



St Peter's CE Primary School

Bratton

NEWSLETTER

Friday 5th February 2021

Dear Parents,

I hope you are all well.

Welcome to another edition of the newsletter. We've got various updates for you this week.

Whilst not wanting to sound doom and gloom, I want to just reflect on the struggles that everyone has at the moment. They are different for everyone and we all have our own challenges. No experience is the same for children or adults through this pandemic. Some of the conversations we have had with parents suggest that some of you think everyone else has got it sorted! I can absolutely tell you that isn't the case! So can I send a little encouragement at the end of the week that if this is you, please know that the vast majority of us don't have it sorted either!

I've started to receive some great prayers through from children for my 'Prayer for the Day'. Please do send in any contributions for this to the school email address.

I hope you all get some down time this weekend.

Best wishes,

Mark Davis

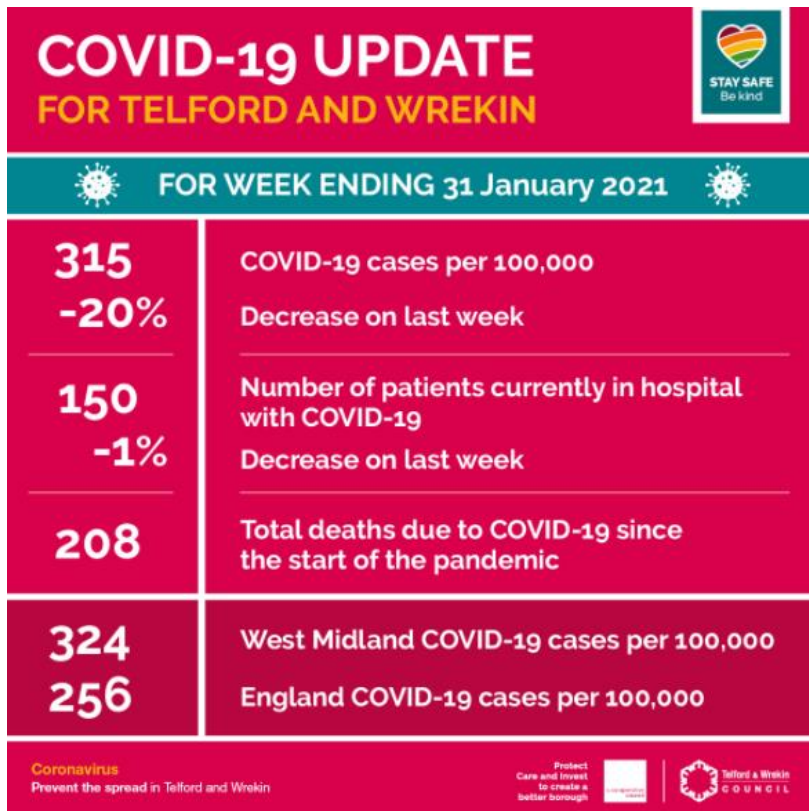
Head Teacher

Numbers in school:

The number of children in school has increased a little bit recently. I just want to draw parents' attention to the latest case numbers released yesterday for Telford, which are below. Numbers in Telford are reducing but not as fast as other areas across the West Midlands and remain very high.

Even if you are eligible for a place in school at the moment, only send your child in if you are not able to keep them at home. The government guidance is very clear, that although critical workers can send their children to school, if they are able to keep them at home then they should do so. Everyone's individual circumstances are different and (if eligible) it's a choice for parents to make for themselves about what they need to do. Some critical workers, working from home are able to keep their children with them and I am grateful to all those parents who have done so. Some parents on the other hand, cannot and I do understand this. I just ask that you consider if you can keep your child at home.

Can parents also make sure that the minimum number of people come onto site to collect children at the end of the day please. We have noticed an increase in the number of people, particularly on a sunny afternoon and we want to ensure we keep numbers walking through the site to a minimum.



Reminder – next Friday is a training day and school is closed to all pupils. There will be no remote learning on this day.

Laptops for remote learning –

We do still have laptops available to borrow from school. In-fact, we have benefitted from the Telford and Wrekin Council scheme to help with this and have some new laptops available to help our stock. So if you do need to borrow a laptop for a St Peter’s child to use for their remote learning, please get in touch with the school office.

We also have 3G data sticks available to borrow if you don’t have a data connection at home.

Supporting your child's mental health during lock down

For more support and advice on helping your child's mental health and well-being please contact Mr Wilkes or Mrs Oakley on:

01952 387980 or stpetersbratton@taw.org.uk

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- **1**
Know how to spot the signs
If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling. 
- **2**
Talk to your child
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them. 
- **3**
Create structure and routine
Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety. 
- **4**
Give children a sense of control through information
Look online with your children to find useful information and resources that help children feel they have control. 

**An introduction from our Patron,
HRH The Duchess of Cambridge**

“ As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up.

It's important that our children understand that emotions are normal, and that they have the confidence to ask for help if they are struggling.

This is why I am proud to support the *You're never too young to talk mental health* campaign by the Anna Freud National Centre for Children and Families, which is being rolled out across primary schools this autumn.

The campaign's resources are excellent tools to support parents. They demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones.



What is mental health?

- ★ **We all have mental health.** Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.
- ★ **We all have small feelings every day:** These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.
- ★ **Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



- 1 Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
- 2 Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
- 3 Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.
- 4 Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
- 5 Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.
- 6 Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.
- 7 Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.
- 8 Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.
- 9 Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
- 10 Some ways to start a conversation about feelings might be:**
"How are you feeling at the moment?"
"You don't seem your usual self. Do you want to talk about it?"
"Do you fancy a chat?"
"I'm happy to listen if you need a chat."

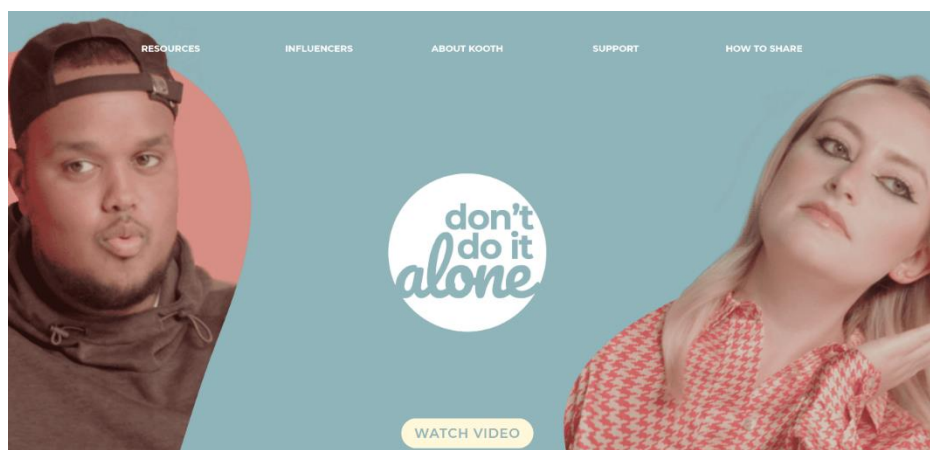


New mental health campaign launched!

#dontdoitalone

As it is Mental Health week, Kooth have launched a new campaign around supporting children and young people's mental health during lockdown. For more information, please follow this link;

<https://explore.kooth.com/dontdoitalone/>



Meet Soda!

Soda is a four year old Labrador who is going to be paying some visits to school after half term.

As it is quieter in school at the moment

we thought this was a good opportunity for her to have some introductory sessions to our school community, meet the staff and pupils. If this is a success, she may be a more regular member! Soda's

base will be the Pastoral

Room with her owner, Mr Wilkes. Therapy dogs have shown to provide various benefits for children in schools.

For more information, please follow this link: <https://www.therapydogs.com/therapy-dogs-classrooms-campus/>

