



7th June

Dear parents and carers,

First Aiders at Bosham

Our INSET this week trained every member of the school staff to be a paediatric first aider. I have taken this approach to ensure we can quickly deal with any medical needs and to have a greater sense of safety in the school. All staff are now confident to deal with an emergency in the best way possible. Another benefit of this is that pupils, teachers and all other staff can be reassured knowing that there are first aiders on site.

Moving forward it is my plan to teach first aid to the pupils during our Sports Week in the Autumn term of the next academic year. This will include teaching pupils on how to put people into the recovery position and what to do with minor cuts and grazes.



Phonics Screening & Multiplication Tables Check (MTC)

Next week the Toppers (Y1) will be undertaking their phonics screening check. Mrs Black will undertake all of the tests and the test contain 40 words. Each child sits one to one and reads each word aloud to their Mrs Black. The test will take approximately 10 minutes per child, although all children are different and will complete the check at their own pace. The list of words the children read is a combination of 20 real words and 20 pseudo words (nonsense words).

Also, the Wayfarers (Y4) will undertake their MTC next week. They will have a chance to practice with a same styled practice test before undertaking it. The MTC is an online test with 25 questions where children must answer each question within a 6 seconds time limit so the whole test will take less than 5 minutes.

INSET dates for 2024/2025

- Monday 2 September 2024
- Monday 6 January 2025
- Monday 24 February 2025
- Monday 2 June 2025
- Tuesday 22 July 2025



MENTAL WELLBEING

Brought to you by stem4 & Boomerang

FEELING ANXIOUS?

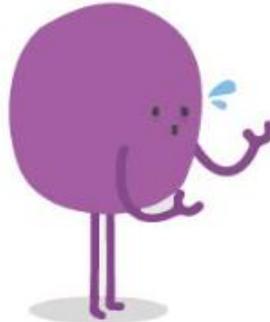
Everyone feels anxious from time to time and the experience of the pandemic has contributed to many new anxieties. Whilst a certain amount of anxiety can make us feel more alert and improves our performance, too much anxiety, that stays at high levels for a long time, can be unhelpful.

SOME WARNING SIGNS INCLUDE:

Panic & feeling under pressure

Disturbed sleep

Inability to relax or agitation



Worrying most of the time

Overeating or reduced appetite

Irrational & continuous fear

TOP TIPS...

1 Keep a record of worrying thoughts that might lead to anxious behaviours – chat to someone who can help you get a different view.

2 Face things you are fearful of, rather than putting them off – reward yourself for every achievement.

3 Take breaks, relax your muscles as best you can, focus on feeling calm.

4 Rank your worries, put away the minor ones and create an action plan to solve your biggest one – why not ask someone to help you?

5 Try the stem4 Clear Fear app, it's free to download and provides techniques to manage anxiety.

6 Talk to someone who can help – parent, sibling, friend, teacher, GP.



Bosham Primary School

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Head Teacher: Mr Richmond

Monday 10th June	
• 09:00 – Open the Book Assembly	
• Y2 - Goodwood Farm trip	
• Y4 - Paul Ullson to visit (Mayans)	
Tuesday 11th June	
• 12:30 Sunbeams STEM trip to the Bourne	
Wednesday 12th June	
• 09:45 – School Values Assembly	
• 13:00 – Rock Steady	
Thursday 13th June	
• 13:00 - Jane and Fizzy Lemon	
• 13:20 – Celebration Assembly	
• 18:00 - New Reception parents evening	
Friday 14th June	
• Singing Assembly	

Key dates for your diary

- Monday 10th June – Fevas to Goodwood Farm
- Monday 17th June – Yellow photographers in school, class photographs and year 6 leaver photographs
- Wednesday 19th June – Fevas to Chichester University sports festival
- Friday 21st June – Lasers to Butser Farm
- Wednesday 26th June – New Reception class first transition day
- Wednesday 3rd July – Transition day
- Thursday 4th July – Pupils vs Teachers Young Governors fund raising day
- Friday 5th July – Opps to QE park
- **Monday 15th July – Sports Day moved to Monday 15 July**
- Tuesday 16 July – Toppers to Marwell Zoo
- Wednesday 10th July – Sunbeams (Y5) to Wicked in London
- New Production dates for Sunbeams (Y5) and Catamarans (Y6), Thursday 11 July (evening) and Friday 12 July (afternoon and evening)
- Monday 22nd July at 2:30pm Wayfarers – parents invited to a Mayan inspired café
- Tuesday 23 July – last day of the summer term

Creative

Independent

Emotionally Intelligent

Resilient

Learners

Website: www.boshamprimary.co.uk