## Bidford on Avon Church of England Primary School



#### **NEWSLETTER 13 – 10<sup>th</sup> December 2021**

Dear Parents, Pupils & Governors,

**Egypt Topic** – Children in Years 5 and 6 have written postcards, imagining that they had taken a trip to modern Egypt. They described the food, weather, markets, clothes and peoples' homes, comparing the way of life to what they have learnt about Ancient Egypt.

<u>Christmas</u> - Children in Reception have been busy making Christmas cards, learning about the Christmas story and decorating their role play area. There is an 'Elf on a Shelf' in each classroom and the children have been drawing pictures and writing messages for them.

<u>Christmas Cards</u> – Unfortunately, we are unable to have our Christmas Post Box this year. Children can still bring in cards, *but only to children in their own class*.

<u>School Milk</u> - If your child would like to receive school milk please register via <a href="https://www.coolmilk.com/register">https://www.coolmilk.com/register</a>. If your child is registered for welfare free school meals they can receive free milk – please ask at the office.

Music - Lessons have now finished for this term, they will restart Tuesday 11<sup>th</sup> January.

#### **Covid Arrangements**

- ALL visitors that come into the school building should wear a face covering.
- If your child is unwell, they should remain at home until they are better. A PCR test should be taken if they are displaying Covid symptoms.
- If your child receives a positive Covid-19 test result outside of school hours, please leave a message on the school answerphone and send a text to 07591 541444 immediately. We will contact you to confirm the next steps. Please do not use this number for any other messages. If your child receives a negative Covid-19 test result please contact the office on 01789 773201 before sending your child back to school.
- If your child displays symptoms of Covid in school, we will take their temperature and test their sense of smell before phoning you to come and collect them if we feel it is necessary.

#### **Dates for your Diary**

- The BSA have arranged a <u>Christmas Dress Up Day</u> on Weds 15<sup>th</sup> Dec. Wear anything Christmassy for a cash donation for the BSA.
- <u>Christmas dinner</u> will be served to all children who have booked on on Weds 15<sup>th</sup> Dec. Thank you to the BSA for funding the KS2 meals.
- Applications for school places for <u>Reception 2022</u> should be made online by 15<sup>th</sup> Jan via the following link https://www.warwickshire.gov.uk/admissions.
- On Thurs 27<sup>th</sup> Jan, we will be hosting our first <u>Educational Mental Health Practitioners</u> (<u>EMHP</u>) <u>coffee morning</u>. This will be an opportunity for you to meet with our practitioners, to learn more about their role within our school and to ask questions. This will become a half termly event if the up take is good and parent workshops will be arranged if there is enough interest. For more information about our EMHP see the attached leaflet.
- There will be <u>Teacher Training Days</u> on Tues 4<sup>th</sup> January and Fri 27<sup>th</sup> May.

**Book of the Week** – Children in Mrs Walsh's class have been reading 'Vlad and the Great Fire of London' by Kate Cunningham. It is 1666 and Vlad the flea and Boxton the rat, are eating and biting their way around London. But one night in Pudding Lane they are caught up in a fire that threatens to destroy them, along with most of the City of London.......

No matter why or how you access Rise we want you to receive the right support at the right time.

A journey with Rise is as unique as the person seeking support. So the support each person receives may be different.

#### Support you may receive from the Mental Health in School Teams:



As an individual: 6 support sessions



As a class: group sessions



Outside of direct support: We will work closely with those you spend most time with, such as your teachers and family.

#### Other sources of help:

🔅 cwrise.com 🔅 cwmind.org.uk 🔅 healthforteens.co.uk



ChatHealth Warwickshire Text: 07507 331949
Coventry Text: 07507 331 949





# Mental Health in School Teams

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young

people in Coventry and Warwickshire.

Rise aims to build resilience and empower children and young people (as well as the adults in their lives) to know where to go for help and advice.

It's made up of a number of different services, each lead by a mental health specialist.





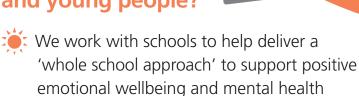




# What is a Mental Health in School Teams?

These are trained teams of Educational Mental Health Practitioners who work in schools to support children and young people experiencing mild mental health difficulties.

# How can *Mental Health in School Teams* help children and young people?



We show you ways to take care of your own mental health using Cognitive Behaviour Therapy (CBT), which is proven to be successful.

### Mental Health in School Team Journeys



- Worry Management
- Panic Management
- Coping Strategies





- Resilience
- You're not alone
  - You know where to go for support