## Aragon School Newsletter

Aragon Road

Morden

SM4 4QU

## Friday 12th May 2023



Dear Parents and Carers,

I hope you are all well and have enjoyed the two bank holidays and the King's Coronation.

Year 6 have impressed us all so much this week they have handled the stress of their SATs with incredible maturity and conscientiousness. We are

so proud of them! I would like to thank Miss Ballantine, Miss Franks and Mr Myers for their hard work all year in preparing the children so well. You've done a great job. So, Year 6...now the fun begins: PGL, Prom, production and much more!

Whilst the last two weeks have been quiet in school, the next are very busy; 5E start their swimming lessons on Monday, Year 6 have the police coming in to talk about keeping themselves safe, Year 3 have a workshop on Sikhism and Year 4 on the Mayans! We have an exciting day next Wednesday too as Mr Ashby has prepared lots of fun maths activities for the children to celebrate National Numeracy Day.

Have a lovely weekend,

Clare Ryder

Check out our social media!



@aragonprimary



@AragonPrimary



Thursday 18th May 2023

9am - 11am



Have you thought about training to be a teacher?

Come along to our primary or secondary open morning next week to find out more.

Book your place by emailing: info@suttonscitt.org.uk





## **Diary Dates**

### May

15th - 5E Swimming begins

17th - National Numeracy Day

18th - PC Visit Y6

22nd - Walk to School Week

24th Y4 Maya Workshop

26th - Y3 Sikh Workshop

26th - Y2 Picnic

#### June

5th - Healthy Me Week

12th-16th Y6 Residential

12th-16th Y5 Bikeability

15th - IM Class Assembly

22nd - IDV Class Assembly

19th - INSET Day

29th - IB Class Assembly

#### July

4th - Y5 - Tate Modern Trip

12th - Y6 Production Matinee

13th - Y6 Production Evening

17th - Y1/2/3/4 Sports Day

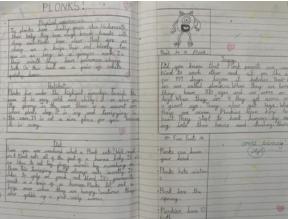
18th - Y5/6 Sports Day

19th - Aragon's Got Talent

### Spotlight on Year 3...

In Year 3, we have been looking at legends such as St George and the Dragon. From this, we have designed and created our own terrifying beasts! We have used them to write descriptions, our own legends and even a non-chronological report about them.





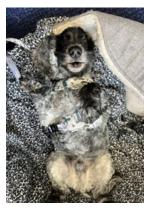
We have since moved onto looking at 'The Present,' where a boy receives a dog! This means that Miss Blake has brought Archie in, so we can imagine what it's really like to have a dog!

In maths, we have been looking at graphs. We have created and used the information to answer questions about bar charts and pictograms. We are now working hard with money; creating amounts, finding totals and working out the change. It would be great if you could practise this at home!

We have had a great time in DT designing and making our own sandwiches! We learnt new skills such as designing, cutting and spreading. We even got to taste test them!

We are really looking forward to having a Sikh workshop at the end of term!















## **Curriculum maps**

Updated curriculum maps have now been sent out on Parentmail. These maps give an overview of your child's learning in all subjects for the half term.

Year 6 Curriculum Map

Year 5 Curriculum Map

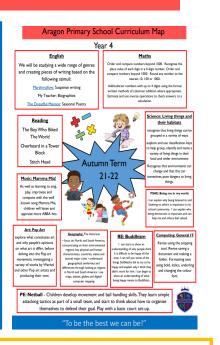
Year 4 Curriculum Map

Year 3 Curriculum Map

Year 2 Curriculum Map

Year I Curriculum Map

Reception Curriculum Map



## **RAD Music Lessons**

RAD believe that whatever the skill level or budget, all children deserve access to exceptional music tuition. Our highly-skilled network of professional musicians provide next-level tuition for the next generation of talent, no matter the location, budget or capability. Provided on-site, within school hours and at a highly-competitive rate; with RAD, students can experience expert music tuition that helps them sharpen skills, express creativity, and dream BIG, with no disruption or stress – all from the very best in the business. For more information, and to sign-up your child to RAD lessons, just use the following link; we'll do the rest. Click here!

## **House Point Leaderboard Unicorn** 9064 8216 Griffin Dragon 7884 **Phoenix 737** I

## **Spelling Shed**



### **Class Winners**

Ι.

2.

3AB 3.

6F

**6B** 

### **Top Spellers**

Ι. Blake 6B

2. Willow 6F

3. Rihame 6B

#### **Times Table Rockstars**



#### **Class Winners**

**4B** Ι.

2. 4]

3AB 3.

## **Rock Legends**

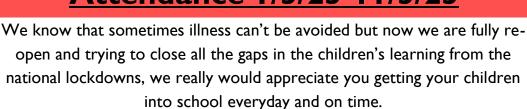
Aananya 6B

2. Yakub 4B

3. Hailey 4B



## Attendance 1/5/23-11/5/23



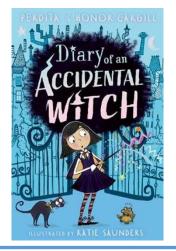


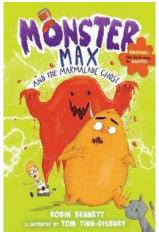
6B	99.3%	2G	94.8%
6F	98.8%	2R	94.9%
5B	95.3%	2W	94.5%
5E	93.8%	IB	99.0%
5L	93.5%	IDV	97.8%
4B	94.0%	IM	95.6%
4H	94.0%	RC	91.6%
<b>4</b> J	92.9%	RP	97.1%
3 <b>A</b>	96.8%	RT	94.0%
ЗАВ	95.9%	Whole School	95.1%
3LB	92.6%		

## Reading Matters: Click on the link to take you to a description

Y5/6 Y3/4 Y1/2 EYFS









### **Safeguarding**

Children have a right to be cared for and protected; protecting them is everyone's responsibility. Here at Aragon Primary School, we have a duty of care to ensure that all users of the school are kept safe from harm.

We are committed to provide a secure and supportive environment in which children can develop and grow into mature and responsible people. Safeguarding children is an essential part of our holistic approach to ensure that children are protected from abuse and neglect and that every child reaches their full potential. To report a safeguarding concern or for any queries contact: <a href="mailto:kaldis@aragon.merton.sch.uk">kaldis@aragon.merton.sch.uk</a>

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

# SUPPORTING CHILDREN'S & MENTAL HEALTH

## 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#WakeUpWednesday



This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.



The campaign from time to change is great. https://www.time-to-change.org.uk/support-ask-twice-campaign Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



Are you sure?

## felt like this... is that how you are feeling or are you feeling something else?

**EMPATHISE** 

'it makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

HELP YOUR CHILD FEEL SAFE

MIND YOUR LANGUAGE

TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I

#### THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

#### BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; It's very sad that Nana has died' or 'Ifeel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different

#### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



## 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

## Sources of Information and Support

Your GF

ttps://www.nhs.uk/conditions/stress-anxiety-depression/ ttps://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/ -simple-guide-to-active-listening-for-parents/ ttps://www.hemix.org.uk/mental-health

-health

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Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

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## ARAGON PRIMARY SCHOOL'S WRAPAROUND CARE THE HIVE **PRICES START** FROM £1 REGISTER AT HTTPS://ARAGON.KIDSCLUBHQ.CO.UK/REGISTER WHAT TO EXPECT: - HOMEWORK HELP - HEALTHY, NUTRITIOUS MEALS **CLOSES AT 6.00PM** MONDAY - FRIDAY - ARTS AND CRAFTS - OUTDOOR PLAY - INTERACTING WITH FRIENDS - THEMED ACTIVITIES FOR MORE INFORMATION PLEASE EMAIL THEHIVE@ARAGON.MERTON.SCH.UK

"To be the best we can be!"

# Aragon Primary School Wellbeing

Are you...

**Worried?** 

**Anxious?** 

Feeling emotional?
Having friendship issues?

Do you know who to talk to at school?



See below for the Acacia Adventure Playground May half term activities with students and parents. All activities are free for children aged 5yrs to 16yrs old. Friday 2<sup>nd</sup> June we have a family play session where under 5's can attend site with parents.

May Half Term Opening times 11am to 4pm 5 year old 11am to 12.30pm only

Tuesday 30th

Go kart building

Wednesday 31st

Thursday 1st
June

Sports/group games and baking

Friday 2nd

Family play session 11am to 3pm

## Getting here...

The Adventure Playground is on Acacia Road, Mitcham Eastfields.

There is a footpath to the left of the Acacia Intergenerational Centre, on Grove Road that leads to the playground

Bus: 152 or 463 to Mitcham Eastfields

**Train:** Nearest train station is Mitcham Eastfields







www.facebook.com/ AcaciaAdventurePlayground



# Adventure Playground is FREE, FREE!

Entrance is free, you are free to come and go as you want and you are free to choose what to do!

The adventure playground is for all children and young people aged 5-16. It is a stimulating and challenging play space where play workers are on site at all times when the playground is open, meaning you can explore, express yourselves and take risks, knowing that we are here to help you if you need us!

PS: Grown-ups are not allowed into the playground!



U7s – U13s Sunday Football
Playing in the Surrey Primary League

Family friendly local football club recruiting players for all age groups



When: 13th & 20th May 2023 at 11.30am – 12.30pm

Where: Raynes Park Sports Ground,

Taunton Avenue, SW20 0BH



Advance registration (use QR code)

