

SCRAPTOFT VALLEY PRIMARY

“Working together to give every child an excellent education in a caring environment”



February 2025



Spring 1

What a wonderful half term we have had in school. Hopefully the sun will start to shine and we will have lighter days for the next half term!

See you on Monday 24th Feb at 8.55am

It was lovely to see so many of you at parents evening this term. We are so proud of the achievements and hard work of all of our SVPS children!

We have a **LCH charity bag** near the front office to donate any uniform that your child has grown out of. The uniform is then washed and gifted to families in need across the city.

We celebrated our first **Togetherness day** in January. Where children across the school joined together to do different activities including reading, dough disco and a huge joint playtime across all 3 playgrounds!

Thank you to everyone who came to our ‘well-being’ **parent workshop** last week. We had 59% of families attend!

Next parent workshop:
30th April 2025

Scraptoft Valley Governors need you!



Have you ever thought
of becoming a parent
governor?

No formal qualifications
are needed.
Training and support will
be provided.

We would love to welcome
more parents onto our
governing body

All you need is an
interest in the school
and the welfare of
our children and the
time and willingness
to get involved

If you would like to apply or to find
out more, please email our Chair of
Governors

Jenny Dnes

jdnes@scraptoftvalley.leicester.sch.uk



At SVPS, as well as across the country, there has been an increase in the number of children starting school in nappies. The Department for Education (DfE) has released a document helping Early Years providers with guidance on supporting toilet training in school - which all of our staff have read.

The guidance has lots of links to help parents with toilet training at home before they start school (see below):

NHS advice

www.nhs.uk/conditions/baby/babys-development/potty-training-and-bedwetting/how-to-potty-train/

The Institute of Health Visiting's advice and tips on toilet training

<https://ihv.org.uk/for-health-visitors/resources-for-members/resource/ihv-tips-for-parents/health-wellbeing-and-development-of-the-child/toilet-training/>

ERIC The Children's Bowel and Bladder Charity

<https://eric.org.uk/potty-training/>

Or call 0808 801 0343 Mon to Thurs, 10am - 2pm for support

ERIC also provide support for toilet training children with SEND

<https://eric.org.uk/potty-training/children-additional-needs/>

What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
16+

In UK and Europe:
rest of the world 13+

...MSG ME...

WHAT ARE THE RISKS?

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging. WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.

ONLINE

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except ...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert

Dr Claire Rutherford is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY OSCAR...

NOS National Online Safety®

#WakeUpWednesday

Emotional Literacy is the ability to recognise, understand and express our emotions in order to make sense of ourselves and our surroundings. Here are some top tips to help support children to develop their Emotional Literacy.

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

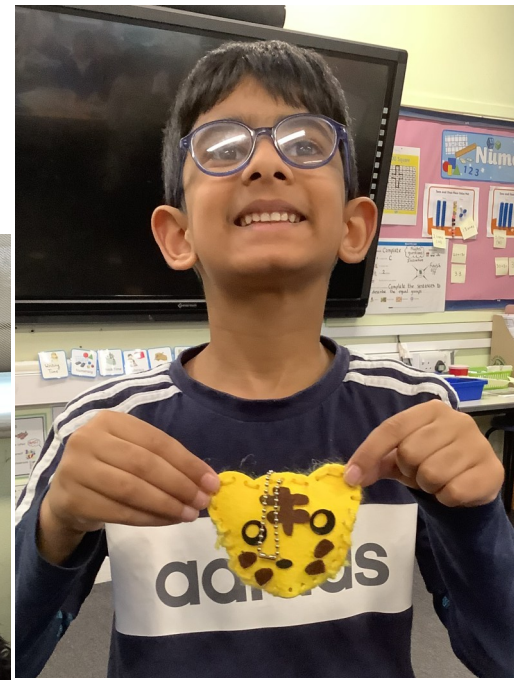
Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.





Miss Davies, Mrs Beeby and Miss Ram loved helping some Year 1 and 2 children master their sewing skills in Sewing After-School Club this term. We tried really hard to thread our needles and carry out the running stitch. Each week we got a little bit better at it too! Have a look at our amazing animal creations. We especially enjoyed decorating them.





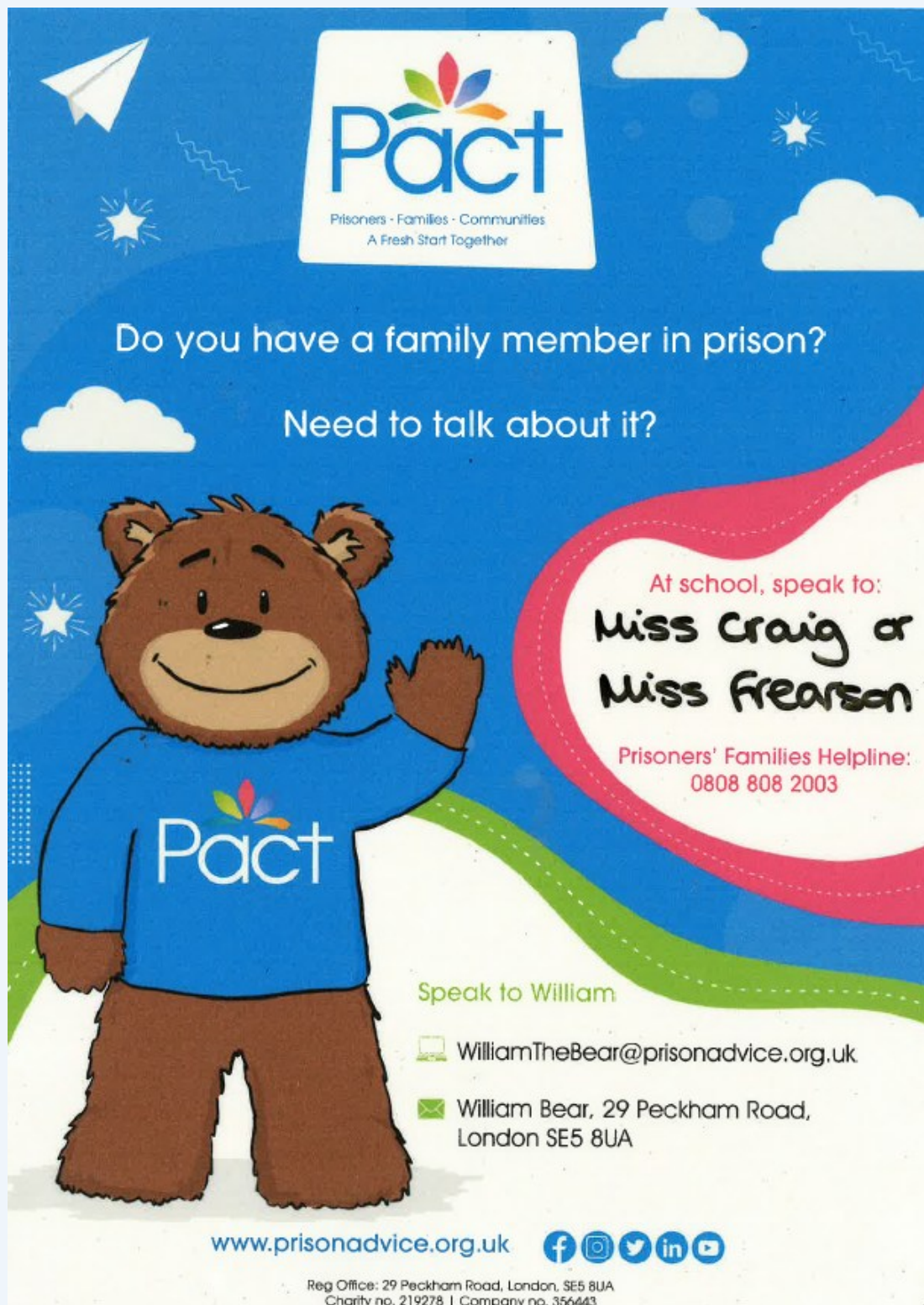
Mrs Sisson and Miss Findlay led our Mini Doctors after school club this term. The children practised basic first aid skills, developed their bandaging skills, learnt about the importance of handwashing, learnt how to make a 999 call and what services are available to help in an emergency.

I liked about mini doctors is that you got to wrap your pants in a bangle. I learnt that when you put a plaster on you are not aloud to touch the steriel bit on it or it will put germs on it.



Miss Craig and Miss Frearson attended a Education Forum at Gartree Prison and have experienced the 'checking in' process families go through when visiting loved ones in prison and spent time talking to Prison Officers, Security and Family Support/charity workers.

If anyone would like to talk about a loved one in prison or more information about support available, please come and chat to us, or call the number on the poster below.



Pact
Prisoners - Families - Communities
A Fresh Start Together

Do you have a family member in prison?
Need to talk about it?

At school, speak to:
**Miss Craig or
Miss Frearson**

Prisoners' Families Helpline:
0808 808 2003

Speak to William

✉ WilliamTheBear@prisonadvice.org.uk

✉ William Bear, 29 Peckham Road,
London SE5 8UA

www.prisonadvice.org.uk

Facebook, Instagram, Twitter, LinkedIn, YouTube icons

Reg Office: 29 Peckham Road, London, SE5 8UA
Charity no. 219278 | Company no. 356443

Mrs Ohnec is running FREE drop-in sessions to help anyone who would like help improving their English.

Come and join a session and see what support we can offer!

FOR ALL PARENTS/CARERS

New to English or want to
improve your existing skills?

FREE ENGLISH DROP-IN SESSIONS

VOCABULARY
CONVERSATION
NETWORKING WITH OTHER PARENTS/CARERS

- Everyone is welcome
- No commitment, come when you can

Every **Thursday 3:25 - 4:15 PM**
Scraptoft Valley Primary School

- If you are worried about childcare, come and talk to us



Family Learning

Getting Ready for School

This short course will support learners to understand:

- How to help their child at home before they start school, so they have the confidence to settle better when they start school/pre-school.
- How to be more confident supporting their child's learning across all areas of the foundation stage
- How to make learning fun using games and activities to develop early language skills.

Scraptoft Valley Primary School

Day	Tuesday
Time	09:00 - 11:00
Start Date	10th June
Sessions	1
Code	FAML517

ALL FAMILY LEARNING COURSES ARE FREE!

**To enrol on Family Learning courses
call: 0116 454 1900 or sign up at school reception**

For more information email: familylearning@leicester.gov.uk
or visit leicesteradulthood.ac.uk



Funded by
UK Government

Leicester
Adult
Education

Family Learning



Moving up from Year 6 to Secondary

Scraptoft Valley Primary School

This workshop has been designed to help learners and their child prepare for secondary school.

The workshop will help learners to understand:

- The importance of encouraging independence and safety awareness of the environment
- The importance of setting a routine
- How to recognise changes of behaviour and how to support these changes
- The importance of school policy's
- Where to find additional support – online or in school

Day	Tuesday
Time	09:00 - 11:00
Start Date	3rd June
Sessions	1
Code	FAML518

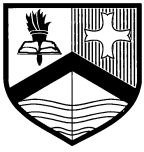
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or visit leicesteradulthood.ac.uk



Scraptoft Valley drop-in sessions



Miss Ledger (SENCO) will be running drop-in sessions where you can come and discuss any worries or concerns about your child. Together, we can come up with next steps to support you and your child.

Sessions will run on:

Friday 28th February 2025

Friday 14th March 2025

Friday 4th April 2025

Come anytime between 9am-12pm

If you cannot make it face to face and require a phone call please contact the office!

Drop-ins cover:

- Medical issues
- Mental Health
- SEND needs
- Behaviour
- Sleep

...and much more!!

No need to book an appointment just go to the office!

Parent/Carer Coffee Mornings

Scraptoft Valley Primary School are taking part in the PINS project (Partnership for inclusion of Neurodiversity in Schools) and are committed to providing the best support for all children in school. The aim of the coffee morning is to give parents the opportunity to see what support is on offer around Leicester City for children with SEND needs. Your child does not need to have a diagnosis to attend.

Our first coffee morning with the parent/carers forum was on Thursday 6th February; thank you to all of the parents who attended! There is another planned coffee morning on Monday 17th March. We will be holding regular coffee mornings beyond the PINS project and will look to invite different agencies and charities to support parents and children.

Next coffee morning: Monday 17th March at 9.15am

KS1 Hall

Who can attend?

Any parent who has a concern for their child. Your child does not need a diagnosis for you to be able to attend.

Who will be there?

The parent/carers forum. More information can be found here <https://lpcpf.net/>
Miss Ledger (SENCO) will attend for the introduction and then the parent/carers forum will lead the session to support parents.

What will happen at the coffee morning?

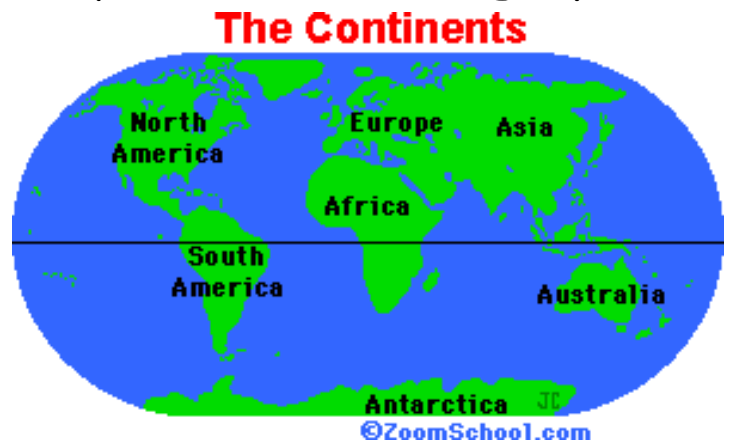
Introduction to the PINS project school is participating in.

A chance to discuss your concerns in a judgement-free environment and your chance to talk about the support school is offering and what you feel could be offered at school to help further.

Class 5 Assembly

Class 5 thoroughly enjoyed teaching everyone about the 7 different continents of the world and the 4 nations of the United Kingdom. We hope you were as impressed with our Geography skills as you were with our bravery when standing up in front of the whole school!

Thank you to all those who were able to join us for the assembly.



Class 12 Assembly

Thank you to all of the Class 12 families for popping along to watch our version of the history of Roman Britain. All of the children thoroughly showed-off and impressed us with their public speaking, acting and singing!



A BIG shout-out to Phoebe, Joseph and Gurjoat for creating all of the background images for our assembly and to Theo for making all of our props too.

Iceni warrior Queen Boudicca aka Beau-Boudicca



ENERGY SAVING COMPETITION

20-25/01/25

- 1. Who?**
Each class in school
- 2. What?**
Turn off electronic devices and lights in your classroom and collect points
- 3. When?**
At break and lunch + additional points during lessons
- 4. Who will monitor?**
Eco-Committee reps
- 5. Why?**
To save the planet and win a prize

Scraptoft Valley children, led by our committed Eco-Representatives, are proudly working on all matters regarding protecting our precious planet, particularly our 3 chosen topics: **Biodiversity, Energy and Healthy Living.**

Therefore, they have participated in the Big Energy Saving Week and competed which class will save the most energy by switching off electric devices during break and lunch times. It was a tough battle but Class 10 proudly won and enjoyed an afternoon with (mostly) healthy treats. Well done everybody!

In March, we are organising a fundraiser for endangered wild animals.

Join in and help us save them from extinction!



WILD LIFE

Fundraiser at Scraptoft Valley Primary School

Scraptoft Valley Primary School is on a mission!

Monday 3rd March 2025

- Adopt an animal
- Donate only £1

We are going to help the animals!

Bring your favourite animal toy or something that reminds you of it to school and donate £1

Let's work together to save the animals!

Times Tables Rockstars

Scraptoft Valley took part in the NSPCC Rocks event on the 7th February and we had some outstanding performances across the school. The top 3 players for each class have been awarded a certificate.

These were the overall results!

For the most valuable player in school:

1st place: Yusuf-Dilshad Aziz

2nd place: Charlie Wigston

3rd place: Raj Bhadresa

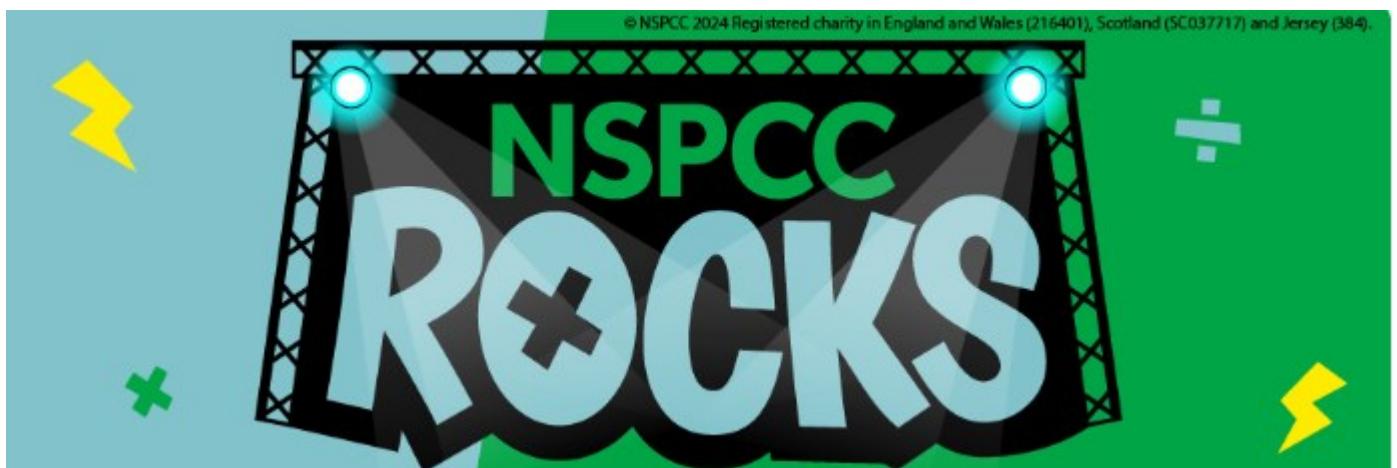
The highest scoring class:

1st place: Class 10

2nd place: Class 13

3rd place: Class 15

Keep an eye out for any future tournaments or Battle of the Bands!



Online Safety (E-Safety) in Year 5



Year 5 were very lucky to have a member of the local Police team come in to deliver a presentation on all things E-safety! The children demonstrated excellent knowledge, asked sensible questions and learned some new things to think about too especially around what information should be kept private and what the legal ages for using particular apps and websites are.

There is some really useful information on the NSPCC website to support families in helping their children with to navigate the online world safely. Please select the link or follow the QR code for more information.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>





Parent Workshop in the Foundation Stage!



It was lovely to see so many of our families join us for our second Parent Workshop of the year based around Children's Mental Health Week.





Year 1 Parent Workshop



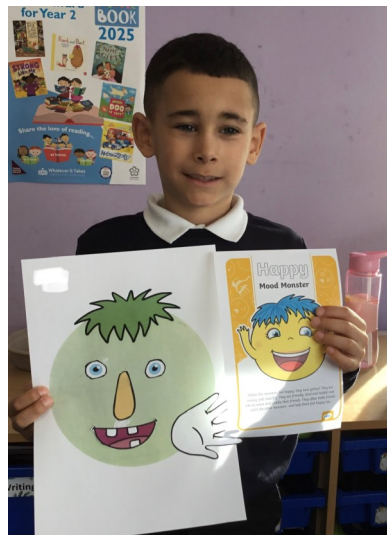
We enjoyed celebrating Children's Mental Health Week during our Parent Workshop. We talked about the things we can do to look after our mental health and tried different activities. We practised breathing techniques, created mood monsters to express our feelings and even made our own worry dolls! Thank you to all of the adults who came to support us.





Year 2 Parent Workshop

We had a lovely time completing activities and thinking about children's mental health during our Year 2 Parent Workshop. We thought about the different feelings we can experience and created funny faces to represent each emotion. We also used mirrors to draw our reflections and listed all of the things we like about ourselves. In Year 2 we understand the importance of being kind and we enjoyed writing notes to put into our kindness jars. Thank you to all of the family members who came to support us.



Year 3 Family Workshop!

Year 3 had a fantastic time working with their grown ups on lots of different activities promoting their mental health. We looked at what we can do to be kind to ourselves, different feelings we might experience in a day and what we like doing to make ourselves feel happy. We spoke about different emotions we have felt and compared them to animals!



Year 4's Family Workshop

Year 4 had a wonderful time with their families, learning all about how to be kind to ourselves for Children's Mental Health Week. We looked at how our emotions change depending on what is happening to us and that it is normal to feel different things sometimes. We did lots of activities which helped us to think about our emotions and we especially enjoyed creating a giant jar of kindness. A huge thank you to all of the families that joined us!



Year 5 Parent Workshop

Thank you to all of our families for coming to our Parent Workshop this term. We had the chance to reflect on our own mental health and engage in some activities to help us reflect and consider what more we can do to support it.

'My Window of Tolerance' was a useful activity for both children and adults alike so feel free to have a go at reflecting on what reduces your ability to manage challenge and what increases it too.

My Window of Tolerance

How I feel

What shrinks my window ↓



What grows my window ↑

How I feel

Year 6 Parent Workshop, 5th February 2025

All the Year 6 children and many parents had a great Parent Workshop session on Wednesday 5th February 2025. Our theme was 'Mental Health' linked to 'Children's Mental Health Week 2025'. We made pictures from natural objects – this is called Forage Art. The children created their own 'Islands of Personality' linked to the character Riley in *Inside Out* before completing Mindfulness activities. Many thanks to all the Year 6 parents who attended our Parent Workshops.



Football

Both the girls and boys football teams have been out in their brand new kits this term. They have played some fantastic football with the girls team winning the majority of their matches and the boys also doing similarly. The teams have both been working hard throughout the year with training sessions happening every two weeks. All children have shown a variety of our character muscles in all of their games and training sessions including, resilience, perseverance and optimism. Hopefully we will be writing about the finals in some of the upcoming newsletters!



Also a huge thank you to our sponsors for our kits!



CARBONPOINT



SHARE A STORY
ACTIVITY

WORLD
BOOK
DAY

SPONSORED BY
NATIONAL
BOOK
tokens

ARE YOU A SHARE A STORY READING STAR?



Based on the original idea by Hannah from Wymondham



PLEASE
PHOTOCOPY
THIS SHEET

© Rob Biddulph

This game has been created to encourage reading at home and all the exciting ways you can share stories – not just at bedtime! Tick off a Reading Star each time you complete a reading task and have fun reaching all your stars!

You can also play online and download your certificate when you've finished at worldbookday.com/reading-stars.



ARE YOU A SHARE A STORY READING STAR?



Tick off a Reading Star each time you complete a reading task and have fun reaching all your stars! You can also play the game online and download your certificate at worldbookday.com/reading-stars



ILLUSTRATION Rob Biddulph

Find out why its important to share stories at worldbookday.com/com/ideas/share-a-story



Dear parents / carers

The 'school – keep – clear' road markings at the front of the school are continuing to have a positive impact. Just a reminder – there is no parking allowed on the 'school-keep-clear' or double yellow lines outside of the school, not even to drop off or pick up, between 8.00 am and 5.00 pm.

Parking has improved on the corners of the road opposite, Renfrew Road, with only a handful of people having to be reminded not to park on the corners.

There has been some confusion regarding the parking rights of blue badge holders but this has now been addressed. Blue badge holders are entitled to park on double yellow lines but they are not allowed to park 'on yellow lines next to a junction'. For more information please see 'A guide to parking enforcement in Leicester', available on www.leicester.gov.uk.

There is still some congestion, particularly outside of the side gate on Netherhall Road that needs to be addressed. The traffic wardens and police will continue to 'drop in' during the beginning and/or end of the school day to ensure that people are parking correctly.

We need to continue to work together to ensure the safety of your children.

Thank you

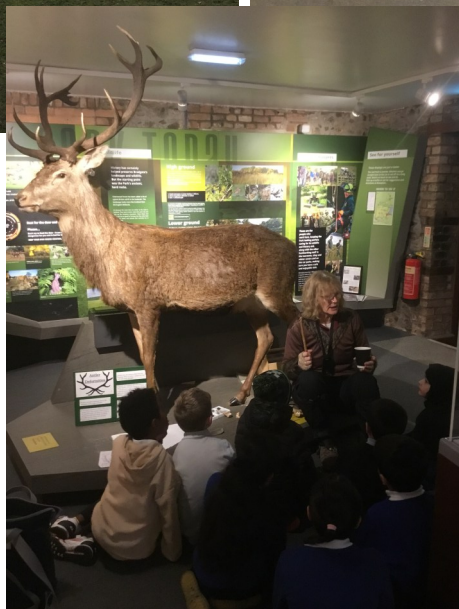


Year 3—Bradgate Park Trip

Class 7 and 8 braved the cold weather and had an absolutely fabulous day at Bradgate Park as part of their topic on the Stone Age. The children enjoyed taking part in a range of different activities including; cave painting, learning about flint and finding out about how Stone Age people used animal skins. They even got the chance to try their hand at spear throwing to catch a deer (don't worry it was a wooden one!). Year 3 have some very talented spear throwers who might have survived in the Stone Age.

The children took part in everything with enthusiasm and showed off their knowledge. They loved spotting the deer as we parked through the park. We even spotted 2 peacocks on our travels.

Thank you to all the adult helpers who came with us and joined in the fun. A memorable day!



Nursery's trip to Oadby Gymnastics Centre



The children in Orange and Yellow Nursery went on their very first school trip to Oadby Gymnastics Centre.

Although it was only for the afternoon and a short bus journey they had a fantastic time!

The fun began on the double decker bus! It was very exciting sitting on the top deck and looking down at all the different things we could see. We spotted lots of people, dog walkers, cars and even an Asda.

As soon as they arrived at the centre they whipped off their shoes and got stuck in. They were able to jump off high levels, bounce on a bouncy castle, swim in a ball pit, slide down inflatables and much more. Everyone had a fantastic time and didn't want our time their to end.



Local Offer Live 2025

Special educational needs
and disability information day

Thursday, 6th March 2025

Free
event
for all

Stalls, performances and awards ceremony

The Kube
Leicester Racecourse,
Leicester, LE2 4AL



FREE
parking

Drop in
anytime
9.30am - 4pm

For further
information contact
07849 553156



[Families.leicester.gov.uk/send-local-offer](https://families.leicester.gov.uk/send-local-offer)
localofferevents@leicester.gov.uk
info@lcpcf.net





Good to be Green– Spring Term 1



This half term, children have been earning raffle tickets to attend a surprise show! 35 children were selected to be part of the experience and they thoroughly enjoyed a Rainbow Bubble show.

Well done to the 35 lucky winners!

Next half term the 15 lucky children will be earning raffle tickets to take part in a penalty shootout extravaganza with ice poles!

Remember– you've got to be in it to win it!

