



# ST. ANNE'S CATHOLIC PRIMARY SCHOOL

HEADTEACHER: Mr D Linehan

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Tel: 0121 779 8060 Email: parentmail@st-annes.solihull.sch.uk

Website: <http://www.stannessolihull.co.uk> Follow us on Twitter: @StAnnesCP



**St. Anne's Mission Statement: "Each one of us is unique, each one of us is special, because we are created by God's love. May God's love shine on our lives as we care and share and learn together."**

Friday 10<sup>th</sup> January 2025

## CATHOLIC LIFE

School Virtue for this half term – Grateful and Generous  
In our Liturgical Calendar we are currently in Christmas Time

The half term focus for Catholic Social Teaching is: 'Rights and Responsibilities'

## DIOCESAN VIRTUES AT ST. ANNE'S – OUR HALF TERM VALUE: 'GRATEFUL AND GENEROUS'

### GRATEFUL AND GENEROUS

**Pupils in our school are growing to be . . .**

Grateful for their own gifts, for the gift of other people, and for the blessings of each day; and generous with their gifts, becoming men and women for others.

**Our school helps our pupils to grow . . .**

By encouraging them to know and be grateful for all their gifts, developing them to the full so that they can be generous in the service of others.

### **The Christian Roots of the Pupil Profile.**

Gratitude – an attitude of mind that habitually notices daily blessings and the good things that happen to us, giving our lives meaning and enjoyment, and sometimes pause for thought and a nudge to put things right. Generosity – the impulse to give and not to count the cost, to serve without reward, to have big hearts and great minds, to be men and women for others.

## BUILDING THE KINGDOM



At St Anne's, we are striving to **Build the Kingdom of God!**

We are helping the children develop the skills we needed to be:

- Agents for a spirit-fuelled transformation of society.
- Moving our learning into action and our faith into action!

***We are teaching the children that they are the leaders of tomorrow!***

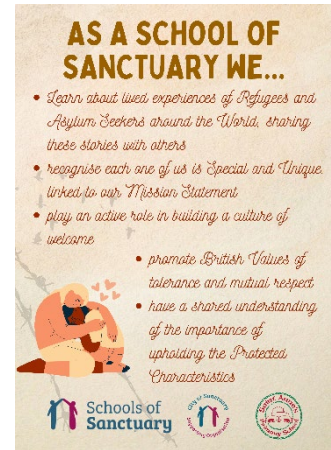
God is calling you to change the world one life at a time and one small step at a time. Begin today where you are.

At Saint Anne's, we are passionate about the work we do as a School of Sanctuary, building the **Kingdom of God** by making our community inclusive and welcoming.

We are putting our faith into action as we are reaching out to the new Secretary of State for Education, Bridget Phillipson MP, to introduce the work of Schools of Sanctuary, the challenges we face, and the changes we would like to see.

We are asking her to encourage all schools around the country to take part in this important initiative.

The letter can be found on our website here: [Letter to Bridget Phillipson MP](#)



TEN TEN RELIGIOUS EDUCATION NEWSLETTER

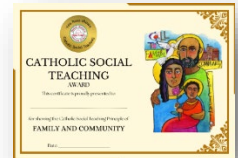
Please see link below for the monthly TenTen R.E Newsletter. The information shared on this newsletter links to the children's Collective Worship in class.

[www.tentenresources.co.uk/prayers-for-home/parent-newsletter/](http://www.tentenresources.co.uk/prayers-for-home/parent-newsletter/)

CATHOLIC SOCIAL TEACHING

- **Spring 1 Focus– *Rights and Responsibilities*-Every person has a fundamental right to life. It is this right that makes all other rights possible. Everyone has the right to food, health care, housing, education and employment. We all need to strive to secure and respect these rights for others both locally and globally.**

At St Anne's, children are chosen each week to receive a certificate for portraying one of the Catholic Social Teaching principles. This is to celebrate children putting their faith into action and to encourage deeper thinking on why we do things (i.e. we look after God's world because we have been entrusted as Stewards). Congratulations to the children chosen this week during phase assembly!



**Faith without action, isn't faith at all.**

ST ANNES & ST ANTHONYS CHURCH PARISH NEWSLETTER

Please find a link below to the Parish Newsletter which you can find on our website.

<https://www.stannessolihull.co.uk/spring2025>

CATERING WITHIN SCHOOL – ORDERING MEALS ON PARENTPAY

A reminder to please continue to pre-order your child's meals on ParentPay. If a dinner has not been ordered, then the children will be offered a limited menu option of a jacket potato with a filling or a pasta pot. They will also have access to salad and a freshly baked bread roll. This charge will be added onto your ParentPay account.

IMPORTANT INFORMATION REGARDING ADMISSIONS FOR SEPTEMBER 2025

Applications for **Reception** and **Secondary** school places for September 2025 must be made via the Council Website: <http://www.solihull.gov.uk/admissions>. If you live outside Solihull you must apply to your local council even if you want to include Solihull schools on your application.

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**Information for our Nursery Parents – applying for a Reception place for September 2025**

Children with a date of birth between 1<sup>st</sup> September 2020 and 31<sup>st</sup> August 2021 start full-time school in September 2025. This first year is called 'Reception'. **Please ensure you apply on-line via your local council before the closing date which is 15<sup>th</sup> January 2025.**

**COMMUNICATION WITH SCHOOL**

For queries such as reporting children's absence, requesting information or other general questions, please contact us via [parentmail@st-annes.solihull.sch.uk](mailto:parentmail@st-annes.solihull.sch.uk). This is a dedicated parent email address which is monitored throughout the day. Messages sent here will be sent on to the relevant staff member(s) if necessary.

If you have any queries at all or if it is an urgent message, please do not hesitate to contact the School Office on 0121 779 8060.

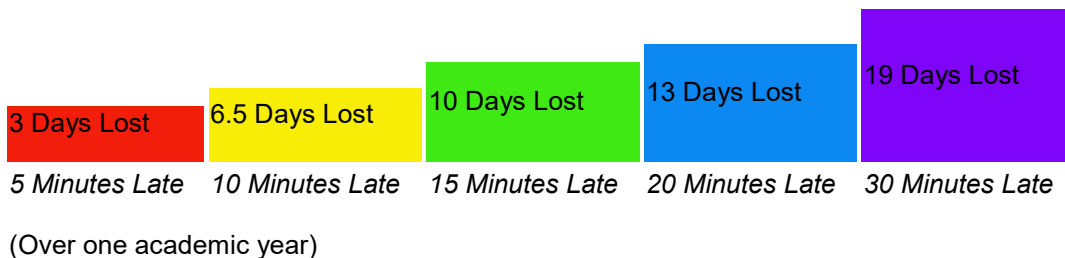
**ATTENDANCE**

**Late marks and Absences**

The doors open for children in Reception to Year 6 at **8.30am** and close at **8.40am**. Children who arrive after this time must go to the School Office where they will be given their late mark. Late marks are monitored and recorded. Children who arrive from 9.10am onwards are marked on the register as a 'U' for unauthorised absence, unless they are absent due to a medical appointment. Children arriving at the School Office prior to 9.10am will receive a late mark, 'L' on the register.

**8.40am-9.10am** = 'L', which means that your child receives a late mark. We are required to put a reason on the register for children who are late so office staff will always ask for a reason. If it is a personal/confidential reason please just say so; staff will make a note of this.

**9.10am and beyond** = 'U', which means the morning is recorded as an unauthorised absence.

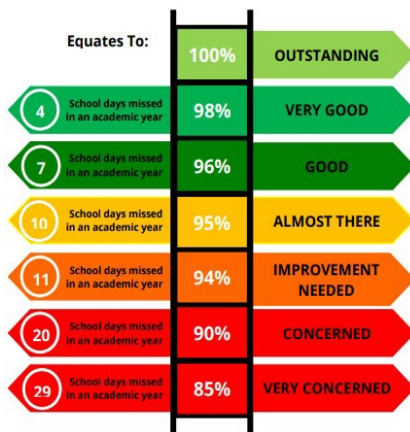


**Attendance and Holidays –**

**Children Absent:** If your child is absent from school it is necessary that you contact school on the first day of your child's absence. Contact 0121 779 8060 and choose option 1 before the start of the day. There is an answer phone facility for you to leave your child's name, class and reason for absence. Alternatively, you can email school with your child's reason of absence: [parentmail@st-annes.solihull.sch.uk](mailto:parentmail@st-annes.solihull.sch.uk)

Following previous correspondence, this reminds you again that all holidays are unauthorised and the Local Authority will fine parents regardless of when holidays are booked because the ruling has always been in place. This is a Local Authority decision; the School cannot over-ride their decision.

**WINNING CLASS**  
**5R**



## RE INSPIRE PARENT WORKSHOPS

Please find the dates below for this academic years RE Inspire Parent Workshops. **Please note that some of the below dates have now changed.**

| Year Group | Relevant RE Unit              | Date                            |
|------------|-------------------------------|---------------------------------|
| Reception  | St Anne                       | Monday 12 <sup>th</sup> May     |
| 1          | Following Jesus Today         | Monday 23 <sup>rd</sup> June    |
| 2          | Parables and Miracles         | Monday 16 <sup>th</sup> June    |
| 3          | First Holy Communion          | Monday 27 <sup>th</sup> January |
| 4          | Sharing in the Life of Christ | Monday 3 <sup>rd</sup> February |
| 5          | Pentecost                     | Monday 19 <sup>th</sup> May     |

## PE DAYS

Please see PE dates below, with amendments to Year 3 and Year 6.

| Year Group | PE Days              |
|------------|----------------------|
| Nursery    | Wednesday            |
| Reception  | Thursday             |
| Year 1     | Monday & Tuesday     |
| Year 2     | Monday & Wednesday   |
| Year 3     | Tuesday & Thursday   |
| Year 4     | Wednesday & Thursday |
| Year 5     | Monday & Wednesday   |
| Year 6     | Thursday & Friday    |

## PERSONAL DEVELOPMENT



In this week's votes the children answered the following topic question:

- Should lessons start later in the day?



In school children celebrated the Feast of the Epiphany in assembly and during class time. This important feast day marks the day the 'Three Wise Men' arrived at the stable to greet baby Jesus after their long journey following the star. Teachers revisited the story's significance, highlighting themes of hope, generosity, and discovery. The children learnt traditional songs and explored the cultural and religious importance of the day. The joyous atmosphere was filled with laughter and excitement as the children discovered the true meaning of Epiphany, while fostering a sense of unity and respect for diverse traditions.

## PSHE



The school's topic 'Dreams and Goals' was introduced in phase assemblies this week. With the help of Jigsaw characters, pupils looked at how they may need to show patience and perseverance to fulfil their dreams. The children were encouraged to think about their goals and how they would achieve them.

### Year 4 Fire Safety Visit

The Year 4 children had a fantastic and informative experience this week where they learnt all about different fire safety procedures from some local firefighters. They explained to the children the different risks that could lead to a fire as well as how to safely exit a building if a fire started. The children learnt about how quickly a fire can spread and the dangers of being around the smoke and the flames which can reach extreme heats. Miss Powell also had a go at trying on the firefighter outfit and helmet - it was extremely heavy! The firefighters only have approximately 1 minute to put all of this on!



## NURSERY

### Religious Education

In our RE unit 'Christmas-Mary the Mother of Jesus' the children know that Christmas is Jesus' birthday and that Mary is Jesus' mother. They thought about the different ways that their Mums show love and care for them just like Mary did for Jesus.

Cora - "My Mummy reads me books at bedtime."

Momore - "My mummy plays games with me."

Camilla - "My mummy makes me dinner."

Milan - "My mummy gives me hugs."

### Understanding the World

This week the Nursery children have been learning about the season of winter. They have been observing the changes in the weather and how it is now cold. They have looked at the different clothes that we wear during the season to keep ourselves warm. They had a surprise visit from 'Frosty the Snowman' who left them ice, snowballs and 'magic snow' to explore.



## RECEPTION

A huge welcome back to all of our children. They have all returned to school beautifully and ready for the new term ahead. We are so excited to see you all!

### Religious Education

In RE this week we continued our work around the Christmas Story and the children were able to recall the story in lots of detail. We focused on the Epiphany and walked through the story in our garden area. We were delighted to have a visit from the three wise men. We also hot seated some of the characters from the story and discussed how they felt during different parts of the story. The children used super vocabulary such as “amazed”, “astonished”, “shocked” and “surprised”.



### PE

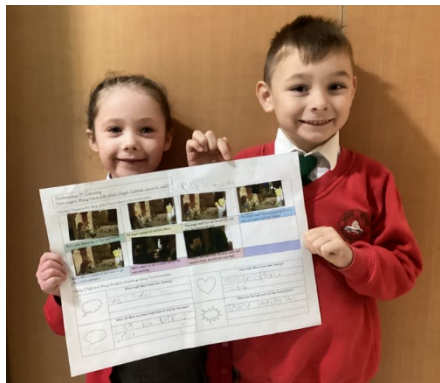
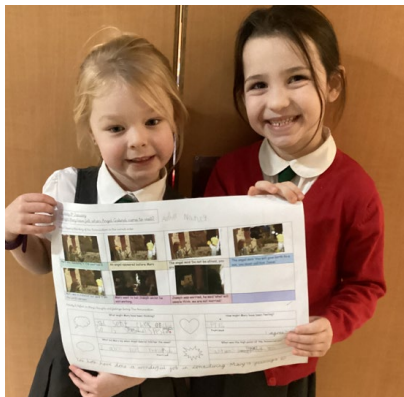
In PE this week the children began their gymnastics unit. We enjoyed listening to the story “Jack and the Beanstalk” and using shapes and balances to represent parts of the story. We practised freezing and holding a balance to the count of five. The children showed some wonderful gymnastic skills.



## YEAR 1

### Religious Education - The Annunciation

As we celebrate the Christmas season, we began our new RE unit by exploring the story of **The Annunciation**. We listened to this significant Bible story, which reminds us of how grateful we are to Mary for her courageous 'yes' to becoming the mother of Jesus. After hearing the story, we worked on sequencing the key events to help us remember and understand it better and retold it in our own words. We also reflected deeply on how Mary might have been feeling and thinking during this momentous time, and considered what might have happened if she had not chosen to say yes.



### Music – Using vocal and body sounds to create dynamics

As musicians this week we have focused on how the dynamics of a piece of music can add a particular feeling or emotion to the sound which helps to tell a story. We listened to a piece of stormy music and danced to it, showing the sounds and feelings through our movements and talked about what the music reminded us of and how it made us feel. Using our **voices** and **bodies**, we made stormy sea sounds like crashing waves, rain, and thunder, and decided which sounds should be **loud** or **soft**.



## YEAR 2

### Religious Education

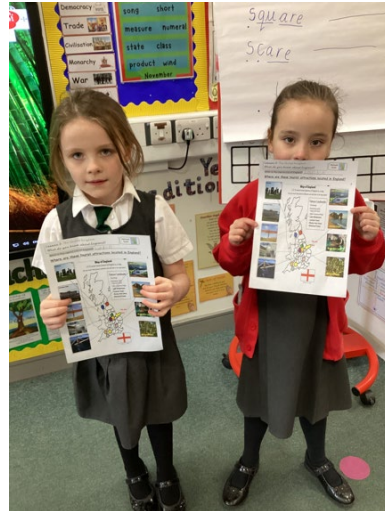
We have been learning about the Annunciation of Mary in our Christmas unit this week. We re-enacted the story and then considered how our world would be different if Mary had not said yes to God. Some brilliant answers were....

- Jesus would not have been born.
- The world would have less peace and love.
- We wouldn't have all the stories and messages that Jesus taught us.



## Geography

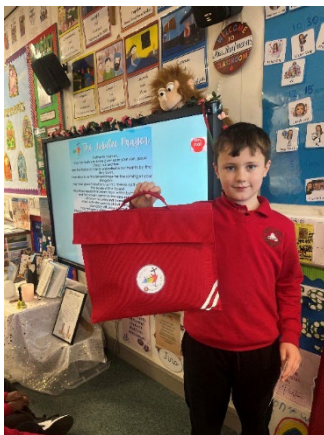
This week, the children have been learning about different places you can visit in England. We discussed the different features of these landmarks and located them on a map. We then conducted a survey about where people would like to visit.



## YEAR 3

### Religious Education - Prayer and Liturgy

Before our Christmas break, our Liturgical Leaders prepared brand new prayer bags to commemorate the Jubilee Year for Pilgrims of Hope. The prayer bag has so many wonderful resources that can be used at home to share our faith with our families and spend time together in prayer. We are excited to send the Prayer Bag home this week with the children showing this half term's virtue of Grateful and Generous.



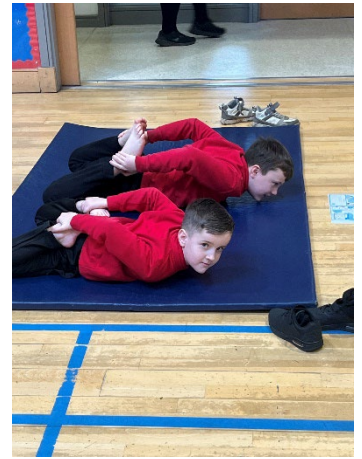
## PE

Year 3 have started two new PE units to help us develop our healthy hearts and healthy minds! 3R have transformed into energetic gymnasts! Taking inspiration from two gymnasts we looked at named Max Whitlock and Simone Biles, we explored making point and patch balances with our bodies. On the next part of our learning journey, we focused on our jumping technique. We learned how to straight jump, star jump and tuck jump – we were jumping for joy at the wonderful progress we have made!





3L have begun our Outdoor Adventurous Activities unit (OAA) building on our communication and teamwork skills. One of our activities involved standing on a bench and we had to move into a particular order without getting off the bench!



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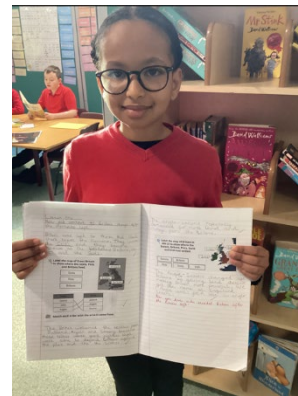
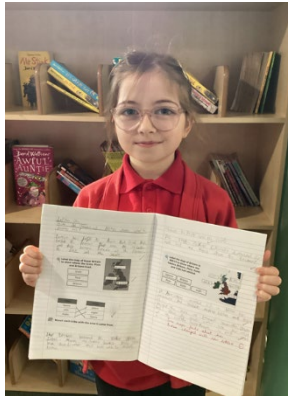
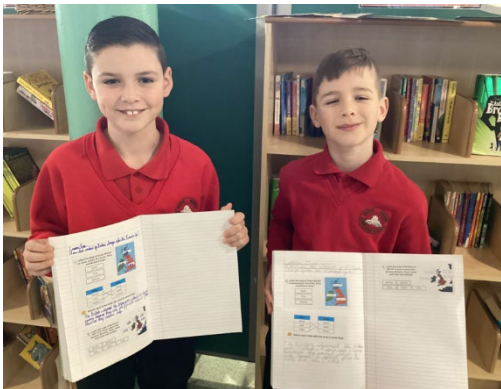
## YEAR 4

### Religious Education

The children have started their Christmas topic this week – they reflected upon all of the influential and important people in the Christmas story and who they believed was the most important. We spoke about the significance of God and Mary and their essential part in the birth of Christ.

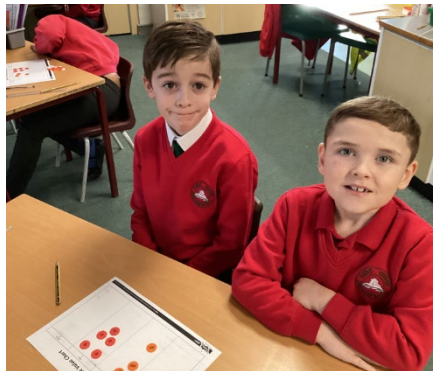
### History – Anglo-Saxons

The children have started their new History topic this week: The Anglo-Saxons. We enjoyed recapping our knowledge of our previous topic about the Romans and making links between these two periods of history. We discussed what happened to Britain after the Romans left and the tribes who invaded the country. The children then reflected on how the Anglo-Saxons had changed life in Britain from the knowledge they had gained so far. We are so proud of all our budding historians!



### Marvellous Maths

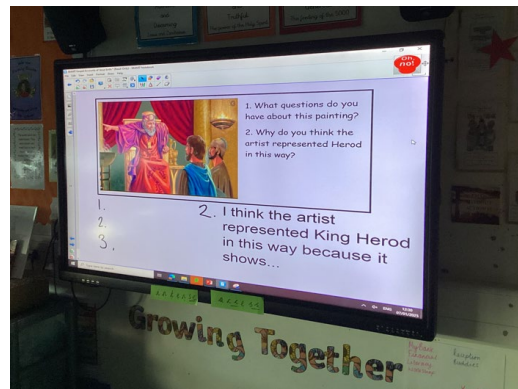
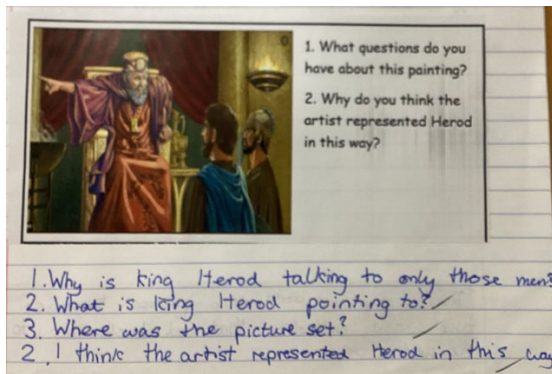
The children have been consolidating their understanding of multiplying by 10 and multiplying by 100. The children have been working really hard using place value charts and counters to represent the answers for different calculations. We are so impressed with their speedy mathematical skills!



## YEAR 5

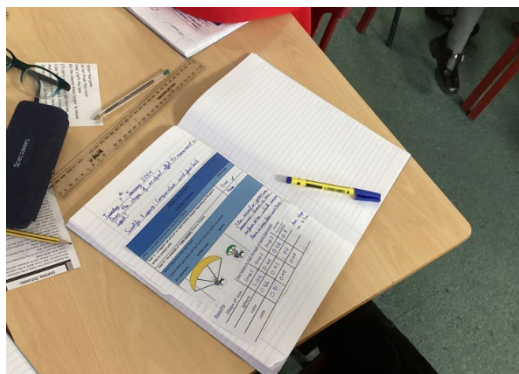
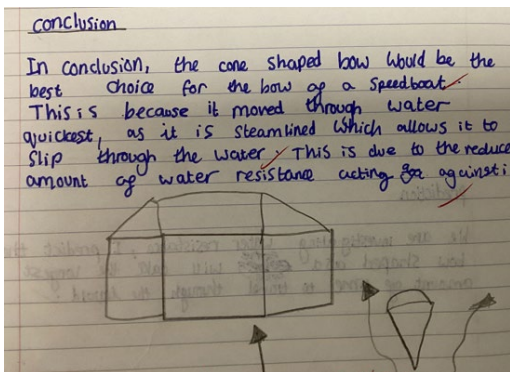
## Religious Education

In Religious Education this week, we began our Christmas unit. The children looked at the Gospel accounts of Jesus' birth and their similarities and differences. We thought about King Herod and his threat to Jesus, and why he felt threatened by the news of his birth. The children answered the question 'If Jesus was our Saviour, why was he not born in a palace?'. We thought about how we might answer this question and what it shows us about who Jesus and his family were and how we can understand more about our faith from this question.



## Science

This week, in Science, we are continuing our Forces unit. We have looked at air resistance in the last few lessons, and in this lesson we learnt all about water resistance! The children looked at how the shape of things can affect the speed in which it travels through water, for example a boat. We thought about the definition of the word 'streamlined' and how this affects the water resistance acting upon the object. Our investigation involved dropping three different shaped objects through water (cube, cone and sphere) to test which shape passed through the water the quickest. We now know that a boat should be streamlined for it to travel the fastest through the water!



## YEAR 6

### Welcome Back! Prayer and Liturgy

We wish all our families a very happy new year and welcome back to St Anne's for the Spring term! We cannot wait for all the fun things that are going to happen this term!

On Friday, we had a lovely moment of reflection with our parents in Church, gathering together in Prayer and Liturgy – our focus was the Epiphany and how those wise men were courageous enough to follow that star and finally see the Son of God lying in that manger. We reflected on how we can be like the wise men showing our respect to Jesus this time of year, but also how we can be like the star – as leaders of St Anne's, we can guide others towards the light of Jesus.



### Geography – Fieldwork!

Year 6 have carried out a fieldwork activity in order to investigate their enquiry question: 'What is the most popular form of transport in our local area?' Using a survey, we collected quantitative data and discovered that car was the most popular method of transport. We then evaluated our findings, reflecting on how our community can become better Stewards of God's Creation!



**ONLINE SAFETY TIP OF THE WEEK**

## The 'Add Everyone' Explicit WhatsApp Group

The INEQE Safeguarding group have issued an alert regarding a WhatsApp group known as 'Add Everyone.' Find out more here: <https://ineqe.com/2024/10/31/safeguarding-alert-add-everyone-whatsappgroup/>

**HEAD TEACHER ACADEMIC AWARDS OF THE WEEK**

|                 |                |                 |                |                |
|-----------------|----------------|-----------------|----------------|----------------|
| RH – Frankie F  | RL – Che W     | 1I – Thomas H-D | 1OC – Szymon D | 2B – Cora-Lily |
| 2R – Matthias B | 3L – Lyla-Rose | 3R – Huey C     | 4P – Jackson T | 4OR – Ted J    |
| 5R – Thaleia B  | 5T – Olivia Z  | 6M – Louie J    | 6N – Keelan D  |                |

**HEAD TEACHER EFFORT AWARDS OF THE WEEK**

|                  |               |                |                |                  |
|------------------|---------------|----------------|----------------|------------------|
| RH – Frank L     | RL – Hunter E | 1I – Coco W    | 1OC – Arlo K   | 2B – Charlie H   |
| 2R – Whole class | 3L – Alina I  | 3R – Riley B   | 4P – Shawn G   | 4OR – Harvey W-H |
| 5R – Leah R      | 5T – Meadow H | 6M – Patrick R | 6N – Ayden W-H |                  |

**OUTSTANDING VIRTUE CERTIFICATE – 'CURIOUS & ACTIVE'**

|                 |                |              |               |                 |
|-----------------|----------------|--------------|---------------|-----------------|
| RH – Elijah B-H | RL – Willow S  | 1I – Rose M  | 1OC – Tommy Y | 2B – Quinn B    |
| 2R – Olivia H   | 3L – Daniel J  | 3R – Milly K | 4P – Blake B  | 4OR – Frankie H |
| 5R – Sophie C   | 5T – Harry-Rae | 6M – Ava B   | 6N – Eva C    |                 |

## TERM DATES 2024-2025

| <u>Spring Term 2025</u>                                                                      | <u>Summer Term 2025</u>                                                            |
|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <u>Spring 1</u>                                                                              | <u>Summer 1</u>                                                                    |
| <b>Monday 6<sup>th</sup> January 2025 – INSET<br/>Children NOT in school</b>                 | Starts: Monday 28 <sup>th</sup> April<br>Children return to school                 |
| Starts: Tuesday 7 <sup>th</sup> January<br>Children return to school                         | Monday 5 <sup>th</sup> May – Bank Holiday                                          |
| <b>Half-Term:<br/>Monday 17<sup>th</sup> February to<br/>Friday 21<sup>st</sup> February</b> | <b>Half-Term:<br/>Monday 26<sup>th</sup> May to<br/>Friday 30<sup>th</sup> May</b> |
| <b>Monday 24<sup>th</sup> February – INSET<br/>Children NOT in school</b>                    | <u>Summer 2</u>                                                                    |
| <u>Spring 2</u>                                                                              | Starts: Monday 2 <sup>nd</sup> June<br>Children return to school                   |
| Starts: Tuesday 25 <sup>th</sup> February<br>Children return to school                       | Last Day of Term for Children:<br>Friday 18 <sup>th</sup> July                     |
| <b>Easter Holiday:<br/>Monday 14<sup>th</sup> April to<br/>Friday 25<sup>th</sup> April</b>  | <b>Monday 21<sup>st</sup> July – INSET<br/>Children NOT in School</b>              |
|                                                                                              | <b>Summer Holidays:<br/>Start Tuesday 22<sup>nd</sup> July</b>                     |

## YEAR 6 DATES FOR YOUR DIARY

|                                                    |   |                                                       |
|----------------------------------------------------|---|-------------------------------------------------------|
| Mon. 12 <sup>th</sup> – Thurs 15 <sup>th</sup> May | - | SATS Week                                             |
| Date to be confirmed                               | - | Alton Castle Meeting with parents                     |
| Wed 18 <sup>th</sup> – Fri 20 <sup>th</sup> June   | - | Kenelm Trust (formerly Alton castle) residential trip |
| Dates to be confirmed                              | - | Curriculum and SATs Workshop                          |

## DATES FOR YOUR DIARY

|                                                         |   |                                                           |
|---------------------------------------------------------|---|-----------------------------------------------------------|
| Wednesday 15 <sup>th</sup> January                      | - | Reception Application Closing Date                        |
| Mon 17 <sup>th</sup> Feb – Fri 21 <sup>st</sup> Feb     | - | Half Term                                                 |
| Monday 24 <sup>th</sup> February                        | - | INSET Day – Children NOT in school                        |
| <b>Tuesday 25<sup>th</sup> February</b>                 | - | <b>Children return to school – Start of Spring Term 2</b> |
| Mon 14 <sup>th</sup> April – Fri 25 <sup>th</sup> April | - | Easter Holidays                                           |
| Wednesday 16 <sup>th</sup> April                        | - | Reception Offer Day                                       |
| <b>Monday 28<sup>th</sup> April</b>                     | - | <b>Children return to school – Start of Summer Term 1</b> |
| <b>Monday 5<sup>th</sup> May</b>                        | - | <b>May Bank Holiday</b>                                   |
| Mon 26 <sup>th</sup> May – Fri 20 <sup>th</sup> May     | - | Half Term                                                 |
| <b>Monday 2<sup>nd</sup> June</b>                       | - | <b>Children return to school – Start of Summer Term 2</b> |
| w/c Monday 9 <sup>th</sup> June                         | - | Year 5 Bikeability                                        |
| Monday 21 <sup>st</sup> July                            | - | INSET Day – Children NOT in school                        |
| Tuesday 22 <sup>nd</sup> July                           | - | Summer Holidays                                           |

## Community Development Workers Team Supporting Families

We believe that families in Birmingham and Solihull have the right to better mental health support. We provide resources to support families, to have greater understanding of wellbeing and how to build resilience for themselves, their children and extended families.

We want all families to have the confidence to talk about how they are feeling, and how to have open mental health conversations with their families around stigma and mistrust.



**Mental health problems can affect the entire family. Learn ways to provide support and access mental health services**

**Our service is free for our communities and community partners**

### How We Can Help

- Partnership collaboration
- Wellbeing information sessions
- Signposting and community support
- Community event support
- Build emotional resilience
- Understand depression
- Stress awareness
- Self esteem and confidence

#### CONTACT

✉ [zahidakhan@birminghammind.org](mailto:zahidakhan@birminghammind.org)

☎ 07801 130 655



Solihull Family Hubs



A Family Hub is a place where children, young people and families can go for services, advice and to meet other families. Raising a family, being a parent or carer, or navigating life as a young person can be a challenge so staff in the hubs can put you in touch with different services in the area.

#### There are 4 Family Hubs in Solihull

- Elmwood- Smiths Wood
- Evergreen- Kingshurst
- Riverside- Chelmsley Wood
- Hatchford Brook- Elmdon

Scan here for more information on the Family Hubs website



Family Hubs are open to everyone and there will always be a safe space available for you if you need it. You can get help with many things from:



- parenting support and social activities
- seeing a midwife or a health visitor
- activities for young people
- support for children and young people with additional needs

**The Solihull Start for Life Offer is a guide for everyone involved in a child's life from pregnancy to 2 years old. It includes information, advice, services and places to go to keep healthy, happy and safe in the first 1,001 days.**

Email us: [familyhubs@solihull.gov.uk](mailto:familyhubs@solihull.gov.uk) or Call: 0121 704 6017

Follow us on Facebook: Solihull Family Hubs

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## HAPPY NEW YEAR! 2025

Happy New Year from the entire School Nursing Team!

We hope that everyone enjoyed a delightful festive break and is now adjusting back to the school routine.

The school nursing service operates Monday to Friday, excluding public and bank holidays. You can reach us using the contact details provided below.

Phone: 0121 726 67 54

Or text us via ChatHealth

Parent Line: 07480 635496

Aged 11-19 Line: 07520 615730

### Winter Illnesses

Flu, RSV, and norovirus cases are high this winter, with this in mind it is important to carry out effective hand washing. Here is a reminder of the step-by-step guide from the NHS, taking about 20 seconds (sing "Happy Birthday") twice):

1. Wet hands with water.
2. Apply soap to cover hands.
3. Rub hands together.
4. Clean the back of each hand and between fingers.
5. Rub hands together and clean between fingers.
6. Grip fingers together and rub fingertips against palms.
7. Rub each thumb with the other hand.
8. Clean fingertips on the palm of the other hand.
9. Rinse hands with water.
10. Dry hands completely with a disposable towel.
11. Use the towel to turn off the tap.

For more information visit: <https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>

### Emotional Support

Many children and young people face behavioural or emotional challenges, which may either resolve on their own or require professional intervention.

Here are some signs to be aware of:

- Noticeable changes in behaviour
- Increased tearfulness or sensitivity
- Persistent sleep issues
- Alterations in eating patterns
- Withdrawal from social interactions
- A decline in interest in activities
- Self-harm or neglect.

This list is not comprehensive; while it's natural for children to experience these symptoms at times, it's important to seek help if they persist.

Parents and carers can provide support at home by:

- **Listening:** Regularly check in and encourage conversations about feelings, helping them to understand and manage their emotions.
- **Validating their feelings:** Acknowledge their emotions and reassure them that it's okay to express what they are experiencing.
- **Staying engaged:** Show genuine interest in their lives to better identify any issues.
- **Encouraging interests and healthy coping strategies:** Foster activities that promote their mental well-being.
- **Establishing routines:** Consistent routines around meals, sleep, and exercise can create a sense of security for children. Maintaining this structure during times of change can be beneficial.
- **Taking care of yourself:** Prioritising your well-being enables you to better support your child.

There is a wealth of support available; please don't hesitate to reach out to your school nurse or GP if you need assistance.

### The Dangers of Frozen Water

Children may be tempted to play on frozen lakes and canals, but the ice presents significant dangers in the UK during winter. Here are some safety tips regarding the risks associated with frozen waters:

- Steer clear of pathways near waterways, particularly during dark evenings, and adhere to all safety warnings.
- Never attempt to walk on ice, as it cannot support a person's weight.
- Avoid the edges, which may be hidden under snow or leaves.
- Keep dogs on a lead when near icy areas.
- If someone falls through the ice, call 999 and do not enter the water to help.
- Monitor the individual, instruct them to stay calm and breathe normally, and follow the Float To Live technique. If possible, use rescue equipment to reach them.
- Once they are out of the water, make sure the individual stays warm and receives medical attention.



For additional water safety advice, please visit: [Royal Life Saving Society UK \(RLSS UK\)](https://www.royal-lifesaving-society.org.uk/)

### Pet Safety Reminder

Owning a pet offers health benefits and companionship, but it's crucial for children to learn how to interact safely with pets. Resources from the Blue Cross charity provide guidance on ensuring safety for both children and pets. For more information visit:

<https://www.bluecross.org.uk/advice/dog/behaviour-and-training/be-safe-with-dogs> or watch this video for parents and carers: <https://youtu.be/1qPjzTK00>

### Sleep Support



Primary-aged children typically need 9-11 hours of sleep, but sleep issues are common and can lead to hyperactivity and concentration struggles. Long-term sleep deprivation may hinder physical and mental development.

Factors affecting children's sleep include:

- **Inconsistent Routine:** Disruptions can affect sleep patterns; a stable routine promotes security.
- **Hunger or Thirst:** Nutritious evening meals help alleviate hunger; avoid sugary foods before bed and keep water nearby.
- **Comfort:** A supportive mattress and comfortable bedding prevents discomfort during sleep.
- **Self-Settling:** Children may need help learning to fall asleep independently; gently teaching self-soothing techniques can be beneficial.
- **Darkness/Being Alone:** Fears of darkness can be eased with storytelling or comfort items such as a parent's T-shirt so they have a familiar scent nearby; severe cases may need professional advice.
- **Nighttime Accidents:** Bedwetting is common and maintaining a consistent, calm approach is essential for children.
- **Sleep-Friendly Environment:** Sensitivity to noise, light, or bedding can disrupt sleep; consistent conditions and white noise may help.

For more sleep advice, visit: <https://thesleepcharity.org.uk/information-support/children/> or contact your school nurse.