



Be our best selves

COUGHTON

C of E Primary School

Issue 12

Key dates



Wednesday 13 th March	Parents evening – 5.00pm-7.00pm
Thursday 14 th March	Parents evening – 4.00pm-6.00pm
Friday 15 th March	Coughton’s Got Talent – Comic Relief Red Nose Day
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.
Monday 13 th May – Thursday 16 th May	SATS Week
Friday 17 th May	Grandparents gardening day
Monday 27 th - Friday 31 st May	Half Term . School Closed to pupils
Monday 3 rd June	INSET Day – School closed to pupils
Thursday 20 th June	Sports Day
Thursday 11 th July	Farmers Market
Friday 19 th July	School Closes for summer holidays
Monday 2 nd September	INSET Day school closed to pupils
Tuesday 3 rd September	School Reopens to pupils

Dear Families,

We have had another wonderful couple of weeks at Coughton. It has been brilliant seeing all of the fantastic work across the curriculum.

World Book Day was once again a great success. Children were able to share their favourite stories and characters and have created designs for next years national book tokens.

Next week we have parents evenings- It is the first time we have held them in school for a number of years so please arrive promptly for your appointment slot as parking will be limited on the lane. We look forward to welcoming you back into school for these and sharing the excellent work your children have produced.

On Friday next week it is Comic Relief. Children may come to school in non-uniform and can wear something red. This can include football/sports kits. The final of Coughton’s Got Talent will take place on

Head of School
Mr Alex Kolb

Christian virtue: Thankfulness



Coughton CE Primary School

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

Key Dates- In advance

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).



Sustainable Warwickshire Podcast – Youth Council episode now available

The latest episode of the Sustainable Warwickshire podcast features two members of Warwickshire's Youth Council, who want to encourage other young people in the county to get involved in climate change issues.

<https://sustainablewarwickshire.podbean.com/>



We are getting involved in the 'The Big Help Out' and working in conjunction with the local community in clearing litter around the locality and exploring the environment.

NEW 2-hour Parenting Together workshop

The Parenting Together workshop recognises that parenting can be a hard role, especially in today's challenging world of a cost-of-living crisis, post pandemic with ever increasing stressors. Arguments and disagreements in parenting relationships are normal, however if it is frequent, intense, and poorly resolved it may impact on the outcomes of children.

This workshop is for parents (including expectant parents) of children 0-19 (25 with SEND) living together and those living apart. It is suitable for co-parents in separate homes, single parents supported by other adult carers, extended families, and blended 'step' families.

The workshop aims to support understanding of how parents' relationships and communication can impact children, provide opportunities to discuss triggers for disagreement and conflict, difference between destructive and constructive communication, strategies for managing effective co-parenting and more.

There are workshops available to book in Rugby, Wellesbourne and North Warwickshire (venue to be confirmed), as well as an online workshop via Eventbrite.

<https://www.eventbrite.co.uk/o/warwickshire-family-and-relationship-support-71623337213>



**national
self harm
awareness day
2024**

Raising awareness of the support available for those who self-harm

Self-Harm Awareness Day has been running for over 20 years and aims to raise awareness around what is often a very misunderstood topic, working to tackle the stigma of self-harm, which can lead to secrecy and a failure to seek much-needed support.

Self-harm is a term used to describe any behaviour where someone causes hurt to themselves. Any behaviour that causes injury can be classified as self-harm regardless of how minor or how high-risk that behaviour is.

<https://www.warwickshire.gov.uk/news/article/5027/raising-awareness-of-the-support-available-for-those-who-self-harm>

Help to meet household utility costs

Warwickshire residents struggling to pay their utility bills can look to Warwickshire County Council for support.

Until **22 March 2024** the council's Local Welfare Scheme is distributing the final allocation of government funding from the Department for Work and Pensions' Household Support Fund to people living in the county who are finding it difficult to meet these household costs.

The Household Support Fund can provide short-term financial assistance in the form of a one-off voucher payment to meet immediate needs and help those who are finding it hard to afford energy and water payments. This will supplement ongoing emergency support from the Local Welfare Scheme for residents in financial crisis.

Anyone entitled to benefits eligible free school meals has automatically been offered this support so will not be eligible though applications are welcome from others in financial difficulty at this time.

<https://www.warwickshire.gov.uk/news/article/5030/help-to-meet-household-utility-costs>

HAF family experiences

In addition to the spring HAF activities, the team have linked with activity providers across Warwickshire to offer a series of HAF family experiences aimed at young people with SEND and their families.

To access this scheme, the young person must be in receipt of benefits-related free school meals, alongside having an EHCP.

We have a limited number of spaces for each activity, and they will be available on a first come basis. A list of the venues alongside dates can be found in the form [here](#).

The team are limiting the number of bookings to two experiences per household. Following form submission, the team will then confirm eligibility and respond to you directly with ticketing and arrival information. Up to two adults can attend the chosen experience, with a food provision being available for all attending (1 household only).

Confirmation emails will begin to be sent from Friday 1st March 2024, or within two working days from when the form is submitted. If there any questions, please contact hafprogramme@warwickshire.gov.uk or telephone a member of the team on 0800 408 1558.



[Link below:](#)

<https://www.youtube.com/watch?v=p9RQvcY1Dd4>

There is lots of support/advice for families around the cost of living crisis on this weblink.

<https://www.costoflivingwarwickshire.co.uk/>

Activities that can be booked that are not just for HAF families.

South Warwickshire

Organisation	Age range	Type	Website
Activity B's	3+	Multi	https://www.facebook.com/ActivityBs
Activate Camps	5-14	Multi	https://www.activatecamps.co.uk/venues/the-croft-prep-school/
All Star Dance & Fitness	4-12	Dance	https://allstar.class4kids.co.uk/camps
Alveston Badminton	Various	Badminton	http://alvestonbadminton.co.uk/
Attwell Farm Park	Various	Farm	https://attwellfarmpark.co.uk/
Aunty Jen Productions	Various	Performing Arts	https://auntyjenproductions.co.uk/
Bidford Youth Group	9-14	Youth Group	http://www.bidforyouthclub.co.uk/index.html
British Motor Museum	Various	Day out	https://www.britishmotormuseum.co.uk/whats-on
Carousel	5-14	Performing Arts	https://www.facebook.com/carouselperformingarts/
Centre Point Southam	Various	Yoga, Wellbeing	https://www.centre-point.me/classes
Chedham's Yard	Various	Day out	https://chedhamsyard.org.uk/events/on/05-08-2023
CKMA Karate	Various	Martial Arts	https://ckmakarate.co.uk/
Clopton Nursery	5-12	Multi	https://www.cloptonnursery.org.uk/wraparound/
Clubzone	5-13	Multi	https://www.clubzone.co.uk/
Compton Verney	Various	Arts, Culture	https://www.comptonverney.org.uk/
Coolsportz	4-16	Multi	https://www.coolsportz.co.uk/
Empow-U	8-14	Multi	https://empow-u.org/community-projects/
Energise	4-12	Multi	https://energiseonline.com/
Entrust	Various	Multi	https://entrustcarepartnership.org.uk/
Danz Academy - Lighthorne Heath	3-13yrs	Dance	https://danz-academy.classforkids.io/
Leivers Dance	4-7yrs	Dance	https://leivers-dance.classforkids.io/
Everyone Active	Various	Multi	https://www.everyoneactive.com/centre/
FARS Sanctuary	Various	Day out	https://www.farmanimalrescuesanctuary.co.uk/
Fitt4Kids	4-11	Multi	https://www.fitt4kids.org.uk/
Freedom Forest School	Various	Outdoor learning	https://www.freedomforestschoollc.com/
Go Beyond Breaks	Various	SEND Family Breaks	https://www.gobeyond.org.uk/stay-at-our-centres/
Growing Patch	4-11	Multi	https://www.facebook.com/GrowingPatchLtd
Heritage and Culture Warwickshire	Various	Day out	https://www.eventbrite.co.uk/o/heritage-and-culture-warwickshire-6137347795
ILEAP	Various	Multi	https://ileap.co.uk/activities/upcoming-activities
JNB	Various	Dance, Gymnastics, Trampolining	https://jnbademy.org/
Just Camps	5+	Multi-sport	https://www.justcamps.co.uk/warwick/
Kits Academy	5-12	Multi-sport	https://www.facebook.com/kitsacademy1
LA Activity Camps	4-11	Multi-sport	https://www.littleangelsgroup.co.uk/la-activity-camps
Laser Conflict	8+	Laser Tag	https://www.laserconflict.com/
Let Me Play	5-12	Multi	https://play-sport.co.uk/
MAD Museum	Various	Day out	https://themadmuseum.co.uk/
Magic Alley Stratford	Various	Day out	https://magicalleystatford.com/
Middle England Farm	Various	Day out, animals	https://www.middleenglandfarm.co.uk/
Mini Athletics	2-7	Multi-sport	https://www.miniathletics.com/mini-athletics-redditch-solihull-and-stratford-upon-avon-summary/?fbclid=IwAR2zx_KFHmwy_Kb02rf9W8V4ARxQmGJY1i1znrMzcP67R1ScHivITW-u1
Mini Mudders	0-5	Nature	https://www.facebook.com/hellominimudders/
Onside Coaching	4-13	Multi	https://www.onsidecoaching.co.uk/
PAL Purposeful Active Living	4-10	Multi	https://pal-fitness-education.org.uk/
Premier Active	4-11	Multi	https://www.premieractive.co.uk/
Purple Spider Bus	Various	Arts & Crafts, Games	https://www.purplespiderlearning.co.uk/
Redwings Oxhill	Various	Day out, animals	https://www.redwings.org.uk/visit/oxhill

If you are concerned about your own emotional wellbeing then you may want to discuss this with you GP. You may also find some of the websites below useful:

Mind

Rethink

Moodjuice

Mental Health Foundation

Royal College of Psychiatrists

Books on Prescription for Warwickshire

Samaritans

NHS Mental Health Page

NHS App Page

Sam Anxiety App

IAPT

Parenting Support- Family Information Service

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Page 4 Other practitioner led parenting sessions

Page 5 Parenting support for families of children with special educational needs and disabilities (SEND)

Page 6 One to one advice

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



Feeling stressed, anxious, low in mood or worried?

Online, in person or by phone, Wellbeing for Warwickshire is here.

One-to-one and group support, workshops, digital wellbeing care, live assistance and a dedicated phone line for adults aged 16+.

FUNDED BY
Warwickshire County Council

Wellbeing for Warwickshire
An open door to supporting your mental health.

This May Help: Advice for supporting your child's mental health

Here's some practical advice that may help...

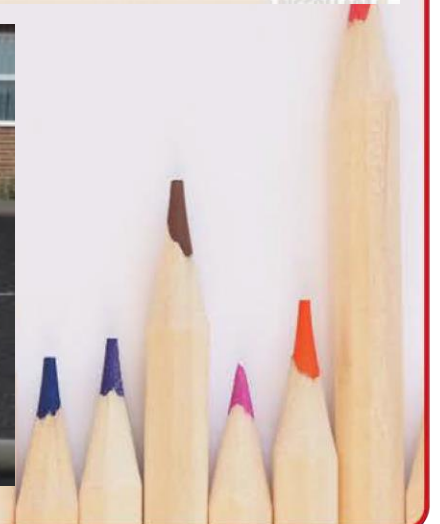
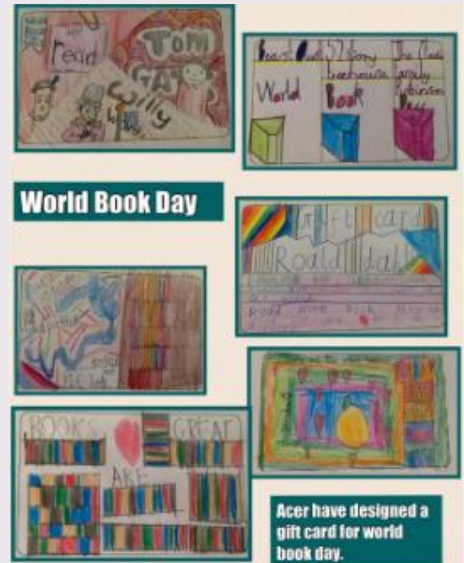
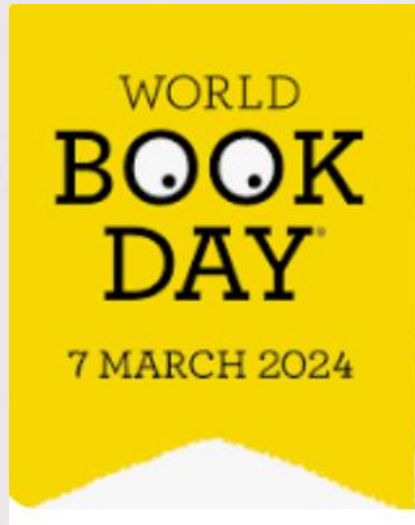
<https://thismayhelp.me/>

Student Corner

Willow enjoyed an African drumming workshop with Steve from Unbeatable Energy.



Student Corner



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 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.

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