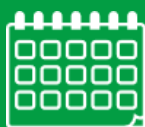




Dates for Your

## DIARY



**Thursday 10th October 2024**

World Mental Health Day—wear something yellow with your uniform, for Hello Yellow

**Monday 21st October and**

**Wednesday 23rd October 2024**

Parent/teacher meetings

**Friday 25th October 2024**

Pupils last day before half term

**Monday 4th November 2024**

School closed—PD day

**Tuesday 5th November 2024**

Pupils return to School

**Wednesday 6th November 2024**

Open morning for prospective Reception parents

**Friday 8th November 2024**

PTA AGM

**Friday 15th November 2024**

Children in Need

Term Calendar can be found [here](#).

# NEWSLETTER

## A message from Mrs Mitchinson

Dear Parents and Carers,

We've had a wonderful start to the new school year and it is a real privilege to be able to write to you as your Head of Academy. The children have proudly shared their new classrooms with me, their new learning activities and their smart uniform.

Year 6 have kick started their History topic with a successful trip to The Tower of London this week. Our Year 4s have had a successful start to their swimming lessons at the Hub. Our Year 1s were part of a re-enactment of Queen Elizabeth II's coronation, riding in a golden carriage, as part of their hook into their new History topic. Our new afterschool clubs have started; KS2 Gymnastics, Choir, Ball skills, Creative Book Club, Cricket—lots of opportunities for children to enrich their learning.

I am looking forward to announcing our new Year 6 Ambassadors in this week's assembly. Year 6 pupils were given an opportunity to present their own speeches during our whole school election assembly. Everyone in school has been given a vote and children are understanding how our democratic society works. There will be more leadership elections coming soon; Eco-Councillors, School Councillors, Librarians, Peer Mediators and Junior Road Safety Officers.

Our first parents' evenings are taking place the week before half term. These meetings are so important. We want to share how your child has settled, what is going well, what they are working on and how you can support them with their learning. I want every child to have the best possible start.

We are holding an Open Morning for parents who are applying for a Reception place for next September. This is taking place on Wednesday 6th November. Please pass this information on to anyone with a child who will be 5 after 1st September 2025.

Thank you for your continued support.

*Mrs Emily Mitchinson*

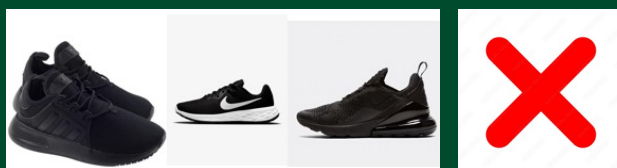
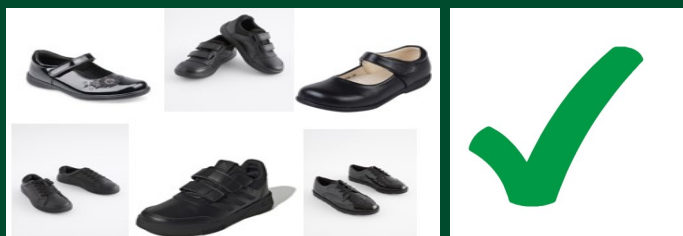
**Head of Academy**

# Uniform

I would like to remind everyone of Mrs Brown's message in our July Newsetter regarding uniform. A huge thank you to those who always wear the correct uniform. Our children are proud to wear their uniform: they want to look smart and be ready to learn. Staff are regularly rewarding correct uniform with GREAT points. Thank you for supporting us with this.

Ties and footwear continue to be tricky. If your child is in Year 1—6, the uniform is a white shirt. Whilst we understand buttons can be tricky and ties can feel different at the start of the year, this is our uniform policy. Adults will support if needed during changing for PE. I have re shared photos of the correct footwear below

Uniform can be ordered from [Corporate Tiger](#)



# Safeguarding



## Mental Health

One part of our work related to Safeguarding is support for Mental Health.

We aim to promote positive mental health and wellbeing for our whole school community and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health.

We know that everyone experiences life challenges that can make us vulnerable and, at times, anyone may need additional emotional support. We promote mental health within our PSHE curriculum (Jigsaw) and also through mental health days.

Encourage your children to try our Wellbeing Bingo—click on this [link](#) and see how many activities you can do to help your child's mental health.



World Mental Health Day is on Thursday 10th October. We are inviting children to wear something yellow with their school uniform—a yellow accessory, a yellow jumper, a yellow sock, a yellow hair bobble. Children will be undertaking work around Mental Health during the week.

# Attendance

Attending school every day is vital

in ensuring children get the best education. Our current attendance

rate for the school is **96.8%**

We have an amazing 8 classes who are above 98% - well done!

Please remember that we will not authorise any holidays during term time. Please ensure you look carefully at our school term dates, which can be found [here](#), before making any bookings.

Being on time for school is important too.

The gates are open each morning at 8:40am to allow you time to get to your classroom door for an 8:45 opening.

We keep the gates open to allow parents time to exit the site. Please ensure your child is not arriving late for school.

The gates will be locked at 8:55 which is when the registers close.

# MCAS & Dojo

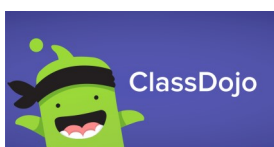
A big thank you to all the parents that have signed up to the MCAS app. You should be able to see your child's attendance and the Great Points that they are achieving.

You will also now see that we are using the app to enable parents to pay for school dinners and also for clubs.

Parent evenings are at the end of this term.

The ability to book will be opened on MCAS on the 14th October.

To make it easier for the children to see their points in the classroom and give them immediately, teachers are using Dojo on a daily basis and then these are being transferred to the MCAS app.



# Sporting Fixtures

This term we have many exciting sporting fixtures to look forward to.

The following football tournaments are all being held at Great Heath and, as always, we are thrilled to host them;

Wednesday 9th October at 2:30—Year 5/6, 7 v 7 Mixed Football tournament

Tuesday 15th October at 2:30—Year 3/4, 6 v 6 Mixed Football tournament

Monday 21st October at 2:30—Year 5/6, 7 v 7 Girls Football tournament

Wednesday 23rd October at 2:30—Second Year 5/6, 7 v 7 Mixed Football tournament

For more information, please see Mr Hicks



# PTA

Our fabulous PTA will be writing to you soon to share their successes and upcoming projects.

Everyone is warmly invited to their Annual General Meeting, which will take place on Friday 8th November at 3.30pm.

The PTA are always looking for volunteers. You don't have to give up time regularly but they'd love to have extra help at events, such as discos and fairs. If you can spare an hour or two, please let a member of the PTA or SLT know.

Don't forget about their ASDA 'Cash pot for schools' scheme—the poster can be found at the end of the Newsletter.

# Zones of Regulation

At the start of the year, we always re visit our Zones of Regulation Curriculum.

<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control

The children have been learning language to describe how they feel in the zones and what strategies can be used to help them with their emotional regulation.

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
<b>How might you feel?</b> sad tired bored moving slowly	<b>How might you feel?</b> happy okay focussed ready to learn	<b>How might you feel?</b> nervous confused silly not ready to learn	<b>How might you feel?</b> angry frustrated scared out of control
<b>What might help you?</b> Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	<b>What might help you?</b> The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	<b>What might help you?</b> Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	<b>What might help you?</b> Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

# SEND

The SEND **Local Offer** details the services available for children and young people with special educational needs and disabilities (SEND). Suffolk's SEND Local Offer can be accessed by clicking [here](#).

Suffolk **SENDIASS** (Special Educational Needs and Disabilities Information Advice and Support Service) is a confidential and impartial service that provides support with issues relating to Special Educational Needs and Disability (SEND). It is free and easy to access. They help children, parents and young people take part in decisions that affect their lives. Their website can be found [here](#).

Suffolk **SENDIASS** have a great [youtube channel](#), which has a range of great webinars for parents. Please use this [link](#) to see recording on topics like EHCPs, SEND in Early Years, Transition to High School.

Don't miss the What's On guide full of ideas for **family days out this Autumn**, including the top pick of local Pumpkin Patches and lots of Halloween themed days out.

Click on this [link](#) below to view the Families Suffolk Magazine: Sept/Oct 2024 edition.



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