



Prayer for Children

Today is Children In Need and the end of our anti-bullying week. We offer our prayers for all those children who may be suffering in some way.

Father God, we thank you that you made us to be in relationship with others. We pray for our children to know great care and support from those around them. May they be encouraged by friends and peers and may they show your love and care to all those around them.



'Well Done'

*to the following pupils who received
Learner of the Week awards:*

Reception - Bertie Year 1 – Harry G

Year 2 – Peter A Year 3 – Darcee

Year 4 – Evie Year 5 – Joel

Year 6 – Fenn

Headteacher's Award

Year 4

Attendance Award

Reception & Year 2 - 98%



Message from the Headteacher

This week has been filled with special celebrations and raising awareness of important themes.

On Monday we began with a special assembly for Remembrance Day, where children shared songs, poems and inspirational artwork.

On Tuesday we had Odd Socks Day to celebrate each of us being unique for Anti-Bullying Week. The JLT lead us in an 'odd-socks' dance and challenged us all to give a 'Good Mood' gift to someone else.

Year 3 took part in a dance workshop on Wednesday led by Chipping Norton School. Two of our PCSOs came to speak to Year 6 about elements of safety and keeping safe online.

Key stage one visited the library on Thursday and took part in a book quiz as well as enjoying a very funny story. On Friday, Early Years enjoyed meeting their Year 5 buddies.

All week children have been working hard on doing as many 'Bearpees' as possible in order to raise money for Children In Need, finishing the week with a Pudsey Bear themed own clothes day. Thank-you so much for your sponsorship and support. **Update:** The children managed a grand total of 3153 Bearpees!

It has also been lovely to welcome Governors into school this week.

Mrs Brookes, Mrs Evans and Mr Nolan have all visited us this week to take part in various activities across the week and we thank our Governing body for their continued support.

After a busy week, I wish you a restful and enjoyable weekend.

Catholic Life

November continues to be the month we pray for those we have loved and lost. Please give any names of people you would like to pray for to your children, who can then add it to their class prayer books and focus for collective worship.



Switch Off Fortnight

Our school is taking part in Switch Off Fortnight, a two-week event focused on saving energy and promoting environmentally friendly habits. Within school, we will be assigning our chaplains to check classes at lunch and break time; turning off any lights or appliances. To celebrate, we're holding a Poster Competition where students can create posters to encourage energy conservation. The best posters will be displayed around the school! Ideas for your poster could include messages like "Switch off lights," "Unplug devices," or "Save energy, save the planet." Posters should be A4 size and submitted to your class teacher by next Friday 22nd November.



This Week in Photos

KS1 Visit the Library



Children in Need



DATES FOR YOUR DIARY

Dates for Michaelmas Term

Tuesday 19 th November	Year 4 Lantern Making Workshop
Wednesday 20 th November	U11 Netball Festival
Thursday 21 st November	Year 6 Street Dance Workshop
Wednesday 27 th November	Year 5/6 Indoor Athletics
Thursday 28 th November	Christmas Lantern Parade
Friday 29 th November	Year 5 St Andrew's Class Assembly
Wednesday 4 th December	Year 4 Ball Skills Tournament
Thursday 5 th December	Reception Nativity Performance
Friday 6 th December	Parent Christmas Crafts Afternoon 2:00pm
Wednesday 11 th December	KS1 Nativity Performance
Thursday 12 th December	Christmas Dinner & Christmas Jumper Day - Don't Forget Your Cracker!
Friday 13 th December	Whole School Panto Trip
Monday 16 th December	KS2 Carol Concert (1.30 & 5.30pm) - CHANGE OF DATE
Thursday 19 th December	School Closes at 12.05pm for Christmas

10 Top Tips for Parents and Educators

TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

1 CONSIDER CYCLE TRAINING

Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began; there are Bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signaling and visibility), and can help both parents and children feel more at ease on busy streets.

2 USE A SUITABLE BIKE

Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

3 TRY A CARGO BIKE

Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

4 INSPECT YOUR CYCLE

It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

5 BRING SUITABLE GEAR

Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

7 STAY ALERT AND IN SAFE FORMATIONS

For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

8 AVOID PARKED CARS

When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

9 START A 'BIKE BUS'

Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you!

10 HAVE FUN!

Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.

Let's get cycling

#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/teaching-cycle-safety>

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