

NEWSLETTER

Dear Parents and carers,

What a great start to the festivities last week. This week we have Christmas performances and Christmas Jumper Day on Thursday 12th for Save the Children.



Ms T Yasmin
Headteacher



Miss C Williams
Deputy Headteacher

Christmas Decoration Competition

We had a classroom decoration competition in school this week and it was judged by our school council winners.

Lower phase winner = RFB,

Middle phase winner = 3SH

Upper phase winner = 4TH



RFB



3SH





4TH

Snacks

Children in Nursery and Reception take part in 'fruit & milk' time everyday. We welcome children bringing their own fruit into school. Children in other year groups are welcome to bring snacks in for break times too - such as fruit, yoghurt pouches, cheese strings, fruit bars. If you are unsure, please ask a teacher who can advise you.

Food Donations

Please see poster at end of the newsletter on what to donate.

WEEKLY SEND CLINIC Thursdays 9-11am

Mrs O'Donnell is happy to announce that she will be running a SEND clinic every Thursday. If you have a SEND related query regarding your child, feel free to call the school office on 0121 464 3360 to book one of the clinic appointments.

New Morning Gate Opening Time: The gates will open at 8:30 AM.

End of the Day Gate Opening Time: The gates will open at 3:15 PM.

Reception Children: picked up from their classroom door.

Nursery Arrangements: no changes.

The school day finishes at 3.15pm. Please ensure your child is collected at this time. Children will be taken to the late train at 3.25pm – please collect your child from late train if you arrive after this time (second door on the left side of the main office entrance).

Asda Cashpot for Schools

Please support Greet when you shop. For more info please go to <https://www.asda.com/cashpotforschools>

School term dates

Autumn Term 2024

Term ends: **Friday 20th December**

Spring Term 2025 (06/01/25-11/04/25)

Term Starts: **Monday 6th January** (school opens Tuesday 7th January)

TRAINING (School closed for children): **Monday 6th January**

TRAINING (School closed for children): **Friday 14th February**

Half-term: **Monday 17th February - Friday 21st February**

TRAINING (School closed for children): **Monday 31st March**

Term ends: **Friday 11th April**

Summer Term 2025 (28/04/25-21/07/25)

Term Starts: **Monday 28th April**

Half-term: **Monday 26th May - Friday 30th May**

BANK HOLIDAY (School closed for children): **Monday 5th May 2024**

TRAINING (School closed for children): **Friday 6th June**

TRAINING (School closed for children): **Friday 4th July**

TRAINING (School closed for children): **Monday 21st July**

Term ends: **Monday 21st July**

Event

Year 6 parent reading workshop – w/c 9th December 2024

Trips

Year 2 visit to St Johns – 10th December 2024

Reception and Year 1 trip to the MAC – 19th December 2024

Festive Calendar 2024

Thursday 28 th November	Christmas decorations go up!
Friday 29th November	Festive Friday! The children will finish off this week decorating their classrooms.
Wednesday 4 th December	Christmas Lunch Children will be served a festive meal in the dining hall complete with crackers & party hats!
Friday 6th December	12 Days of GREETmas begins! Interactive advent calendar with gifts for children.
	Christmas Panto! The children will watch a screening of Panto Land By Panto Online.
Tuesday 10th Wednesday 11th Thursday 12th	Christmas Performances EYFS, Christmas Choir & Y5/6 Music Electives to perform their festive production to children and parents.
Thursday 12 th December	Christmas Jumper Day We will be raising money for Save the Children – all children to wear Christmas jumpers (own clothes are fine if you don't have festive jumpers) Donations of £1.00 for charity, or as much as you can.
Monday 16th December	Christmas Singing Assemblies Children to sing their festive songs in their phase singing assemblies.
Friday 20 th December	Christmas party morning Christmas parties in classes.
	Festive Sing Song! Outdoor sing song in the main playground – all classes & parents @ 2:45pm
	School closes to pupils for the Christmas holidays @ 3:15pm

Ho ho ho! Let the festive fun begin!

Narthex Centre and Narthex Sparkhill Foodbank support people in need or facing crisis including low income families, children, young people, single parents, refugees and asylum seekers of all faiths and ethnic origins, through the provision of food, clothing, resources and money advice.

Greets' Festive Appeal

To mark this festive period and offer our support to those who are most vulnerable in our local community, we are collecting items for Narthex food bank.

The food bank have an appeal running for the following items:

URGENTLY NEEDED FOOD ITEMS

UHT / POWDERED MILK

SQUASH/DILUTING JUICE

TINNED FRUIT

TINNED VEGETABLES (PEAS, CARROTS,
ETC.)

PULSES (KIDNEY BEANS, CHICK PEAS,
ETC.)

MEAT SOUP (CHICKEN, OXTAIL, ETC.)

TINNED FISH

COFFEE

TINNED TOMATOES/PASTA SAUCE

SPONGE PUDDINGS

INSTANT MASH

Please give generously if you can.

Donations are to be brought to the school office by **Monday 16th December**. Narthex will be collecting from us on Friday 20th December.

Many thanks in advance for your support and kind donations.

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here." It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>



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