



Celebrating learning together in faith, hope and love

Psalm 33 v 20 - We wait in hope for the LORD; he is our help and our shield.

8/11/2024

Headteacher's Hello

Dear parents and carers,

I hope you had an enjoyable half-term break and had a chance to relax and spend time with your families.

The children have looked very smart coming back to school for this half-term in their winter uniform. Thank you for your support in helping to make sure they have all been wearing the correct uniform, including their school shirt and tie, with their school jumper / cardigan. Coats are to be of a plain, dark colour, as are scarves and hats, please.

Our first Parent Forum of the year will be held at 8.45am on Friday 22nd November. I'm delighted that all of our reps from last year will be continuing in their role, but we are looking for some new reps to join us. We currently have a vacancy in Reception class, and as we can have up to two reps per class, we have space for an additional rep for each year group. If you would be interested in becoming a parent rep for this academic year, please have a look at the [Parent Forum Terms of Reference](#) on our school website, and drop me a line to let me know that you would like to be involved. I hope you will consider being on board, as our parent forum is a valuable representation of our parent voice. Class reps will be in touch next week with details of some of the topics for discussion and how to share your views.

We welcomed students from Twickenham School to our collective worship on Thursday morning, and they entertained us with some musical performances. We heard some wonderful piano playing and a performance from their school band. If your child is inspired to learn a musical instrument and is not currently taking any lessons, there are still some places for piano and guitar lessons – please see Mrs Place for details. We also welcomed our community police officer into school today to talk with Year 2 and Year 4 pupils as part of our safety education programme.

Mrs Browne, our welfare assistant, will be leaving us next Friday to take up a new post closer to home. We'd like to thank Mrs Browne for the work she has done for us and for the care and comfort she has provided to the children who have visited her in the medical room. We have appointed Ms. Raihan Ruslan as our new welfare assistant. Many of you will already know Ms. Ruslan, as she is currently providing the maternity cover for our Marketing and Admissions Officer role.

On Monday, we will be marking Remembrance Day in school during our collective worship, by observing a minute's silence at 11am and the children will take part in a range of remembrance activities. Poppies will still be available to buy on Monday, if your child would like one. This year, we have made the conscious decision to only sell poppies in school, as other items are prone to causing distraction in class. Therefore, if your child has a remembrance wrist band, snap band, etc., we respectfully ask that these items are saved for use at home, rather than worn to school. All donations from the sale of poppies go to The British Legion – thank you for your generous support of this charity.

Have a lovely weekend,

Miss Macklearn





Newsletter

Attendance

Friendship: 87.11% Endurance: 95.11%, Peace: 98.52%, Forgiveness: 97.78%, Reverence: 97.78%, Service: 96.31% and Justice: 97.05%
Whole school: 95.73%

We noted a significant reduction in holidays being taken during term time surrounding the autumn half-term holiday. Thank you for your support and cooperation with this.

Monitoring Attendance

We keep careful track of children's attendance at school. The table below is helpful in providing guidance for when attendance levels start to be a cause for concern: please take note of the percentages as we use these as a guide to monitor absence over the course of the year.

It is standard practice that we send an initial letter to parents and carers when attendance first falls below 90% of the school year so far to make them aware of the situation and allow time for attendance to improve. Further measures are put in place if absence persists, which may include us having conversations with the EWO (Education Welfare Officer).

For further information, please see our [attendance policy](#).

175 NON-SCHOOL DAYS A YEAR					
175 days to spend on family time, visits, holidays and other appointments					
365 DAYS A YEAR	190 SCHOOL DAYS IN EACH YEAR	10 days absence	20 days absence	29 days absence Half a term missed	38 days absence
	190 days for your child's education	180 DAYS OF SCHOOL	170 DAYS OF SCHOOL	161 DAYS OF SCHOOL	152 DAYS OF SCHOOL
	100%	95%	90%	85%	80%
GOOD		WORRYING		SERIOUS CONCERN	

Is my child too ill for school?

If your child is unwell, they should not be in school. Please see [here](#) for guidance on when it is ok to send your child into school if they are feeling a little under the weather, or when to keep them at home.

In collective worship this week...

We continue to discuss how our school vision is lived out in school every day. Please see our [website](#) to learn more about this.

On Monday, we talked about All Saints Day (All Hallows Day) which falls on the 1st November. We talked about what a saint is and we considered what hope means to Christians.

On Tuesday, we talked about Anti-Bullying Week, which starts next week. The theme for this year is 'Choose Respect'. We talked about how respectful behaviours are at the heart of our school vision and how we live out our values everyday. Please see later in the newsletter for further information.

On Thursday, we welcomed students from Twickenham School for a variety of musical performances.

School News

Medical Tracker

This week we have moved to using Medical Tracker, our new software to report and record all of our medical needs. Some of you may have already received a notification from it this week. If your child is unwell or has been injured at school during the day, you will receive an email notification from the school. This will come in the form of an email from a medical tracker address: **donotreply@medicaltracker.co.uk.uk** Please add this address to your contacts so the message does not inadvertently go to your junk mail. If the notification is for a bumped head or a significant other injury, we ask that you acknowledge receipt of the email immediately by following the instructions in the message so that we know you are aware of the situation. For a more serious head or other injury, or if a child is unwell and needs to go home during the day, you will receive a phone call immediately. Please ensure we have the most up-to-date contact numbers / email address in case of emergency, preferably several contacts.

Celebrations and Achievements

Well done to the children who have earned a certificate this week:

CLASS	NAME
Friendship	Anaya
Endurance	Kelly
Peace	Nate
Forgiveness	Eva
Reverence	Elodie
Service	Oliver
Justice	Montana and Max



Newsletter

Christmas Lunch

On Thursday 19th December we will be having our Christmas lunch. To help the catering team manage food ordering please can you indicate [here](#) if your child is having the Christmas lunch by Thursday 14th November.

School Trips Payments / Permissions

Unless otherwise stated, children should wear school uniform for school visits (this includes school shoes). Children should bring a bag (school bag or other) to carry their packed lunch and water bottle in. Packed lunches should not contain any form of nuts (this applies to children and adult volunteers); no fizzy drinks or glass bottles. If details vary to this they will be provided below within the specific trip section.

Year 6 visit to Twickenham Cemetery

On the afternoon of Tuesday 19th November, Year 6 will be visiting Twickenham Cemetery to study the war graves of local soldiers who served in the First World War. This is a local visit, so does not require additional permission. We will be walking to and from the cemetery, and will be outside for most of the afternoon, so children will need a warm, waterproof coat.

Year 3 trip to Stonehenge

Year 3 will be visiting **Stonehenge** on **Tuesday, 10th December**, where they will learn about early British history, explore the famous stone circle, and take part in interactive activities to support their classroom learning.

Please ensure children arrive at school by 8:00 am, as the coach will depart promptly at 8:15 am. The cost of this trip is £13.80. Please log in to your child's SCOPAY account to complete permission and payment for this trip. Please ensure your child wears school uniform, a waterproof/warm coat, and brings a snack and packed lunch.

Please click [here](#) to order a school packed lunch by Tuesday 3rd December.

Autumn term church visits

Each class will visit St. Augustine's Church this term. Please see remaining dates below:

12/11/24 – Year 1

19/11/24 – Year 3

If you are available to walk with the classes on any of these dates, please contact the school office. Classes leave school at 9am and return by 10:30am.

Whole School

The whole school will be attending a Christmas pantomime, Cinderella, at The Exchange, Twickenham, on **Wednesday, 18th December 2024**, at 1pm.



Safeguarding, Wellbeing & Inclusion

Flu vaccinations

It's that time of year again, when children can receive their annual flu vaccination. This vaccination is recommended to help protect your child against flu. Flu can be an unpleasant illness and sometimes causes serious complications. Vaccinating your child will also help protect more vulnerable family and friends by preventing the spread of flu. Vaccinations will be administered in school on Thursday 28th November. You will have already received a letter to complete consent if you wish to allow for your child's flu vaccine to be administered at school. If you do not provide your consent, your child will not receive the vaccine. You can find out more information [here](#).

Anti-Bullying Week – 11th -15th November 2024



Next week (Monday 11th-Friday 15th November) is Anti-Bullying Week. The theme for this year is: [Choose Respect](#). Children have revisited their understanding of [bullying](#) and how they can take proactive steps to be [upstanders rather than bystanders](#). All children have trusted adults they can speak with at school and are encouraged to share their experiences so that the school community can support everyone. We have explored the meaning of respect and how it is intrinsic to our vision and ethos at Bishop Perrin School as well as discussed ways that respect can be embodied by each individual. Children will continue to explore this with their class teachers over the course of next week.

StreetW!se campaign

Today, children in Year 6 will be coming home with a travel card wallet, provided by StreetW!se, in conjunction with Richmond Safer Neighbourhood Board (SNB). They aim to educate school-aged pupils in the borough on how to stay safe against crime. We also have a few of their posters up around the school.

The children have been provided with travel card wallets, as one of the key safety messages from the campaign is to keep travel cards separate from wallets or phones, so in the event of losing or having a wallet / phone stolen, there is still a means to get home safely.

To find out more about the Streetw!se campaign, click [here](#).

Wellbeing coffee mornings

Miss McAvoy and Miss Rogerson were delighted to welcome so many families to the Wellbeing Coffee Morning this week. The next coffee morning will be on Tuesday 3rd December. Please register your interest [here](#). If you have a suggestion for a speaker or theme for a future coffee morning, please contact Miss McAvoy or Mrs Rogerson.

Dates for spring coffee mornings coming soon.

RUILS workshop - Anxiety

On Wednesday 11th December, 10.30am, RUILs will be running an online workshop on Anxiety, with autism and diversity trainer Helen Eaton MSc, PGSE, BA. This session is funded for parents and carers of young people with additional needs in Richmond and Hounslow boroughs.

Places are free of charge and can be booked using this [link](#). Anxiety is a natural response to many situations. We experience it through our thoughts, feelings and physical symptoms. Feeling anxious though is both distressing and overwhelming, and can lead to fight or flight responses and longer term mental health challenges. This session will look at what might trigger anxiety in children and teens with additional needs, how to reduce anxiety and how to better manage it.

Helen has over ten years' experience as Director of a Training Company, and twenty years' experience as an Associate Trainer. Over recent years she has delivered well over five hundred training sessions on Neurodiversity and Autism to workplaces, charities, schools, families and Neurodivergent individuals.

These workshops are highly recommended for families of neurodivergent children and those with additional needs.

Sporting opportunities for children with additional needs



Please see the attachments later in the newsletter for local opportunities for children with additional needs to engage in sporting opportunities across Richmond borough – hockey, basketball, and many more through [Rise](#).

Supporting Young Children to Build Emotional Resilience



Please see the attachment later in the newsletter for advice about how to build emotional resilience in young children.

Top tips:

1. Encourage open communication
2. Model positive behaviour
3. Teach problem solving skills
4. Foster a growth mindset
5. Promote self-care practices
6. Build healthy relationships
7. Support emotional awareness
8. Encourage independence
9. Develop coping strategies
10. Celebrate small wins

If you have any concerns regarding the safeguarding of children who attend Bishop Perrin CE Primary School, these should be reported to the Designated Safeguarding Lead who is Miss McAvoy. In her absence, concerns should be reported to the Deputy Designated Safeguarding Lead who is Miss Macklearn. The school's safeguarding governor is Lucy James.

If you are concerned about the safety of a child outside of school hours, please contact the police if the child is in immediate danger, or Richmond and Kingston Single Point of Access (SPA) on 020 8547 5008.

Community information

St Augustine's Annual Fireworks Evening

Come and watch our wonderful annual fireworks display and enjoy some warm food, snacks, and drinks.

Date: Friday 8th November 2024

Time: Starts at 6pm display at 6:30pm

Location: Hospital Bridge Rd, Twickenham TW2 6DE, UK

Free entry but donations are welcomed.

And finally...

Thursday 21st November will be Year 6's class assembly. This will be held in the school hall at 8:55am. Parents and carers are welcome to attend.



A Very Big
'Thank You'
Bishop Perrin Primary
from all of us at the
Whitton Food Bank
for your recent harvest donations.

Your donation weighed in at
202.35 kilos!



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.



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Can you help Homelink by donating any unwanted gifts?

We are looking for new toiletry sets, aftershaves, perfumes or unused gifts to sell at our fundraising stall at the Light Up Whitton event on 1st December 2024.

Any help is much appreciated.



Thank you!



Items can be dropped off Monday - Friday 9am - 4pm at Homelink Day Respite centre, Hospital Bridge Road, TW2 6DE

We run a range of inclusive and disability specific sport and physical activities across the borough for children, young people and adults.

Regular activities include:

**Dance
Cycling
Football
Multi-sports
Canoeing
Basketball
Swimming**



For more information or to see our most up to date programme please visit:

www.richmond.gov.uk/rise

Phone: 020 8831 6134 **Text:** 07773 040219

Email: rise@richmond.gov.uk





HOOPZ INCLUSIVE BASKETBALL

Hoopz are fun, **friendly, inclusive basketball sessions that support children with additional needs to play the brilliant game of basketball!**

- > Learn key basketball skills
- > Play team games with creative competition
- > Experienced coaches with additional training in disability inclusion
- > Smaller group sizes = high coach-player ratio
- > Social stories for venues and activities
- > Open to children aged 10-14 in either mainstream or special education



DAY: Saturdays (Commences 9th Nov, 2024)
TIME: 10:00-11:00 AM
VENUE: Waldegrave School, Fifth Cross Rd, Twickenham, TW2 5LH
BOOK: Info via QR Code

In partnership
with:



Access
Sport



Scan here for further
info and bookings.

CONTACT: office@knightsbasketball.co.uk [richmondknightsbasketball](https://www.richmondknightsbasketball.co.uk)

Designed by
GRANDEER



NEW FLYERZ HOCKEY

All disabilities welcome!

FREE Pan-Disability hockey sessions.

No experience needed. All equipment provided.

FOR AGES 8-ADULT

JOIN US!

Every Sunday

4:30pm-5:30pm

Teddington School, Broom Rd,
Teddington, TW11 9PJ

**For more information contact
THCFlyerz@gmail.com**

