

April 2019

Newsletter

Welcome Back!

Dear Colleagues,

I hope you all have had a good Easter break and a well earned rest.

Everyone continues to work so hard and I particularly wanted to thank Year 2 and Year 6 staff and pupils for all their enthusiasm and hard work in the run up to SATs week; we are aware of all the support being provided to the children and wish them all the very best of luck!

We welcome Trinity Church of England Primary Academy to St Chad's Academies Trust, who successfully joined the Trust family on 1st March 2019. This conversion has had its challenges, yet throughout we have worked closely with Trinity to build effective partnerships which have provided quality support for our middle leaders, benefitting many people across the Trust.

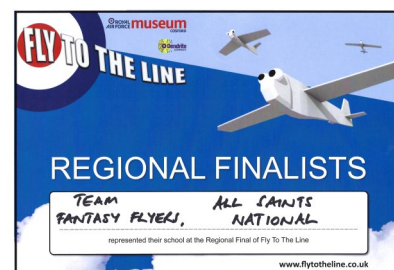
Another successful Chair's Briefing took place last term with a focus on the role of link members of the Local Academy Committee and effective Financial Management. Thank you to all Chairs who attended and to the Trust's central team; the feedback was exceptionally positive on both presentations.

The summer term brings lots of opportunities for outings, sports days and events to enjoy before the end of term!

Wishing you a good and successful term.

Best wishes, *Sue Wedgwood*

Chief Executive Officer



Fly to The Line

All Saints National took part in the Fly to The Line competition which was run in partnership with the RAF Museum, Cosford.

The regional final took place on 6th February, at Wolverhampton University's Telford campus; we competed against a dozen other schools from the Midlands area. During the competition Amber, Lily, Keeley, and Evie had the morning to design and test a foam board glider and the competition was held on the afternoon. Every team made three flight's and theirs won with the best flight of 10.4 metres, winning the regional and a place in the finals at RAF Cosford.

Good luck in the final!

**MENTAL
HEALTH
AWARENESS
WEEK**

11-17 MAY



Mental
Health
Foundation

Hosted by the Mental Health Foundation, Mental Health Awareness Week takes place from 13-19 May 2019. The theme this year is **Body Image – how we think and feel about our bodies.**

'Body image' is a term that can be used to describe how we think and feel about our bodies. Our thoughts and feelings about our bodies can impact us throughout our lives, affecting, more generally, the way we feel about ourselves and our mental health and wellbeing.

How does body image affect mental health?

Having body image concerns is a relatively common experience and is not a mental health problem in and of itself; however, it can be a risk factor for mental health problems. Research has found that higher body dissatisfaction is associated with a poorer quality of life, psychological distress and the risk of unhealthy eating behaviours and eating disorders.

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Conversely, body satisfaction and appreciation has been linked to better overall wellbeing and fewer unhealthy dieting behaviours. Though feeling unsatisfied with our bodies and appearance is often more common among young women, body image concerns are relevant from childhood through to later life and affect both women and men.

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What causes body image concerns?

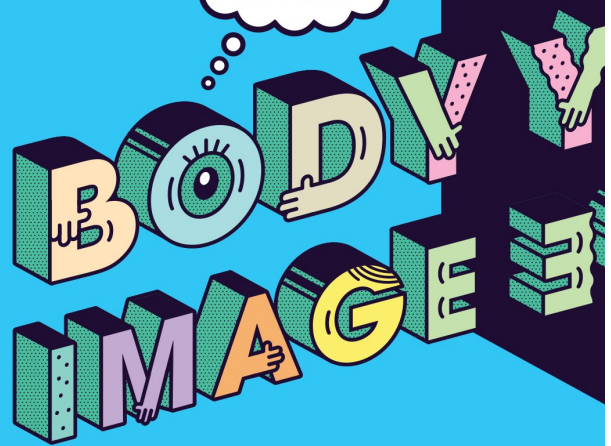
The way in which our experiences and environment affect our body image will be different for everyone. However, overall, the research suggests that body image can be influenced by:

- our relationships with our family and friends
- how our family and peers feel and speak about bodies and appearance
- exposure to images of idealised or unrealistic bodies through media or social media pressure to look a certain way or to match an 'ideal' body type.



Mental Health
Foundation

How we think
& feel about
our bodies



#MentalHealthAwarenessWeek 13-19 May 2019

There are further issues relevant to body image and mental health that are specific to certain factors and experiences, such as: long-term health conditions, cultural differences around body ideals, gender and sexuality. The above are often linked to other societal factors and discrimination.

New body image statistics

New online surveys were conducted by the Mental Health Foundation with YouGov in March 2019 of 4,505 UK adults 18+ and 1,118 GB teenagers (aged 13-19). The results highlighted that:

One in five adults (20%) felt shame, just over one third (34%) felt down or low, and 19% felt disgusted because of their body image in the last year.

What can we do?

Clearly action is needed to build and promote positive body image and support good mental health and wellbeing in relation to our bodies. Everyone has a right to feel comfortable and confident in their own bodies and our report highlights key recommendations for:

Effective regulation of how body image is portrayed.

The need for commitment from social media companies to play a key role in promoting body kindness.

Taking a public health approach to body image by training frontline health and education staff.

Individually being more aware of how we can take care of ourselves and others in relation to body image.

For future information visit:

<https://www.mentalhealth.org.uk/>

<https://www.facebook.com/mentalhealthfoundation/>

<https://twitter.com/mentalhealth>

<https://www.instagram.com/mentalhealthfoundation/>



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What is it?

A charity based in Newark whose mission is to provide Education and a future for African children. They have built and opened 2 schools at Kanifing and Half-Dye providing full time education for more than 1,300 children.

They also offer youth programmes offering a range of activities for young people. They raise money with lots of activities including the sponsorship of a child.

How have Havergal helped?

In December 18 we donated some chairs and tables that we had as surplus. We asked for donations of good quality school uniform, pumps, books for the library etc. These were collected and added to 2 containers that left. In February 19, volunteers headed out to empty the containers and distribute the donations between the schools as appropriate. Years 4, 5 & 6 have written letters which were taken out too.

The future?

Hopefully letters will be sent back and we will have a visit from some of the volunteers to talk to the children at school. They are also going to make a video for us.

Trauma Sensitive Award for Schools (ATSSA)

Mereside Church of England Primary School, Shropshire have successfully gained the Bronze Award for Attachment and Trauma Sensitive Award for Schools (ATSSA). Congratulations to everyone and thank you for sharing your news with us!



A big thank you to Tesco and St James PTFA for funding the transformation of our old children's kitchen area to a fantastic learning space with brand new kitchen with integrated oven and hob.



**Education & Skills
 Funding Agency**

The DfE has issued an updated list of qualifications that meet the DfE criteria for counting in the Early Years Foundation Stage Framework staff/child ratios.

See <https://www.gov.uk/government/publications/eyfs-staffchild-ratios-dfe-approved-qualifications>

Ofsted's Deputy Director for Schools has discussed the new education inspection framework and given initial feedback from pilot inspections. See <https://www.gov.uk/government/speeches/matthew-purves-at-the-schools-and-academies-show>

Congratulations



Congratulations to Deb Leask at All Saints National for taking part in the London Marathon.

The children helped her raise £1,189 for the charity PHAB kids that supports children and adults with and without disabilities.

The staff have also sponsored her for each mile and raised £200 for the academy to fund for their own defibrillator.

Farewell & Good Luck

We are sorry to say good-bye to Louise Le Morvan, School Business Manager at All Saints National.

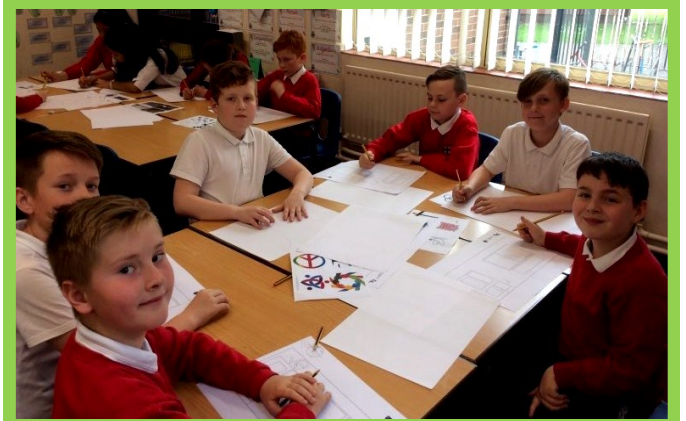
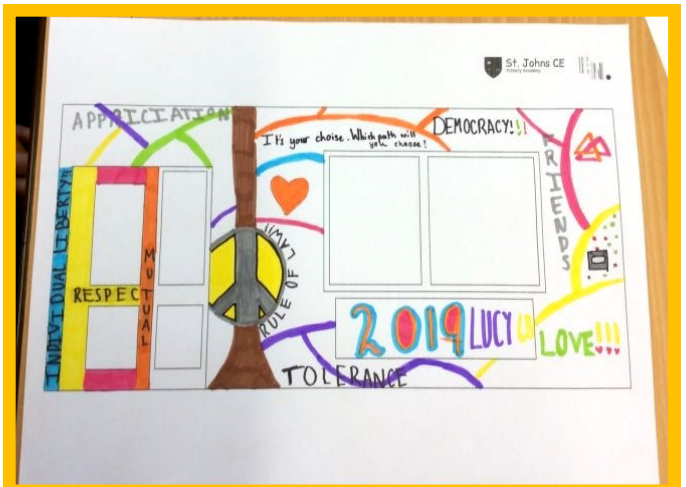
Louise will be missed, and we thank her for her expertise and commitment to All Saints and the significant contribution to the Trust.

We wish Louise well in her new role.



Y6 Graffiti Enrichment

On Friday 3rd May, two graffiti artists (Tom and Rob) came into St John's Stafford and did a really fun workshop with Year 6. The children had to draw some bright, vibrant images to represent the British Values because there are going to be some graffiti walls in our classrooms! Tom and Rob showed some pictures of mosaics that they had created and provided them with some books and images for inspiration. "I worked with Mrs Major and we produced a fantastic piece of artwork," said Archie. At the end of the afternoon, Tom and Rob took our designs away and St John's are awaiting mock-ups of the final designs. "I think that the graffiti walls are going to be really amazing because all of our work will be put together," said Nieve. Tom and Rob will be back in school during half term to paint the designs on the classroom walls, so watch this space...



Events

- ⇒ National Numeracy Day 15th May 2019
- ⇒ Cultural Diversity Day 21st May 2019
- ⇒ Walk To School Week 20th -24th May 2019
- ⇒ Principals Forum 23rd May 2019
- ⇒ SBM Forum 5th June 2019
- ⇒ Science QLC 20th June 2019
- ⇒ SEN QLC 26th June 2019
- ⇒ RE QLC 27th June 2019
- ⇒ Child Safety Week 3rd - 9th Jun 2019
- ⇒ Children's Art Week 8th -16th Jun 2019

