



Be our best selves

COUGHTON

C of E Primary School

Issue 14

Key dates

| | |
|--|--------------------------------------|
| Tuesday 23 rd April | Class Photographs |
| Monday 13 th May – Thursday 16 th May | SATS Week KS2 |
| Friday 17 th May | Birch Class visit to the ThinkTank |
| Friday 17 th May | Grandparents gardening day |
| Monday 27 th – Friday 31 st May | Half Term . School Closed to pupils |
| Monday 3 rd June | INSET Day – School closed to pupils |
| Thursday 20 th June | Sports Day |
| Thursday 11 th July | Farmers Market |
| Friday 19 th July | School Closes for summer holidays |
| Monday 2 nd September | INSET Day school closed to pupils |
| Tuesday 3 rd September | School Reopens to pupils |
| Friday 25 th October | INSET Day School Closed to pupils |
| Monday 28 th October – Friday 1 st November | Half Term – School closed to pupils |
| Friday 20 th December | School Closes for Christmas Holidays |



Dear Families,

Welcome back. I hope everyone had a great Easter break and had the opportunity to spend some quality time with family.

We now head into a very busy summer term with a range of activities, trips, visits and assessments happening across school.

Over the last few weeks the children have been working incredibly hard and have quickly settled back into the routines of school life.

The children in years 4-6 enjoyed The God and The Big Bang workshop today as they explored the story of creation from a religious and scientific point of view. It was great to end the day in church with a wonderful performance led by the children.

Thank you once again for all of your support this year, reading at home regularly and completing homework tasks is really supporting the children to make good progress with their learning.

Attendance this week: 96.9%

Head of School
Mr Alex Kolb

Christian virtue: Thankfulness



Coughton CE Primary School

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

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 2024/25 can be found here:

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

INSET DAYS

24/25- School,Closed For Children

Monday 2nd September

Friday 25th October

Monday 6th January

Monday 2nd June

Monday 21st July

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).



Energy Sparks

The children were inspired by a visit from James at Energy Sparks and have been working hard to look at ways in which we can make school a more sustainable environment. School council and ECO warriors have been tracking the schools electricity and gas usage and so far have been able to reduce the schools electricity usage by 750 kWh.

Children have been making sure that lights have been turned off in rooms not in use, plug sockets switched off, paper is being recycled and food waste is being composted.

SUSTAINABLE DEVELOPMENT GOALS





Information Sessions for Warwickshire Parents and Carers

Understanding Sensory Needs in School Age Children

Tuesday 7th May 2024, 10.00am to 12.00pm

Understanding and Managing Emotions (3 - 11 Years)

Tuesday 14th May 2024, 12.00pm to 2.00pm

Self-Esteem

Monday 1st July 2024, 11.00am to 1.00pm

Places on our sessions are subject to availability.
To book your place please email
risecommunityoffer@covwarkpt.nhs.uk



**Please note: the sessions are available for
Warwickshire residents only.**

Parents and carers





Warwickshire FIS @WarksFIS - 6h

FREE 2-hour Understanding Children's Behaviour programme for parents and carers living in Warwickshire

 Barford Primary School
 Friday 7 June
 09:30 - 11:30

<https://www.eventbrite.co.uk/e/understanding-childrens-behaviour-tickets-884843309157>

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 

Use the code BEAR to get free access 

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

Understanding your child:
from toddler to teenager



Understanding your child: from toddler to teenager is for all parents, grandparents, and carers of children aged between six months to 19 years.

The resources are tailored so that whatever their age, you can use the ideas and techniques to help better understand your child, their emotions, and how to nurture them.

Understanding your child with
additional needs



This course is for parents and carers of children who may be neurodiverse, have a physical or learning disability or may be autistic.

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

Understanding your child's
feelings



Understanding your child's feelings is important for all parents, grandparents, and carers of children aged between six months to 19 years.

The resources are tailored so that whatever their age, you can use the ideas and techniques to help better understand your child's feelings and behaviour to nurture them.

[Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)

Parents Helpline

We offer tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health. You can speak to us over the phone, or chat to us online.

You can use our Helpline service if you are the parent or main carer of a child or young person aged 25 or under. Our service is available across the UK. It is free and confidential.

We're here for main carers too:

We support main carers of children and young people, as well as parents. You might be a kinship carer, legal guardian, foster carer, grandparent or sibling. If you are the child or young person's main carer, we want to support you. Our advisers are trained and experienced in supporting carers as well as parents.

If you are a family member or friend, but you are not the child or young person's main carer see our [online information](#) for advice around how you can support them.

You can also encourage their parent or main carer to contact us.

If you are a professional looking for information about supporting the young people you work with, see our [resources for professionals](#).



<https://www.youngminds.org.uk/parent/parents-helpline/>

Autism Support for Fathers

Father's Virtual Autism Support Group

A request has finally come to life! We invite all Autism Dad's to join us for this virtual Zoom session for a "Father's Support Group".

In this platform Autism Father's can attend a virtual Zoom session with other father's who are on the Autism Journey.

This can be done in the comfort of your own home, office or remotely on the road via your phone.

We wanted to ensure those that have varying work schedules and family time could make a time for themselves to gain support.

Our facilitator is world renown Dr. Robert Naseef, who has a distinct voice as a psychologist and father of an adult son with autism. He has spoken around the country and trained professionals internationally in treating autism and supporting families.



The 4th Annual

Coughton School GOLF DAY

Get ready to tee off at our
annual Coughton PTA Golf Day!

Join us for a day of fun and friendly competition.
Tickets include a Bacon Sandwich, Coffee, 18
holes and Food Afterwards.



THURSDAY 16TH MAY



GAUDET LUCE GOLF CLUB,
DROITWICH WR9 7JR



Scan the code to book, or visit our Sum Up store:
<https://coughton-school-pta.sumupstore.com/>

Sponsored by



£50
PER PLAYER



HELP YOUR CHILDREN CHOOSE WATER

Water doesn't have to be boring ...



- 1** Infuse water with fruit for added flavour
- 2** Let them choose a special water bottle or cup which they like
- 3** Offer fruits and vegetables high in water content
- 4** Freeze fruit inside ice cubes and let your children help to fill the trays

H₂O



Parenting Project Counselling Service

Parenting Project Counselling Service offers up to 18 weekly sessions of 1:1 counselling to parents and carers of children 0-19, or up to 25 with SEND, living in Warwickshire. They are currently accepting referrals for parents living in, or able to travel to, Warwick, Leamington Spa or Kenilworth.

<https://parentingproject.org.uk/services/counselling/>



Connect for Health - April newsletter

The April edition of the Connect for Health newsletter has information about:

[https://www.compass-uk.org/wp-content/uploads/2024/03/C4H-April-Newsletter-2024.pdf?utm_source=WSH&utm_campaign=ad2f12dcd6-April Newsletter Professionals COPY 01&utm_medium=email&utm_term=0_f00493dc86-ad2f12dcd6-508254429](https://www.compass-uk.org/wp-content/uploads/2024/03/C4H-April-Newsletter-2024.pdf?utm_source=WSH&utm_campaign=ad2f12dcd6-April%20Newsletter%20Professionals%20COPY%2001&utm_medium=email&utm_term=0_f00493dc86-ad2f12dcd6-508254429)

Key Dates- In advance

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

Friday 17th May 2024- Grandparent Gardening Day

Thursday 20th June 2024- Sports Day

Thursday 11th 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.

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.



**Ambitious
about Autism**

**The neurodiversity and
autism stakeholder
Spring newsletter is out
now!**

Read all about:

- the new accessible, all-age version of the Dimensions Health and Wellbeing tool
- a project providing parents & carers of autistic people easy access to autism education, training and support
- Coventry & Warwickshire Partnership NHS Trust's commitment to neurodivergent people

...and lots more!

<https://cwrise.com/download.cfm?doc=docm93ijm4n7774.pdf&ver=10509>

<https://www.ambitiousaboutautism.org.uk/>



**Autism
Central**

<https://www.autismcentral.org.uk/hubs/midlands-delivered-contact-and-ambitious-about-autism>

We're supporting



**Neurodiversity
Celebration
Week**



**Free online events for
families to mark
Neurodiversity
Celebration Week 2024!**

<https://www.neurodiversityweek.com/events>

Student Corner

ALCESTER ROCK ACADEMY



Thanks to Mr Badham from Alcester Academy for spending the day with our young musicians who performed 'Style' by Taylor Swift to the school. A great performance guys.



Student Corner



Some super work by Ash class who went exploring and found some clues that fairies have been in forest school.



Student Corner



Children enjoyed working with local residents in a 'litter pick' to clean up our local area and prevent pollution.



Student Corner





Acer had a great forest school session exploring new tools to make spinning tops from natural materials.

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.

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.

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>



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

Dimensions Toolkit

Helping to understand children and best ways to support their needs.



What are the Dimensions?

- Worrying and Anxiety
- Mood
- Sleep
- Relationships
- Loss and Grief
- Sensory Responses
- Education, Training or Work
- Addictions
- Eating
- Supportive Environments

<https://dimensions.covwarkpt.nhs.uk/>