



# We are Castleway.

**Be kind. Be confident. Be your best.**



Friday, 3<sup>rd</sup> February 2023

Dear Families,

Well, it's certainly been a busy old week hasn't it. I would like to thank you all for your continued support and patience as the extensive refurbishment of our building continues. We're now seeing significant progress as each and every window and door is replaced around school. We've had to navigate school life without our hall this week and today I've been office-less but, I'm sure you'll agree, it is more than worth it as our school is looking better than ever. But, worry not, even the extensive building work won't stop your Friday Update reaching you!

### Book Post!

As you know, we're passionate about children developing a love of reading and 'book post' is a regular feature. This week, Y2, Y5 and Reception Class have received a special delivery. As you can see, we really do love reading!



### Floating and Sinking!

This week, our Nurture Class have been looking at things that float and sink. They've had a splashing time and all loved getting wet.

Our creative children, have made star pictures and painted boxes for rockets.

Next week, they will be exploring the sound 'P' for poppy peg.

**Headteacher: Mr. S. Mycroft**

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### We are active!

It's been another brilliantly active week for our children. As you know, all classes benefit from specific sports coaching each week. This half term, our children are enjoying rugby coaching and, as you can see, even the teachers love it too!



### Wake Up & Shake Up

It's Children's Mental Health Week next week and the theme this year is connections. Why not connect with yourself and others by joining us for a bit of Wake Up & Shake Up on Wednesday & Thursday morning! Come along and join in!

# WAKE UP AND SHAKE UP

This year, Children's Mental Health Week is all about connections. Why not connect with yourself and others by joining us for 'Wake Up and Shake Up' on the yard Wednesday 8th & Thursday 9th February from 8:40am. All are welcome!



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## Dress to Express!

After the amazing response last year, we're delighted to be holding 'Dress to Express Day' again. Children are invited to leave their uniforms at home and express their individuality. We're all looking forward to seeing our children's individuality shine!

Castleway's  
**Dress to Express Day!**  
Friday 10th February 2023  
**Back by popular demand!**

Join us during **Children's Mental Health Week** as we once again **Dress to Express!** Children are invited to show off their personalities and express themselves by leaving their uniform at home and wearing whatever they feel like! **We'll be finishing the day with our own 'CastleWalk' runway where children (and staff!) get to strut their stuff to showcase their individuality!**

**Be kind. Be confident. Be your best.**

Castleway Primary School  
Be kind. Be confident. Be your best.  
Your best and everyone else's.

Castleway Nursery School

## Blast from the Past



During the hall renovations this week, this little piece of Castleway history was unearthed! Who remembers these school dinner tokens from their time at Castleway? It's a little worn but who wouldn't be after all these years?

There have been lots of comments on our Facebook page where members of the Castleway community, past and present, have been reminiscing about days gone by at Castleway. If you haven't already, have a look for yourself and join in with the conversation... you might even spot a former Castleway Headteacher on there!

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## Top Tips from Family Tool Box

Children can come out of school some days hyped up and overexcited and other days they can appear moody and not happy, they usually don't like to talk about their day and can never remember anything about their day. Take a look at some of the great hints and tips from [Dr Martha](#), shared by Family Tool Box, to help make a difference after school.

<p style="text-align: center;"><b>After School</b></p> <p style="text-align: center;"><b>The little things we might forget to plan that can make a whole lot of difference</b></p> <p style="text-align: center;">@dr.martha.psychologist</p>	<p style="text-align: center;"><b>ROUTINES &amp; RITUALS</b></p> <p>Routine and rituals are not just for preparing to 'let go'. They help bring calm and connection after school too.</p> <p>Whether it is a greeting that is unique to you, a nickname, or a little game that you play - doing the same thing every day after school can help your child shift their brain from 'school mode' to 'family time'.</p> <p style="text-align: center;">@dr.martha.psychologist</p>	<p style="text-align: center;"><b>SNACKS AND DRINKS</b></p> <p>Something to eat and/or drink can help to overcome some of the 'after school tiredness' children feel in their bodies, heads and tummies.</p> <p>It gives them a little energy boost and allows them to get ready for the evening to come.</p> <p>This is true no matter what age your child is!</p> <p style="text-align: center;">@dr.martha.psychologist</p>
<p style="text-align: center;"><b>FOCUS ON GROUNDING</b></p> <p>School is draining physically and emotionally for ALL children, but particularly if your child has a neurodivergent brain, they may struggle with the sensory input they have had to cope with. You may witness this in outbursts of meltdowns and/or tearfulness and irritability.</p> <p>Some children benefit from running around and others may need some quiet time in a dimmed lit room. Take your child's lead and be aware that different days carry different needs.</p> <p style="text-align: center;">@dr.martha.psychologist</p>	<p style="text-align: center;"><b>LEAVE THE TALKING TO LAST</b></p> <p>Sometimes getting more than one word answer from your child will feel like pulling teeth!</p> <p>Try not to question your child about school straight away. Let them eat, play, rest and connect with you.</p> <p>Mealtimes or during bath time together is a good time to start these conversations.</p> <p style="text-align: center;">@dr.martha.psychologist</p>	<p style="text-align: center;"><b>CONVERSATION STARTERS</b></p> <p>Rather than ask questions about your child, model what it sounds like to talk about your day. Talk about something real, something that has made you laugh, surprised you, reminded you of them, someone you have thought of or spoken to, what you had for lunch, how you felt today...</p> <p>Sharing your day makes it more likely they will join you in the conversation and share about theirs.</p> <p style="text-align: center;">@dr.martha.psychologist</p>
<p style="text-align: center;"><b>'WHAT' QUESTIONS</b></p> <p>Avoid starting questions with "Did", which elicits yes/no answers or "Why", which can shut down the conversation.</p> <p>"What" questions show your child that you're interested in their day, and may lead to a more open conversation.</p> <p>What did... share with you today? What made you laugh today? What was your favourite thing that happened today? What subject was the most interesting today? What did you enjoy most about today?</p> <p style="text-align: center;">@dr.martha.psychologist</p>		<p style="text-align: center;"><b>TALK ABOUT EMOTIONS</b></p> <p>Try asking about a range of different emotions. This helps children identify and label different emotional responses, and teaches them that each day is filled up with lots of LITTLE MOMENTS, and emotions come and go.</p> <p>What was something frustrating that happened to you today? What was something that was difficult for you, but you did it anyway? Was there a time that you felt lonely? And what did you do about it? Were you feeling sad today? What happened to make you feel better?</p> <p style="text-align: center;">@dr.martha.psychologist</p>

### Coffee Morning

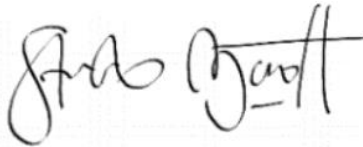
Due to the ongoing work in the school hall, there will be no Coffee Morning on Monday. Miss McDonough will inform families if another day can be organised for next week. Fingers crossed we'll be back up and running as soon as possible!

### Dates for your Diary

When?	What?	Who?
06/02/23	Children's Mental Health Week	Primary & Nursery School Children
06/02/23	Year 2 visit to Leasowe Library	Year 2
08 & 09/02/23	Wake Up & Shake Up at 8:40am	All Children and Families
15/02/23	Come Dine with Year 1 & Year 2	Year 1 & Year 2 Families
15/02/23	Valentine's Disco	11:00am & 2:00pm Nursery School 15:25 – 16:00 – Reception & KS1 16:00 – 16:45 – Key Stage 2
01/03/23	Books at Bedtime – Return to school at 5:30pm	Reception, Year 1 & Year 2 Children
02/03/23	World Book Day	Primary & Nursery School Children
08/03/23	Come Dine with Year 3 & Year 4	Year 3 & Year 4 Families
08/03/23	KS2 Stories around the Campfire	Year 3 & Year 4 – 4:00pm Year 5 & Year 6 – 4:30pm
15/03/22	Mothers and Significant Others Afternoon Tea	Reception, Year 1 & Year 2 Families
16/03/22	Mothers and Significant Others Afternoon Tea	Year 3, Year 4, Year 5 & Year 6 Families
22/03/23	Come Dine with Year 5 & Year 6	Year 5 & Year 6 Families

Another wonderful week for Team Castleway. Here's to the next one... let's just enjoy the weekend first!

Kind regards,



Mr. S. Mycroft  
Headteacher



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