

Hudson Primary School & Family Wellbeing Centre

Weekly Newsletter for Families

Friday 16th October 2020



HUDSON SCHOOL NEWS - Headteacher; Niki Craddock

One more week left now of our first autumn term. The days are whizzing by - action packed but yes I'm already thinking about Christmas!

It's been a bit of an uncertain week with our Tier 3 information shared by Boris Johnson, we are still awaiting what this specifically means for us in Sefton, I am expecting confirmation soon though and I will quickly Class Dojo this message out if anything changes for school or our locality.

Next week we have an awful lot going on as we close down for the end of term. Monday will be a day to bring in all of the home learning Collins maths and English books or Phonics books - these are the weekly activities the children are set by their teachers. New work for home learning along with the children's Learning Journey projects (already at home) will come home on Friday next week, this is to keep the learning momentum going for the children over half term as we need to ensure that they are not disadvantaged by the time away from school due to COVID.

However also on Friday we have our Autumn Extravaganza planned - dressing up, chocolate hampers, pumpkin competitions and lots of treats!

Sadly I must tell you that next week we will say goodbye to Mr Murphy in our Beech Class Base Team. Mr Murphy trained at Hudson as part of AMP SCITT, he also previously worked as a learning mentor for Maghull High and Deyes High so is a familiar face to many of our families. He has been a loving part of our team for a number of years now and has been on the lookout for new ventures and challenges which he has found in Sefton's Looked after Children Department. These are very vulnerable children and families and we know that Mr Murphy will be an absolute asset to their team, we are sad to see him go but equally very proud that he has built the skills to move on to such an important role whilst at Hudson. It has taken us a great deal of time to fill Mr Murphy's position, we have been very specific on the type of character and skills we wanted for our Autism base and our 'Beech Boys' and for the past three weeks the children have been getting to know our new team member Miss Birtwhistle. Miss B has been working hard behind the scenes to get ready to move to her dream role at Hudson and I am sure you will all warmly welcome her. The children have become familiar with her too these past few weeks, so keep on the lookout for her next week and say hello.

On Monday we will welcome Mrs McIntyre back as she will now stay at Hudson and be a familiar face for our wonderful Year 2 until March when Miss Morrissey returns from maternity leave 😊

PREPARE FOR THE WEEK AHEAD

Monday

- Collins Homework books and Phonics homework books to be brought back for Dojo points on completed work
- Harvest donations for our local food bank can come in from today
- 1.30pm last swimming lesson for Oak Class

Friday

- **Autumn extravaganza!** Dressing up, pumpkins, chocolate hamper, treats and seasonal film!
- 2.45pm Whole school virtual Celebration assembly with Mrs Craddock
- Half term homework will come home today - please support us to close learning gaps for all of our children.
- Mr Murphy leaves today 😞

Half term break starts



Finalist

CELEBRATORY NEWS - EVERYONE EXPERIENCES EXCELLENCE...

Friday brings us smiles, and celebrations. This week join our team in giving due praise and recognition to our shining stars of excellence and champions of behaviour.

The children who have stood out exceptionally well for demonstrating aspects from our behaviour charter our very own **Behaviour Charter Champions** are:

Little Acorns Classes (Mrs Kelly, Mrs Spafford & Team): Whole class

Maple Class (Mrs McIntyre, Miss Chapman & Team): Harper I

Yew Class (Miss Goodwin & Team): Freddie C

Sycamore Class (Mrs Whitelaw & Team): Isabelle M

Silver birch Class (Miss Morrissey & Team): Evie S

Elder Class (Mr Roberts & Team): Joseph K

Oak Class (Miss Cavanagh & Team): Stephanie UP

Chestnut Class (Mrs Macpherson & Team): Ethan W

Beech Class (Mr Murphy & Team): Mason L

Rowan Class (Mrs McNally & Miss McCann): Lilly H

We can also not forget to mention and give praise to those who have demonstrated **Excellence within their learning, our EEE winners!** Those who have truly excelled and impressed are:

Little Acorns Classes (Mrs Kelly, Mrs Spafford & Team): Jersey J and Alistair M

Maple Class (Mrs McIntyre, Miss Chapman & Team): James Michael S

Yew Class (Miss Goodwin & Team): Kaiden K

Sycamore Class (Mrs Whitelaw & Team): Ryan L

Silver birch Class (Miss Morrissey & Team): Ciaran Q

Elder Class (Mr Roberts & Team): Annabelle B

Oak Class (Miss Cavanagh & Team): Aya A-K

Chestnut Class (Mrs Macpherson & Team): Bobby Mc

Beech Class (Mr Murphy & Team): Mark F

Rowan Class (Mrs McNally & Miss McCann): Louis L

Be sure to ask your child to tell you all about the work they have displayed proudly in school and shared today.

Our Hudson Reading Challenge and EYFS Nursery Rhyme Certification really helps us to reward those children taking Literature seriously. This is a real challenge and we love to celebrate these achievements throughout the school year. We will be launching this very soon! **However this week a huge well done to Ethan F in Maple class for completing the Summer Reading Challenge (despite all of the difficulties we faced this summer) - his certificate is on the way!**

Our final reward is our **Kindness Cup**, and this week our ambassador of kindness goes to **Mrs McIntyre in Maple Class**, she has gone above and beyond for families and children when we have needed her most, she leaves Maple class and the Early Years today but will be joining Silver birch class on Monday. We are very proud of you Mrs Mc, good luck and lots of love from your Hudson Family!

*Everything will fall into place,
just be patient!*

SAFETY NOTICES

Please be aware that the parking outside of school is limited, but we need to be considerate of the neighbours and not park over driveways or on grass verges.

This can be extremely hazardous and you could be fined, it is also causing the residents great stress!

We are a community school that thrives on building respectful relationships with our community.

In the Maghull Community pages of social media the school is being badly advertised for careless community parking, please help to eradicate this.

NEWS FROM THE SCHOOL OFFICE

Data Sheets - Some data sheets will come home today for you to have a quick look over. Please amend/delete anything that needs updating for our school system and return to school as soon as possible.

Photographs' - return date for our photographers is Friday 6th November at approx 1pm. So any children you were absent last time can have their photo taken.

Reminder Just a reminder that the school phone line is not available between 1.00-2.00pm daily. All answer machine messages are picked up at 2.00pm

Breakfast club and Afterschool Care - Breakfast club and willow den is now a pre-booked, reserved provision. If you no longer require your hours that you have pre-booked can you please let the office know, an email will suffice with a minimum of a week's notice. Administering multiple short notices changes can lead to inaccurate registers and could potentially reduce our ability to safeguard. Many thanks.

NEWS FROM THE PTFA (registered charity no: 1156873):

So, next week is our Autumn Extravaganza day and our volunteers have been hard at work making some fantastic prizes for the children to win in our class raffles and for the best decorated pumpkin! There will be lots going on in their classroom bubbles and treats for everyone while they watch their movie. Just one little thing to help make the end of this half term memorable.

Once again, thank you for your donations that have helped make this possible.



SCHOOL EVENTS 2020-2021 - AUTUMN TERM

Week	Date of event	Event title and details
19 th October	Monday 19 th October	Harvest donations in - tins and jars please! Harvest has arrived again, at Hudson we like to support those in our locality not as fortunate. All donations will go to our very own Foodbank sources.
19 th October	Friday 23 rd October	Harvest festival service Our vicar has sent a virtual assembly for the children to safely be a part of
19 th October	Friday 23 rd October	Autumn celebration A festive movie, some goodies, maybe a costume for this day too. But definitely lots of treats and prizes. Decorate a pumpkin for our school competition and be in with a chance to win a chocolate filled class hamper from our PTFA.
Current planned Half Term: Monday 26th October return Monday 2nd November		

Hope you all get to have some quality family time this weekend
Niki Craddock and Team



Associated Merseyside Partnership SCITT



Everyone Experiences Excellence

Hudson mental health and wellbeing support

With half term coming soon... Take time out

However busy you are, it's important for your mental health to take time out for yourself to relax and recharge your batteries.

Why is relaxation important?

Life is busy, whether you're at school, college or work. Sometimes, the pressures can seem all a bit too much. Taking some time off for relaxation is vital to help your mind and body switch off from those pressures. Some mental health problems, such as [anxiety](#) and [depression](#) can be caused by "too much work and not enough play". And not taking time out for relaxation may make any existing mental health issue worse. **Relaxation is an important part of maintaining positive mental wellbeing.**

Stress-busting relaxation techniques

Pause - make time during the day to take breaks or pauses. Pausing throughout the day can prevent stress from building up.

- Stop what you are doing.
- Look out of the window.
- Let your shoulders drop.
- Stretch.
- Allow your mind to calm down.

If you find yourself in a stressful situation such as a difficult phone call, a crowded train journey home or a looming essay deadline, give yourself time afterwards to pause and calm down.

Deep breathing - Taking deep breaths after a stressful situation and concentrating on your breathing can have a calming effect and help you relax.

- Close your eyes.
- Take deep breaths in and out.
- Think of your favourite place, maybe somewhere that you go on holiday.
- Focus on the place and picture yourself there.
- What can you see? What can you smell? What can you feel?

Imagining being in your favourite place can take you away from your current stressful situation and help you relax and calm down. It can also help prevent stress levels gradually rising throughout the day.

Mindfulness - Be mindful - be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges. Learn more in [Mindfulness for mental wellbeing](#).