

CW5 6DP

Telephone : 01270 623826

Executive Head Teacher: Mrs Nicola Badger

Principal: Mrs Louise McDonough

admin@stoswald-worl.cheshire.sch.uk



@stoswaldsworleston

## School Diary Dates

### September

- 21st Bikeability L2 for Y5
- 22nd Bikeability L2 for Y5
- 22nd Bikeability L1 for Y4
- 22nd Open Day
- 28th Malbank Open Evening (Y6)
- 29th Macmillan Coffee Morning

### October

- 5th Favourite food day
- 9th Fluenz Vaccination
- 9th Harvest Festival at Church
- 11th Open Day
- 13th Pyjama fundraising day
- 18th Parents Evening
- 19th Parents Evening
- 20th Break up for half term
- 30th Back to School

### November

- 3rd Times Tables Rock Stars Day
- 17th Children In Need Day

### December

- 1st Academy photography
- 12th KS1 Nativity 2pm/6pm
- 14th KS2 Carol Concert 6pm
- 15th Nursery Christmas crafts/songs
- 19th Carol Service at Church

## Attendance of the week

Foxes & Hedgehogs 99.5%

## Happy Birthday to you

Happy birthday to Mr Kelleher, Mrs Fields, Oscar and Mrs K,  
We hope you all have a magical day.



*"Let your light shine"*

Matthew 5:16

This term we are celebrating Generosity

### Prayer of the week

May the strength of God pilot us,  
may the power of God preserve us,  
may the wisdom of God instruct us,  
may the hand of God protect us,  
may the way of God direct us,  
may the shield of God defend us.

Amen

### Congratulations Edward

Congratulations to Edward for winning a medal in his swimming club. He has been invited to London to take part in a further swimming competition. We are all incredibly proud of his achievements.



## Let Your Light Shine, Our Stars of the Week



**Mrs McDonough's Star of the Week** - Darcy for her excellent attitude to work, especially writing

**Owls** - Elena for her amazing listening in yoga, also Joshua for coming into nursery with a big smile

**Deers** - Harry for working so hard this week in maths, also George for working so hard on his writing

**Hedgehogs** - Olivia for her perseverance with her beautiful seaside poem, also Ed for his fabulous adjectives, nouns, verbs and adverbs

**Foxes** - Walter for his 100% effort in all our lessons, also Jessica for her fantastic poetry this week

**Sports Star of the week** - Marcella, Elena, Ollie and Grace for outstanding effort in PE this week

**Wraparound care star of the week** - Darcy for being a super star helper

**Ethos Team choice** - To return next week

### Christian Value - Generosity

**Owls** - Olivia for her happy smile and the way she cheerfully shares with others

**Deers** - Izzy for always being generous with her time for others

**Hedgehogs** - George C for giving up his time generously by being helpful in the classroom

**Foxes** - Fleur for always being generous with her time by helping around the classroom

### Top 6 Mathletes of the week



Edward	Aggie H
Phoebe	Daniel
Olivia	Oliver



### Bikeability L1 and L2

Bikeability L1 is on Thursday and L2 is on Thursday and Friday. Please ensure your child brings in their roadworthy bike on the morning, with a helmet. Please ensure they are wearing long trousers that are not flared, trainers and long sleeves. They will need a rain coat if rain is forecast on the day.

### Name labels in all clothing

A gentle reminder to please ensure everything your child brings into school is labelled, this includes all clothing, bags, coats, water bottles, hats and shoes. This makes reuniting lost property much easier should it be misplaced. Many thanks for all your assistance.

# Mrs McDonough's Messages

Dear Parents/Carers,

Our first full week back into school has been a busy but very successful one! We have started all of the after school clubs now, including yoga, football and Stage Stars. If you would like to book on to any of these, please get in touch with Mrs Jordan as there are still some spaces left.

Our Year 6 pupils have been busy applying for their new leadership roles in school this week. The children applying for Head Boy and Head Girl will be presenting to the school in assembly next week and all of the pupils from Year 1 to 6 will vote for who they would like as Head Boy and Girl. We hope to announce our new ambassadors towards the end of the week!

## Meet the Teacher Afternoons

A gentle reminder that these will be taking place next week and will include a short presentation about the school, class and then an opportunity to ask questions. I will be attending all of these sessions and am looking forward to sharing with you some of the plans we have for St Oswald's in the coming term. If you are unable to attend, we will be putting the presentation on the class web pages on Friday.

**Monday 18th September—Owls Class—3.15-3.45pm**

**Tuesday 19th September—Hedgehogs Class—3.15-3.45pm**

**Wednesday 20th September—Foxes Class—3.15-3.45pm**

**Thursday 21st September—Deers Class—3.15-3.45pm**

## Uniform

It is so lovely to see the children looking so smart in their school uniform; I am grateful that families have looked at the policy on the website and this is being followed. This includes black or white trainers for PE days. As part of the high expectations we have for our children, we will be expecting them to follow the policy every day. We won't be making any negative comments to the children about their uniform as this wouldn't be fair, but we will be in contact with families if we have any concerns. I have a huge amount of school uniform that has been donated by parents of older children which includes skirts, cardigans, jumpers and PE sweatshirts. Please let us know if you can make use of any of it. We are also happy to receive any more spare uniform in good condition that can be passed on. Please can I remind you all to label all uniform and footwear so that we can return it to you should it become lost or misplaced.



Wishing you a wonderful weekend and as always if you have any questions or concerns, please don't hesitate to contact me via the school office or at [Principalstoswalds@RCSAT.cheshire.sch.uk](mailto:Principalstoswalds@RCSAT.cheshire.sch.uk)

Kind Regards,

*Louise McDonough*





### **Extra Curricular After School Clubs**

**Spaces still available, please contact the school office**

**Monday - Stage Stars Y1-Y6 £6.50 per session  
11/09 - 11/12**

Booked directly with Stage Stars  
stagestarscheshire@gmail.com

**Tuesday - Mr Milne Sports Club Y1-Y6 free of charge  
12/09 - 19/12**

Booked via School Spider. Places limited to 25

**Wednesday - Kids With Bricks Y1-Y4 £3.99 + VAT  
13/09 - 18/10**

[www.kidswithbricks.com](http://www.kidswithbricks.com)

**Thursday - Yoga with Fiona Sherwood R-Y6 £6  
14/09 - 19/09**

[musicboxmeditations@gmail.com](mailto:musicboxmeditations@gmail.com)

**Thursday - Football with Lyndon Wain Y3-Y6  
14/09 - 19/09**

<https://nantwich-town-fc.class4kids.ie>

### **Music Lessons**

If your child is interested in music lessons, we currently have tutors working in school on set days of the week from the Love Music Trust. For more information please visit their web-site or contact the school office.

<https://www.lovemusictrust.com/parents-and-pupils/small-group-and-individual-tuition/>

### **Pastoral Support**

As Pastoral Lead for the RCSAT, I am St Oswald's on Tuesdays. Pastoral support ensures that our pupils are safe and ready to learn. It looks after our pupil's social and emotional welfare. As part of this role, I am a trained Elsa (Emotional Literacy Support Assistant). I also support families. If you need any help, advice or would just like a chat please contact me via the school office. Or catch me on the gate at the start and the end of the day. I also work collaboratively with our SEN Coordinators. Look out for information on the school's newsletter too.

**Ms Katherine Charlesworth  
RCSAT Pastoral Lead**



13/09/2023

Dear Parent and Carers

I hope that you have a good summer, although admittedly quite wet and that you are refreshed and energised to support your family during this academic school term.

I have asked your child/children's school to kindly share with you details of our upcoming Mental Health and Wellbeing Parent Carer Workshops and our delivery schedule, for the period October to December 2023. These workshops are free to attend, and we welcome families in Cheshire East or families of children who attend a school in Cheshire East. Please have a read through the information and see if there are any workshops which may be of interest to you. Details of how to book onto the workshops can be found in the information attached. Should you be unable to attend a workshop of interest due to the date or timings, please do get in touch with us via the [FamiliesandCommunitiesTeam@Visyon.org.uk](mailto:FamiliesandCommunitiesTeam@Visyon.org.uk).

Within our Service offer we do also provide Family Wellbeing support for parents and carers, which is tailored support and guidance for families, at an early stage, when they need it most. This support can be accessed via a Visyon Parent Open Access Appointment, details attached, which can be booked directly by yourselves by contacting Visyon's Initial Contact Team on 01260 290 000.

I thank you for taking the time to read my letter and information for I know as parents, we are always time short, and I wish you and your family a smooth half-term. If you require any further information or have any questions, please do not hesitate to contact me via email.

Many thanks.

A handwritten signature in black ink, appearing to read "Louise Marsh".

**Louise Marsh | She/Her**  
**Wellbeing, Families and Communities Manager**  
07498 619 481 | Working Days: Monday – Thursday



Supporting children, young people and families across Cheshire East with their mental health and emotional wellbeing.

# Upcoming



## Parent Carer Workshops

Workshops held at Visyon (Fellowship House, Congleton, CW12 1DP)

For further information/and or to book a place, please email the [FamiliesandCommunitiesTeam@Visyon.org.uk](mailto:FamiliesandCommunitiesTeam@Visyon.org.uk)

(Please detail the Workshop name in the subject box of your email and provide a contact number).

Helping support a child's worries and anxieties, 7-week programme. <i>All 7 weeks to be attended consecutively.</i>  <b>10:30 – 12:00 each week</b>	<ul style="list-style-type: none"><li>• <b>27/09/2023</b> – week 1</li><li>• <b>04/10/2023</b> – week 2</li><li>• <b>11/10/2023</b> – week 3</li><li>• <b>18/10/2023</b> – week 4</li><li>• Break 25/10/2023 for half-term week</li><li>• <b>01/11/2023</b> – week 5</li><li>• <b>08/11/2023</b> – week 6</li><li>• <b>15/11/2023</b> – week 7</li></ul>
Supporting a child with their sleep workshop	• <b>10.10.2023</b> - 10:00 – 12:00
Connecting with and supporting a teenager workshop	• <b>16.10.2023</b> - 13:00 – 14:30
Supporting a child with their emotions workshop	• <b>30.10.2023</b> - 13:00 – 14:30
Supporting a child with additional needs	• <b>25.10.2023</b> - 10:30 – 12:00
Supporting a child with the world of social media workshop	• <b>07.11.2023</b> - 10:00 – 11:30
Understanding self-harm workshop	• <b>22.11.2023</b> - 10:30 – 12:00
Supporting a child with bullying workshop	• <b>27.11.2023</b> - 13:00 – 14:30
Supporting a child's development workshop	• <b>29.11.2023</b> - 10:30 – 12:00
Supporting a child with anxiety workshop	• <b>05.12.2023</b> - 10:00 – 11:30
Supporting a child with parental separation workshop	• <b>11.12.2023</b> - 13:00 – 14:30
Supporting a child with loss and bereavement workshop	• <b>13.12.2023</b> - 10:30 – 12:00

*If you believe you would benefit from one of our Workshops, but the dates/timings are not convenient, please get in touch as above. **These workshops are free of charge.***



We offer a wide selection of parent carer workshops to local families (with children aged 8+), which are detailed below. We schedule several workshops each month, which we advertise with the help of the local schools and via social media. Should you require any further information, please contact Visyon's Families and Communities Team.

[FamiliesandCommunitiesTeam@Visyon.org.uk](mailto:FamiliesandCommunitiesTeam@Visyon.org.uk)

These workshops are **FREE OF CHARGE** and open to all families in Cheshire East.



### **FAMILY OPEN ACCESS APPOINTMENTS**

This 45-minute appointment can be either face to face, online or by telephone, with a Family Wellbeing Worker and is an opportunity for a parent(s) to talk, offload, get initial tips, guidance, coping strategies and to discuss pathways of support. For an appointment contact the Initial Contact Team on 01260 290 000.



### **PARENT CARER WORKSHOP PROGRAMME**

**Helping support a child manage their worries and anxiety (7 x 90-minute weekly workshops)**

This programme is evidence based and explores various parenting techniques which can be applied to support an anxious child. The learning is cumulative each week so requires commitment to all seven sessions. This programme is extremely popular so may have a waiting list.



### **PARENT CARER WORKSHOP PROGRAMME**

**Sleep (1 x 90-minute Workshop & 1 tailored family session)**

This programme is evidence based and will support you in understanding why your child may be struggling to sleep. We will explore the science of sleep and practical strategies to support sleep. Available for families of children in reception and above.



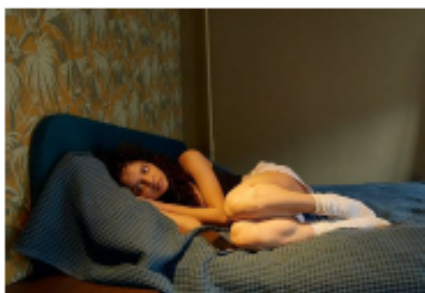
## **PARENT CARER WORKSHOP** (90-minute Workshop) **Supporting a child with loss and bereavement**

This workshop helps you to understand what death, grief and bereavement mean to a child and why they may struggle saying goodbye. We explore techniques to help support a child to cope with grief.



## **PARENT CARER WORKSHOP** (90-minute Workshop) **Understanding self-harm**

This workshop looks at the relationship between self-harm and suicide. We look at ways to support a person who is self-harming and break down some of the stigmas associated with self-harm and suicide. This workshop explains where to get further support for a person who is expressing thoughts of suicide.



## **PARENT CARER WORKSHOP** (90-minute Workshop) **Supporting a child with anxiety**

This workshop aims to help you to understand the various ways which anxiety presents itself in children and offers ideas on how to support your child to manage their anxiety.



## **PARENT CARER WORKSHOP** (90-minute Workshop) **Supporting a child with the world of social media**

This workshop looks at how to support your child with peer pressure and online bullying. Learn how to build their self-esteem and break through the negativity of the 24-hour online world. Look at how to support your child with a healthy relationship with the online world and get over that FOMO (Fear of Missing Out).





**PARENT CARER WORKSHOP** (90-minute Workshop)  
**Supporting a child with bullying**

This workshop looks at what bullying is and how it impacts a young person. We look at the responsibilities of school regarding bullying and how parents, families and schools can support children with bullying.



**PARENT CARER WORKSHOP** (90-minute Workshop)  
**Connecting with and supporting a teenager**

This workshop explores ways to communicate with your teenager and how to build the all-important connection, to maintain a positive and supportive relationship with your teenager. We will look at managing a challenging, argumentative and explosive teenager and explore strategies for managing a challenging family environment.



**PARENT CARER WORKSHOP** (90-minute Workshop)  
**Understanding and supporting a child with their emotions**

This workshop looks at what drives behaviour in young people. It aims to help parents to understand some of the challenges that young people face when managing their emotions and offers practical ideas on how to support a young person with their emotions.



**PARENT CARER WORKSHOP** (90-minute Workshop)  
**Supporting a child with parental separation**

This workshop explores the impact of parental separation upon the whole family and practical ways to work together to support your children whilst navigating a separation or divorce. We offer ideas of how to support your child and look after yourself too.



**PARENT CARER WORKSHOP** (90-minute Workshop)  
**Supporting a child with their development**

This workshop explores what happens to a child during their development and how this may impact attachment styles. We look at what is happening to a child's brain and offer ideas of how to support your child as they develop.

## A great start in life

## Do you have a child under 5?

### Would you like to:

- feel more confident as a parent?
- reduce mealtime stress?
- enjoy being active as a family more often?
- encourage your child away from screens and TV?
- see your child eat more fruit and vegetables?
- gain ideas to help with family routines?

*"I will be recommending this course to everyone.  
Thank you for this life changing opportunity."*

### Free HENRY programme starting soon:

Starting September 2023 at Oaktree Family Hub.

Please email [startforlifesouth@cheshireeast.gov.uk](mailto:startforlifesouth@cheshireeast.gov.uk) to register your interest.



**[www.henry.org.uk](http://www.henry.org.uk)**  
Pick up a leaflet for more information



**FREE TASTER SESSION** ///



## **JOIN OUR 2023/24 BASKETBALL TRAINING SESSIONS**

**Day** - Tuesdays (First Session Free)

**Time** - 5:30pm - 6:30pm

**Age** - 8-12

**Location** - Reaseheath College

**Price** - £6.50

We are looking to develop teams ready  
to play competitive matches!

**PROFESSIONAL COACHING FROM**

**BEN TEW**



**FOR MORE INFORMATION VISIT: [NARSPORTS.CO.UK](https://www.narsports.co.uk)**