

Codnor Community Primary School



Newsletter



The summer holidays are almost here! Hopefully the days will be sun-filled and fun-filled...with plenty of quality time relaxing with family and friends. Whatever you are doing...enjoy!

Helping your child with change and transition

Everyone copes with change in different ways—some love the excitement of something different, others are anxious at the loss of what is familiar. This time of year can be quite challenging for some children. Being faced with a new teacher and teaching assistant, a change of classroom, a different location within the school or—as in the case of our Year 6s—a different school altogether.

Within school we try to make these changes as smooth and worry free as possible, with our stay and play times and transition mornings. Our children are also familiar with many of our staff—even those in a different Key Stage. However, the role of parents/carers is really important in making the experience a positive one. Here are some tips for supporting your child with this:

- Be positive! How you react to change will have an influence on your child.
- Talk to your child about the positive elements of change—new experiences, new opportunities, meeting new people
- Focus on the things that will stay the same. They will be in a new class with their friends. They will still see adults that they are familiar with. Routines may still be the same.
- Listen to any worries they may have. Most children will be excited and are ready to move up through school.
- If your child is changing key stages, talk to them about drop off and pick times and locations.
- Keep in touch with their friends over the holidays...maintaining connections will ease any anxiety about their return.



The words no-one wants to hear!

I'M BORED!!!

Try creating a Boredom Jar. Work with your child to create a list of boredom busting activities, write each one on a strip of paper and put them in the jar. Next time they're bored, tell them to choose a slip and do the activity. Here are some ideas to get you started...

- ◆ Make a den
- ◆ Do some junk modelling
- ◆ Plan and make your own lunch
- ◆ Have a dance party
- ◆ Create a collage about all the things you do over the summer
- ◆ Make an obstacle course outside
- ◆ Design a thank you card for someone
- ◆ Make bubbles and different sized wands



Key Dates

24/7 Samaritans Awareness Day....24th July

International Day of Friendship...30th July

reLAXation

A great way for adults and children to practice mindfulness is bubble breathing. Breathe in for 4 and out for 7, focusing on blowing as many bubbles as you can. Or you could try to make one bubble as big as you can. This can also be useful if your child has any worries. Imagine the worry in the bubble and watch it float away.