



Be our best selves

# COUGHTON

C of E Primary School

**Issue 13**

## Key dates

|  |  |
|--|--|
| Friday 22 <sup>nd</sup><br>March   | School closes for the<br>Easter Holidays |
| Monday 8 <sup>th</sup><br>April  | School reopens to<br>pupils              |
| Monday 6 <sup>th</sup><br>May  | May Day. School<br>Closed.               |
| Monday 13 <sup>th</sup><br>May –<br>Thursday 16 <sup>th</sup><br>May       | SATS Week                                |
| Friday 17 <sup>th</sup><br>May   | Grandparents<br>gardening day            |
| Monday 27 <sup>th</sup> -<br>Friday 31 <sup>st</sup> May                   | Half Term . School<br>Closed to pupils   |
| Monday 3 <sup>rd</sup><br>June   | INSET Day – School<br>closed to pupils   |
| Thursday 20 <sup>th</sup><br>June  | Sports Day                               |
| Thursday 11 <sup>th</sup><br>July  | Farmers Market                           |
| Friday 19 <sup>th</sup> July   | School Closes for<br>summer holidays     |
| Monday 2 <sup>nd</sup><br>September  | INSET Day school<br>closed to pupils     |
| Tuesday 3 <sup>rd</sup><br>September                                       | School Reopens to<br>pupils              |
| Friday 25 <sup>th</sup><br>October   | INSET Day School<br>Closed to pupils     |
| Monday 28 <sup>th</sup><br>October –<br>Friday 1 <sup>st</sup><br>November | Half Term – School<br>closed to pupils   |
| Friday 20 <sup>th</sup><br>December  | School Closes for<br>Christmas Holidays  |



Dear Families,

It has been a shorter than normal term but we have still managed to fit everything in.

It was great to welcome families back into school for parents evening and to have these face to face. Following feedback we have decided to adopt the same approach next year. The first set of parents evenings will be online and the second will be in person. Parents evenings for pupils with SEND will continue to be arranged separately.

I have included new timetables for next half term including PE and forest school updates for some classes.

In staffing news, Miss Richardson has been permanently appointed as Assistant Headteacher having previously been Acting Assistant Headteacher. Mrs Griffin, who had been seconded to another school within the trust, has left her role at Coughton to become Assistant Headteacher at Henley in Arden Primary School.

Thank you again for all of your support this term and I hope that you all have a fantastic Easter break

Head of School  
**Mr Alex Kolb**

**Christian virtue: Thankfulness**

**Termly Team Point winners:  
Avon**

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



Coughton CE Primary School



# Easter 2024



# Red Nose Day



Thank you for everyone who donated to Red Nose Day.

We had some fantastic acts who competed in Coughton's Got Talent. Congratulations to the winners who performed during celebration assembly today.





# Information Sessions for Warwickshire Parents and Carers

## Understanding and Supporting Children 3-11 Years with Anxiety

Wednesday 10th April 2024, 12.00pm to 2.00pm

## 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](mailto:risecommunityoffer@covwarkpt.nhs.uk)

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

[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.



## **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.

# 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).

## **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



Ash had a wonderful time at forest school creating habitats for animals and decorating kindness stones to be spread around school.







**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>

**Follow us on:**

X (previously Twitter) - [@WCCSafe\\_Active](#)

Facebook - [@WCCSafeActiveTravel](#)



**Reminding parents about safe mobile phone use**

**Reminder about safe phone use**

Your children are taught about distractions and avoiding being distracted near the road.

Thank you to all the parents and carers who help to model the safest behaviours. We would like to see all parents modelling the safest choices to their children, including around use of mobile devices.

We understand that on occasion parents may need to briefly use their phone during drop off and collection. However, using a phone whilst crossing the road, or being distracted by your phone whilst your child is walking around parked cars, it not the safest choice.

Parents are welcome to pause on the playground if they do need to use their mobile device.

We would ask that you support our road safety messaging by putting away your phone when crossing the road and any time your child is walking around parked vehicles.



**Reminder to concentrate near the road**

How much of your attention do you give when you are using a sharp knife during cooking? How much should you give? We think you will agree that an activity involving knives needs our full attention. But if we get it wrong, what happens? A mistake with a knife could lead to a cut finger.

Now let's think about crossing roads with our children or getting them to get into the car. Do you always give the activity and the safety of





**PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING EASTER HOLIDAYS 2024**  
 moneysavingcentral.co.uk/kids-eat-free

**ASDA**  
 Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

**TESCO**  
 Kids eat free with a purchase of 60p+ from From Mon - Fri in Half Terms 2024

**SAINSBURYS CAFES**  
 Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

**PAUSA CAFE @ DUNELM**  
 Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

**THE REAL GREEK**  
 Kids under 12 eat FREE every Sunday for every £10 spent by an adult

**TGI FRIDAYS**  
 Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

**PUREZZA**  
 Children under the age of 10 get free pizza at Purezza with every adult meal purchased

**TRAVELODGE & PREMIER INN**  
 Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

**SIZZLING PUBS**  
 Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

**BEEFEATER & BREWERS FAYRE**  
 Two children under 16 can get a free breakfast every day with one paying adult!

**COCONUT TREE**  
 One child (10 & Under) eats free per paying adult. Valid from 23/03/2024 - 14/04/2024

**MORRISONS**  
 Spend £4.49 and get one free kids meal all day, every day.

**GORDON RAMSEY RESTAURANTS**  
 Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

**PRETO**  
 Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

**WHITBREAD INNS**  
 Two kids under 16 eat for FREE with every adult breakfast purchased

**BELLA ITALIA**  
 Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

**BILLS**  
 Two kids can eat free ALL DAY (Weekdays) from Monday 25th March - Friday 12th April 2024, with one adult main dish.

**DOBBIES GARDEN CENTRES**  
 At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

**TABLE TABLE**  
 Two children under 16 can get a free breakfast every day with one paying adult!

**IKEA**  
 Kids get a meal from 95p daily from 11am

**HUNGRY HORSE**  
 Kids eat for £1 on Mondays

**FUTURE INNS**  
 Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL

# Easter Adventures at Coughton Court

Easter is just around the corner, treat the whole family to our Easter Adventures at Coughton Court.

BOOKING NOT NEEDED

ADMISSION APPLIES

<https://www.nationaltrust.org.uk/visit/warwickshire/coughton-court/events/5174b815-2e8b-4455-bc56-ad05c862c1c3>

# 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>



## 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](mailto: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