


# BOORLEY PARK NEWSLETTER 19

## HEADTEACHER'S MESSAGE

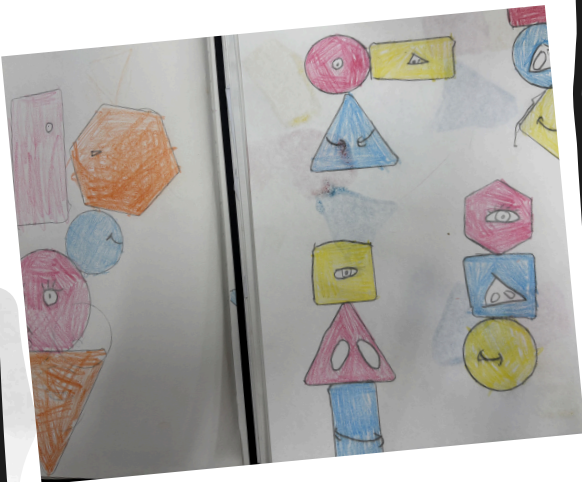
I recently had the pleasure of meeting with the PTA and I want to take this opportunity to thank the new chairs, Jade and Charlotte, for stepping into their roles with such enthusiasm and dedication. I'd also like to extend my gratitude to Zoe, our treasurer, for her continued hard work, and to Claire, our secretary, for ensuring everything runs smoothly behind the scenes. The PTA's efforts are invaluable in supporting our school community and we are lucky to have such a committed team working alongside us. Please make yourself known to the team or pop into the school office to register your interest in being part of the PTA.

Please keep an eye out for a regular section in our newsletter where we'll be sharing updates about upcoming events and fundraising initiatives. These activities play a vital role in enhancing our school's resources and experiences for all children and your involvement, whether through attendance or support, is always appreciated. We look forward to seeing you at future events and working together to make a positive impact for our children.

  
Strengthening  
Community

## INSPIRING MINDS

In Year 3 this half term, we have been looking at the concept of cubism during our art learning. We have learnt about Pablo Picasso and have used creativity to replicate some of his cubism art work which the children have thoroughly enjoyed. We have designed, created and used stamps on a cubism style of art work ready to share in our parent workshop next week.



# NURTURING FUTURES

Setting clear boundaries is essential for children's growth and development. Boundaries provide a sense of security, helping children understand expectations and feel safe within their environment. They also teach valuable life skills such as self-discipline, respect for others, and the ability to navigate challenges with confidence. When boundaries are consistent and fair, children learn to manage their emotions and behaviour, which fosters positive relationships and a sense of responsibility. As we continue to guide and support children, it's important to remember that boundaries aren't about restriction, but rather about creating a framework that encourages healthy choices and empowers children to thrive.

Parents and carers can play a crucial role in reinforcing boundaries at home by establishing routines, setting clear expectations, and remaining consistent in their approach. Open communication with children about the reasons behind these boundaries helps them understand their importance and fosters mutual respect. When parents and schools work together, children benefit from a strong support system that promotes growth, resilience and well-being.

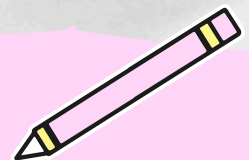


## STRENGTHENING COMMUNITY

As part of our ongoing efforts to strengthen our school community, we are inviting children to come to school in their own clothes on Wednesday 12th February. In return, we kindly request a donation of £1 (or whatever you are able to give) made payable by cash or through ParentPay. The money raised will go towards supporting the PTA by providing ample storage for all the activities and resources used in their fantastic events throughout the year. This storage will help ensure that the PTA can continue to organise fun and engaging events for our children, fostering a strong sense of community and school spirit. We appreciate your generosity and support with this.



[WWW.BOOORLEYPARKPRIMARY.ORG](http://WWW.BOOORLEYPARKPRIMARY.ORG)





# SAFEGUARDING NOTICES

It's essential to ensure that our children are viewing content that is suitable for their age and development. Age ratings on computer games and films provide valuable guidance on what is appropriate for different age groups. These ratings help to protect young minds from exposure to material that may be too mature or potentially harmful.

By understanding and adhering to these ratings, parents and guardians can make informed choices about what their children watch and play, fostering a safe and positive media environment. Let's work together to keep our kids safe and happy while they enjoy their favourite games and films!



## KEY DATES



### February 2025

Tuesday 4th February 2:45-3pm Year 3 Parent Workshop - In the Hall  
Wednesday 5th February 9:30-10:00am Year 2 - Fox Class - In the hall  
Thursday 6th February 9:30-10:00am Year 2 - Hedgehog Class - In the Hall  
Thursday 6th February 3:00-3:15pm Year 4 Parent Workshop - In the hall  
Friday 7th February 3:00-3:15pm Year 5 Parent Workshop - In the hall  
Monday 10th February 3:30pm-7.00pm Parents' Evening  
Wednesday 12th February - Own clothes day (all day)  
Wednesday 12th February 3:30pm-5:30pm Parents' Evening  
Thursday 13th February Year 4 Trip to Winchester Cathedral

**Friday 14th February INSET day - School closed to all pupils**

**Monday 17th February – Friday 21st February Half Term**

Monday 24th February – First Day of Term

### March 2025

Thursday 6th March - World Book Day  
Friday 7th March 2:30pm Year R Afternoon tea for someone special - In the hall  
Thursday 13th March Year 3 Trip to Staunton Country Park  
Wednesday 19th March 1:30-1:45pm Listen2Me Violin concert for Wren Class – In the hall  
Thursday 20th March 2:30-3:15pm Year 1 Parent Workshop-Sewing - Year 1 classrooms  
Friday 21st March - Red Nose Day  
Wednesday 26th March Year 1 Trip to Marwell Zoo  
Thursday 27th March 2:30-3:00pm Year 2 Parent Workshop-Life Cycles – Year 2 classrooms  
Monday 31st March Choir Performance (Time TBC)

# PTA CORNER

## HELLO AND WELCOME TO OUR NEW PTA CORNER!

Our new committee team for 2025 would like to introduce themselves

Co-Chairs: Jade and Charlotte

Treasurer: Zoe

Secretary: Claire



If you see us around, please feel free to ask us any questions you may have as we are always happy to help!

The whole of the PTA are looking forward to running our exciting events in 2025 such as the summer fayre, a Christmas event, multiple discos and much more! All money raised at these events goes towards purchasing resources for the school.

Our first purchase for 2025 is additional scooter parking for the school, which will be installed soon.

The PTA are a team of 22 volunteers and have been fundraising for the school since 2020. We are always looking for new members, or companies for sponsorship. If you're interested in joining the PTA or know of a company who would like to sponsor a PTA run event, please email [boorleyparkpta@gmail.com](mailto:boorleyparkpta@gmail.com) or find us on Facebook @BoorleyparkPTA.

Thank you for all your support and we're looking forward to what's to come in 2025!

Thank you  
Boorley Park PTA Team



# 10 Top Tips for Parents and Educators

## 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.



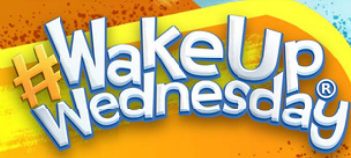
### 10 CELEBRATE EMOTIONAL GROWTH

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.



The National College®

NEW  
FOR 2025



Hampshire Child and Adolescent  
Mental Health Services

# Hampshire CAMHS Information & Advice Session

**10am - 2pm**

**Wednesday, 5 March 2025 and then every  
first Wednesday of the month**

**The Arc, Jewry Street  
Winchester  
SO23 8SB**

This is an opportunity  
to come and chat to  
our CAMHS clinicians,  
ask questions, get  
advice and resources.

**[hampshirecamhs.nhs.uk](https://hampshirecamhs.nhs.uk)**

