



Hi Everyone,

I cannot believe next week is the final week of this half term! Where has the time gone? I know our children are keen to share the fantastic progress they have made over the first seven weeks at our first **Parents Evenings** of the year, which will be held on **Tuesday 16th and Wednesday 17th of October** from 3.30-6.30pm. If you still require an appointment please click on the link below to book at appointment.

<https://crossflatts.parentseveningsystem.co.uk/v2/>. Innovate will also be offering samples of our school lunches for our families to try during parents evening so do pop into the hall before or after your appointments for a taster!

**Next Thursday 18<sup>th</sup> of October**, will see our annual trip up to St Luke's church for Years 1 to 6, to celebrate the Harvest Festival. This is a local visit where we walk up to church in two sittings. Everyone will be back in time for lunch and no permission slips are required. We will be making a donation to the local foodbanks, so we politely request that your child arrive in school next Thursday with a small packet of dried foods or a tinned good which they can donate when they arrive at church.

### Safeguarding

As you are aware this week we have been discussing the importance of everyone's wellbeing and mental health. Many thanks for supporting our event in school yesterday, by finding yellow items for the children to wear in order to raise the children's awareness of their mental health. With 1 in 10 children aged 5-16 suffering from mental health issues, that's around 3 children in every classroom. It is vitally important that our children feel empowered to understand their mental health, just as they understand their physical health and what they can do to ensure their wellbeing. It is crucial that we educate our children in how to keep mentally and emotionally well just as we educate our children in their physical health. Here are some top tips we received from Young Minds to share with our families...

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### You and Your Child

- Make sure they know you love them and are proud of them. Even when things are busy or stressful, and it feels like you are in survival mode, a word or a hug can reassure them a huge amount. Praise them for what they do well, and encourage them to try new things.
- Be honest about your feelings - you don't have to be perfect. We all get things wrong and shout or say unkind things from time to time. If this happens, say sorry to your child afterwards and explain why it happened, They will learn from you that it's OK to make mistakes and that it doesn't make you a bad person.
- Be clear about what is and isn't acceptable - and tell them why. Children need to know what is OK and what isn't, and what will happen if they cross the line. Follow through on what you say as otherwise they may get confused or stop respecting the boundaries.

- Own your own role - you are the parent, so don't be afraid to take tough decisions. If your child sees you are scared of their reaction and always give in to them, it can make them feel very powerful, which can be frightening. Children need to know that you are there to keep them safe.

- **Helping Your Child**

•Worrying or difficult behaviour might be short-lived, so give it some time. All children go through stages of feeling anxious or angry and they can show this in lots of ways, for example, tantrums, crying, sleeping problems or fighting with friends or siblings. They might be adapting to a change in the family or in their school life, or just trying out new emotions, and will generally grow out of worrying behaviour on their own or with family support.

•Talk to your child: Even young children can understand about feelings and behaviour if you give them a chance to talk about it. Take it gently and give them examples of what you mean, for example, 'When you said you hated Molly, you looked really angry. What was making you so cross?' or 'When you can't get to sleep, is there anything in your mind making you worried?'

•With older children, they might not want to talk at first. Let them know you are concerned about them, and are there if they need you. Sending an email or a text can work better if this is the way your child likes to communicate.

•Ask your child what they think would help - they often have good ideas about solving their own problems.

•If you can, talk to your child's other parent about your worries, when the child is not around. They might have a different take on what's going on. Try and sort out how to deal with the behaviour together so you are using the same approach, and can back each other up. Children are quick to spot if parents disagree, and can try and use this to get their own way.

## **Attendance:**

Here are last week's figures:

Our Aspirational Target	The national target	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
98%	96.1%	97.1%	97.1%	97.4%	98.6%	96.9%	98.3%	93.6%

There were 5 children late for school last week. (Before registration closed at 9am) and 3 children later than 9am

Here's to a great final week before half term!

Mrs Bennett

Headteacher