

WEEKLY

Bulletin Board



THANK YOU!

As we reach the end of another wonderful school year, we would like to extend our heartfelt thanks to all of our families for your continued support, encouragement and partnership. It has been a pleasure to work together to help our pupils thrive and achieve so much. We hope you enjoy a relaxing and happy summer break filled with special moments together, and we look forward to welcoming everyone safely back to school on 7th September. Have a fantastic summer! ☀️ 🌻





Family Fun Day

Fundraising to help
non-verbal children
to communicate

Saturday, 22nd August
1:30PM - 4:30PM

**The Wigginton Pub,
Tamworth B79 8RW**

Activities:

- Balloons
- Kid's crafts
- Cake sale
- Tombola
- Lucky Dip
- Raffle

Call for
more info



07528 326 201
right2speakcic@gmail.com

We support students at Saxon Hill Academy

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Huge
Thanks

To the Friends of Saxon Hill, through the support of The Build a Bear Charity Foundation for the donation of a teddy bear for every student in school.

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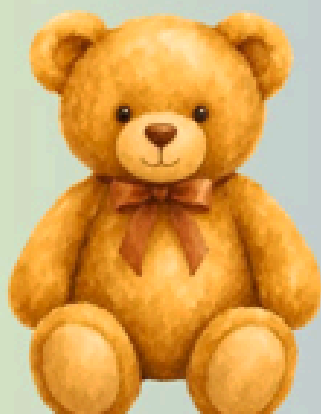


This week your child will receive a bear from Build a Bear Foundation that has been donated to Friends of Saxon Hill (FOSH).

FOSH would like you to post your photos on their Facebook page with your bear on so we can see what adventures they went on with you over the summer holiday

<https://www.facebook.com/share/g/17zQgsV3bS/>

Hello new friend, what fun are we going to have? A trip to the park? Or maybe a zoo, plenty of snuggles me and you. Let's have adventures, make memories to treasure, thank you for being my new best friend





Child Death Prevention Newsletter



This newsletter is designed to raise awareness of the work of the Stoke-on-Trent and Staffordshire Child Death Overview Panel (CDOOP) and to bring news on our ongoing campaigns

Summer Safety

Tragically, there have been deaths of children from Staffordshire and Stoke on Trent as a result of.....

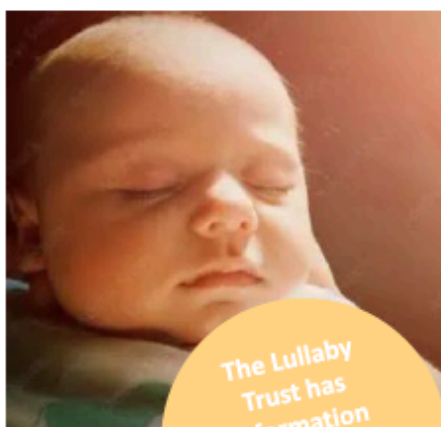
Drowning

Young people can be drawn to open water - weirs, quarries and canals are not safe places to 'hang out', swim or play. **Don't take risks around water.**

Watch children when they are in or around water, without being distracted.



For water safety advice go to RLSS.org



The Lullaby Trust has information on 'safer sleep on holiday'

Unsafe sleeping environments

Follow safer sleep guidance **for every sleep**, both daytime naps and overnight. Maintain safe sleep routines when on holiday, staying with friends or family. Plan sleeping arrangements in advance. **Consider where your baby will be sleeping** and if you need to take a travel cot.

Road traffic collisions

Check and follow local driving laws when travelling abroad. **Children should be properly restrained in appropriate car seats** while travelling in a vehicle. Many airlines allow child car seats to be transported free of charge or when abroad there are usually car seat hire options. Take extra care when walking near roads, particularly in unfamiliar areas where traffic patterns and road rules may be different from those in the UK.



The AA has essential driving advice in Europe on their website, and for information on car seats go to issuu.com

Avoiding
serious
injury

Sun safety

Babies and children are particularly vulnerable to sunburn. Avoid direct sun exposure between 11:00 and 15:00. Use SPF50 sunscreen with 4-star UVA protection. Reapply sunscreen every 2 hours and after swimming. For additional protection add loose-fitting clothing, sun hats and sunglasses. Go to britishskinfoundation.org.uk and sunscreen-and-sun-safety on the NHS site for further information.



Food safety advice

Germs can grow quickly on food if it is not kept refrigerated. Use ice blocks to keep food cool when travelling. Store raw and cooked foods separately, and ensure meat is cooked thoroughly and is hot all the way through before eating. Tap water in the UK is safe to drink. Follow local guidance when drinking water abroad.

Encourage young children to sit down while eating to help them chew and swallow food properly during picnics.

Visit GOV.UK for further advice on food safety in a heatwave.

Carbon Monoxide Poisoning

Carbon monoxide cannot be seen, smelled, heard, or tasted. It is produced when fuels burn incompletely. Poor ventilation can allow dangerous levels to build up. Carbon monoxide poisoning can be fatal. Extra care is needed in caravans, motorhomes, and tents, especially when using campfires, camping stoves, or BBQs. A carbon monoxide alarm/monitor should be provided or taken when travelling. For further information go to www.safertourism.org.uk/campaign-carbon-monoxide.

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Who are MHST?



We are a team of Mental Health Practitioners that work with children and young people.

We understand the difficulties young people can face and how this can affect their mental health.

We offer low intensity CBT based support to give children and young people the skills they need to manage these difficulties.

If you would like to learn ways to help support your child with anxiety or low mood, please access the QR codes below where you can view a pre-recorded workshop.

Anxiety



Low mood



Who MHST can support

We support young people aged 5 to 18 when there is a clear mental health need present, such as:

- Low mood
- Anxiety
- Sleep difficulties
- Worry
- Panic
- Exam stress
- Phobia



Our interventions work best when a young person wants to access support and is willing to put the work in both in and outside of our sessions.



Right service right time

There will be occasions when the team are unable to offer support; we always endeavour to explain our reasoning and to signpost to more appropriate services. The following list gives an indicator of some difficulties that are unsuitable for low intensity intervention:

- Trauma
- Difficult family dynamics
- Bereavement
- Self-esteem / confidence issues
- Drug or alcohol addiction



How can I refer into MHST?

If you believe your child could benefit from support through the Mental Health Support Team, you can reach out to the Mental Health Lead at school. Alternatively, you can refer your child directly by contacting your local MHST.

What does MHST do?

Support can be offered in the following ways:

- One to one interventions between young person and practitioner
- Groupwork (online)
- Online parent-led anxiety workshops (How to help my child with fears and worries)
- Supporting school staff to develop their whole school approach to mental health and wellbeing



We offer 6 to 8 sessions of guided self help, informed by Cognitive Behavioural Therapy (CBT) principles.

Our sessions are confidential but we hope to foster open communication. We follow confidentiality policies, therefore if we have any immediate concerns with your child these will be discussed with you.

Where can I get further support?

We are a low intensity early intervention support team. If you feel your child needs more urgent support, please reach out to one of the services below:



Follow us on Twitter, Facebook and Instagram. @SOUTHSTAFFSMHST

NHS
Midlands Partnership University
NHS Foundation Trust

Mental Health Support Team

Information for parents



For more information about our service, please scan the QR code for our website or call: 01283 504487



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If you are a parent, and would like to learn ways to help support your child with anxiety and low mood, please access the QR codes below where you can view a pre recorded workshop

ANXIETY



LOW MOOD



THE MENTAL HEALTH SUPPORT TEAM IN SCHOOLS ARE **OPEN** OVER THE SCHOOL HOLIDAYS

July 20th - 2nd September 2026

If you are experiencing low level mental health difficulties, we may be able to help. Call us between 9am - 5pm (Monday to Friday excluding bank holidays), leave your name and number and one of our practitioners will give you a call back to see what support we can offer.

We can help with:

- Low mood
- Anxiety
- Sleep difficulties
- Worry
- Panic



Contact the MHST on:



01283 504487

*Please note that these contact numbers are not to be used in an emergency.

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TAMWORTH MHST

Schools we work with:

- Kettlebrook Short Stay
- Landau Forte Academy Qems
- Moorgate Primary Academy
- St Elizabeth's Catholic Primary
- Two Rivers High School
- Oakhill Primary School
- Glascote Academy
- Lakeside CP School
- Amington Heath Primary
- Two Rivers School
- Ankermoor Primary Academy
- Landau Forte Amington
- Two Gates Primary
- Hanbury's Farm Primary
- Lift Tamworth (TEC)
- Landau Forte Academy 6th Form
- Ashcroft Infants School
- Florendine Primary School
- Dosthill Primary School
- Landau Forte Academy Greenacres
- Anker Valley Primary School
- The Woodlands Community Primary
- Birds Bush Primary
- Three Peaks Primary Academy
- Stoneydelph Primary
- The Winecote School
- Winecote Junior School
- Heathfields Infant Academy

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SEISDON MHST

Schools we work with:

- All Saints' CoE Primary School
- Blakeley Heath Primary School
- St Bernadette's Catholic Primary School
- All Saints CoE Primary School, Bednall
- The Rural Enterprise Academy
- Brewood Middle CoE Academy
- Codsall Community High School
- Codsall Middle School
- Featherstone Academy Primary
- Glenthorne Community Primary School
- Havergal CoE (C) Primary School
- Cheslyn Hay Academy High School



BURTON & UTTOXETER MHST

Schools we work with:

- Anglesey Primary Academy
- Burton Pupil Referral Unit
- Loxley Hall School (Manor Hall Academy Trust) Secondary
- Paget High School
- Scientia Academy (Primary)
- Victoria Community Primary School
- Christ Church Primary School
- De Ferrers High School Academy
- Eton Park Junior (a deFerrers Trust)
- The Fountains High School
- The Fountains Primary School
- Lansdowne Infants (a deFerrers Trust)
- Shobnall Primary School
- Abbot Beyne Secondary School
- Edge Hill Junior School
- Holy Trinity CoE Primary
- Paulet High School
- Riverview Primary School
- Robert Sutton Catholic School Secondary
- Tower View Primary School
- Violet Way Primary Academy
- Dove CoE Primary Academy
- Oldfields Hall Middle School
- St Marys CoE First School
- St Josephs Catholic Primary School
- Thomas Alleyne's High School
- Tynsel Parkes CoE Primary Academy
- Windsor Park CoE Middle School

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STAFFORD MHST

Schools we work with:

- Burton Manor Primary School
- Castlechurch Primary School
- Doxey Primary & Nursery School
- Flash Ley Primary School
- John Wheelodon Primary Academy
- King Edward V1 High School
- Penkridge Middle School
- Sir Graham Balfour School
- St. Leonard's CoE First School
- Stafford Manor High School
- Veritas Primary Academy
- St Patrick's Catholic Primary School
- St Leonard's Primary School
- St Austin's Catholic Primary School
- Walton Hall Academy
- Walton Priory Middle School
- Silkmore Primary Academy
- Marshlands School
- Blessed William Howard Catholic School
- Bailey Street Alternative Provision Academy
- St. John's C of E Primary Academy
- The Weston Road Academy
- Tillington Manor Primary School
- Blessed Mother Teresa Catholic Primary School

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CANNOCK MHST

Schools we work with:

- Redhill Primary School
- Moorhill Primary School
- Bridgtown Primary School
- St Mary's Catholic Primary School
- West Hill Primary School
- Redbrook Hayes Community Primary School
- Littleton Green Community School
- Heath Hayes Primary Academy
- Churchfield CoE Primary Academy
- Kingsmead School
- Cannock Chase High School
- Cardinal Griffin Catholic College
- St Lukes CoE Primary School
- Chadsmoor CoE (VC) Junior School
- Chadsmoor Community Infants and Nursery School
- Sherbrook Primary School
- Five Ways Primary School
- Landywood Primary School
- Bilbrook C of E Middle School
- Chaselea Alternative Provision Academy
- Cherry Trees School
- Forest Hills Primary School
- Great Wyrley Academy
- Lane Green First School
- Jerome Primary School
- Moat Hall Primary Academy
- Norton Canes High School
- Norton Canes Primary Academy
- Perton Middle School
- The John Bamford Primary School
- Hazleslade Primary Academy
- Staffordshire University Academy
- Wightwick Hall School
- Longford Primary Academy

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LICHEFIELD MHST

Schools we work with:

- Boney Hay Primary School
- Chadsmead Primary School
- Charnwood Primary School
- Chase Terrace Primary School
- Chase Terrace Academy
- Chasetown Community Primary School
- Erasmus Darwin Academy
- The Friary School
- Lift Rawlett
- Saxon Hill Academy
- Queen's Croft High School
- Rocklands School
- The Bridge Academy
- Willows Primary School
- Nether Stowe School
- St. Chad's C.E. Primary School
- St Peter and Paul Catholic Primary School
- Ridgeway Primary Academy



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FAMILY FUN FESTIVAL



11AM TO 5PM

SUNDAY 19 JULY
TAMWORTH CASTLE GROUNDS



MEET THE WALKABOUT DINOSAURS





LIVE MUSIC STAGE TRIBUTE ACTS

Miss Rachel...K-pop...
Sabrina Carpenter...
Harry Styles...
Taylor Swift...



ALL-DAY ACTIVITIES

Circus workshops, bubbles, Glitter Dollz hair braiding and glitter tattoos, face painting, bouncy castles, archery and community stalls.



FOOD, DRINK & TREATS

Delicious food trucks, ice cream and more!





CIRCUS WORKSHOPS



BUBBLES & FUN



GLITTER TATTOOS



FACE PAINTING



COMMUNITY STALLS

FOR MORE INFORMATION & TO BOOK

 **01827 709618**  www.tamworthassemblyrooms.co.uk

Tamworth
Borough Council

*Line-up is subject to change, please check the website for latest details.

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Key Dates

20th July - End of Term

7th September - Pupils return to school

EVIDENCE

FOR LEARNING

Please check Evidence for Learning to see what your child has been up to this week.