Monday 10<sup>th</sup> Feburary 2023

# **Opening minds, shaping futures**

## Parents' evening:

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Once again, thankyou for your support over our two parents' evenings this week. The children love to read their feedback comments that you write when they put their books away.

Things ran really smoothly this week and most times slots ran efficiently.

If you have any further comments or feedback that you would like to share please remember to contact the office in the first instance or the year group emails.



Furthermore your support for the Scholastic book club has been amazing. We were able to add so many new books to our library last year following the book fair and we hope to do the same again. It is so good to hear the children excited about the books available to them to read!

### Dates for your diary:

WC 11th Feb—Random Act of Kindness week 17th Feb—Break up for half-term 27<sup>th</sup> Feb – Return from break March – Women's History Month

## Before and After School Club Bookings February - March 2023

Bookings for School Care Club places for the next half-term (February - March 2023) are required to be booked in advance and these are now available to book in Forms on Weduc (Forms / Available Forms).

### The form will close at 9.30am on Wednesday 15th February 2023.

A walk in children's covid clinic will be held at Wombourne Fire Station WS13 6HU on Wednesday 15th February 2023 between 4:30 and 7:30p.m. This includes 1<sup>st</sup> and 2nd doses for children between 5 and 17 years of age, if they are eligible.

For bookings and queries, please contact <u>12-15covidimms@mpft.nhs.uk</u>

Please read Page 4 for more info

# THE GREAT BRITISH

Please see <u>Page 3</u> for details on applying for the new season of Junior Bake Off!



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	Class:	Percentage:	
$(\Omega)$	Ash	96.0%	
	Elm	98.1%	////
	Beech	97.9%	
Attendance	Yew	100.0%	2
	Hazel	95.2%	
And the Winner is	Larch	91.3%	*
	Maple	99.3%	2
<b>YEW</b> With a perfect	Birch	95.0%	
100% for the second week in a	Cedar	97.2%	}
row, massive well done!	Alder	98.1%	
	Rowan	96.7%	
	Willow	95.2%	
	Sycamore	97.9%	J
	Chestnut	99.4%	/

We have been contacted to let us know that applications for Junior Bake Off are now open!

The show are looking for young budding bakers between 9-12 years old. Filming would take place from July 2023, but our applications close on Sunday 12<sup>th</sup> March 2023.

> Interested bakers can apply online at https://shortaudition.com/Junior-Bake-Off

# JUNIOR BAKE OFF

...IS LOOKING FOR THE UK'S BEST YOUNG BAKERS AGED 9 - 12

# WWW.APPLYFORJUNIORBAKEOFF.CO.UK

# APPLICATIONS CLOSE SUNDAY 12th MARCH 2023

Enquiries: applyforjuniorbakeoff@loveproductions.co.uk

Midlands Partnership NHS Foundation Trust Children & Young People Covid Vaccination Programme 12-15covidimms@mpft.nhs.uk Autumn Covid Vaccination Programme

February 2023

Dear Parent / Guardian

The CYP Covid Vaccination team are carrying out a community clinic at **Wombourne Fire Station WS13 6HU** on Wednesday 15th February 2023 between 4:30 and 7:30p.m. to administer Covid vaccinations. This includes ONLY 1st & 2nd doses to those children between the ages of 5 and 17 who are eligible.

### ALL BOOSTERS are NO LONGER AVAILABLE.

Your child is eligible for 1st or 2nd dose if:

• They are aged between 5 years and 17 years (had to be 5 years old on or before 31st August 2022)

- · Have not received a Covid vaccination before
- · If had a 1st dose needs to be 12 weeks before 2nd dose (8 weeks if Clinically vulnerable)
- Have not had Covid 19 infection within last 12 weeks (28 days if clinically vulnerable)

Consent will be obtained at the clinic by a registered professional. Consent needs to be given by a parent or guardian with parental responsibility or delegated authority.

### PARENTAL RESPONSIBILITY:

The person(s) with parental responsibility will usually, but not always, be the child's birth parents.

People with parental responsibility for the child include: the child's mother; the child's father if married to the mother at the child's conception, birth or later; a legally appointed guardian; the local authority if the child is on a care order; or a person named in a residence order in respect of the child. Fathers who have never been married to the child's mother will only have parental responsibility if they acquired it through a court order or parental responsibility agreement.

After the 30th November 2003 unmarried fathers have automatic parental responsibility for their children if they are named on the birth certificate. For a child born before the 30th November 2003, they can be re-registered and the father named on the birth certificate, after which the father will have automatic parental responsibility.

### **DELEGATED AUTHORITY:**

In particular circumstances, the person(s) who hold(s) parental responsibility may have given delegated authority to a foster carer to be able to give consent for immunisations. Where a foster carer does not hold delegated authority for immunisations please arrange for the local authority to complete and sign the enclosed form. If you have any gueries please contact the team on 12-15covidimms@mpft.nhs.uk





# TIPS FOR PARENTS AND CARERS

### Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

### WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

### WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

 Connect with your child in everyday ways Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to reconnect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

### 2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

### 3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.





Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

#### 4. Connect by taking an interest in your child's world

As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

#### 5. Find time to connect as a family

Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

#### 6. Try to resolve conflict and re-connect after arguments

Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

### Video activities from Place2Be

Puzzle Pieces – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentaihealthweek.org.uk/ puzzlepieces d<sup>9</sup>

Connecting Paperchains – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to childrensmentalhealthweek, ore.uk/paperchains d<sup>2</sup>

Exchanging Postcards – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/ postcards d<sup>2</sup>

### 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. parentingsmart.org.uk /<sup>9</sup>

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help do