

SWR WEEKLY

Striving for Excellence Together



The SWR Weekly will regularly keep you updated on news from the school. We hope you find this useful to keep in touch with what is going on at our wonderful school.

FGR AMBASSADORS

Now that the football season has finished, it is that time of year again when we are starting to think about FGR Ambassadors for the 2024/2025 season!

By taking on the ambassador role, your child can play an active role within the greenest football club in the world, while developing as people and gaining important life experiences.

From assisting the club with matchday roles to spreading news of what they do to help schoolmates and their local communities, the ambassadors play an important role as part of the FGR community and is a programme they are very proud of.

There are also other benefits such as a complimentary FGR Shirt and Season Ticket, with options to invite their class, school and team to games.

[Please click here to find out more about this role.](#)

If your child is interested please send Mrs Lynham an email expressing their interest by the end of term (Friday 24th May) - t.lynham@swr.gloucs.sch.uk

It would not be an SWR Weekly if I didn't start by saying that we have had a very busy week at SWR.

Our promotion of World Mental Health Awareness Week that took place on Thursday was brilliant. Many of our staff and students wore green as part of the day.

Activities also took place promoting how we can support our mental health and teachers spent time in lessons promoting mental health awareness. Thank you to everyone who arranged this very important day.

We were also joined by our Governors who spent a day in school visiting lessons and meeting students and staff. They were very impressed particularly with our students and how they talked about SWR. I would like to take this opportunity to thank the Governors for all the time they take in supporting the school and challenge us to further improve.

Finally I would like to congratulate Mr Skipp who has been promoted to Headteacher at Chipping Sodbury School. Although we are sad that he will be leaving us at Christmas, this is a well-deserved promotion and we are pleased he will be staying with us in the Athelstan Trust.

I hope you have a lovely weekend and we will see students return on Monday for the final week of term.

Mr Ruscoe

LIFE AFTER SWR

INTERESTED IN WHAT AN APPRENTICESHIP COULD OFFER YOUR CHILD'S FUTURE?

The Gloucestershire Careers Hub and GWP (Gloucestershire and Wiltshire Partnership) will be hosting four apprenticeship roadshows in July for young people and parents/carers who are keen to learn more about what an apprenticeship is and hear from some local providers and apprentices themselves. These sessions will be in **Gloucester, Cheltenham, Cirencester, and the Forest of Dean** for those in Year 10-13 from 5pm-7pm.

Monday 1st July - Gloucester - [click here for tickets](#)

Thursday 4th July - Cheltenham - [click here for tickets](#)

Monday 8th July - Forest of Dean - [click here for tickets](#)

Thursday 11th July - Cirencester - [click here for tickets](#)

SWR STARS

Congratulations to this week's SWR Stars!

James - for an amazing number of house points this week!

Rhys - for consistent demonstration of Aspiration, Resilience and Collaboration.

Bea - for a phenomenal number of house points this week.

Savannah - for always being polite and hardworking.

Honey - for her support to her brother and family throughout his journey with leukaemia. She has also managed to stay on top of her school work as well as volunteering and getting her first coaching badge this weekend!

Scarlett - for being an amazing humanities student this year!

Dylan - for having a great attitude this week.

Ebony - for assisting brilliantly when a student fainted next to her outside of the school office and being selected for Cricket Academy.



HONEY

Mr Ruscoe was delighted to meet with Honey to acknowledge the support she has given to her brother and family throughout his journey with leukaemia.

She also has stayed on top of her school work, volunteering and getting her first coaching certificate this past weekend.

Below is a picture of Honey and her brothers at his bell ringing this week.



swr.gloucs.sch.uk

YEAR 8 FIELD TRIP

The Geography department took all of our Year 8 students to a local farm on Monday where they did 6 different activities across the day.

Ranging from forest and wetland fieldwork enquiries, sketching and walking along a dry meandering river bed, learning about farm diversification and the links to tourism and a nice old fashioned navigation challenge and a game of haybale rounders!

The students were brilliant despite a rather wet and windy second half of the day. A big thank you to the farmers, Mr and Mrs Ingall.



WEAR IT GREEN

We had a super day this Thursday celebrating mental wellbeing here at SWR. There were a range of tutor and lesson activities that focussed on wellbeing, whether that be looking at the chemical make up of dopamine in Science or meditation in RE, these are just two but there were so many more.

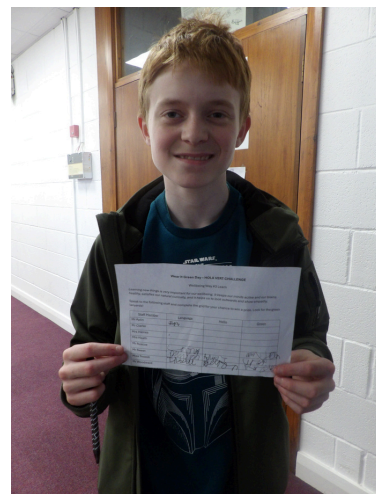
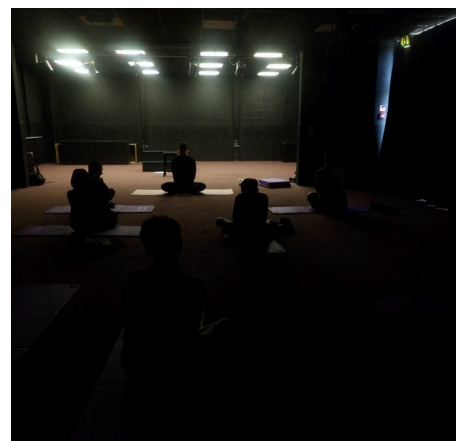
At lunchtime we had a range of activities that focussed on the 5 ways to wellbeing. These included students taking an affirmation post it note and **giving** it to a friend.

Our mindful mile to encourage our students to be **active**. Yoga session with Mrs Love in the drama studio allowing students to **connect** and be **mindful** and finally students undertaking a languages treasure hunt - **learning** greetings from other languages such as Afrikaans.

To date our wear it green campaign has raised £55, **if your child wore a green item to school and you're able to donate £1 please do so through ParentPay.**

The money raised will go to TMTCT and I can & I am.

[If you would like more information on how to support your child's mental wellbeing please take a look at this video by clicking here.](#)



What Parents & Educators Need to Know about SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

IMPACT OF SCHOOL AVOIDANCE

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



The National College

TEEN STUFF



an exciting new project from



**PRE-LOVED POP UP SHOP FOR
TEENS ON
SATURDAY 18TH MAY
10AM-4PM.
at Brimscombe Mill**

**Please support us by donating
your good quality 12-16 year old
clothing that you no
longer wear.**

