

JOHN CLIFFORD SCHOOL BULLETIN

HARVEST FESTIVAL



We would like the families of John Clifford to support Harvest Festival. Harvest Festival celebrates the time of year when crops have been gathered from the field and people can reflect and show gratitude for the food they have. We would be grateful for any donations that we will pass onto a local food bank. Tins of food, boxes of cereal, pasta, rice, tea, coffee and biscuits would be gratefully received. If children can bring in food donations over the next 2 weeks, we will pass them on during half term and support the local community, whilst teaching the children the importance of gratitude and giving.



HOPE HOUSE BEESTON 2011

Foodbank open Mon, Wed, Thurs 9.30 am -12.00 noon
Saturday 9.30 am - 10.30 am

Our Beeston base was the first Trussell Trust Foodbank in Nottingham. It now runs alongside our Hope Cafe, which is supported by a Citizen's Advice Worker on Mon and Wed, and a Debt Advice worker on Wednesdays, with a team of volunteer befrienders who provide a listening ear and help signpost guests for various other support. [Find out more about Hope House here.](#)

MHST Workshop

This week our Year 2 children took part in a workshop led by the Mental Health Support Team on resilience. Our Year 4 children engaged really well, with some important messages about how we can bounce back after disappointment and keep trying even when things might feel tricky.



MENTAL HEALTH SUPPORT TEAM

How We Work - Explained For Families

Who are The MHST?

A low intensity, early intervention, NHS-based service.

We work in selected Nottinghamshire schools offering young people support around mild to moderate wellbeing difficulties.

We work across specific Primary and Secondary schools with pupils aged 5-18.



THIS IS OUR TEAM LOGO, YOU MIGHT SEE IT AROUND SCHOOL ON OUR PRONO POSTERS!

What do The MHST do?

Promote the wellbeing of all pupils in our schools by providing them, their families and staff with Cognitive Behavioural Therapy (CBT) based information, input and strategies.

CBT: The idea that how we think, act and feel are all connected.

By noticing patterns and making small changes to how we think and act, we can reduce feelings of distress, anxiety and low mood.



WHERE APPROPRIATE OUR SPECIALIST PRACTITIONERS OFFER WORK INFORMED BY ALTERNATIVE THERAPEUTIC APPROACHES TO CBT.

PLEASE NOTE: WE ARE NOT A COUNSELLING SERVICE
WE CAN SHARE DETAILS OF LOCAL COUNSELLING SERVICES WITH YOUR CHILD'S SCHOOL IF THEY REQUIRE COUNSELLING

How do The MHST help young people individually? FOR INDIVIDUALS AND THEIR PARENTS ON CASELOAD

GROUPS ARE OUR FIRST LINE OF TREATMENT.
ONE-TO-ONE WORK IS OFFERED BASED ON WHAT IS THERAPEUTICALLY APPROPRIATE FOR THE INDIVIDUAL.
WORKING WITH AND THROUGH PARENTS IS OFTEN THE BEST WAY TO HELP YOUNGER CHILDREN WHO NEED INDIVIDUAL WELLBEING SUPPORT.

Child Groups (11+)

- Understanding Worry (Anxiety - Worry Management)
- Challenging Anxiety (Anxiety - Graded Exposure)
- Mood Booster (Low Mood)

New for Autumn 2022/Spring 2023:
DBT-Skills (Emotional Dysregulation)
Acceptance and Commitment Therapy (Various)

Parent Groups

- Managing Anxiety with your Child (Supporting Child Anxiety)
- Forever Families Group (Mild Behavioural Difficulties)

New for Autumn 2022:
Mindfulness Based Cognitive Therapy (Parent Low Mood/Stress)
SEND & Anxiety Group (Supporting Child Anxiety & Additional Needs)

Referral and assessment process

- Wellbeing need identified by school staff, young person, or family
- School staff, young person, or family make a referral to the Single Point of Access (SPA)
- Referral processed by SPA and passed to MHST if appropriate.
- MHST screen and pass to a practitioner for assessment of suitability for work with team.
- Allocated Practitioner contacts family and school to arrange and undertake initial assessment.

MHST offer available: Practitioner signposts to appropriate services and discharges.

OR

MHST offer available: Undertake a short block of work to help the young person and family develop new skills and strategies to manage their difficulties.

How do The MHST help our school communities? FOR WHOLE SCHOOLS

Where need is identified by school staff, we offer general workshops. Referrals are not required to take part in workshops.

For Pupils

- Exam Stress, School Transitions, Self-Care, & Sleep

For Staff

- Basics of Pupil Wellbeing, Staff Wellbeing & Train the Trainer Workshops

For Parents

- Basics of Wellbeing, Understanding Your Teen, & Sleep

WE OFFER A PEER MENTORING SCHEME IN SECONDARY SCHOOLS AND WILL ATTEND SCHOOL EVENTS LIKE COFFEE MORNING AND PARENTS EVENINGS WHEN INVITED.

Find the MHST online.



Self-referral form for families



Nottinghamshire MHST Website



help

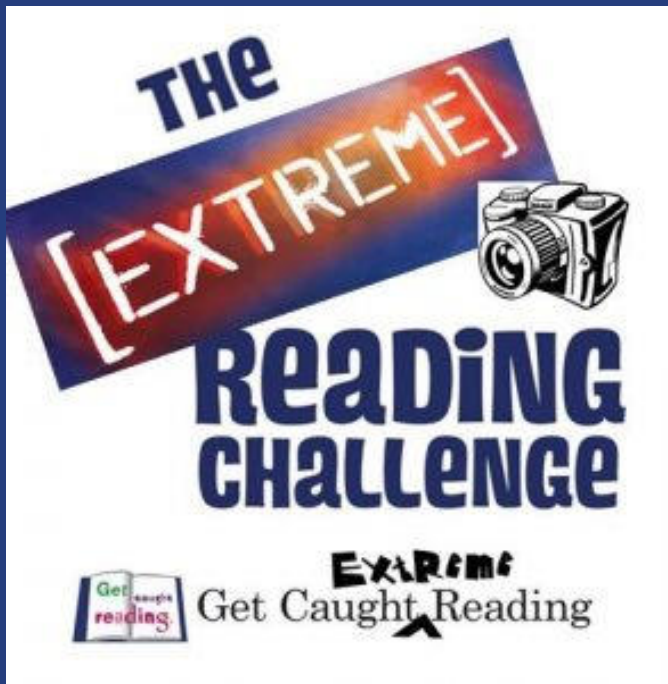
Useful Contact Details

If you develop significant concerns about your child's safety and wellbeing you can call these numbers for advice and support:
CAMHS Crisis Team: 0115 844 0540
24 Hour All Ages Crisis Number: 0800 795 3779

Always dial 999 or visit A&E in emergencies

TT Rock Stars Competition Time!

At the close of play on Friday, we were beating our rival school, with Year 5 and 6 taking a narrow lead. Learning the timetables is such an important skill for pupils, please continue to encourage your child to access TT Rockstars and Numbots. Year 4 take part in a Multiplication Check in June where we assess how well they know their times tables so regular practice will support their success.



A reminder that our EXTREME READING challenge is underway! This involves taking a photo of your child in an unusual or extreme place reading a book. Please email them to the office: office@johnclifford.school We look forward to displaying them in our library areas.



This week...

Parents' Evening - Parents' Evenings are scheduled for this week on **Tuesday and Wednesday** evening. Please book an appointment to meet with your child's teacher either virtually or in person. Meetings are scheduled to last no more than 10 minutes per child. The Autumn Parents' Evening is a good opportunity for you to hear how your child has settled into their new class.

Coming soon... New for 2026



October
16th



Wrist bands
available to
buy soon!
£1

WEEK 2
Spring/Summer 2026
20/04/26, 11/05/26, 01/06/26,
22/06/26, 13/07/26, 03/08/26,
24/08/26, 14/09/26, 05/10/26



MAIN
EVENT



MEAT-FREE
MAGIC

Veggie Dish



RAINBOW
ALLEY

Vegetables and Salads



BIG
TOPPING

Filled Jockets



DESSERT
TROLLEY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese and Tomato Pizza Slice with Wedges	Bangers and Mash	Roast Chicken, Stuffing, Skin on Roasties and Gravy	Beef Whole Grain Pasta Bolognese	Golden Fish Fingers and Chips
Cheddar & Tomato Puff Pastry Tart with Wedges	Veggie Bangers and Mash	Tomato & Lentil Layer Bake, Skin on Roasties and Gravy	Veggie Whole Grain Pasta Bolognese	Cheesy Bean Wrap with Chips
Vegetables Sticks	Green Beans and Sweetcorn	Carrots and Cabbage	Mixed Salad	Baked Beans and Peas
Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo
Lemon Shortbread Fingers	Orange Jelly	Apple Sponge and Custard	Oaty Peach Crumble Slice	Chocolate Krispie Date Squares

OPEN DAYS

**FOR FAMILIES WITH CHILDREN WHO MAY BE JOINING JOHN CLIFFORD'S
RECEPTION CLASSES**

Is your child starting school in September 2027?

If so, we would love to welcome you to John Clifford Primary School!
Come and visit our wonderful school, meet our Early Years Team and
discover a place where children achieve, succeed and grow.



Visit and View

Tuesday 3rd November
at 4pm

Wednesday 25th
November at 4pm



Storytime

Tuesday 10th November
at 1.30pm



See us in action

Tuesday 17th November
at 10am