



Be our best selves

COUGHTON

C of E Primary School

Issue 09

Key dates



Dear Families,

It was great to see lots of you at our recent parent information meetings. The slide from the meetings have been uploaded to class 'Teams' pages. These are accessed via pupils 'We Learn' accounts.

It was also great to welcome many of you into school for parents evening this week. It was great to see all of the amazing work that the children have produced so far this year and we are not even half way through yet!

This week we have been treated to a drumming performance from Willow class following an amazing workshop led by Steve from Unbeatable Energy. We also had a brilliant guitar showcase led by Robbie Fearon. It was amazing too see how much progress has been made by our guitarists. Some of whom have been playing for several years and some have only just begun.

A reminder to park safely and sensibly around our school grounds. Please refrain from parking in front of driveways, across junctions and in front of the school gates. This will help us to keep our whole community safe.

Tuesday 3 rd February	Year 4 trip to Alcester Roman Museum
Friday 6 th February	Reception & KS1 visit to CBSO
Tuesday 10 th February	Years 3, 4 and 5 trip to Birmingham Symphony Hall
Monday 16 th February to Friday 20 th February	Half term
Friday 27 th March	School closes for Easter Holiday
Monday 13 th April	School reopens for the summer term
Tuesday 14 th April	Class photographs
Monday 25 th May – Friday 29 th June	School closed for half term
Monday 1 st June	INSET Day school closed to pupils
Thursday 25 th June	Sports Day
Wednesday 1 st July – Friday 3 rd July	Year 6 residential to Boundless Outdoors
Friday 17 th July	School Closes for summer holiday

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

Team points totals:
Alne: 242
Avon: 222
Arrow: 163

Head of School
Mr Alex Kolb



Coughton CE Primary School

Important updates for Parents and Carers

Uniform

A reminder to name all clothing brought to school so that it can be easily returned to its owner. We are reminding children and allowing time at the end of the day for them to collect all of their things.

The PTA are selling items for £1 each or online via <https://coughton-school-pta.sumupstore.com/>

Holiday / Leave of Absence Requests

All holiday requests will be unauthorised unless the circumstances are deemed exceptional by the Head of School. Should you wish to request leave of absence for your child(ren) please collect a form from the office.

Term dates can be found here:

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

INSET DAYS

25/26- School,Closed For Children

INSET DAYS 25/26

Monday 1st September 2025

Friday 24th October 2025

Monday 5th January 2026

Monday 1st June 2026

Monday 20th July 2026

Wraparound

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

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

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



Inspiring Educational Excellence for Everyone

ARDENforest
C of E Multi Academy Trust

Postal address:
St Nicholas C of E Primary School,
St Faith's Road, Alcester, Warwickshire B49 6AG
Telephone 01789 713233
Email: info@ardenforestmat.org

CEO: Mr Adam Walsh
CFO: Mrs SophieCarthy
COO: Dr Amanda Dale

Dear Parents and Carers,

Thank you to everyone who took part in the Arden Forest C of E Multi Academy Trust Parent Experience Survey earlier this year. We were delighted that 609 parents and carers across our 10 schools contributed their views, helping us to better understand what is working well and where we can further strengthen our partnership with you.

Your responses highlighted positive relationships built on mutual trust and respect and strong confidence in our staff's ability to support and safeguard pupils. However, you also told us that there are areas where we can do more—particularly in improving how the MAT supports families and how we respond to concerns or questions relating to wellbeing.

One theme that emerged strongly across the survey was the need for timely, accessible and high-quality support for parents and carers, especially when children are experiencing emotional or wellbeing challenges. In response to this feedback, and as part of our ongoing commitment to support every child and every family, we are pleased to announce the launch of a new Parent and Caregiver Helpline through Howdens Insurance and Health Assured.

From today, all parents and carers across the MAT will have free, confidential access to a dedicated 24/7 helpline, designed to offer guidance, reassurance and expert advice whenever you need it. This service is available 365 days a year, including evenings, weekends and school holidays.

Trained counsellors are on hand to provide you with immediate advice on a wide range of concerns affecting children or young people, including:

- Anxiety and worries about school or friendships
- Social phobias or low confidence
- Depression or persistent sadness
- Eating disorders
- Risk-taking behaviours, including substance use
- Suicidal thoughts or self-harm
- ADHD or behavioural concerns

They support you as the caregiver, recognising the emotional challenges that can come with supporting a child. Counsellors can also advise on:

- How to speak to your child about difficult topics
- How to identify triggers or stressors affecting your child
- Sourcing counselling or medical support
- When to involve your GP
- Signposting to support available in school and beyond

Parents also have access to the free Wisdom, health and mental wellbeing app. The app is designed to help you track your wellness and support your mental health and resilience. All of the information you need is included in the attached flyer.

We wish all of our parents and carers across the MAT a very Merry Christmas and Happy New Year.

Mr Adam Walsh
CEO

Pupil Assistance Programme

Parent guide



h a



wisdom
wellbeing

Dedicated caregiver helpline

Dedicated 24/7, 365 support and guidance for caregivers who may be worried about the emotional wellbeing of a child or young person.

Caregivers can include:

- 🤝 Parents
- 🤝 Legal guardians
- 🤝 Teachers
- 🤝 Academic support staff

The helpline provides immediate support for the wellbeing of the caregiver themselves too, as supporting a young person can bring about many different challenges. Trained counsellors will be able to provide advice on many areas for caregivers who are supporting a child or young person through:

- 🤝 Generalised anxiety - Excessive worry about everyday matters
- 🤝 Social phobias - Severe feelings of self-consciousness and insecurity in social settings
- 🤝 Depression - Persistent feelings of sadness, anxiety, and/or emptiness
- 🤝 Eating disorders
- 🤝 Risk-taking behaviours, including substance use
- 🤝 Suicidal ideation
- 🤝 Self harm
- 🤝 Attention Deficit Hyperactivity Disorder

0800 012 1571

Call anytime of day

How do we support?

Our counsellors will listen to the caregiver's concerns and understand what steps have already been taken, before providing tailored support on what action, if any, is needed next.

- 📍 Advice on seeking GP intervention and support
- 📍 How to source suitable counselling support
- 📍 Signposting within schools
- 📍 How to have difficult conversations with a child or young person
- 📍 How to identify stressors or triggers for the child or young person, and recommend ways to remedy these

HA | Wisdom Wellbeing will work closely with the school upon implementation of the Caregiver helpline, to ensure all relevant signposting information is collated in the event this is required when providing support to a caller. If a caregiver discloses concerns around risk or safeguarding matters, appropriate advice will be given, and HA | Wisdom Wellbeing will document this accordingly.

0800 012 1571

Call anytime of day





Hello and welcome to Wisdom

Your guide to health and mental wellbeing

As a member of the Wisdom Wellbeing community, you have exclusive access to our revitalised app - helping you track your wellness, improve your mental health, and stay resilient during tough times.



Your health hub



Interactive mood tracker

You will receive regular prompts to track your mood. By tracking mood trends, Wisdom can help you identify patterns and areas for improvement in your wellbeing.



Four-week health plans

Wisdom will support you in your health goals, whether that be eating healthier, quitting smoking, sleeping better, or coping with pressure. Get started on your health plan and track your daily progress.



Mini health checks

How are you feeling today? Take a minute to check in with yourself by using the health checks to assess and support your health and mental wellbeing.



Breathing techniques

Our guided breathing exercises help you feel a sense of calm and relaxation to carry into the rest of your day.

Wellbeing connected



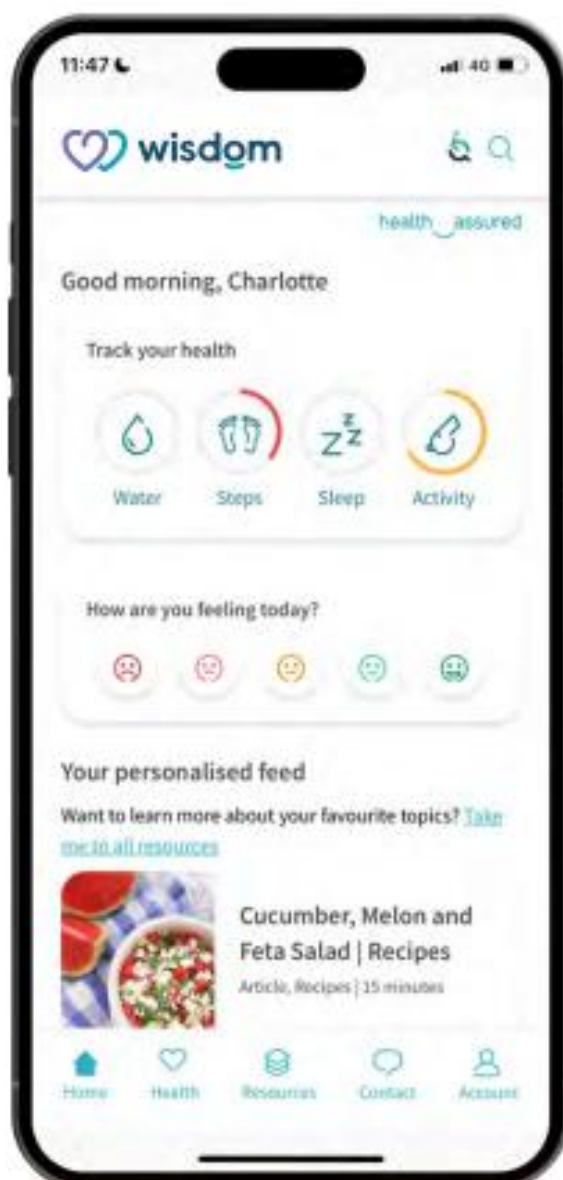
Personalisation

Wisdom allows you to personalise your homepage so you can access tailored resources and learning materials based on your interests.



Live chat

The Live Chat feature allows you to contact a dedicated wellbeing counsellor using live messaging and video calls. For further support, you can call our helpline - available 24/7, 365 days a year.



Download and register today



Unique code: MHA326571





Y5 enjoyed a fantastic African drumming workshop led by Steve from Unbeatable Energy



Warwickshire SENDIAS consultations January – March 2026

Do you need to speak to a SEND Advisor?

Book a free, confidential 45 minutes in person consultation, at a location near you. These can be booked directly via [Eventbrite](#) or you can make an enquiry via the booking form.

<https://www.warwickshiresendias.co.uk/events/>



Family Space: Coventry and Warwickshire winter wellness workshops

If you live in Coventry or Warwickshire join [Barnardo's](#) for one of their free, online short sessions. Designed to give parents and carers practical advice, they'll give you tips, tools, and confidence to help keep your family healthy and well over the winter.

<https://www.barnardos.org.uk/virtual-family-space-coventry-warwickshire>

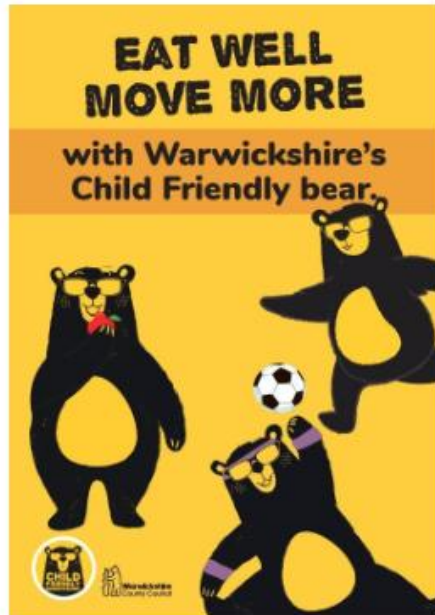


Toolkit launches to help schools support school attendance and wellbeing

Support is being rolled out across Warwickshire to help children and young people who are struggling to attend school.

A comprehensive package of practical resources, launched by Warwickshire County Council, gives schools the tools they need to work alongside families and ensure pupils who experience Emotionally Based School Non-Attendance (EBSNA) get the right help at the right time.

<https://www.warwickshire.gov.uk/news/article/7371/supporting-attendance-and-wellbeing-warwickshire-introduces-new-support-for-emotionally-based-school-non-attendance>



Eat Well, Move More with our Warwickshire Child Friendly Bear

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

Workbook link:

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

Move more

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

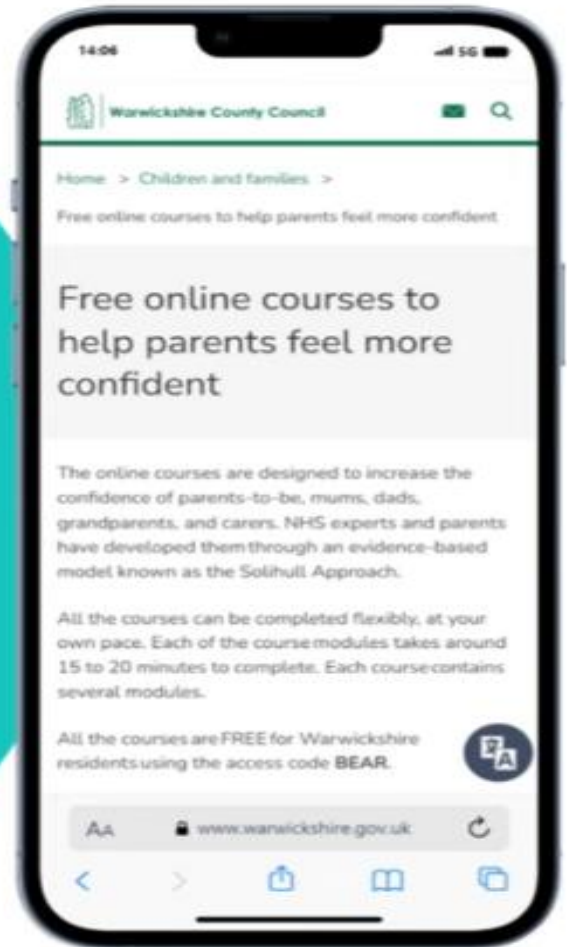
There are lots of ways to encourage children to be more active. Make exercise fun by turning activities into games like tag, hide-and-seek, or dancing. Walk or bike to school if possible or visit a local park for a family walk. Warwickshire also offers a range of after-school sports clubs where young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

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



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

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



Free

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

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

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

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

Protective Behaviours

– what's that?



Protective Behaviours (PBs) is an internal process where each person applies the ideas to their own unique experience. This paper looks at what Protective Behaviours is and some of its uses. It is intended as an information paper with the hope the reader will see its relevance to their specific interests and will then attend training.

The PBs process is presented here as separate sections. In practice, all interact and support each other - to take one section out leaves the others incomplete.

Unwritten rules of society

We see how certain rules of society have a powerful influence on our choices of behaviour. Whilst these rules can be positive and help guide our interactions, many of them tell us we should, ought, or must behave in a particular way. For instance, children should do as adults tell them; professionals should always have the answer; men should not show their feelings and women should behave in a ladylike manner. These rules are not written down, are often contradictory and may not fit with our own experience. During training we look at their function, how they develop, their effects and why we may choose to follow them or not.

Feelings, Thoughts and Behaviours

During this session we look at the interaction between our feelings, thoughts and behaviour. We see that feelings are feelings, neither right nor wrong, good nor bad, positive nor negative. Some people seem to mask one feeling with another or use behaviour as a way of avoiding or covering feelings. We look at how behaviour is a choice with an effect. These effects may involve others as well as ourselves. Sometimes we do not know what our choices are or they may be limited by factors we cannot change. Once we are in touch with our feelings it helps free us to use our thinking. Our thinking can influence both our feelings and behaviour.

Theme 1 'We all have the right to feel safe all the time'

We explore this theme in detail, carefully looking at the connection between rights and responsibilities. We also take the concepts of blame and punishment out of commonly held ideas associated with responsibilities. Instead we focus on the 'ability to respond' contained within the meaning of the word. The difference between having a responsibility for ourselves and to others is also examined. Next we discover for ourselves the difference between feeling safe, fun to feel scared (adventurous), risking on purpose (which may not feel like fun but we want the goal at the end) and feeling unsafe. These differences are recognised by what we call our 'Early Warning Signs' (EWS), the specific bodily responses which tell us when we do not feel safe. These universal body signs mean Protective Behaviours is accessible to all people, irrespective of age, gender, sexuality, nationality, ability or belief system.

Theme 2 'We can talk with someone about anything, even if feels awful or small'

This theme is also explored in detail. In particular we focus on the ideas and effects of 'talking', and what might happen if we do not believe this theme. We encourage everyone to develop their personal networks of support; those people they could turn to if in need. Desired qualities of network people are identified and we examine how we would know if someone has these qualities. Types of networks and ways of letting people know we need to talk with them are also explored.

LEAVE OF ABSENCE DURING TERM TIME UPDATED INFORMATION FOR PARENTS

The Supreme Court has clarified the law on unauthorised leave, including holidays, during term time (Platt v Isle of Wright 2017). The Supreme Court has made clear that attending school 'regularly' means that the children must attend school on every day that they are required to do so. As such, the parents of any child who is absent from school without authorisation for any length of time are likely to be considered as committing an offence under s444 of the Education Act 1996.

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

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

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

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

When making an application for Leave of Absence parents are advised to give sufficient information and time to allow the

Head teacher the opportunity to consider all the exceptional circumstances and to notify parents of their decision. The school may also request further information on the application and supporting documentation where appropriate.

It is advised that if the resident parent has not received notification or a response regarding the leave of absence application, it is the parents' responsibility to ascertain if the leave is authorised prior to the start of the leave.

The school can only consider Leave of Absence requests which are made by the 'resident' parent ie the parent with whom the child normally resides.

Where applications for leave of absence are made in advance and refused, the child is expected to be in school on the dates set out in the application. If the child is absent during that period, it will be recorded as an unauthorised absence. Where a leave of absence is requested, but additional days taken either prior to or after the request may be considered as part of the leave of absence.

Leave of Absences which are not made in advance cannot be authorised in line with legislation. This will result in the absence being recorded as 'unauthorised'.

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

Leave of Absence taken in the academic year 2024-25

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

Penalty Notices are issued to each parent of each absent child, (for example 2 children and 2 parents, means each parent will receive 2 invoices – 4 in total).

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

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

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

2025/2026 Leave of absence

Leave of Absence taken in the academic year 2024-25

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

- Penalty Notices are issued to each parent of each absent child, (for example 2 children and 2 parents, means each parent will receive 2 invoices – 4 in total).
 - First Leave of Absence offence: The Penalty Notice amount of £160 to be paid within 28 days, this is reduced to £80 each child if paid within 21 days.
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Your child's progress academically as well as socially is our shared priority.

Warwickshire Attendance Service