![Apex Primary School logo]

Apex Primary School
Helping little feet climb mountains...

SCHOOL NEWSLETTER
May Edition

DATES FOR YOUR DIARY

Half - term holiday
Monday 27th May - Friday 31st May

First Day Back
Monday 3rd June

'Eid (school closed)
Monday 17th June & Tuesday 18th June

'Eid Party
Wednesday 19th June

Sports Day
Thursday 27th June

End of Year Production
Friday 12th July

Gilwell Residential Trip for KS2
Wednesday 17th July - Friday 19th July

Last Day of School
Tuesday 23rd July

Summer Term 1. Issue 2.

Friday 24th May 2024

16th Dhul Qi'dah 1445 AH

Address: 60- 62 Argyle Road, Ilford, Essex, IG1 3BG

Telephone: 020 8554 1208

Website:
www.apexprimary.co.uk

Email:
contact@apexprimary.co.uk

Absences

If your child is absent for whatever reason, please contact the school via:

http://apexprimary.co.uk/home/parents/student-absence-form/

to confirm their absence. Please note that if we are not informed by 10am that day, your child will be marked as unauthorised.

Headteacher drop in sessions

We offer headteacher drop in sessions every Monday from 2:30pm - 3:00pm. These do not need to be pre-booked, however please email the school if you would like to have a meeting. For any other queries or concerns regarding your child's learning, we kindly ask you to message your child's relevant class teacher via Class Dojo and they will get back to you in due course. Alternatively, please speak to your child's teacher during drop off.

School phone

We do not respond to any text messages or calls as our school phone is used for outgoing communication only. Should you have any questions or concerns, please email the school or call the school landline. Our school office hours are Monday - Friday from 8:15 am until 3:30 pm.

Holidays

Holidays will not be authorised during term time unless there are exceptional circumstances which have to be authorised by the school at least <u>4 weeks in advance</u>.

More information is on our website under Policies. Alternatively, please click on the following link:

://www.apexprimary.co.uk/assets/Documents/Attachments/Attendance-and-Punctuality-Policy-Feb-2025.pdf

NO NUTS

We are a strict NO NUT school.

Please refrain from giving your child any type of nuts or food containing nuts. If your child is seen with nuts   during their snack or lunch break it will be removed from them and disposed safely.

Park & Walk Policy

Every morning, staff assist pupils out of cars and into the school, however if you wish to bring your child into school yourself, then please park <u>appropriately</u> and <u>safely</u> in a suitable spot such as a parking bay. Please refrain from parking in front of driveways as this is inconsiderate to the neighbours and the community.

You can refer to our policy below for more information:

https://www.apexprimary.co.uk/assets/Documents/Attachments/Traffic-Calming-Park-and-Walk-Policy-Feb-2024.pdf

MultiCultural Day

We managed to donate over 30 boxes Alhahamdulilah!

Jazakallahu-Khairan to all the Parents and children who took their time to create Gift Boxes for the Children of Syria. Your help and generosity does not go unnoticed!

Children had an amazing experience on MultiCultural Day. They all learned about the different continents around the world and their cultures and traditions. A lot of their creativity went into baking and Arts & Crafts. MashaAllah!

Online Safety

As the digital world continues to evolve, ensuring our children's online safety can seem daunting. However it is important to remember that e-safety relies more on your parenting and communication skills than on technology alone. Protecting your children from online harms goes beyond simply banning sites or installing firewalls and filters. It is crucial to maintain an open and ongoing discussion about online safety at home and as a family. To support you in this important aspect of parenting, we encourage you to:

- Engage in regular conversations with your children about their online activities.
- Share resources, news, activities and events related to online safety via our social media, newsletters, handouts and email.
- Stay informed by reading our e-safety policies and procedures.
- Familiarise yourself with the learning resources used in the classroom to better understand what your children are learning about online safety.

For further advice on keeping children safe online, please visit the NSPCC website. It provides comprehensive information on various topics, including social media, online gaming, parental controls, live streaming, harmful content and online reporting.

See our online safety advice for parents and carers on the NSPCC website:

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

We hope you find these resources and tips useful in fostering a safe and positive online environment for your children.

Mental Wellbeing

Mental health is just as important as physical health. Understanding and talking about feelings can help children grow up strong and resilient. CAMHS is there to support children with issues like anxiety, sadness, and behaviour problems.

Tips for Parents and Teachers

- Talk and Listen: Encourage children to talk about their feelings. Listen carefully and make sure they know it's okay to share their worries.Keep a Routine: Regular schedules for meals, homework, and bedtime help children feel safe and secure.
- Praise and Encourage: Positive words and rewards build children's self-esteem and encourage good behaviour.
- Mindfulness Moments: Simple activities like deep breathing, colouring, or imagining a peaceful place can help children relax and manage stress.
- Seek Help Early: If you notice changes in your child's behaviour or mood, don't hesitate to ask for help. Early support can make a big difference.

Helpful Resources

- CAMHS Helpline: Our helpline is available 24/7 for parents and teachers who need advice and support. Call us at 0800 123 456.
- Online Resources: Check out our website for articles, videos, and guides on children's mental health.

Monthly Newsletter: Sign up for our monthly newsletter for more tips, event updates, and success stories. Subscribe at www.camhs-uk.org/newsletter