

Inclusion Update

I hope you found the last newsletter helpful and you were able to discuss some of the topics with your children at home. After some feedback, we are going to expand the content of the newsletter slightly to ensure that there are some updates on SEND too.

A moment to pause– parents and carers matter!

Life always feels so busy! Sometimes it can feel like you are wishing weeks away and there never seems to be time to stop and pause but these moments are so important.

Over the next few weeks, as the sun still struggles to break through the clouds, try to give yourself two minutes in a day.

- Hold a cup of tea, feel its steam and warmth in your hands.
- Sit in the sun, listen for the birds, just breathe.
- Take a line for a walk– let your mind wander.

We encourage our children to have some time to stop, feel and pause so let's try and model that stillness and calm is important for everyone.



Children's Mental Health Training

For two evenings in January and February all staff we invited to attend *An Introduction to Children and Young People's Mental Health* training. It was excellent training and compliments our Mullberry Bush work brilliantly by exploring emotional literacy and resilience.

It explored how teachers, TAs and school support staff can understand the role of mental health and how it can impact pupils, families and communities as well as empowering individuals to have responsibility for the wellbeing of everyone around them. There was also some excellent sign posting which will enable staff to discuss early signs of mental health problems, and possible tools which can be used with children as well as increasing our awareness of other services available.



Children's Mental Health Week

Children's Mental Health week was a great success in school. Every child spoke about how their mental health can change on a daily basis and how important it was to understand that this is normal. They were also given the opportunity to think about helps them when they are feeling 'sad' or 'angry.'

The theme of 'My Voice Matters' was shouted in assembly and each child was reminded that it is important and ok to share their thoughts and feelings.

We shared some great books too, *Blue* by Sarah Christou, *Bottled* by Tom and Jo Brassington as well as *Ruby's Worry* which we shared with you in our last newsletter.



Attendance

Thank you to all our families who are arriving at school on time, this provides children with a smooth start to the day and allows children to complete useful early morning learning tasks.

The schools current overall attendance is at **94.4%**, which is below our target of **96%**. This target is in line with government and Oxfordshire County Council expectations. If you need any support or advice regarding attendance, please contact the school office or email office@tep.faringdonlearningtrust.org. Thank you for your support on this matter.

At parent's evening later this term your child's teacher will share your child's attendance with you- we really appreciate your support to get your children into school where they can flourish.

Reporting Absences: If your child is unable to attend school due to sickness, please contact the school office on 01367 240232 by 9am. You must call the school **every day** that your child is absent. Parents are reminded that if your child has vomiting or diarrhoea, they must stay off school for 48 hours.

Attendance Matters



NSPCC– Speak Out, Stay Safe

Last term, all children took part in the NSPCC, Speak out, Stay safe assemblies. These assemblies were completed in class allowing the content to be paused and to ensure that staff could support the children's understanding of these important topics.

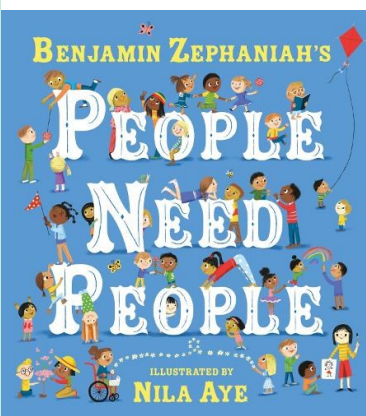
The assemblies were carefully pitched to ensure that all content was age appropriate however all children were reminded that they have the right:

- ◇ To speak out and be heard
- ◇ To be safe
- ◇ To get help when they need it.

Book Recommendation

Each update, will include a book recommendation. Reading is core across our whole school and that is no different when we think about our wellbeing and emotions. Books help us to see our own feelings– making us laugh, cry, worry and know that we are not alone.

Our **Value this term is Community**. This beautiful picture book by the incredible Benjamin Zephaniah is a fantastic poem that reminds us that we are not alone and that being part of community matters.



People Need People, explores how people around us makes us who we are and how we can show kindness to help others. I love how it celebrates difference and how everyone has a place in our community.

Signposting

As parents and carers things can occasionally feel tough, especially when your children are finding things tricky.

If you are worried about your child's mental health or wellbeing, Place2be offers excellent advice and resources and further signposting for parents and carers. [Place2be](https://www.place2be.org/)– this will take you to a page full of signposting for supporting your child's mental health.



Ideas: Find time to talk, just the two of you – 'Check in' with them while you're doing things together, so they get used to talking about their feelings.

Play together – Play helps them to be curious, learn new things, solve problems and express feelings without words.

Be a role model – Show how you cope with difficult feelings and look after yourself.



Health and Sport Weeks

From Monday 1st– Friday 5th July we will be taking part in our second Health and Sports week. The aim of the week is for the children to experience a range of different sports as well as cover aspects of staying safe that are not covered in the curriculum. We already have some exciting events planned for the children such as a visit from an Olympian, The Police and Fire Service and coming to talk about staying safe and we have some exciting first aid work to get stuck into!

The week will also involve sports day– more details to follow!



But, WE NEED YOUR HELP. If you are, or know someone who is, part of a local sports club; you are a qualified fitness or yoga teacher; or feel that you could offer your knowledge and skills to build our children's understanding of staying healthy we would **LOVE** to hear from you! Please contact the school office.




Healthy Sleep

Did you know that looking at a screen an hour before sleep impacts the health of your sleep. In children it is believed that they receive 55% less melatonin (sleep chemical) through blue light exposure before sleep. For children with autism and ADHD it is believed this impact is even greater.

How much sleep is enough?

Children aged 3-9 = 10 to 11 hours a night

Children aged 10-16 = 9 hours a night

 For more information about sleep hygiene look at the [Sleep Charity](https://www.sleepcharity.org.uk/) website.

Safeguarding

In school one of our most significant responsibilities is to safeguard the children in our care.



If you have concerns about a child please contact the Mr Jacques or Mrs McIntosh or contact MASH- **0345 050 7666**.

Our children are all encouraged to have 5 trusted adults in school– ask your child who their trusted adults are?

PSHE– Jigsaw Update

In Personal, Social and Health Education (PSHE) this term, the children are learning about “**Relationships.**” In this puzzle piece, children will consider what healthy relationships looks like and the importance of these in our daily lives. This unit forms part of the statutory PSHE curriculum. Each year group across the school will cover the topics at an age-appropriate level Topics covered include:

- ◇ Families and the people who care for me,
- ◇ Caring friendships,
- ◇ Respectful relationships,
- ◇ Online relationships,
- ◇ Changing relationships (loss and grief)



Please contact your child's teacher if you would like to discuss any aspect of the PSHE curriculum further.

In term 6, the children will cover the **Changing Me** aspect of PSHE. Children explore what it means to grow up and how our bodies change. This aspect of the curriculum also covers SRE (Sex and Relationships Education.) A letter will be coming out shortly to invite parents of Year 4, 5 and 6 to attend a workshop explaining the purpose and content of the Term 6 PSHE curriculum.