

# Matthew's C.E (Aided) Primary School and Nursery Centre



*'I can do all things because Christ gives me strength' Philippians 4:13*

## Friday Feature: 13th February 2026



This half-term we are focusing on the Christian Value of **Courage**

***Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.*** Joshua 1:9



### Happy Half Term

We just wanted to take this opportunity thank all parents and carers for their continued support over the past six weeks.

We would like to wish everyone a happy half term holiday and look forward to seeing you

### Lunch Time Water Bottles

Last week Mrs Wilson received a letter from one of our Yr5 pupils asking for the senior leadership team (SLT) to consider allowing KS2 pupils to take their water bottles into the hall at lunchtime to further support hygienic drinking practises. After consideration SLT have decided to trial this next half term. All water bottles must contain water only due to some pupils having allergies.

Water will still be provided in jugs and plastic cups for all pupils who choose not to use their own water bottle.



### Class Rewards

Following consultation with staff it has been decided to trial class reward systems rather than the whole school TEAM reward. Teachers felt that the whole school TEAM reward was no longer working as an effective way to support positive behaviours and wished to take back ownership of rewarding the positive the behaviour of pupils in their own classes.

**EYFS and KS1** class teachers will continue to use stickers but will also introduce a star of the day /star in my pocket reward. This will be given out daily to a child who demonstrates expected behaviours throughout the course of the day.

**KS2** class teachers have decided to introduce a raffle ticket system where children will earn raffle tickets over the course of the week. Children will collect raffle tickets during the week and a prize ticket will be drawn on a Friday. The child whose ticket is drawn, will win a prize from the class raffle prize box.

We will continue Pupil of the Week that will be present during our whole school celebration assembly on a Friday and Reader of the week will still be awarded during a Wednesday Reading Assembly.

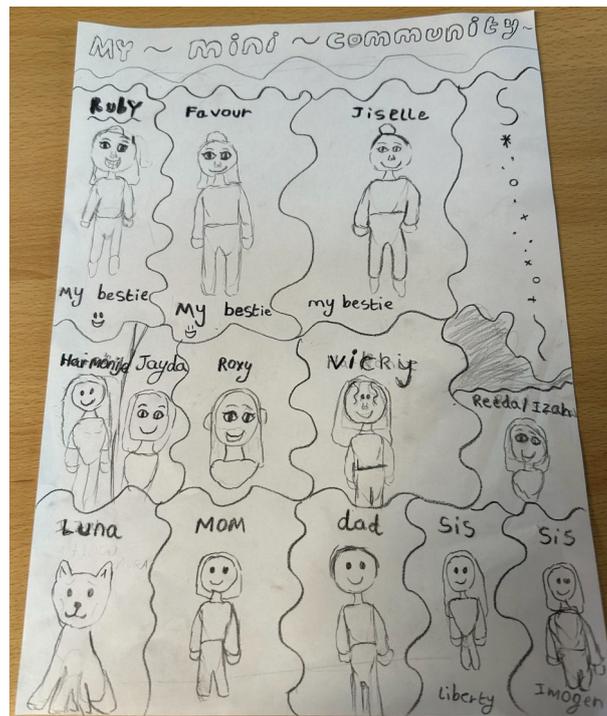


This week has been Children’s mental health week. The theme was belonging. Children discussed what this meant.



Children shared that belonging feels like you’re part of something, such as your family, your school, your group of friends or a team. These happy moments help us feel connected, valued, and accepted. When we feel like we belong, we feel happy, safe, and ready to learn and play. We have talked about how we can help everyone feel like they belong this included; to be kind, include others, and make sure no one feels left out. Because everyone deserves to feel like they have a place where they are accepted, cared for, and loved.

We launched the recruitment for Peer Buddys and the Safeguarding board this week and learnt how these members work hard to create a safe and enjoyable environment in school for everyone.



After half term we are lucky to have Kwik Cricket running in school again. This will take place for all KS2 classes and Year 2 starting on the first Monday Back.

Below is the timetable for PE after half term.

	Monday	Tuesday	Wednesday	Thursday	Friday
Indoor PE	Yr1/2 – Mrs Hulme	Yr1 – Mrs Jones Yr6 – Mr Bailey	Yr5 – Mr Doughty Yr3/4 – Mrs Barfield	Yr4 – Mr Skelton Reception – Miss Booles	Yr3 – Mrs Wyre Yr2 – Miss Blocksidge
Outdoor PE		Reception – Miss Booles		Yr1 – Mrs Jones	Yr1/2 – Mrs Hulme
Kwik Cricket	Yr6 – Mr Bailey Yr5 – Mr Doughty Yr4 – Mr Skelton Yr3 – Mrs Wyre Yr3/4 – Mrs Barfield Yr2 – Miss Blocksidge				

## Weekly prayer



Loving God

As we come to the end of this half term, we thank you for the learning, laughter and love that have filled our school days.

We pray for our friends, staff and families, keep them safe and well during the holiday.

May we return renewed in body, mind and spirit, ready to continue growing in faith, wisdom and kindness.

Amen



## Pupils of the Week



Nursery	Matei
R St Francis	Sophia T
1: St Teresa	Brayden
1/2: St Nicholas	Noah
2: St Joseph	Holly-Leigh
3: St Cecilia	Aurora
3/4: St Sophia	Aurora
4: St Kateri	Ollie
5: St Thomas	Jiselle
6: St Padre	Emily H

## Reading Books

Can we please remind children to look after their school reading books. Every child should have a plastic wallet to keep their books in so they do not get wet or dirty. Unfortunately we are having lots of books returned that can no longer be read due to the condition of them. These books are costly so we all need to look after them.



## Attendance Award



This week the attendance award has gone to — 12 St Nicholas



## Valentines Non-Uniform

*Do something kind for someone else*

Today the children have been doing kind things for others.

Kit brought cakes in for all of the staff.  
Thank you Kit.

Yr3/4 read stories to Yr1

Ezra and Adel brought flowers and a card for Miss Khannah

Holly and Alice supported peers on the playground

Yr3/4 read stories to Yr1

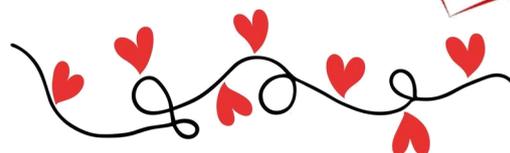
Aurora helped her brother choose his outfit this morning

Some children bought valentines gifts for their friends.

Children have helped to keep the dinner hall clean and tidy.

## Future Dates

16th to 20th February	Half Term
Friday 6th March	World Book Day
Friday 20th March	Red Nose Day
Wednesday 25th March	Yr6 Arthog
Friday 27th March -	
30th March to 10th April	Easter Break
4th May	Bank Holiday
25th to 29th May	Half Term
1st June	PD Day
17th July	Break up for Summer



# 10 Top Tips for Parents and Educators

## SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

### 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

### 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

### 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

### 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

### 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

### 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

### 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

### 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

### 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

### 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

## 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, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College