



Be our best selves

COUGHTON

C of E Primary School

Issue 11

Key dates



Monday 12 – Friday 16 th February	Half –term. School closed to pupils
Thursday 7 th March	World Book Day
Wednesday 13 th March	Parents eve
Thursday 14 th March	Parents eve
Friday 15 th March	PTA Race Night
Friday 22 nd March	School closes for the Easter Holidays
Monday 8 th April	School reopens to pupils
Monday 6 th May	May Day. School Closed.
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
Wednesday 10 th July	Transition Day for High School
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

Dear Families,

I hope that you have had a good week. It doesn't feel long ago that we were breaking up for Christmas and now we have one week until half term! The year is progressing at a rapid pace and the children and staff have been working incredibly hard.

Thanks to those who continue to support us through PTA events and community activities. It was great to see a good turn out at the quiz night and a number of people donating old toys to raise money and to support the school.

A new approach to home learning has started in years 1-5 and so far we have had some positive feedback with lots of children really keen to share what they have been producing at home.

The children have enjoyed NSPCC Numbers Day today and exploring mathematics whilst supporting a good cause. Thank you to those who have donated so far. At writing the total raised is £172 so if you haven't donated please think about doing so. The TT Rockstars tournament continues until 7.30pm this evening for those taking part.

I have attached the monthly e-safety newsletter. We have safer internet day coming up on Tuesday.

Once again, thank you for all of your support.

Head of School

Mr Alex Kolb

Christian virtue: Thankfulness

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



Coughton CE Primary School

Key Dates- In advance

Thursday 7th March- World Book Day

Wednesday 13th and Thursday 14th March-
Parents evening - In School

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.

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).



Coughton PTA Corner

2nd Feb 2024

Thank you to everyone who came to the January Quiz Night and to Mr Kolb for being the Quiz Master extraordinaire! A fantastic time was had by all and we raised over £400 for school.

Secondly, thank you to everyone who supported the charity bag collections that took place this week. Bag2School collected a record number of bags this morning so we are glad we could assist with your decluttering! We will report back on what we raised from the collections soon.

Next Friday, 9th Feb, sees the return of the 'Great Coughton Bake Off'. It is Valentines themed. Please bring any cakes to school on Friday morning where a member of the PTA or Office Team will collect from your child. Mr Kolb will sample the delights and pick a selection of winners and will give out the prizes during the day.

All donated bakes will be available to buy on the playground at 3:20pm pick up so the children can enjoy an end of term treat. Cupcakes, sliced tray bakes, decorated biscuits, cake pops, etc... are always super popular and sell well! Card and cash payments available at the cake sale.

(We appreciate not everyone has time to bake midweek but we also know how much the children enjoy these bake sale events... so please feel free to send in a pack of shop bought bakes for the bake sale element... or just come and support the PTA to raise some money and enjoy an end of term treat!)

Our next big event is the first ever Coughton Race Night on Friday 15th March.

The theme is Cheltenham Races so dig out your best tweed and feathers and join us for a great night of entertainment with your friends and family...

There will be a full bar, races on the big screen with a tote to take your bets and try your luck plus games and prizes galore. Pizza will be available to buy on the evening from the amazing Pizza Heaven who will have their mobile pizza oven set up on the carpark.

More info will be sent out next week - tickets will be £5 to include the Race Card. We are looking for sponsors for our Races so if you own a local business and would like to promote yourself to our school families please do get in touch.

We hope everyone has a great final week of this half term. Thanks as always, The Coughton PTA

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 this... 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 with prizes ranging from £5 to £50!

All players are also in with a chance of winning the National Jackpot of £25,000 and there are lots of fantastic prize bundles too. We get a donation back to our PTA for every ticket you buy... since we signed up a year ago we have raised over £1000 for the PTA!

Tickets can purchased online via
www.yourschoollottery.co.uk/play

Saddle up for the
Coughton PTA

RACE NIGHT



15th March, 7pm

Tickets £5
to include race card



PTA

Pizza will be available to purchase from Pizza Heaven on the evening as well as a well stocked bar run by the PTA.





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

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>



Parent Mental Health Day

Stem4, a charity that supports young people to build positive mental health, is proud to be the UK founder of Parent Mental Health Day, which started in 2022.

The Cost of Living crisis, which so closely followed the pandemic, and increased concerns about digital harms, rising rates of mental ill health and the impact of stretched services have further increased parent and carer anxiety and, in some cases, helplessness and hopelessness.

Parent Mental Health Day 2024 is an opportunity for parents and carers to acknowledge and discuss their struggles and share in their achievements of connecting positively with each other and the whole family, and to learn ways to connect positively to maximise young people's mental health.

<https://stem4.org.uk/parentmentalhealthday/>



Coventry and Warwickshire Rise and Shine newsletter

The Winter 2023/24 edition of the Coventry and Warwickshire Rise and Shine newsletter is out now!

Hear about updates from CWPT's Eating Disorders Service, the Children and Young People Mental Health Crisis Care team, the Dimensions for Health and Wellbeing Tool, and much more!

<https://cwrise.com/download.cfm?ver=10370>



Frosty fun in February half-term at Warwickshire's Country Parks!

Bring the magic of the great outdoors to your child's half-term with a range of fun activities for the whole family. Build bird boxes, make campfires, toast marshmallows and much more. There's no better way for children to connect with nature, learn new skills and make lasting memories.

[here](#)

SPEND



Support for **P**arents of children with **E**ducational needs, **N**eurodiversity and **D**ifficulties.

SPEND is a monthly parent/carer support group for people caring for children with additional needs who feel isolated or overwhelmed in Alcester, Bidford, Studley and surrounding villages.



Come and spend time with people who understand.

**NEXT MEETING: FRIDAY 8TH MARCH 2024 - 9.45-11.15AM
AND ON THE 2ND FRIDAY OF EACH MONTH**

The Depot, Eric Payne Community Centre
off St Faith's Road, Alcester, B496AG

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.



Some great self portraits by Oak



Student Corner

Maple and Birch enjoyed re-telling stories and traditional tales in forest school.



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>



STARS NETBALL ACADEMY

Starting 1st March 2024
at The Greig Leisure Centre, Alcester

- New to netball?
- Play for school team?
- Play for a club?

LEARN
BUILD
MASTER

Focus on skills, teamwork and most importantly have FUN!

Little Stars (School Yr 4-6) - Friday 5-6pm	16 SPACES
Stars (School Yr 7-8) - Friday 6-7pm	20 SPACES
Stars (School Yr 9+) - Friday 7-8pm	20 SPACES

To book a space and register your interest please contact:
starsnetballacademy@gmail.com
07789 554448



Empower your parenting journey by joining insightful workshops and programmes

The Family and Relationship support team provide online guides, virtual and face to face workshops and programmes for parents and carers. Topics include sleep, behaviour, teenagers, boundaries and rules, and more.

[View the online guides](#), which you can complete at a time to suit you.

[View the range of virtual and face to face workshops and programmes](#), and follow their Eventbrite for regular updates.

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

Dimensions Toolkit

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



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

What are the Dimensions?

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

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

