



Be our best selves

COUGHTON

C of E Primary School

Issue 01



Key dates



Tuesday 23 rd September	Individual School Photographs
Tuesday 30 th September Reception & KS1 at 9.30am KS2 at 10.30am	Harvest Festival at St Peter's Church
Wednesday 8 th and Thursday 9 th October	Parents Evening (virtual)
Thursday 16 th and Friday 17 th October 9.30-11.30am	Open Days
Monday 20 th October	Flu Immunisation in school
Friday 24 th October	INSET Day school closed to pupils
Monday 3 rd November	School Re-opens to pupils
Friday 19 th December	School Closes for Christmas Holidays
Monday 22 nd December – Friday 2 nd January	Christmas Holidays
Monday 5 th January	INSET Day school closed for pupils
Tuesday 6 th January	School reopens to pupils
Wednesday 28 th and Thursday 29 th Jan	Parents Evening (in person)
Monday 16 th February to Friday 20 th February	Half term
Friday 27 th March	School closes for Easter Holidays

Dear Families,

Welcome back!

It has been great to welcome the children back to school. I would also like to extend a warm welcome to those children and families who are new to us. I hope that you enjoy your journey through Coughton CE Primary School.

Staffing news: Congratulations to Mrs Moss who is expecting her first child in the new year.

It has been a busy summer at school. Following on from recent refurbishment of the toilet blocks we have had new heating and fire protection systems installed. This builds on our ethos of sustainability. We have also started working with our new catering team. Early feedback from the children having hot dinners is overwhelmingly positive.

Thank you to those who have completed data information forms. Please can you send these to the office if you haven't yet done so. This insures we have up to date contact numbers and medical information for the children.

Head of School
Mr Alex Kolb

Year group totals

Alne: 701
Avon: 756
Arrow: 802

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



Coughton CE Primary School

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 PTA are 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 can be found here:

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

INSET DAYS

25/26- School, Closed For Children

INSET DAYS 25/26

Monday 1st September 2025

Friday 24th October 2025

Monday 5th January 2026

Monday 1st June 2026

Monday 20th July 2026

Wraparound

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

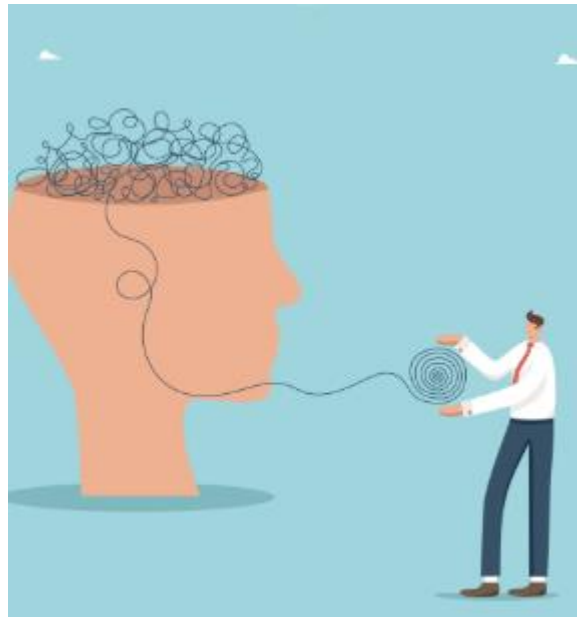
<https://coughton.childcare-online-booking.co.uk/>

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



Community Autism Support Service (CASS)

<https://www.eventbrite.com/o/community-autism-support-service-cass-62721567983>



<https://www.facebook.com/WarwickshireFIS/posts/pfbid02fRUtiJyLMutQ7AFnP77M3eccABsG3Vrz5JuQYb21ugseNvFK573NuFzMqpyHZjMil>



Mental Health in Schools Team (MHST) workshops

<https://www.facebook.com/WarwickshireFIS/posts/pfbid0GTzZ2c9F7M4JTUK1Uv5pSaUhjwtxWdsqv1rpgH9bvW17D7nNfE2orsM1TwBf8CvI>

Things to do outside in South Warwickshire during the Summer.

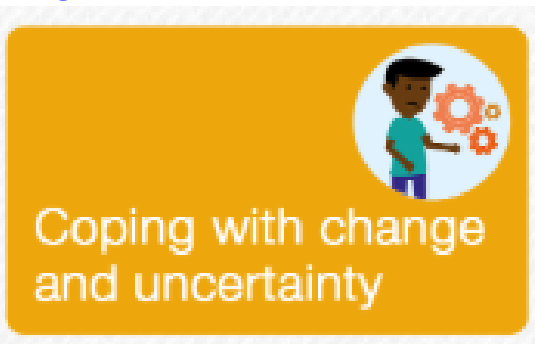
<https://api.warwickshire.gov.uk/documents/WCCC-859-446>



<https://cwrise.com/coping-with-anxiety>



<https://cwrise.com/emotional-regulation>



<https://cwrise.com/coping-with-change-and-uncertainty>



Supporting young people's mental health

Understanding and looking after mental wellbeing is just as important as taking care of physical health and it is a good habit to develop as early as possible.

For young people navigating school, exams, friendships, and future choices it's particularly important to give them tools to manage their worries, build confidence and make decisions that set them up for success.

Good mental health and wellbeing improves the ability to learn and engage to help pupils achieve and thrive in education ultimately setting them up for life and work.

<https://www.warwickshire.gov.uk/news/article/6236/supporting-young-people-s-mental-health>

<https://www.wellbeing4life.co.uk/5-ways-wellbeing>

5 ways to wellbeing.

<https://youtu.be/kC4Dg4louVM>



Supporting every child to be in school and involved in education

Regular school attendance and access to education is so important for a child's development, wellbeing and future success.

Consistent attendance and engagement with educational activity not only has a positive impact on academic achievement, as a [recent report](#) has shown, but it is also crucial for a child's social development and overall emotional wellbeing. Being in school or education allows children to learn, reach their full potential, build friendships, participate in extracurricular activities, and access emotional support.

<https://www.warwickshire.gov.uk/news/article/6184/supporting-every-child-to-be-in-school-and-involved-in-education>



Emergency Alerts

On 7 September at 3pm there will be a national test of the Emergency Alerts service. These alerts are designed to notify you if there is a danger to life nearby, this could be related to extreme weather warnings.

Refuge has concern for domestic abuse survivors that have hidden phones within the home, they are advising survivors to opt out of receiving the alerts on their hidden device. You can still receive warning messages on your device that is not hidden.



Parenting when you have a mental health condition

Everyone will have their own set of challenges and rewarding moments when it comes to being a parent or carer. If you are parenting while managing a mental health condition, it can be especially tough if you are not getting the right support. It's important to ensure you are getting the right treatment in order to feel well and able to care for yourself, and your family.

[Family Lives](#) is offering advice to help you get the support you need.

<https://www.familylives.org.uk/advice/your-family/parenting/parenting-when-you-have-a-mental-health-condition>



Child Benefit and the Universal Credit '2-child limit'

Citizens Advice front line staff have recently identified several clients who, because of a confusion between what Child Benefit is and what the Universal Credit '2-child limit' is, have not been claiming benefits for which they have been entitled. They have lost income and fallen into financial difficulty by not claiming Child Benefit for a third child.

Access tips on separating them and signposting to expert free advice (online and in-person) that can tell you more. Don't let a lack of understanding of these key 'benefits' leave you with less money in your pocket than you are entitled to.

<https://casouthwarwickshire.org.uk/news/115/child-benefit-and-the-universal-credit-2child-limit-a-warning-from-citizens-advice>

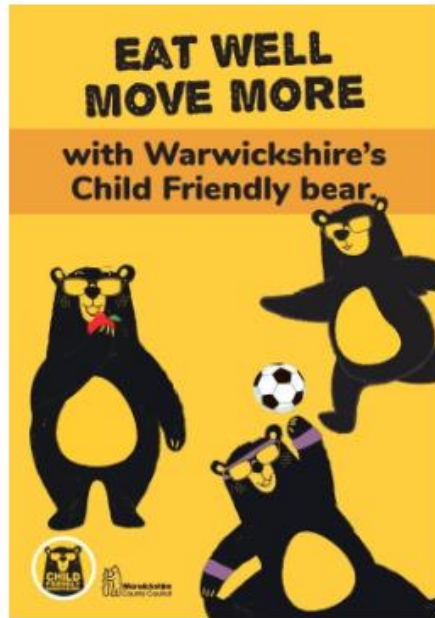


<https://mailchi.mp/warwickshire/send-august25-8830107?e=7a95476d4b>



Acer enjoyed their first forest school session of the year 'Caring for God's creations'





Eat Well, Move More with our Warwickshire Child Friendly Bear

To start the conversation with your children in a fun and engaging way, we've created a new activity book under the Eat Well, Move More campaign. The booklet is packed with fun activities such as colouring pages, find the differences, help the bear eat healthy, and more to make it easier to talk about healthy eating choices and being active. We hope these activities will encourage healthier food choices and more physical activity.

Workbook link:

<https://api.warwickshire.gov.uk/documents/WCCC-1980322935-3142>

Move more

A healthy lifestyle also involves plenty of physical activity. Children should ideally be active for at least 60 minutes a day, with 30 minutes taking place outside of school. This can be broken into short 10-minute bursts—they could try scootering to school, skipping to the shops, or dancing to a song!

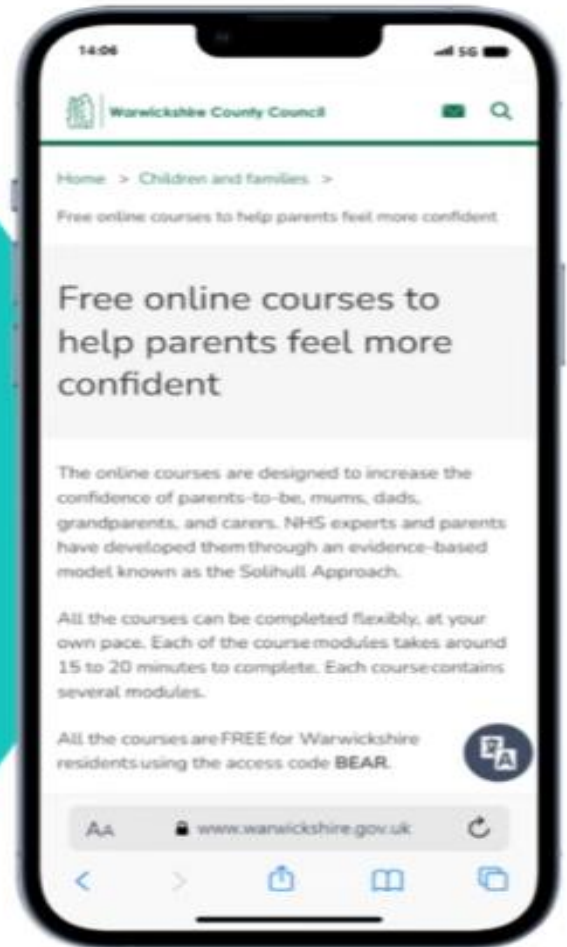
There are lots of ways to encourage children to be more active. Make exercise fun by turning activities into games like tag, hide-and-seek, or dancing. Walk or bike to school if possible or visit a local park for a family walk. Warwickshire also offers a range of after-school sports clubs where young people can stay fit while developing socially.

<https://www.warwickshire.gov.uk/homepage/462/get-active>



An online course to help you Understanding your child with additional needs

visit
[warwickshire.gov.uk/parentguides](https://www.warwickshire.gov.uk/parentguides)
to get started for free



Free

**'Understanding your child with additional needs'
course is for parents and carers of children who
may be neurodiverse, or have a physical or
learning disability**

Whatever their developmental age, these ideas and techniques may help you better understand your child and how to help process or manage their emotions.

Use the code **BEAR** to get free access.

<https://www.warwickshire.gov.uk/parentguides>

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.

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 Wright 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 law states a leave of absence may only be granted by a school if an application is made in advance and if it considers there are exceptional circumstances relating to the application.

Schools must judge each application individually considering the specific facts and circumstances and relevant background context behind each request.

A leave of absence is granted entirely at the school's discretion. Generally, a need or desire for a holiday or other absence for the purpose of leisure and recreation would not constitute an exceptional circumstance.

Where a leave of absence is granted, the school will determine the number of days a pupil can be absent from school.

When making an application for Leave of Absence 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. The school may also request further information on the application and supporting documentation where appropriate.

It is advised that if the resident parent has not received notification or a response regarding the leave of absence application, it is the parents' 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 ie the parent with whom the child normally resides.

Where applications for leave of absence are made in advance and refused, the child is expected 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. 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.

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'.

All matters of unauthorised absence relating to a Leave of Absence will be referred to the Warwickshire Attendance Service, part of Warwickshire County Council. Penalty Notices are issued in accordance with Warwickshire County Council's Code of Conduct for Penalty Notices and in the first instance, as an alternative to prosecution proceedings.

Leave of Absence taken in the academic year 2024-25

The law relating to Penalty Notices changed with effect from 19 August 2024. Therefore, Penalty Notices issued for Leave of Absence taken from September 2024 will be issued in accordance with the updated legislation.

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 – 4 in total).

- First Leave of Absence offence: The Penalty Notice amount of £160 to be paid within 28 days, this is reduced to £80 each child if paid within 21 days.
- Second Leave of Absence offence within a 3 year period (from the date of issue of the first penalty notice): The amount of £160 paid within 28 days. No reduced amount.

Payment plans will not be offered and/or payments received outside of the 28 day period will not be accepted. Where a penalty notice expires unpaid the matter will be referred to Warwickshire County Council's Legal Services to consider criminal prosecution.

- Third Leave of Absence offence within a 3 year period (from the date of issue of the first penalty notice): A penalty notices will be not be issued and the matter will be referred to Warwickshire County Council's Legal Services to consider instigating criminal prosecution proceedings under S444 of Education Act 1996.
 - **Your child's progress academically as well as socially is our shared priority.**

2024/2025 Leave of absence

Leave of Absence taken in the academic year 2024-25

The law relating to Penalty Notices is due to change with effect from 1 September 2024. Therefore Penalty Notices issued for Leave of Absences taken after this date will be issued in accordance with the updated legislation.

- 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 – 4 in total).
 - First Leave of Absence offence: The Penalty Notice amount of £160 to be paid within 28 days, this is reduced to £80 each child if paid within 21 days.
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Your child's progress academically as well as socially is our shared priority.

Warwickshire Attendance Service