



Be our best selves

# COUGHTON

C of E Primary School

**Issue 15**

## Key dates

Monday 13 <sup>th</sup> May – Thursday 16 <sup>th</sup> May	SATS Week KS2
Friday 17 <sup>th</sup> May	Grandparents gardening day
Friday 17 <sup>th</sup> May	Birch Class trip to Think Tank
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
Thursday 13 <sup>th</sup> June	Willow Class trip to Mary Arden’s Farm
Thursday 20 <sup>th</sup> June	Sports Day
Thursday 11 <sup>th</sup> July	Farmers Market
Friday 19 <sup>th</sup> July	School Closes for summer holidays
Monday 2 <sup>nd</sup> September	INSET Day school closed to pupils
Tuesday 3 <sup>rd</sup> September	School Reopens to pupils
Friday 25 <sup>th</sup> October	INSET Day School Closed to pupils
Monday 28 <sup>th</sup> October – Friday 1 <sup>st</sup> November	Half Term – School closed to pupils
Friday 20 <sup>th</sup> December	School Closes for Christmas Holidays



Dear Families,

We are starting to get into the full flow of the summer term. It is great to see the children working really hard.

We have enjoyed a range of sporting fixtures over the last few weeks. There are more fixtures and events to come so please check Studybugs messages for information on these.

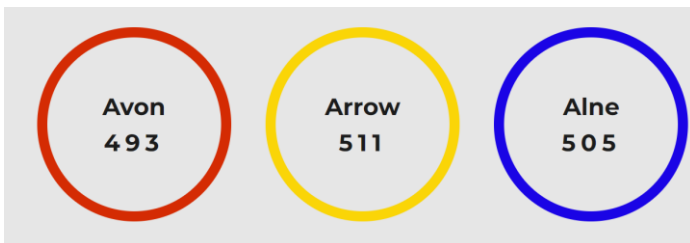
Aston Villa continue to come into school and deliver sport from years 2-6 and run clubs. From next week (week commencing 6<sup>th</sup> May) the sessions will take place on a Friday instead of a Wednesday. Children in years 2-6 should come to school on a Friday in their PE kit. The other change in this provision will be that girls football will take place after school and boys football will take place at lunchtime.

After half term we will be re-starting some clubs: choir and netball and launching some new clubs such as board game club. We will send out booking information closer to the time.

Attendance this week: 97%

Head of School  
**Mr Alex Kolb**

### Christian virtue: Thankfulness



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 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 2<sup>nd</sup> September

Friday 25<sup>th</sup> October

Monday 6<sup>th</sup> January

Monday 2<sup>nd</sup> June

Monday 21<sup>st</sup> 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](mailto:risecommunityoffer@covwarkpt.nhs.uk)

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

# Parents and carers



## National Primary School Offer Day 2024 in Warwickshire

Thousands of children across Warwickshire were offered places in primary schools on Tuesday 16 April, with over 91% of the children starting school for the first time being offered a place at their first choice of school.

National Offer Day, also saw those moving into Year 3 at a Junior School learn which school they will attend for the 2024/2025 academic year.

This year, there were 6,002 Warwickshire children who applied for a Reception place by the application deadline of 15 January. Of those, 91.5% have been offered a place at their first-choice school. A further 7% have been offered a place at another of their top school choices, meaning almost 99% have been offered a place at one of their top three preferred schools.



## Warwickshire Wildlife Trust's Youth Committee

[Warwickshire Wildlife Trust's Youth Committee](#) is a group of like-minded young adults committed to building a wilder future.

Young adults deserve to have their voices heard in conversations about the environment and the future of the planet, conversations in which they have historically been under-represented. Now more than ever is a critical time to push for lasting change, making sure young voices are heard and valued. The aim of the Youth Committee is to inspire and empower young adults to act for nature and amplify their voices on the environmental issues that matter to them.

If you want to get involved as a Wilder Ambassador, please email [youth.edi@wkwtrg.org.uk](mailto:youth.edi@wkwtrg.org.uk).

<https://www.eventbrite.co.uk/o/warwickshire-wildlife-trusts-youth-committee-60446694563>



## Separating better: digital support for separating parents

Are you a parent going through separation? Separating better is a brand-new mobile app, which can help guide you through the separation process, find effective ways of co-parenting, and sort out disagreements, all with the wellbeing of your child in mind.

Separating better features:

- Self-guided support: Expert emotional advice and practical information on childcare and financial arrangements.
- Progress tracking: Easily monitor your journey and achievements as you navigate separation.
- Emotional readiness quiz: Get a sense of where you are in your separation journey with our quiz.
- Co-parenting tips: Stay organised and communicate effectively with your co-parent.

<https://www.oneplusone.org.uk/separating-better>

<https://www.warwickshire.gov.uk/news/article/5163/small-steps-to-help-manage-stress>

## Find financial support and reduce stress

The constant struggle to balance household budgets can be a cause of stress and anxiety for many people.

Money management help is available in Warwickshire and during Stress Awareness Month, April 2024, the county council is reminding people of resources and services they can access to help make life a little bit easier.

To support residents to manage their money, tackle debt and find urgent support a [Cost of Living website](https://www.warwickshire.gov.uk/news/article/5170/find-financial-support-and-reduce-stress) is available with a range of information and services which offer advice and information when it is needed.

<https://www.warwickshire.gov.uk/news/article/5170/find-financial-support-and-reduce-stress>

## Small steps to help manage stress

Throughout Stress Awareness month we're sharing advice about how to find ways to manage stress and improve wellbeing.

Taking care of wellbeing on a day-to-day basis will help to build resilience and manage stressful situations, helping to create tools that can help to stay well mentally and physically.

A new video, [available here](#), provides a range of advice to remind people of small habits they can adopt to reduce stress and stay well.

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**



## 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. Over Easter you could win a £1000 Sainsbury Gift Card!

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

<https://www.yourschoollottery.co.uk/lottery/school/coughton-c-of-e-primary-school>

# 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

H<sub>2</sub>O



## 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_COPY_01&utm_medium=email&utm_term=0_f00493dc86-ad2f12dcd6-508254429)



**Warwickshire  
Educational Psychology  
Service presents  
webinar series  
supporting school  
transitions**

Warwickshire Educational Psychology Service (EPS) has created a series of webinars to help parents and carers guide their children through important school changes. The series of short videos are designed to offer valuable guidance and support during key phases such as Nursery to Reception, Year 6 to Year 7, and Year 11 to Post 16 options.

They aim to provide practical advice and suggestions on how parents and carers can best prepare their children for these significant transitions. Covering topics such as preparations before the transition, what to expect on the first day, and strategies for managing the subsequent weeks following the transfer, the webinars serve as an invaluable resource for families during times of change.

<https://www.warwickshire.gov.uk/news/article/5178/warwickshire-educational-psychology-service-presents-webinar-series-supporting-school-transitions>



**April 2024**

**Hello and welcome to Warwickshire County Council's SEND newsletter.**

This newsletter brings you news and information on special educational needs and disability (SEND) in Warwickshire.

This month's SEND newsletter includes:

- Warwickshire holds successful second Supported Internships Fair
- An update on Education, Health and Social Care Needs requests
- Wrong Size Fits All premiere viewed over 22,000 times in just one month
- Share your views on social care support for children with SEND
- New Education Strategy endorsed by Council's Cabinet
- Starting or moving schools this September? Guidance on transitions
- Together with Autism conferences return with three dates for 2024
- Free Autism workshops for parents, carers and professionals in Coventry and Warwickshire...

...plus more SEND news and stories from across Warwickshire.

<https://warwickshire.us5.list-manage.com/subscribe?u=a24b439ef7022ae0d86f9ca6e&id=afd6c79c1f>



**Free Autism workshops for parents, carers and professionals in Coventry and Warwickshire**

A free course, running in May 2024, offering support for parents and carers of autistic children who are currently awaiting a diagnosis is available to book through the Community Autism Support Service (CASS).

The Children's Autism Support Programme (CASP) is a four-week course for parents and carers of autistic children under the age of 12 years, living in Coventry and Warwickshire. Sessions will be delivered by qualified Act for Autism trainers who also have lived experience of autism and will help attendees to explore and understand autism so they can better support their child.

The course will run weekly over a four-week period, starting on 8 May 2024. [Book your place for the parent/carer Autism workshops here.](#)

## **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.

## **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>

## WhatsApp Group warning

Whilst WhatsApp has an age rating of 13+ (recently lowered from 16), a BBC investigation has found that children as young as nine have been added to WhatsApp groups and seen inappropriate content. If your child is using WhatsApp, check their group settings as by default, group privacy settings are set to 'everyone,' which means anybody can add your child to a group without their approval. You can change this setting to 'My Contacts' so only contacts can add them to groups without their approval and if somebody who is not a contact wants to add them to a group then they will need to send them an invite.

You should talk to your child about the risks of joining groups and show them how to use the reporting/blocking tools. You can find out more about the BBC investigation here:

<https://www.bbc.co.uk/news/articles/cy0l4z8n1p9o>

LYFTA

The children have enjoyed 'visiting' different storyworlds during Lyfta sessions. Looking at how different people around the world live their lives.



## Supporting Children with Anxiety

Anxiety and stress are some of the biggest problems of the 21st century and children can suffer as much as adults.

Coventry Parent Carer Forum are delighted to be offering this **free online** workshop to parents and carers with **Sarah Hodgkins**, an experienced CAMHS Occupational Therapist from Toward Wellbeing.



### This workshop will help you...

- increase your understanding of what anxiety is
- explore how anxiety presents in children and how it can affect them
- explore useful tools and strategies that you can use to support children's needs

**Wednesday 22nd May 2024**  
**10.00am to 12.00pm**

Please register your interest with Lynne Barton as below

**Lynne Barton** : [lynnebarton@entrustcarepartnership.org.uk](mailto:lynnebarton@entrustcarepartnership.org.uk)  
Tel : 07712 326273

Web: [entrustcarepartnership.org.uk](http://entrustcarepartnership.org.uk)  
Email: [info@entrustcarepartnership.org.uk](mailto:info@entrustcarepartnership.org.uk)  
Tel: 01926 612748



# Student Corner



The football teams have performed really well over the last few weeks.



Congratulations to the pentathlon team who won gold at the recent event.



# Student Corner



**Birch Class had a super Forest School session. They were connecting with nature, creating some figures from clay.**



# Student Corner

Acer had a great afternoon at National Trust Coughton Court and produced some amazing landscape artwork. Great work guys



Ash had a wonderful time at forest school completing texture trails, challenge cards and mindful breathing.



# 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>



<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/>