



Be our best selves

# COUGHTON

C of E Primary School

**Issue 11**

## Key dates



Dear Families,

Welcome back! I hope that you were all able to enjoy the holiday period with your families.

It has been a really positive start to the new term. A warm welcome also to the children and families who have joined our community.

We have lots to look forward to this term so keep an eye on the dates and events tab.

The deadline for applications for a reception places in September is 15<sup>th</sup> January. Applications received after this time may be less likely to secure a place in their first choice school. If you have any family members who are looking at applying for September please remind them to complete the application in time.

A vast number of pupils in key stage two and even below have told us about the phones and other devices they have received for Christmas. To further aid our online safety support and information to parents I will include additional information in each newsletter to help raise awareness and understanding of how to keep children safe online.

Head of School  
**Mr Alex Kolb**

### Christian virtue: Thankfulness



Coughton CE Primary School

Coughton CE Primary School  
Coughton Lane  
Coughton  
B49 5HN  
01789 762444

Friday 19 <sup>th</sup> January	Sports Hall Athletics – Year 5 and 6
Friday 19 <sup>th</sup> January	PTA Quiz Night – school hall – 7.00pm
Monday 29 <sup>th</sup> January	Toys4life drop off
Thursday 1 <sup>st</sup> February	BagsSchool drop off
Friday 2 <sup>nd</sup> February	Numbers Day
Monday 12 – Friday 16 <sup>th</sup> February	Half –term. School closed to pupils
Thursday 7 <sup>th</sup> March	World Book Day
Friday 15 <sup>th</sup> March	PTA Race Night
Friday 22 <sup>nd</sup> March	School closes for the Easter Holidays
Monday 8 <sup>th</sup> April	School reopens to pupils
Monday 6 <sup>th</sup> May	May Day. School Closed.
Monday 27 <sup>th</sup> - Friday 31 <sup>st</sup> May	Half Term . School Closed to pupils
Monday 3 <sup>rd</sup> June	INSET Day – school closed to pupils
Friday 19 <sup>th</sup> July	School closes for Summer Holidays

*Back by popular demand!!*

*Coughton C of E PTA are proud to present....*

# THE COUGHTON QUIZ NIGHT

*Hosted by Quiz Master Kolb!*



Teams of 6 for £30  
or 4 for £20  
(both inc pizza)

Friday 19th Jan  
7pm  
School Hall

Bar and other  
refreshments  
available

Tickets at: <https://coughton-school-pta.sumupstore.com/>  
or message [coughtonpta@outlook.com](mailto:coughtonpta@outlook.com) for more info

[Quiz Night- Friday 19<sup>th</sup> January in the school hall.](#)

[For tickets book below:](#)

<https://coughton-school-pta.sumupstore.com/>

# Important updates for Parents and Carers

## Uniform

A reminder to name all clothing brought to school so that it can be easily returned to its owner. We are reminding children and allowing time at the end of the day for them to collect all of their things.

The second hand uniform stall in the PTA shelter is selling items for £1 each or online via <https://coughton-school-pta.sumupstore.com/>

## **Holiday / Leave of Absence Requests**

All holiday requests will be unauthorised unless the circumstances are deemed exceptional by the Head of School. Should you wish to request leave of absence for your child(ren) please collect a form from the office.

Term dates 2023/24 can be found here:

<https://www.coughtonschool.org/term-dates/>

## Coats

Please remember to bring a coat and a drink. The weather is cold and we will continue to go outside for playtimes.

## Wraparound

We have a digital wraparound booking system. For details and to book a place please follow the link:

<https://coughton.childcare-online-booking.co.uk/>

Breakfast club from 7.30am, after school club until 6pm (Fridays until 5.30pm).

## **Key Dates- In advance**

Monday 13 May to Thursday 16 May 2024 Year 6 SATS week

Friday 17<sup>th</sup> May 2024- Grandparent Gardening Day

Thursday 20<sup>th</sup> June 2024- Sports Day

Thursday 11<sup>th</sup> July 2024 - Farmers Market

### **Car Parking**

A reminder to park sensibly around the school site so that residents have access to their driveways.

### **Pens**

We have seen some amazing writing so far this term and some children have been awarded pens. Pens will be replaced when they have run out of ink but there will be a charge to replace any lost pens.



# Coughton PTA Corner

12th Jan 2024

## Happy New Year from the PTA!

Our first event of 2024 is our now famous **Quiz Night**... next **Friday, 19th Jan**, 7pm. You can book a table of 4 or 6 which includes pizza and other snacks. There is a full bar and there will be other games and a raffle through out the night too. Have a fun night out with friends and support school... win win!

Link to book: <https://coughton-school-pta.sumupstore.com/product/quiz-team-ticket-new-date-19th-jan>

On January 30th we have a brand new initiative that will help you declutter, recycle old toys and also raise money directly for school in the process called **Toys 4 Life**.

It is similar to the Bags 4 Schools scheme we ran last year. Just bring in any unwanted toys (great time to have a post Christmas sort out), bagged up, in to school on **29th January** and leave them in the pagoda area. Toys 4 Life will come to school on 30th to collect.

A full letter with more info will be sent out next week. But they accept everything except damaged toys and jigsaw puzzles (*however Coughton Court will gladly accept any unwanted jigsaws for their annual Jigsaw Fair!*).

We will be holding a **Valentines Bake Off** to end this half term. **Friday 9th Feb**, bring your Valentines cakes and bakes to school in the morning and Mr Kolb will be judging the entries then everything will be on sale after school on the playground for an end of term treat!

Date for the diary... we are excited to present the first ever **Coughton Race Night** on **Friday 15th March**. More info to follow.

Our next PTA meeting will be Thursday 1st Feb, in the School Hall, 7pm.

Thanks as always for your support!

Back by popular demand!!  
Coughton C of E PTA are proud to present...

## THE COUGHTON QUIZ NIGHT

Hosted by Quiz Master Kolb!



Tables of 4 to 6 or 4 to 10 both available

Friday 19th Jan  
7pm  
School Hall

See and other information available

Tickets at: <https://coughton-school-pta.sumupstore.com/>  
or message [coughtonpta@outlook.com](mailto:coughtonpta@outlook.com) for more info



Coughton Primary School PTA are pleased to present...



## VALENTINES BAKE OFF

Friday 9th Feb...

Bring your bakes in to school in the morning, judging will take place during the day then bake sale at 3.20pm, on the playground.  
*(Weather permitting)*



Prizes for winning bakes... Come and get an end of half term treat... where possible please send all cakes on a named paper plate with cling film or in a disposable tin... please label any cake tins... no nuts

## YOUR SCHOOL LOTTERY

Your School Lottery is a nationwide lottery used by schools and PTAs to raise funds. There is a weekly draw and there is a guaranteed winner from our school every week! Players are also in with a chance of winning the National Jackpot of £25,000 and lots of fantastic prize bundles too. We get a donation back to our PTA for every ticket you buy... since we signed up we have raised over £1000 for the PTA!

Tickets can purchased online via  
[www.yourschoollottery.co.uk/play](http://www.yourschoollottery.co.uk/play)



# RISE MHST

## Mental Health in Schools Team (MHST)

### Tips For Wellness:

## DIGITAL DETOX

Technology has become a normal part of our day-to-day lives and is widely beneficial; from being used as an alarm to wake us up in the morning, to helping us stay connected with family, and watching our favourite programme wherever we are in the world! However, prolonged use of technology can increase stress levels and have an unhealthy impact on our mental wellbeing.

A digital detox can help to improve sleep quality, reduce stress and anxiety, enhance productivity, increase creativity, and improve self-awareness.

#### Our tips for digital detox:

**1- Phone free zones.** Keeping phones out of certain rooms may help you to stick to your detox plan. This will remove the temptation to reach for your phone/mobile device and it allows you to enjoy your space away from technology!

**2- 30 minute rule.** Try to swap using your phone before bed for a screen-free activity instead! This should be for at least the last 30 minutes of the day. The blue light from screens tricks our brain into thinking it is daytime, which disrupts the production of melatonin (the hormone we need to feel sleepy!) Activities could be reading, mindful colouring, tidying, journaling, playing a musical instrument, board games, meditation, completing a puzzle, or self-care.

**3- Take regular screen breaks.** Stepping away from the screen helps us to balance our digital and real-world lives. This will also increase our self-awareness, productivity and overall happiness.



#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

[thankskids@covwarkpt.nhs.uk](mailto:thankskids@covwarkpt.nhs.uk)

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.



## Supporting Your Anxious Child - Free Class



Thursday 8th February 2024



7:30pm

[Book Now](#)

<https://www.myfamilycoach.com/supporting-my-anxious-child-free-class/>

## Reducing parental conflict

### What is parental conflict?

Conflict between parents is a normal part of relationships and family life. Not all conflict is damaging, but the way conflict manifest; its frequency, intensity, and how it is resolved, can negatively impact on children. Evidence has found that the quality of the relationships between parents, specifically how they communicate and relate to each other, has a significant influence on effective parenting and children's long-term mental health and future life chances.

Conflict can affect children in all types of parental relationships, which include:

- Parents who are in a relationship with each other, whether married or not.
- Parents who have separated or divorced.
- Biological and stepparents.
- Same sex couples.
- Foster and adoptive parents and blended families.

<https://us5.campaign-archive.com/?u=a24b439ef7022ae0d86f9ca6e&id=ff9c07416e>

## Connect for Health's January newsletter

This month's Connect for Health newsletter covers topics such as:

- how to use the Better Health Scanner App
- healthy eating tips
- cold and flu season
- National Child Measurement Programme.

[https://www.compass-uk.org/wp-content/uploads/2024/01/C4H-January-Newsletter-2024.pdf?utm\\_source=WSHWBS&utm\\_campaign=728dff559f](https://www.compass-uk.org/wp-content/uploads/2024/01/C4H-January-Newsletter-2024.pdf?utm_source=WSHWBS&utm_campaign=728dff559f)  
-  
[April Newsletter Professionals COPY 01&utm\\_medium=email&utm\\_term=0\\_f00493dc86-728dff559f-508254429](https://www.compass-uk.org/wp-content/uploads/2024/01/C4H-April-Newsletter-Professionals-COPY-01.pdf?utm_medium=email&utm_term=0_f00493dc86-728dff559f-508254429)

## Cold & Flu Season

### Hand Washing and Germ Prevention

During the Winter season washing your hands is one of the easiest ways to protect yourself and others from illnesses such as food poisoning, and viruses such as flu and coronavirus.



### Steps of Hand Washing



Rinse hands



Use soap



Palm to palm



Interlock fingers



Back to fingers



Base of thumbs



Fingernails



Wrists

## Little Tips

### For cleanliness this Winter

- You should wash your hand for around 40 seconds to get rid of 99.9% of germs.
- If you do not have immediate access to soap and water you could use an alcohol-based sanitiser instead.
- Open the windows and let fresh air in to get rid of germs and particles lingering.



## **LEAVE OF ABSENCE DURING TERM TIME**

### **UPDATED INFORMATION FOR PARENTS**

The Supreme Court has clarified the law on unauthorised leave, including holidays, during term time (*Platt v Isle of Wight* 2017). The Supreme Court has made clear that attending school 'regularly' means that the children must attend school on every day that they are required to do so. As such, the parents of any child who is absent from school without authorisation for any length of time are likely to be considered as committing an offence under s444 of the Education Act 1996.

The regulations regarding Leave of Absence (The Education (Pupil Regulations) (England) Regulations 2006 as amended by Education (Pupil Regulations) (England) (Amendment) Regulations 2013.) advise:

- Head teachers shall not grant any Leave of Absence during term time unless they consider there are exceptional circumstances relating to the application.

If the leave is granted, Head teachers are able to determine the number of school days a child can be absent for.

It is for the Head teacher to decide what is 'exceptional' and it is at their discretion if the circumstances warrant the leave to be granted. When making an application for Leave of Absence in advance parents are advised to give sufficient information and time to allow the Head teacher the opportunity to consider all the exceptional circumstances and to notify parents of their decision. It is advised that if the resident parent has not received notification or a response regarding the leave of absence application, it is their responsibility to ascertain if the leave is authorised prior to the start of the leave.

The school can only consider Leave of Absence requests which are made by the 'resident' parent ~~is~~ the parent with whom the child normally resides.

Where applications for leave of absence are made in advance and refused, the child will be required to be in school on the dates set out in the application. If the child is absent during that ~~period~~, it will be recorded as an unauthorised absence, which may result in legal action being taken against the parent(s), by way of a Fixed Penalty Notice.

Where a leave of absence is requested, but additional days taken either prior to or after the request may be considered as part of the leave of absence and could result in a Fixed Penalty Notice being issued to the parent(s).

*Each application for a leave of absence will be considered on a case-by-case basis and on its own merits.*

Leave of Absences which are not made in advance cannot be authorised in line with legislation. This will result in the absence being recorded as 'unauthorised'. This may result in legal action against the parent, by way of a Fixed Penalty Notice. All matters of unauthorised absence relating to a Leave of Absence will be referred to the Warwickshire Attendance Service, part of Warwickshire County Council.

It is important to note, Fixed Penalty Notices are issued to each parent of each absent child, (for example 2 children and 2 parents, means each parent will receive 2 invoices in the amount of £120 each, totalling £240 for both children, this is reduced to £60 per child if paid within 21 days).

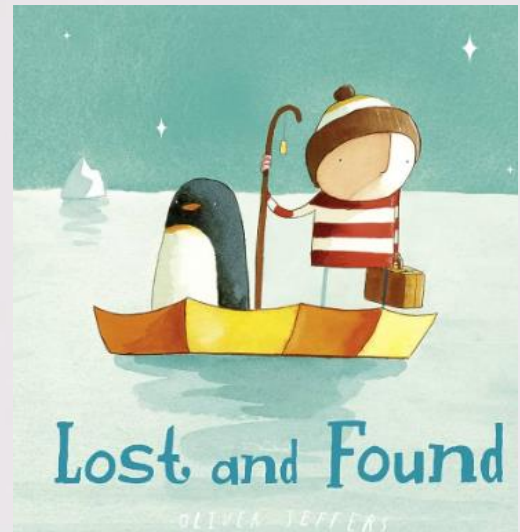
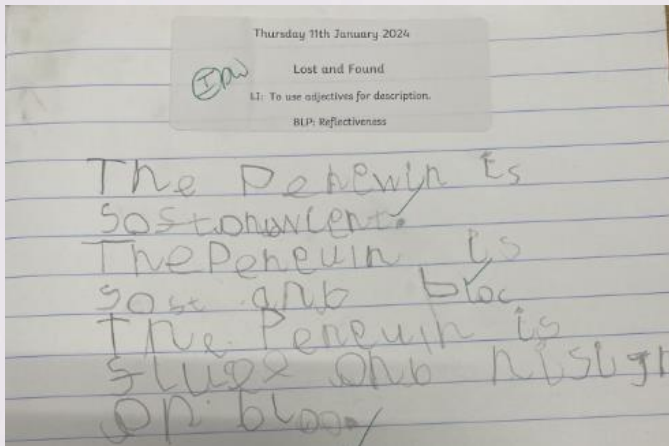
Where a Fixed Penalty Notice is not paid within the required timeframe as set out on the notice, the matter will be referred to Warwickshire County Council's Legal Services to consider instigating criminal proceedings under S444 Education Act 1996.

Fixed Penalty Notices are issued in accordance with Warwickshire County Council's Code of Conduct for Penalty Notices.

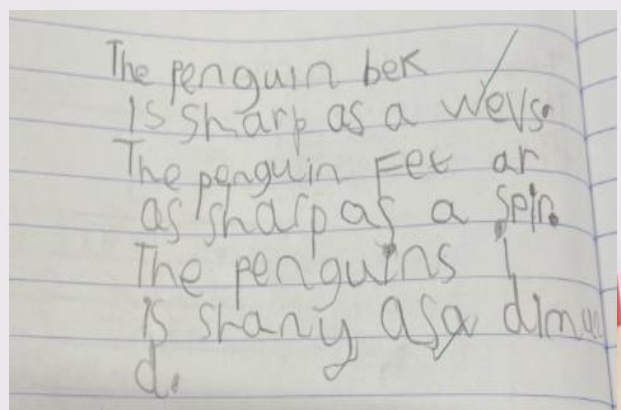
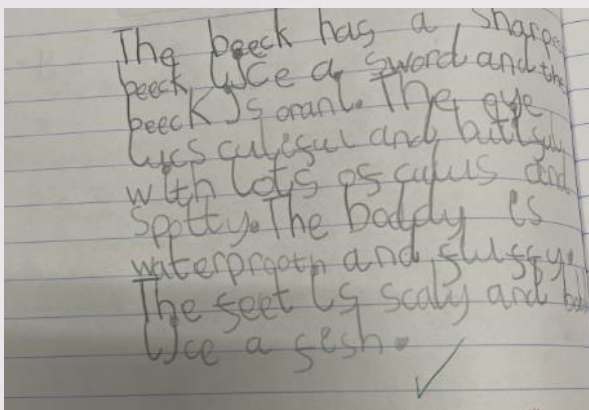
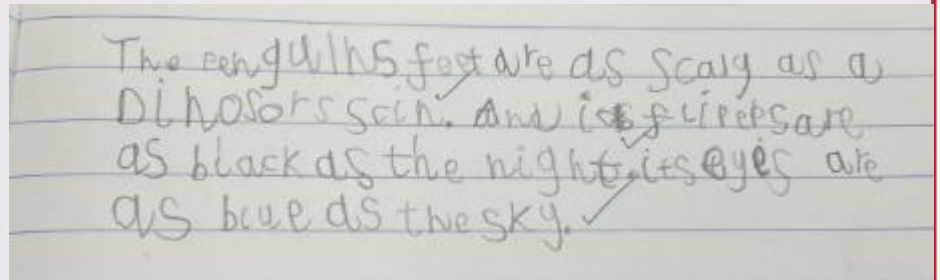
**Your child's progress academically as well as socially is our shared priority**

**Warwickshire School pupils recorded 96,366 half day sessions of absence due to holiday in the Academic year 2021/22.**

# Student Corner



Some super sentences by Birch from the book 'Lost and Found'





# Student Corner

## Ancient Egyptians in Acer!!!



Acer class have used their modelling, manipulative skills for creating their own **Cartouche**. The children had to translate their name into hieroglyphs.





## Family Information Service

The Family Information Service (FIS) supports families across Warwickshire with information and signposting. You can get in touch with the team by emailing [fis@warwickshire.gov.uk](mailto:fis@warwickshire.gov.uk), calling [0800 408 1558](tel:08004081558) or finding support on [www.warwickshire.gov.uk/childrenandfamilies](http://www.warwickshire.gov.uk/childrenandfamilies). Head over to our [Facebook](#) to see where you can find the FIS team across the county this week.



### Parenting workshops and programmes

Parent Coaches are linking up with schools to provide workshops and programmes around parenting and relationships.

Please complete the questionnaire so the team know what support you feel is needed and what you'd like to access in your school/area.

[here](#)



### Crafting Christmas memories at Warwickshire's Country Parks

Discover the magic of the festive season at Warwickshire Country Parks' enchanting Christmas events! Join the rangers for festive workshops like Christmas wreath making at Ryton Pools and rustic reindeer crafting at Kingsbury Water Park. Immerse yourself in the holiday spirit with a National Tree Week guided walk at Kingsbury Water Park or a Sunday stroll at Hartshill Hayes. Plus, don't miss the Christmas Market at Kingsbury Water Park, where there will be a delightful array of crafts and treats.

There are limited spaces available on the events, so get more information and reserve your spot via the Warwickshire Country Parks Eventbrite page to avoid disappointment. Let's make this holiday season unforgettable!

[here](#)

# Protective Behaviours

## – what's that?



Protective Behaviours (PBs) is an internal process where each person applies the ideas to their own unique experience. This paper looks at what Protective Behaviours is and some of its uses. It is intended as an information paper with the hope the reader will see its relevance to their specific interests and will then attend training.

The PBs process is presented here as separate sections. In practice, all interact and support each other - to take one section out leaves the others incomplete.

### Unwritten rules of society

We see how certain rules of society have a powerful influence on our choices of behaviour. Whilst these rules can be positive and help guide our interactions, many of them tell us we should, ought, or must behave in a particular way. For instance, children should do as adults tell them; professionals should always have the answer; men should not show their feelings and women should behave in a ladylike manner. These rules are not written down, are often contradictory and may not fit with our own experience. During training we look at their function, how they develop, their effects and why we may choose to follow them or not.

### Feelings, Thoughts and Behaviours

During this session we look at the interaction between our feelings, thoughts and behaviour. We see that feelings are feelings, neither right nor wrong, good nor bad, positive nor negative. Some people seem to mask one feeling with another or use behaviour as a way of avoiding or covering feelings. We look at how behaviour is a choice with an effect. These effects may involve others as well as ourselves. Sometimes we do not know what our choices are or they may be limited by factors we cannot change. Once we are in touch with our feelings it helps free us to use our thinking. Our thinking can influence both our feelings and behaviour.

## Theme 1 'We all have the right to feel safe all the time'

We explore this theme in detail, carefully looking at the connection between rights and responsibilities. We also take the concepts of blame and punishment out of commonly held ideas associated with responsibilities. Instead we focus on the 'ability to respond' contained within the meaning of the word. The difference between having a responsibility for ourselves and to others is also examined. Next we discover for ourselves the difference between feeling safe, fun to feel scared (adventurous), risking on purpose (which may not feel like fun but we want the goal at the end) and feeling unsafe. These differences are recognised by what we call our 'Early Warning Signs' (EWS), the specific bodily responses which tell us when we do not feel safe. These universal body signs mean Protective Behaviours is accessible to all people, irrespective of age, gender, sexuality, nationality, ability or belief system.

## Theme 2 'We can talk with someone about anything, even if feels awful or small'

This theme is also explored in detail. In particular we focus on the ideas and effects of 'talking', and what might happen if we do not believe this theme. We encourage everyone to develop their personal networks of support; those people they could turn to if in need. Desired qualities of network people are identified and we examine how we would know if someone has these qualities. Types of networks and ways of letting people know we need to talk with them are also explored.

# Spotlight on parenting support

## Nurture Programme

The 10-week Nurture Programme gives parents and carers practical tools and information to support them to raise happy, confident and emotionally resilient children. This programme is suitable for parents and carers of children up to 12-years-old.

The programme will cover many of the common parenting issues and offer advice that will help parents and carers gain confidence and develop insight by understanding why children behave as they do, recognising the feelings behind behaviour, exploring different positive parenting strategies to help guide behaviours, finding different ways to develop co-operation and emotional regulation in children and learning the importance of looking after yourselves as parents and carers.

The program is highly effective in improving the mental health outcomes for children and their parents.

On average 8/10 parents attending groups report a significant improvement in their child's behaviour and family life.

### **Read what parents have to say about the workshop...**

*"I've got more insight into my children's needs and have learnt to be more patient and listen more. My expectations of them are more realistic now than before."*

*"I learned how to change the way I communicate with my son to better support his understanding, and this has improved my relationship with him."*

*"I think about how I talk to my son now more, I take a breath before reacting, I'm not flying off the handle and shouting as much, I have learnt that his behaviour is communicating something to me and I need to look beyond what he's doing and more to why is he doing it."*

To check availability and book a workshop or programme in your area please go to [Eventbrite](#). [here](#)

If you have any questions, please do not hesitate to contact the team by emailing [ehparenttrainers@warwickshire.gov.uk](mailto:ehparenttrainers@warwickshire.gov.uk).

## Sleep Better programme

If you have a child with additional needs and sleep issues, bedtime can be tricky. Whether they struggle to communicate how they're feeling, have increased anxiety, sensory issues, or social cueing problems, sleeping well may be difficult.

The Sleep Better programme is suitable for parents and carers of children who are one year old and over who are struggling with bedtime routines, their child's sleeping patterns or bedtime as a whole.

The Sleep Better programme can support you to:

- Establish why your child isn't sleeping
- Learn about gentle methods to encourage better sleep habits
- Consider an improved bedtime routine
- Meet other parents/carers in the same situation
- Explore useful resources to aid sleep

The Sleep Better programme is delivered over 5 weeks and covers:

- Understanding sleep cycles
- Common sleep issues and strategies to manage these
- Establishing appropriate routines
- Keeping sleep diaries and interpreting the data
- Environments

To check availability and book a workshop or programme in your area please go to [Eventbrite](#).

If you have any questions, please do not hesitate to contact the team by emailing [ehparenttrainers@warwickshire.gov.uk](mailto:ehparenttrainers@warwickshire.gov.uk).

For information on the sleep better course and other courses see the link below.

<https://www.eventbrite.co.uk/o/warwickshire-children-and-families-17595309993>

# Community News



## Coventry and Warwickshire Community Support for Neurodivergent People and their Families

Information and advice for neurodivergent people and their families.

<https://dimensions.covwarkpt.nhs.uk/News.aspx?NID=26>

## Information and Advice for Neurodivergent People and their Families



Version one: July 2022

