

Hawes Side Academy News



A message from our Assistant Principal, Mrs Beckett

We hope you have had a lovely week despite the mixed weather.

Fortunately, the weather was kind to us yesterday when some of our year 5 and 6 girls represented our academy in a football match. The match was held at Norbreck Primary Academy in Thornton Cleveleys and, whilst the team didn't win, they were an absolute credit to our school. The girls demonstrated our academy values during the game, playing in a responsible and respectful manner and demonstrating real resilience at the end of a competitive match.

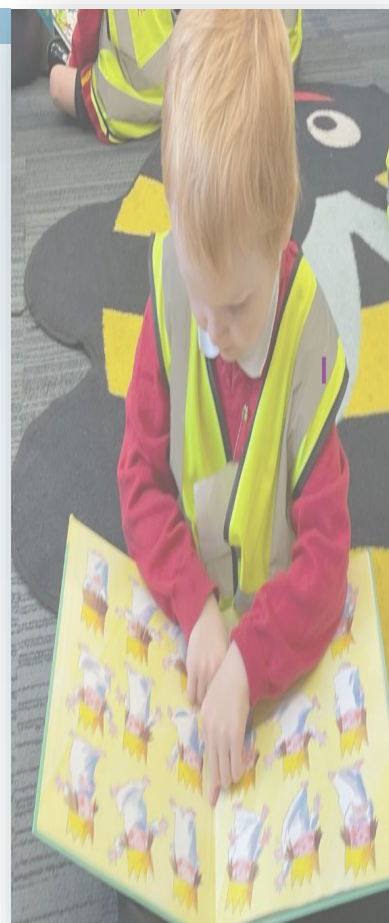
Well done girls!

We wish you a lovely weekend whatever you are doing and look forward to seeing you on Monday morning.

Thought of the Week

'If you see someone
without a smile, give
them yours'

**Mrs Latham FS Teacher
and Phase Leader**



Values Winners

FS: Skye & Austin

Year 1: 1A Esmay,
1H Natalia, 1S Oscar

Year 2: 2S Darcy, 2H Poppy,
2A Mckayla

Year 3: 3A Erin, 3H Ava,
3S Vienna

Year 4: 4H Callum,
4S Scarlett R, 4A Maia

Year 5: 5S Faith, 5H Rae

Year 6: 6H Alfie P, 6S Jack P,
6A Jenson

Performing Arts @HSA



Important Info

Parents/Carers

Consultations: Don't forget to book your appointment for either 17th or 18th October

Elmer & Brian House:

Find out how you can help raise funds for Brian House click [here](#)

[Click here for Academy](#)

[Term Dates](#)

Sways: These are vlogs of what your child's year group are up to in the term. [Check out Class pages on our website to find out more](#)

[Click here to see the latest news](#)

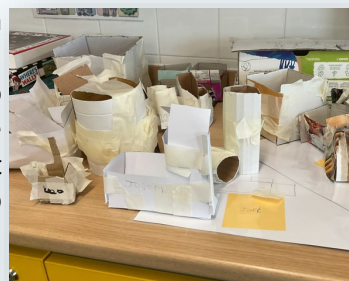
Year 3 News



Over the last few weeks we have been learning about how skeletons help us. We have looked at different types of joints in our body and how our muscles help us move. The children have really enjoyed learning about their bodies and how they work.

Year 3 have also been looking at pencil pots!

We used our research to design a pencil pot that can be used. Over the last few weeks we have been thinking about the different shapes that we could use to produce a pencil pot. We have used a varied range of materials to produce the pots.



In PE we have been learning about ball control and practising how to ball over arm like a cricketer.



The BIG Switch On 2023

We will be switching on our very own Hawes Side illumination! The event is for the whole community and there will be refreshments, stalls and we hope you will come and join in the buzz!

If you would like to be the family that gets to switch on the illumination (with the real illumination switch) [click here to be entered into the raffle](#)

The small ads!

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children. Should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, notes and tips for adults.

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.

NOS National Online Safety
#WakeUpWednesday

- 1 LISTEN**
This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.
- 2 ASK TWICE**
The campaign from time to change is great. <https://www.time-to-change.org.uk/parent-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.
- 3 THERE IS NO SUCH THING AS A STUPID QUESTION**
This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without churning or belittling, then they will have more confidence to ask the biggest of questions.
- 4 BE OPEN AND HONEST**
Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss. It's very sad that Nana has died or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.
- 5 KNOW WHEN TO SEEK HELP**
Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.
- 6 TALK ABOUT MENTAL HEALTH NATURALLY**
Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'
- 7 EMPATHISE**
It makes sense that you would feel this way. It is understandable. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.
- 8 HELP YOUR CHILD FEEL SAFE**
Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely they will need to lead the conversation and explain next steps.
- 9 MIND YOUR LANGUAGE**
Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'mad' or 'crazy' or other such words is a derogatory way not to encourage your child to talk about their mental health for fear of being labelled.
- 10 IT IS OK TO SAY I DON'T KNOW WHAT TO DO NEXT**
Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert
This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

Sources of Information and Support
Young GP
Young Minds <https://youngminds.org.uk/>
<https://www.officetoforchildrensmentalhealth.org.uk/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/>
a simple guide to active listening for parents
<https://www.theminds.org.uk/mental-health>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Have you always wanted to learn a brass instrument?
Or haven't played in a while?



Training band for all ages

No experience necessary
& all are welcome!

Blackpool Brass

Tuesday evenings 6.30 - 7.30
Bispham Con Club
Red Bank Road
Bispham

Contact Sarah Sanderson
T: 07739 353382
E: trainingband@blackpoolbrassband.co.uk



October Half Term Holiday Club

Outdoor Holiday club for children aged 5-13.

£16.50 - No lunch provided
£20.00 - lunch provided

(Free Government funded places available for children on free school meals)

There are different activities to get stuck in with, eg: mud kitchen, fire lighting and camp fire cooking, den building, bug hunting and

Our holiday club is split into two groups, one for 5-8 year olds and a second for those aged 9-13.

 Tuesday 24 to Friday 27 October 10am to 2:00pm

 Stanley Park



Scan here to book your place



HAWES SIDE ACADEMY PRESENTS SPOOKY FAMILY BINGO

Monday 30th October
(from 6.00 p.m.)

Bingo and spooky games!
£2.00 per ticket
(drinks and hot dogs on sale)



Spot prizes for Fancy Dress