

Newsletter



January

Please see below an introduction from Kerry Jasper - Our new Child & Family Support Worker in the trust. Kerry will be working with us and supporting us every Friday!

Friday 19th January 2024

Monday 5th February - Friday 9th February is Children's Mental Health Week.

Lots of dates on the diary have been added or edited so please take a look for any changes.

<https://www.childrensmentalhealthweek.org.uk/families/>
See the attached link for some resources you can use at home with your children or there is some posters below including top tips and conversation starters to help your children. Friday 9th February is an "Express Yourself" Day in school. See poster below for more information and some ideas.



Class 5 had a great time at Volleyball yesterday!

Info, advice and support, for families in Shropshire

Find us on:

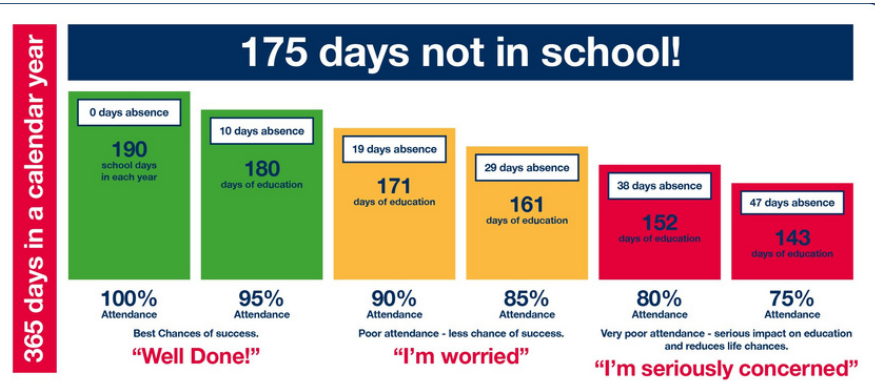
Shropshire Council

This week's attendance...

- Class 1 - 90%
 - Class 2 - 94%
 - Class 3 - 97%
 - Class 4 - 97.42%
 - Class 5 - 94.71%
- Aim for 100% attendance!

Good attendance means...

Being in school at least 95% of the time or 180 to 190 days



Hall of Fame

Class 1

Praise Certificates: R-Jay & Zara-Rose
 Writing Rocket: **Joey**
 Reading Rockstar: **Ernie**
 Marvellous Mathematician: **Ella**
 Super Scientist: **Indiana**

Top Table

Class 2

Praise Certificates: **Aria, Xander & Lily**
 Writing Rocket: **Nancy**
 Reading Rockstar: **Arabel**
 Marvellous Mathematician: **Jed**
 Super Scientist: **Emily**

Class 3

Writing Rocket: **Bryony**
 Reading Rockstar: **Georgia**
 Marvellous Mathematician: **Amelia & Orla**
 Super Scientist: **Luca**

Class 4

Praise Certificates: **Izzy, Jack H, Julien & Dylan TP**
 Writing Rocket: **Ivanna**
 Reading Rockstar: **Trey**
 Marvellous Mathematician: **Alfie & Ivanna**
 Super Scientist: **Teanna**
 Handwriting: **Jack G**
 Times Tables: **Bobby C, Julien, Lily, Riley, Luca, Jack H, Boudicca, Izzy, Evie-Mae, Fred, Will, Lynk, Layla, Jack P, Bobby M, Emma, Sam, Teanna, Jack G, Alfie, Tilly, Misha & Dylan TP**

Class 5

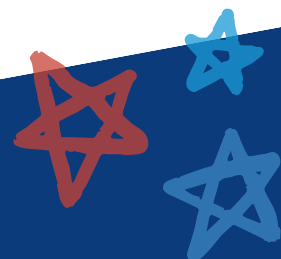
Praise Certificates: **Evangeline, Harley, Louis, Frankie, Jay, Archie E, Grace B, Daisy & Phoebe**
 Writing Rocket: **Jack H**
 Reading Rockstar: **Toby B**
 Marvellous Mathematician: **Riley G**
 Super Scientist: **Toby B**
 Handwriting: **Darcey**



Class 3: **Ruth**

Class 4: **William, Fred, Misha, James**

Class 5: **Phoebe**





Kerry Jasper - Child and Family Support Worker

Hello

Just a few words to introduce myself - I am the new Child and Family support worker. I will be working across the four schools in the trust. Offering support to children and families in our community.

I am very excited to get started and look forward to meeting the children and families. I will be offering support around all sorts of things - every stage in parenting is different and along the way we face many challenges. I am here to support children both in school and at home. I can support parents/carers with financial difficulties, family relationships and advice on parenting, sleep behaviour management as well as working with children around low level mental health.

I have worked in both education and health for many years supporting children from 0-18 and also supporting families within the home.

I am so delighted to see how supportive each school is in supporting your children and feel very lucky to be a part of it. If you feel I can help you or your child please speak to your class teacher.



Kerry

Dates for Diary 23 - 24

Spring Term	
5.2.24 - 9.2.24	Safer Internet Week: whole school focus on safety and assembly ran by digital leaders Children's Mental Health Week
9.2.24	"Express Yourself" Day
7.2.24	Smart School Council Cake Sale
8.2.24	PTA - Film Night Reading miles - The Galapagos Islands
9.2.24	Last day of half term
February Half term	
19.2.24	Back to school
7.3.24	World Book Day
8.3.24	Science Fair @ Lacon Childe PTA Mother's Day Pop Up Shop
15.3.24	Spring term reports sent home
20.3.24	Parents Evening
21.3.24	Autism Awareness Day: Funny Feet (odd shoes/ socks) Reading miles - New Zealand
22.3.24	PTA Easter Egg Hunt Last day of term: Maths Problem Solving AM/Board games PM
Easter Holidays	
Summer Term	
8.4.24	Back to school
6.5.24	Bank Holiday
13.5.24	SATs week
15.5.24	New Reception Meeting for Parents
20.5.24	Reading miles - Goa
24.5.24	Last day of half term
May Half term	
3.6.24	Back to school
18.6.24	PTA Escape Rooms Night
21.6.24	Sports Morning (athletics/ field events) No parents
26.6.24	Sports Afternoon - with parents PTA - Strawberries and Cream
27.6.24	Nursery sports afternoon - parents invited
28.6.24	PD day
12.7.24	Summer reports sent home
13.7.23	PTA Colour Run
17.7.24	Reading Miles - France
18.7.24	PTA - CHCA's Got Talent PTA Leaver's disco
19.7.24	Leaver's Play Last day of term: Maths Problem Solving AM/Board games PM
Summer Holidays	

My VOICE MATTERS

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2WK](https://bit.ly/3LBD2WK)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

LET YOUR IMAGINATIONS RUN WILD



We're all different – we all have different things that make us tick and that bring a smile to our face.

Express Yourself allows children and young people to celebrate what makes them unique with an incredibly fun dress-up day – this could be sharing their favourite hobby, such as skateboarding or dancing, or wearing their favourite colour or accessory. Or it could just be coming in as themselves.

Express Yourself is about letting children's voice shine through and empowering them to tell their own stories! If you need a little inspiration, here are some ideas on the right to get you started!

①
Let your inner disco diva shine on the dance floor

②
Let your personality shine through with your favourite colours

③
Embrace your creative side and unleash your artistic energy

④
Show off your team spirit with your favourite team's kit

⑤
Take the stage as the coolest rockstar in town

⑥
Come as you are and wear your comfiest clothes!

⑦
Bring the cool energy of the skate park to the playground

⑧
Share what makes you... you and celebrate what sets you apart.



DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!

Here are some brilliant tips from children just like you*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:

Do you want to be my friend?

Do you want to play?

I'm here for you.

Shall we tell an adult?

You're a star!

Would you like me to find your friends?



*With thanks to the pupils at Seascope Primary School and Ark Globe Primary School.

BEANO

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

- *Would you like to know more about why sleep is important for our health and emotional well-being?*
- *Does your child struggle with their sleep?*
- *Would you like to access support to help improve sleep and bedtime routines?*
- *Would you like to meet other parents/carers to share and discuss experiences?*

SLEEP TIGHT WORKSHOP

The workshops are delivered virtually via MS Teams or face to face at a venue in Shrewsbury. All you need for the virtual groups is an email address and an electronic device, and we will talk you through the rest.

Our workshops run for 5 weeks from the start date excluding the School Holidays.

**Starts on Friday 12th January 2024 from 09.30am to 11.30am
in Shrewsbury, venue to be confirmed.**

**Starts on Friday 12th January 2024 from 12.30pm to 2.30pm
Virtually via MS Teams**

**Starts on Friday 23rd February 2024 from 9.30am to 11.30am
in Shrewsbury, venue to be confirmed.**

**Starts Friday 23rd February 2024 from 12.30pm to 2.30pm
Virtually via MS Teams**

To book a place on one of our workshops or for further information on the workshops we run please contact the Parenting Team by:

Emailing Parenting.team@shropshire.gov.uk

Or call us on 01743 250950



If you would like to find out about other services the Parenting Team offers please email Parenting.team@shropshire.gov.uk or call us on 01743 250950



PARENTING HELPLINE

available on
Tuesdays and Thursdays from 9.00am to 12.30pm
Call us on 01743 250950

Parenthood can be extremely rewarding and enjoyable. It can also be demanding, frustrating and exhausting. Shropshire Council's Parenting Team is here to support parents and carers to raise healthy, well-rounded children in a loving and stable environment.

Do you have any questions around child development and parenting?

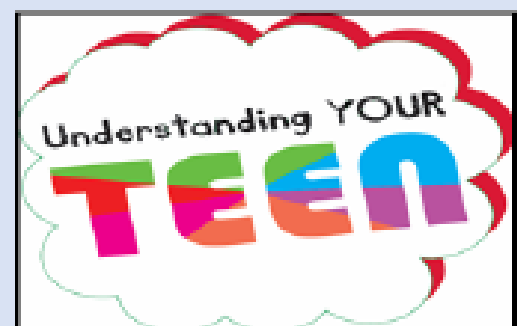
Why not call our Parenting Helpline where one of our trained

Parenting Practitioners will be ready to listen.

(Please note the Parenting Helpline will not operate between Christmas & New Year)

If you have concerns about a child's safety or well-being please call

First Point of Contact 0345 678 9021



www.shropshire.gov.uk
General Enquiries: 0345 678 9000

New players welcome

Clee Hill RFC Mini Junior Rugby



Girls and Boys
Year 9 and below



Sundays at 0930
Starting 3rd September



First session - free

We take boys and girls
from 3 years

FOR MORE INFORMATION PLEASE CONTACT:
Lorna • 07791689312 • cleehillrfuminisection@outlook.com
Clee Hill Rugby Club, Tenbury Road, Knowle SY8 3NL

