



Information Sheet

10th February 2023

Dear Parents and Carers

Mr. Carter-Tufnell's video update, including a clip from yesterday's rugby tournament, can be found on our YouTube channel: <https://www.youtube.com/@mistleynorman>

We hope you have a fantastic half term and we will see you again at 8:30am on Monday 20th of February.

Clubs

There are spaces in each club except Arts and Crafts. If your child would like to join any of the clubs, please speak to Mrs. Ling at the office.

Parent consultations

Appointments and Child Progress updates have been sent home in reading diaries today.

Rugby

On Thursday a group of Year 5 and 6 pupils travelled to Clacton Rugby Club to take part in a tag rugby tournament. Despite a slightly nervous start, their performance was absolutely excellent and I am immensely proud of the way they approached this new challenge. Huge congratulations to the team for their achievement of coming third out of six teams. There is a short clip of one of our team captain Emre's tries at the end of today's video newsletter. Our next tournament is in March, at Mistley Rugby Club.



Thank you

A huge thank you to the Mitchell family for their kind donation of brand-new football goals for our school field. They are a considerable upgrade to our older goals! We look forward to using them in our home games (starting tonight vs. St. Philomena's), during PE sessions and during the warmer weather on the field.

School Uniform

Please remember that a school tie is a required part of our uniform.

www.yourschoolwear.co.uk/mistley-norman-primary-school-201-c.asp



Golden Awards

Aristotle	Zac	For confidently contributing to class discussions.
Plato	Isabella	For her fantastic effort in mathematics while using arrays to multiply.
Socrates	Poppy	For working independently in science and beginning to confidently use scientific language in her explanations.

FIND YOUR
SPARK

SELF-EMPOWERMENT GROUP COURSE



ARE YOU FEELING LIKE YOU AND/OR YOUR CHILD HAVE A LOT OF ANXIETY?

WANTING THERAPY FOR YOURSELF OR IS YOUR CHILD REQUIRING THERAPEUTIC SUPPORT, BUT YOU ARE NOT ABLE TO AFFORD THE ONE-TO-ONE PRICE?

DO YOU WANT TO IMPROVE THIS BEFORE 2023 BEGINS?

The 'Find Your Spark Self-Empowerment' group course improves relationships, confidence and trust as well as reduces worry and stress. It's been proven to have a significant effect on mental health.

Find Your Spark as a social enterprise does not want therapy to be exclusive and instead wants it to be as accessible as it can be for everyone so is offering a cost-effective solution to this problem.

This innovative approach to psychotherapy, Brief Solution Focused Therapy, is based on **solution-building** rather than problem-solving and may just be the solution for you. It improves the person's **ability to solve problems** themselves so that they are **not so dependent on someone else** going forward which makes it even more **cost-effective** given the cost-of-living crisis!!

Details:

- This is for **children and adults** (separate groups) who are feeling anxious
- These sessions typically take place **fortnightly or weekly across a minimum of five sessions**
- These sessions will take place in the evening in **Stanway, Colchester**
- We can offer this to specific groups of children and adults with neurodivergence such as ADHD so let us know if this is something you would prefer
- **We are additionally running an ONLINE ADHD Awareness session**, which will again be a more cost-effective way to speak with us and learn more about the diagnosis you have been given so get in touch if you would like to be a part of this

Places are limited for these groups so contact us via Amanda, our admin assistant, at info@findyourspark.co.uk to find out when the next courses will be.

Contact us today to find out about booking a place and to get yourself in the best mindset for 2023!!



info@findyourspark.co.uk

www.findyourspark.co.uk

We DO offer one to one ADHD Coaching, coaching and BRIEF Solution Focused therapy so if this is preferred, rather than a group, get in touch with us to see if we can help you. *Funding may be available however this has not been confirmed yet.*