

The Shuttle

11/10/24

JEWELLERY AND OTHER UNIFORM

Please take note of the following:

- Small stud earrings (no dangly or hoop earrings)
- Your child may wear a watch - no smart watches though
- No big headbands or bows (headbands and bows should be small and school colours)
- School shoes should be black.
- P.E trainers can be any colour.
- If wearing trainers instead of school shoes, they should be black, white or 'Thurlstone' blue.

MANY THANKS FOR YOUR SUPPORT!

THREE PAGES THIS WEEK!

HARVEST

Festival Food Drive

LAST YEAR, THANKS TO YOUR HELP, WE MANAGED TO DONATE TO LOCAL FOOD BANKS AND SOME OF THE LOCAL ELDERLY!

THIS YEAR, WE NEED YOUR SUPPORT AGAIN. IF YOU CAN SPARE ANY TINNED FOODS, PASTA, RICE, SAUCES, BISCUITS ETC. WE CAN DO THE SAME AGAIN.

IF YOU ARE ABLE TO DONATE TO OUR FOOD COLLECTION, THEN WE WILL BE INCREDIBLY GRATEFUL. DONATIONS CAN BE GIVEN AT THE SCHOOL OFFICE OR DELIVERED VIA THE CHILDREN.

PLEASE CAN ANY DONATIONS BE GIVEN BY **FRIDAY 11TH OCTOBER** SO WE CAN THEN DISTRIBUTE TO THOSE WHO ARE IN NEED.

MANY THANKS

THURLSTONE PRIMARY SCHOOL COUNCIL

IT'S BOOK FAYRE TIME!

Well - nearly!

On **November 20th and 21st** there will be a book fayre in the school hall from 3pm.

It's a great opportunity to get stocked up on quality books and at the same time earn free books for the school!

More information to follow!

Lessons from Autumn

it's okay to let it go

rainy days don't last forever!

make time to slow down and rest

walking in the wind is FUN.

life can be scary and FUN!

it's good to snuggle

start of brilliance

PLEASE MAKE EVERY EFFORT TO ARRIVE AT SCHOOL AT 8.50AM.

If your child is late they will miss essential learning.

If your child has developed a pattern of late arrival to school, we will contact you to discuss how we can support you ensure your child is in school on time every day.

Friday's cheesy yet Wise Words Of Wisdom

HOW TO REFRAME NEGATIVE SELF TALK

IF YOU THINK THIS:	TRY THINKING THIS:
I CAN'T DO THIS. IT'S TOO HARD.	I CAN DO THIS BY BREAKING IT DOWN INTO SMALLER STEPS.
THEY ARE DOING BETTER THAN ME. I'M A FAILURE.	I ADMIRE THEIR SUCCESS. WHAT CAN I LEARN FROM THEM?
I HATE MY BODY - THE WAY I LOOK.	MY APPEARANCE DOES NOT DEFINE MY WORTH. MY BODY LETS ME DO THE THINGS I LOVE.
I SHOULD BE FURTHER ALONG IN MY LIFE BY NOW.	I AM ON MY OWN JOURNEY. WHAT CAN I DO TODAY TO MOVE CLOSER TO MY GOALS?
I'M SO STUPID. I SHOULDN'T HAVE MADE THAT MISTAKE.	I WAS DOING THE BEST I COULD AT THE TIME. WHAT CAN I DO DIFFERENTLY IN THE FUTURE?

©BRIANNAVIESA

CALENDAR OF EVENTS

THURLSTONE PRIMARY SCHOOL



OCT.
22/23

HALLOWEEN OUTFIT SWAP &
AUTUMN/WINTER GEAR SALE

3.30-6PM, SCHOOL HALL



SPOOKY DRESS UP DAY
& 'BOO BAGS' ON SALE

BOO BAGS @ TUCK SHOP & DISCO

OCT.
24



OCT.
24

HALLOWEEN DISCO

RECEPTION/KS1: 3.30-4.30PM

KS2: 4.45-5.45PM

TICKETS ON SALE SHORTLY
ALL INFORMATION WILL BE ON CLASSLIST



Time to share these little gems with you again!

These are fantastic little videos which can help us all understand hidden disabilities better. We have many neurodiverse children here at Thurlstone, so it's really helpful for you all to know about things such as **ASD, ADHD** and **dyslexia**.

.....

This video called 'Amazing Things Happen', explains how autism can feel to those affected.



<https://www.youtube.com/watch?v=Ezv85LMFx2E>

And ... 'Why Autism is a Difference, Not a Deficit'

<https://www.youtube.com/watch?v=We2fJz866NU>

This one is 'There's no one way to be autistic - BBC'

<https://www.youtube.com/watch?v=otAcbF-fESI>

.....

This video is self explanatory - 'Let's Talk about ADHD'.

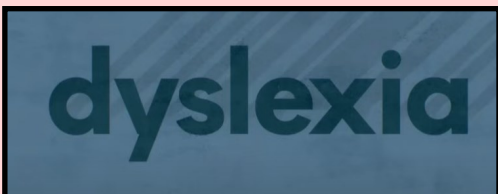
<https://www.youtube.com/watch?v=YeamHE6Kank>



And ... 'What is ADHD?'

<https://www.youtube.com/watch?v=1t9UHQgtDfU>

.....



This video does a great job of explaining dyslexia.

'Seeing Dyslexia Differently'

<https://www.youtube.com/watch?v=11r7CFIK2sc>

.....