

Friday 27th September 2024

## Principal's Messages:

### This week's awards

Well done to Violet Long who was nominated for Principal's Award this week by Mrs Leigh for a positive attitude to learning and producing some amazing writing.

This week's 'Stronger Together' awards went to 2P and 3J for excellent examples of working hard and being kind.

### Jewellery

I have noticed some pupils coming into school with dangly or hooped earrings this week. Please could I ask for parents to support in ensuring that pupils only wear small stud earrings for school. I am particularly worried about the health and safety risks of hooped earrings when pupils are running around at playtimes and would like to avoid any unnecessary accidents. Thanks for your support with this.

### Closure of Minshull New Road

I have recently had a meeting with our local councillor, James Pratt to discuss the ongoing road works around the school which should include the closure of Minshull New Road between the school and Farmleigh Drive, meaning that there will be no through route for cars. At present, there is no planned date for this work to be carried out but I am keen to work with the councillor so that I can keep you as informed as possible. I will endeavour to update parents as soon as possible.

### KS2 Breaktime Snacks

Pupils in Y3,4,5 and 6 are able to go to the dining room to purchase snack items at breaktime. If your child is not bringing snack money, they are able to bring either fruit or a breakfast bar to eat at snack times. We have noticed pupils trying to take lunchtime items such as crisps or other biscuits out onto the playground at lunchtime. Please could we ask that parents support the message that this should be limited to fruit and breakfast bars at breaktimes and other items can be kept for packed lunches.

### Library Bus

The school was visited by the Library Bus this week and pupils were chosen from each class to go and select new books to borrow for their class libraries.

Have a lovely weekend,

*Mrs Thompson*



# School Meals

If your child is not entitled to a free school meal, please log onto their Arbor account to pay for their meal in advance of their order.

School meals are £2.35 per day.



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Red Option</b>	<b>Macaroni Cheese</b>	<b>Chicken Curry with 50/50 Rice</b>	<b>Roast Chicken with Creamy Mash Potato &amp; Gravy</b>	Special Menu	<b>Spaghetti Bolognese</b>
<b>Yellow Option</b>	<b>Sweet Potato &amp; Chickpea Curry with 50/50 Rice</b>	<b>Quorn Lasagne with Garlic Bread</b>	<b>Quorn Pie with Creamy Mash Potato &amp; Gravy</b>		<b>Vegetable Noodles</b>
<b>Green Option</b>	<b>Jacket Potato</b>	<b>Jacket Potato</b>	<b>Jacket Potato</b>		<b>Jacket Potato</b>
<b>Orange Option</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>		<b>Sandwich Selection</b>
<b>Desserts</b>	Marble Sponge	Oaty Biscuit	Shortbread		Fruit Sponge & Custard
	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt		Fresh fruit or yoghurt
Seasonal Vegetables and Salad Bar					

# ALL AMERICAN LUNCH

Thursday 3rd October 2024



**MAINS**  
 Hot Dog, Chips & Beans  
 Or  
 Vegetarian Hotdog, Chips & Beans  
**DESSERT**  
 Chocolate Chip Cookie



[www.mellorscatering.co.uk](http://www.mellorscatering.co.uk)  
 @mellorscatering



# 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.



#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/support-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.



Are you sure?

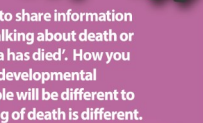
### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

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 shaming 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 you 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', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



### 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

Your GP  
Young Minds <https://youngminds.org.uk/v>  
<https://www.nhs.uk/conditions/stress-anxiety-depression/>  
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>  
<https://www.themix.org.uk/mental-health>

