

As we come to the end of another fantastic year at Alt Academy, we want to extend our heartfelt thanks to you all. This year has been jam-packed with wonderful learning opportunities for our children. From exciting trips to enriching in-class experiences, every moment has contributed to the growth and development of our children.

This will be the final full week in school as **we break up on Tuesday 23rd July 2024 at 3:20pm.**

We are incredibly proud of the effort and dedication shown by every single child from Nursery to Year 6. None of this would have been possible without your unwavering support and involvement. Your commitment to your children's education has been instrumental in making this year a success.

Looking ahead to the next academic year, we emphasise the importance of consistent attendance and punctuality. To build strong conceptual knowledge and understanding, it is crucial for children to be in school and on time every single day. Daily attendance allows for continuous practice and rehearsal, enabling students to deepen their skills and understanding. Missing even one lesson can cause setbacks, requiring children to catch up while keeping up with our fast-paced curriculum. Thank you for ensuring that your child is present and punctual every day.

We are excited to see what the next academic year holds for all our young learners. We remain dedicated to supporting their evolution and growth, helping them reach their full potential.

Thank you once again for a wonderful year. Enjoy your summer break, and we look forward to welcoming you back in the new school year.



EYFS

Amber and Ruby

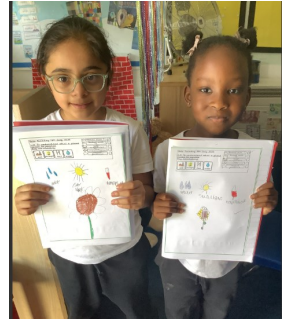
We really enjoyed our sports day this week. We took part in throwing, running and jumping events. Every child tried their best and showed great skills!



KS1

Opal

In Science we have been thinking about what plants need to grow and survive. We made a poster to share the things they need to grow into healthy plants



Pearl

This week, the children in Pearl class have been writing their own poems about leaving Year 2 and moving into Year 3. We created it as a whole class and then the children devised how they wanted to perform it. I think they did a smashing job!

Jade

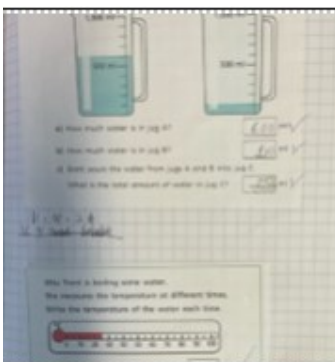
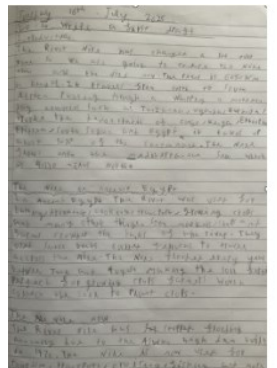
In DT, we have made our own beach huts and bathing machines using paper bags. Ask me how I decorated mine.



Lower KS 2

Topaz

The children in Topaz class have produced an information text about the River Nile. We compared the uses of the river in Ancient Egyptian times to how it is used now. We were very surprised how some of the uses now are exactly the same as they were 5000 years ago!



Citrine

In Maths, the children in Citrine have been learning about mass, capacity and measuring temperature. We have read questions carefully to develop our problem-solving and reasoning skills!

The table shows the temperature in some cities around the world on 1 June.

| New York | Paris | Dubai | Sydney |
|----------|-------|-------|--------|
| 18°C | 2°C | 43°C | 27°C |

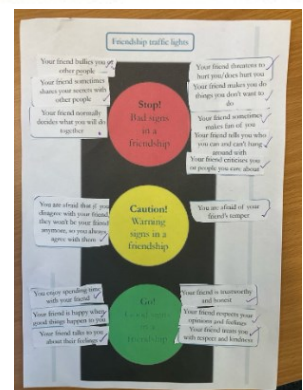
a) Which city is the hottest? Dubai

b) Which city is the coldest? Paris

c) How many degrees colder is it in New York than in Sydney? 11

Emerald

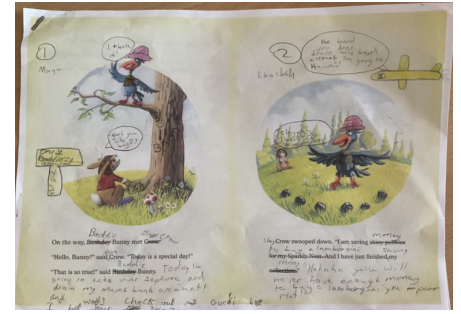
In Emerald class, we have been learning about signs of good friendships. We have looked at different scenarios and grouped these into bad signs, warning signs and good signs.



Upper KS2

Amethyst

The children have been editing a children's story to create their own version of the storyline. The children have worked in pairs to create new characters and a new plot.



Tanzanite

In maths, our Year 5 children have been preparing for Year 6 by learning about at fractions, percentages and decimals.

Sapphire

This week, all Year 6 children have spent their hard-earned cash from the sale of pop on our 'pop stand' to go to a private screening of Despicable Me 4 at the Odeon in Oldham. Funds even allowed us to have snacks as well! Behaviour was exemplary and a good time was had by all.



Year 6 children vs staff football match

In football club yesterday, we celebrated the end of the year with two matches between teachers and the Year 6 children. Both matches were fun and played in the right spirit and everybody involved had a great time. It was a lovely way to say goodbye and good luck to our Year 6 footballing superstars!



Star of the Week

Well done to this weeks stars of the week.

| | | |
|------------------|-------------------|---|
| Amber | Shafayat | For showing super enthusiasm towards your learning. |
| Ruby | Arya | For being such a kind and caring member of Ruby Class! You are a shining example to others Arya! |
| Opal | Ismail | Super effort in all his learning. |
| Jade | Dakoda | A noticeable change in her manner. Dakoda has shown confidence and sensibility the past few weeks, proving she is more than ready for Year 3. |
| Pearl | Analise | A great effort in all her learning this week. |
| Topaz | Sahil | An excellent effort and attitude when editing his writing and receiving 'constructive criticism'. |
| Citrine | Kaelan | For improved sensible respectful choices and motivation with his writing and independence! |
| Emerald | Bobby | For always making the right choices, being kind and considerate to peers and for his lovely manners. |
| Amethyst | Jamie | For completing a lot of his learning independently this week. |
| Tanzanite | Daniyaal | For consistently going above and beyond and always showing an amazing attitude to his time in school. |
| Sapphire | Safiullah Zack | For being amazing role models by helping to set up and run EYFS sports day. |

Principal's Reading Champions: Hanna, Zoya, Yaqub, Inaaya, Genivieve, Urhukpe, Afsa, Bella



Principal's Award: Osezele for his outstanding contribution to the Year 3 & 4 Summer Showcase. He sang every word and performed every action with energy, excitement and gusto!



Summer Fair

Our wonderful summer fair will take place on Monday 22nd July from 3:30pm onwards. If you have any donations of high-quality used toys or books, please send these into school. We hope to raise lots of money for school funds – we will see you there!



All children must be accompanied by their supervising adult at all times.

Coffee Morning

Our last coffee morning of the year (review and party) will take place on Tuesday morning at 9:00am in the KS2 hall. Everyone is welcome to attend. Please come and join us!



School Lunches

Please click on the link [27608840 \(theharmonytrust.org\)](http://27608840.theharmonytrust.org) to view a letter about changes to the cost of school lunches.



Year 6 End of Year Show

We are thrilled to announce that the Year 6 end-of-year show, "I'm an 11-year-old, Get Me Out of Here!" will take place on Tuesday, 23rd July at 1:00 PM prompt in the Key Stage One hall. This promises to be a fantastic performance, and we can't wait to see our talented Year 6 children shine on stage.

To ensure a smooth start, we kindly ask all parents and carers to be seated by 1:00 PM. Please arrive by 12:50 PM to allow ample time for seating and to avoid any delays.

Each child has been allocated two tickets for the show. To obtain your tickets, please speak with Mr Stuckey. If your child walks home alone, please go to the office to collect. If there are any leftover tickets, we will send a text message, and these tickets will be distributed on a first-come, first-served basis.

For those unable to attend or who wish to share the performance with family and friends, we will be recording the entire show. The recording will be sent to all parents, allowing you to enjoy and share the performance at your leisure.

We look forward to seeing you there and celebrating the wonderful achievements of our Year 6 children. It is safe to say that we will miss them greatly but wish them well in their future ventures.



EYFS Graduation

We are excited to invite parents/carers to the Reception Graduation Ceremony which will take place on Tuesday, 23rd July at 2:30 PM in the Key Stage Two hall. This special event marks a significant milestone in your child's educational journey, and we look forward to celebrating it with you.



To ensure a smooth and timely start, we kindly ask all parents and carers to be seated by 2:30 PM. Please arrive by 2:20 PM to avoid any delays.

Each child is allocated two tickets for the graduation show. To obtain your tickets, please speak to Miss Shepherd or Miss Robinson. In the event that there are any additional tickets available, we will send out a text message, and these tickets will be distributed on a first come, first served basis.

The entire ceremony will be recorded, and the video will be sent to all parents. This way, you can share this memorable moment with family and friends at your convenience.

We look forward to celebrating with you!

Crossing Patrol

We are currently experiencing intermittent levels of school crossing patrol outside Alt Academy. This means, that there will be some sessions where there is not a crossing patrol on site. Whilst staff on duty can support a child crossing the road if they appear to be in danger, this support is not consistently available and is not to be relied upon. Please support your children to be safe on the crossing. If your child walks to and from school alone, please discuss road safety with them.



Attendance

Overall attendance year to date – 93.5%

Weekly winners – Well done to: -

Opal – 96.6%

Sapphire – 97.5%

Our target is 96%



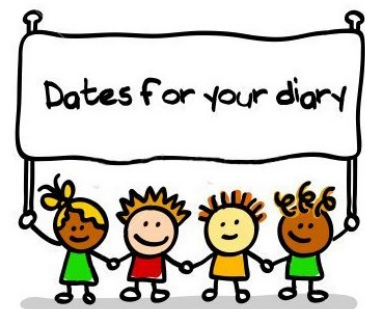
Dates for your diary

22nd July – Summer Fair after school

23rd July – Year 6 End of Year Show at 13:00

23rd July – Reception graduation at 14:30

5th September – Start of the Autumn Term 5th September – Start of the Autumn Term



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 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.



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.



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.



Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.

