



It feels wonderful to have everyone back in school this week, after Year 3 returned to us on Tuesday and the school feels much more complete with their return. To continue to ensure the safety of all within our Academy community, please make sure that if anyone in your household has COVID-19 symptoms, you stay at home and get tested as soon as possible. It can be difficult to get a booking for a test, but please keep trying and follow the advice from Public Health England.

### Staff training day

Just a reminder that the Academy will be closed to pupils on Friday 16th October for a staff training (inset) day. Please see the full list of term dates and training days on the Academy website by clicking on About Us and then choosing term dates. Please note that training dates may be subject to change.

### Nuts and nut butters

As we have a number of children in school who have severe food allergies, please do not send your child into school with items containing nuts, as these can pose a real danger to our pupils. This includes **loose nuts, Nutella spread, peanut or almond butter, and any chocolates or cereal bars containing nuts, such as snickers and Kinder Bueno bars**, which contain hazelnut cream filling.



### Book bags

Please ensure that your child brings their book bag to school every day and that you check it every afternoon for any letters, forms etc. Every child has a reading book and diary, so please listen to your child read each day and tell us how fabulous their reading was in their diary.



### School lunches

As we approach the half term holiday, please make sure that any outstanding dinner money is paid using the Schoolmoney cashless payment system. If you have any difficulties, please contact the Office.

### Parking

Unfortunately, parking around school continues to be a problem, especially by the playground entrances, with cars being parked on the pavements, meaning that pedestrians need to step into the road to get past. Please help to keep our families safe by parking with respect and consideration to residents, other road users and pedestrians and always park legally, not on double yellow lines or zigzag markings.



### Data sheets

Each child has received a form showing the information we have for them on our data system. Please check this information carefully, make any necessary changes and return it to school as soon as possible. As always, if you change your contact details after returning the form, please let the Office know.



### Nasal flu immunisations

Please return your form to school as soon as possible to say whether you do or do not wish your child to have the vaccination. Further information is on the back of the form.



### Safeguarding Information

Our Academy is committed to safeguarding and promoting the welfare of all of its pupils. We believe that everyone has an important part to play in child protection. If you have any concerns about the wellbeing or safety of any child, please contact our Designated Safeguarding Leads, Miss Francis, Mrs Mockbil, Mrs Vigers or Miss Saboor. For your information, our Safeguarding Governor is Daniel Richards and the Local Authority Designated Officers (LADOs) are Nora Malik, Salma Shabir and Tracey Johnson. Our Safeguarding Policy is available on the Academy website.

## Mrs Bains' SEND spotlight on...

### Cognition and learning

Last week, I wrote about communication and interaction and this week I would like to focus on cognition and learning. Cognition and learning is another one of the four broad areas of need. Pupils may be described as having cognition and learning difficulties if they have severe learning difficulties, specific learning difficulties, moderate learning difficulties or profound and multiple learning difficulties. Some examples of specific learning difficulties are dyslexia, dyspraxia or ADHD. Cognition and learning needs generally link to difficulties in curriculum related areas, such as:

- reading, writing and spelling
- numbers
- comprehension
- processing difficulties
- memory

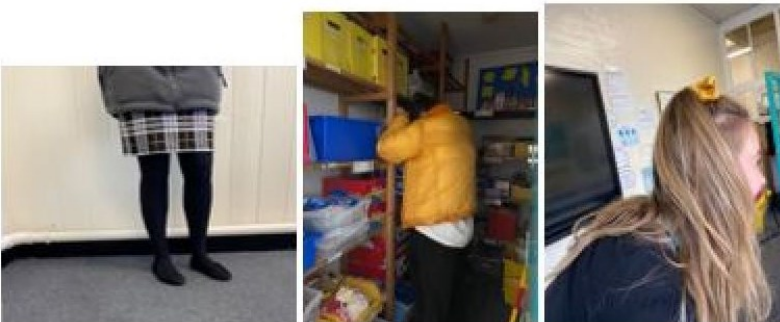
There is a lot we can do in school to support pupils with cognition and learning difficulties. Recognising that a child may need a specific teaching style or additional support in a certain area is really useful for teachers, as then they can adapt their teaching to support the needs of the child.

### Ark Tindal says #HelloYellow for World Mental Health Day

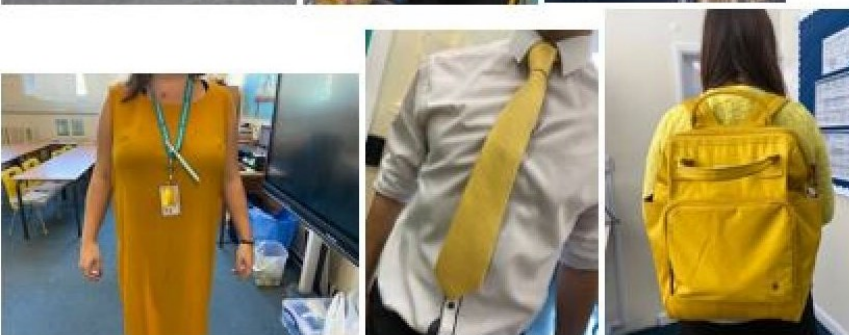
The Academy has seen a sea of sunshine today as pupils and staff have dressed in yellow in support of the charity YoungMinds on World Mental Health Day, which is an international day for global mental health education, awareness and advocacy against social stigma. We have spent the day looking at what mental health is, why it is important to discuss our feelings and who we can talk to. Each year group has been given an emotion to focus on and based lots of different activities around this emotion. The children have worked extremely hard by coming up with ways of overcoming difficult emotions. These will be displayed around school in the form of canvases so children can refer to them. We have even mastered the five finger breathing!

YoungMinds is a national charity that aims to “lead the fight for a future where all young minds are supported and empowered, whatever the challenges”. You can find out more about the support and services they offer young people and parents on their website at

<https://youngminds.org.uk/>



You will also find with this newsletter a wellbeing bingo game, which you can play together as a family and a sheet with information about how to support positive mental health in your child at this difficult and worrying time.



Staff have been saying #HelloYellow all week. Who can you identify in these pictures?

# Wellbeing Bingo

#HelloYellow


Have a go at playing our wellbeing bingo and see if you can find people to play with you or try it later with your friends and/or family.

In the past week I have...

<p>Sung in the shower</p> 	<p>Played with a furry friend</p> 	<p>Had a good sleep</p> 	<p>Spent some time with my family/friends</p> 
<p>Listened to my favourite tune</p> 	<p>Read a good book</p> 	<p>Watched a great movie/TV show</p> 	<p>Eaten something delicious</p> 
<p>Done some exercise</p> 	<p>Stayed hydrated</p> 	<p>Drawn a picture</p> 	<p>Laughed until my cheeks hurt</p> 
<p>Spent some time in a park</p> 	<p>Danced</p> 	<p>Treated myself</p> 	<p>Visited somewhere new</p> 



# HOW TO SUPPORT *YOUR CHILD'S* MENTAL HEALTH

 @BELIEVEPHQ

[www.BelievePerform.com](http://www.BelievePerform.com)



## 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

