

Dear Parent/Carer,

What an exciting week at Churchfields! The children have been immersed in our celebration of British Science Week by undertaking a variety of focussed tasks and experiences. I am sure parents will have heard from their children about some of the events which have stimulated their curiosity. We definitely have a number of budding scientists in the making! Our thanks to pupils for making the most of the week's opportunities, and to staff for their meticulous planning. Particular recognition must go to Mrs Liddiard for her impressive organisation of such a worthwhile week.

Thank you to parents who have signed up for a meeting with their child(ren)'s classteacher next week. It is not too late to book an appointment if you have yet to do so.

Kind regards,

Simon Fletcher.

Mathletics

Wow! Mathletes you have surpassed yourselves this week. In a Churchfields-first achievement, we have no less than four gold

certificates to celebrate this week! Yes - four!!! How brilliant is that?! Our quartet of mathletes who have managed this unprecedented feat are Livinia, Vinnie, Scarlett and Amelie. Well done to all of you.

GOLD : Livinia, Vinnie, Scarlett, Amelie

SILVER : Maddox, Maddy J, Livinia, Vinnie, Finlay, Scarlett, Amelie, Iris, Alice

BRONZE : Sam B, Theo, Oscar BH, Daisy, Holly, Bodhi C, Benjamin CJ, Florence, Samuel D, Josiah, Alexis, Maddox, Hector G, Rufus, Oliver H, Maddy J, Emily J, William J, Leighton, Livinia, India, Vinnie, Quita, Morgan, Alanna, Alexis M, Finlay, Ryley, Christina, Joseph, George R, Kaan, Freddie S, Olivia S, Scarlett, Amelie, Iris, Kaya, Alice, Branwen

British
Science
Week
2023



What a busy week we have had, culminating today with a visit from Catherine Barr (author and scientist). We have taken lots of photographs of all the activities from the week including our 'Workshop Tuesday', designing lab-coats for Bayer, using 'germ dust' and UV torches to check how well we are washing our hands, and looking at the work and skills required of real scientists! Many thanks to all the teachers and support staff for planning and helping to bring such a lovely week together. We will collate all our photographs and include a selection on Facebook and in next week's newsletter!

Andrea Liddiard – Science Lead

Increase to School Lunch price from 03 April 2023

We have been advised by our caterer that continuing price rises from their suppliers has given them no choice but to increase the cost of school lunch provision. The charge for a school meal at Churchfields will go up by 10p in April to £2.60 per meal.

Eynon apologise for having to pass on rising costs to parents and carers, but due to the current climate and ever increasing costs of produce and delivery they need to do so to ensure they are able to continue to provide quality products for use in our meals.

We fully understand that as a result of this price increase some families may decide to change or cancel booking hot meals at school. If you do want to change any of the meal bookings made via Parent Pay from 17 April onwards please can you make any changes by Sunday 26 March. If you need any help with this please contact the office.

Break The Rules – Wednesday 22nd March



We are really excited to be able to break the rules on Wednesday next week. For ideas check out the PTA poster further down the newsletter.

Floating gardens project aftermath!

Thank you to those who donated recycling items for our floating gardens project in Kestrels and Falcons. We discovered the problems caused by flooding in Bangladesh and the ingenious idea of designing gardens which float on water so that crops can be grown on the top. We had a lot of fun designing and making our own gardens, thinking about which structures and materials would be best to use. After making and refining our designs we tested them on water, adding weights to see how well they survived!



CLOTHING COLLECTION

**THURSDAY
27TH
APRIL**



BRING YOUR UNWANTED CLOTHING



**SHOES
BAGS
BELTS**



TO RAISE MONEY FOR OUR SCHOOL

PLEASE LEAVE BAGGED DONATIONS AT
ATWORTH RECEPTION AREA
OR
MF FOYER
FROM WED 26TH APRIL

RAG BAG CLOTHING COLLECTION

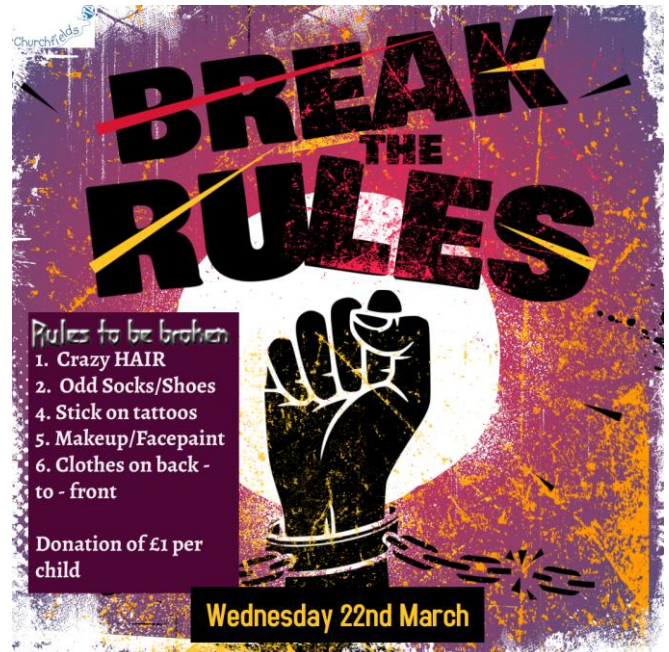
The Friends of Churchfields (PTA) have arranged for another clothing collection on Thursday 27th April. Please donate as much as you can - ask your friends and family too. The school will get paid £400 per tonne!!

Please leave all donations at Atworth Reception or MF Foyer from Wednesday 26th April.

Thanks for your support

What is not accepted:

- Workwear
- Uniforms (including School Uniforms)
- Wet/Soiled Clothes
- Curtains
- Towels
- Duvets or Duvet Covers
- Pillows or Pillow Cases
- Blankets
- Table Cloths
- Linens
- Cushions
- Carpets
- Suitcases
- Books
- Bric a Brac
- Clothes Hangers
- Electricals



Churchfields' Weekly Newsletter

Friday 17 March 2023

DATE	EVENT
Monday 20 March – Friday 24 March No teacher led clubs this week	
Tuesday 21 March	Parent's evening until 7:30pm
Thursday 23 March	Swimming Nightingale Class
Thursday 23 March	Parent's evening until 6pm
Friday 24 March	Easter concert 2:30 -3:30 Atworth school hall
Monday 27 March	Indoor Cricket Melksham Community Campus KS2
Tuesday 28 March	Easter Service Atworth Church 1:15pm all welcome
Thursday 30 March	Swimming Nightingale Class
Friday 31 March	INSET DAY school closed to pupils
Friday 31 March	End of term 4

Term 5: Monday 17 April – Friday 26 May

- Monday 17 April – children back to school
- Monday 1 May – Bank holiday (school closed)**
- Monday 08 May – Bank holiday (school closed)**

Term 6: Monday 5 June – Tuesday 25 July

- Monday 05 June – children back to school
- Monday 24 July – INSET DAY (school closed)**
- Tuesday 25 July – INSET DAY (school closed)**



Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Oliver Argemont is a registered counsellor with the Health Professions Council of Great Britain, working to provide practice to offer counselling to children, teenagers and young adults. He is the founder of Triple Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to achieve resilience.



NOS National Online Safety
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@natonlinesafety](https://instagram.com/natonlinesafety)

[@national_online_safety](https://tiktok.com/@national_online_safety)

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EASTER HOLIDAY

Mighty Girls

ART WORKSHOP - EXPRESSING YOUR POWER!

Exploring a sense of self & body positivity through multimedia art making.

An exciting day of painting, mark making, portraiture printmaking and multimedia exploration.

- Explore your sense of self and identity through colour.
- Create a multi media canvas of yourself
- Celebrate the wonderful you.

How will you express your power?



Tuesday 4th April
 For girls age 10-14 (Year 5 upwards)
 10-3pm
 £35
 The Quakers House, Bradford-on-Avon
 Limited Numbers
FUNDING AVAILABLE



Lucy -Workshop Leader

For info & to reserve a place visit www.mightygirls.co.uk



MIGHTY GIRLS SELF DEFENCE

Mighty Girls & Helen from Systema have joined forces to bring you this one day workshop.



HELEN LLEWELLYN
SYSTEMA ACADEMY

“The workshop will be a gentle introduction to self-defence which will look predominantly at movement, breath work, relaxation & posture. These four principles are essential to understanding yourself and coping in many situations you may find yourself in.”



Mighty Girls

Visit www.mightygirls.co.uk to learn more or scan the QR code:



Girls: Yr7 to Yr 13 (Age:11-18)
 Monday 3rd April
 11am - 4pm
 At Systema Academy, Melksham
 Cost: £35 *Discounted places available



OPEN WORKING MORNING

Tuesday 21st March 2023
 9 - 11am

For more details, please visit 'Open Events' on our website



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