

St Andrew's Major Church in Wales Primary School

Weekly Newsletter



Dear Parents,

Friday 12th October 2018

Mental Health Awareness

Mental Health Awareness day was on October 10th and this year's theme is ***'Young People and Mental Health in a Changing World'***.

- According to the WHO, half of all mental health conditions start by 14 years of age, but most cases are undetected and untreated.
- Worldwide, it is estimated that 10-20% of adolescents experience mental health conditions.
- Suicide is the second leading cause of death among 15-29-year-olds

Fortunately, there is a growing recognition of the importance of helping young people build mental resilience, beginning from the earliest ages. This helps adolescents cope with the challenges of today's world in a better way.

Building mental resilience from an early age can help prevent or manage mental problems amongst adolescents and young adults. It can also help them recover. Yet, prevention begins with a better understanding of early warning signs and symptoms of mental illness.

At St Andrew's we value the importance of good mental health in terms of a child's overall well-being but also the huge part it plays in attainment and success. We have a variety of interventions and systems in place to support all children if and when necessary and I ask that you let us know of any issues that may be effecting your child (in or out of school) so that we can support them and you wherever we can.

Harvest and NSPCC

We raised well over £1000 for the NSPCC, and I would like to say a huge thank you for your generosity at what for many families is a financially challenging time. Thank you also to everyone who came to church last Sunday to join us for our Harvest Festival. Well done to all the children who took part in decorating the church or presenting at the front. On Wednesday the Foodbank visited the school to collect the contributions which they were very grateful for. Both of these good causes backs up our mission as a Christian community to teach the children the importance of showing generosity and compassion to those who may not be as fortunate as us.

Cross Country

Some Year 5 and 6 pupils have been selected to attend the schools trials next Thursday. There may be some disappointed children who have not been selected, however, the 'Mile a Day' has been used to assess whether the children will be able to run the distance. They will be going on a bus with Mr Walters and can change in school before they go. Therefore, we expect them to come to school in uniform as usual please. They do not need a packed lunch as they will be back in time for lunch, but please ensure they have a drink. Please return the slip to school by Monday.

Year 2 update

Further to my letter to Year 2 parents, just to inform you that Miss Halse will not be returning until at least after half term. Miss Nation has done a great job with Mrs Brown and Mrs Miller this week and will remain with the class until half term. Unfortunately, Miss Halse's absence means that Year 2 Parents' evenings will be postponed until Miss Halse's return. I will update you further when I can.

Parents' Evenings

As previously, these will be booked using the online system and it is essential we have an up to date mobile number in order for you to receive the text alerts. Please note, with 30 children in all classes, it is not possible in any circumstances for teachers to hold separate meetings for 2 parents on the 2 nights. There is strictly one appointment per child. If there is a need to meet with the teacher separately, this will need to be arranged for after half term.

Flu Immunisations

Many of you have already returned the consent forms for the immunisation sprays which will be administered on Tuesday 6th November. The health board would appreciate all forms being sent in, even if you do not give consent as this helps with future planning. Please note, the sprays are ordered the day before the immunisation is administered so all forms must be in by 9am on Monday 5th Nov.

Health and Safety Reminders

Please can I ask that no children, including younger siblings play on the bikes at the start/end of the day. Also a reminder that no car should be parked in the layby after 8.30am. The school bus arrives close to this time and takes priority over cars. Only older children should be dropped off therefore ensuring the driver stays in the car and can drive straight off. Otherwise there is congestion on the road as cars wait to pull in to the layby. In the past, this caused an accident, endangering a child. Our priority is keeping everyone safe so I thank you for your cooperation with both these things.

Upcoming Dates

Thurs 18th	Cross Country Trials (Y5 and Y6)
Fri 19th	PC Emma to work with Y6
Mon 22nd	Y3 and Y4 Trip to Caerleon
23rd and 24th	Parents' Evening
w/c 29th	Half Term

Value this half term

This half term, our focus value is 'Thankfulness'. Christians believe that God loves and cares for them in many different ways in all aspects of their life. They know that their response to this provision should be one of thankfulness and praise. You might like to discuss as a family what we are thankful for and how we can show our appreciation in practical ways. Encourage the children to write a prayer or poem about thankfulness which we can share in school worship.

Wishing you all a lovely weekend. Yours faithfully,

Gen Hallett



(Headteacher)

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

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LOVE

Be there for your child and show care and love



EXERCISE

Encourage play, exercise and sport



BEHAVIOUR

Keep an eye out for any changes in behaviour



SUPPORT

Regularly support, encourage and praise your child



REST TIME

Help your child to manage stress by building in some rest time



BE PROUD

Tell your child that you are proud of them



PATIENCE

Be patient. Don't pressure your child



HELP

Don't be afraid to seek help from professionals



FEELING

Get to know how your child is feeling



EDUCATE

Educate yourself about mental health problems



PROBLEM SOLVING

Help your child to effectively problem solve



LISTEN

Make sure you take time to listen to what your child has to say



COPING

Help your child to learn some simple coping skills such as relaxation



SYMPTOMS

Be aware of signs and symptoms



CONVERSATION

Encourage your child to engage in conversation



ENVIRONMENT

Provide a positive environment for your child where they can thrive

