



Dream big, shine bright

St NICHOLAS

C of E Primary School, Alcester

Issue 135

St Nicholas C of E Primary School – Newsletter

WB 3rd April 2023



Dear families,

It's a bumper edition this week to celebrate all the fabulous things that have been happening at St Nicholas but, also to share with you all the exciting events and opportunities that are happening locally over the next few weeks.

Please take note of the provisional diary dates for the Summer term. We are endeavouring to give everyone as much notice as possible of the upcoming events in school.

A big thank you to the Friends of St Nicholas for the Easter gifts they supplied for the children, the Easter bunny was so pleased to have their help!

At this terms family consultations Mrs Allen, the Governors and I had the pleasure of chatting to many families. If you didn't get an opportunity to complete the family questionnaire please do by scanning the QR code. This questionnaire will help us identify our strengths and what we can improve, to be even better!

Wishing you all a restful Easter,

St Nicholas C of E Primary school,
family questionnaire



Mrs Laura Newell, Head of School

DIARY DATES SPRING TERM

Monday 17th April

- Start of the Summer term
- Reception places for 2023/2024 offered

Wednesday 19th April

- 4pm Choir performance to their families
- 4.30pm year 2 SATs meeting

Thursday 20th April

- Year 2 educational visit to Mary Arden's Farm
- Year 5 Road safety visit (in school)

Monday 24th April

- 3KH Heart of England visit
- Reception visit to St Nicholas Church

Wednesday 26th April

- 3H Heart of England visit

Thursday 4th May

- Year 5 Viking visit

Friday 5th May

Non uniform – dress in Red, White and Blue
- 'Fill a jar' for the Friends Summer Fayre

Monday 8th May

- Additional Bank Holiday for Coronation celebrations

Tuesday 9th May – Friday 12th May

- Year 6 SATs take place each morning

Wednesday 24th May

- Reception Summer fete in afternoon (families welcome) info to follow on StudyBugs

Friday 26th May

- Reception vision screening at school
- break up for May half term



Kinwarton

House points

Congratulations to Kinwarton who were this week's winners of the House Cup.

St Nicholas C of E Primary School

St Faiths Road,
Alcester,
Warwickshire,
B49 6AG

01789 762578

admin3595@welearn365.com

Summer term dates

Please note these are provisional and may be subject to change

Monday 17th April

Start of the Summer term
Reception places for 2023/2024 offered

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Reception vision screening at school
break up for May half term

Monday 5th June

INSET day – school closed to pupils

Week beginning 5th June

Phonics screening year 1
Multiplication check for year 4

Week beginning 12th June

Wimbledon week at school

Tuesday 13th June

Year 4 Church visit

Thursday 15th June

Year 3, 4, 5 and 6 children to the Alive! Event at Stoneleigh (more info to follow via StudyBugs)

Friday 16th June

Non uniform – chocolates for the Summer Fayre please

Tuesday 20th June

Changing me sessions – Puberty support for year 5 and 6

Wednesday 21st – Friday 23rd June

Year 6 residential PGL

Tuesday 27th June

Year 5 - Open Water Swimming

Thursday 29th June

7pm New Reception (2023/24) families meeting

Friday 30th June

Year 2 Fun Friday after school (more info to follow via StudyBugs)

Wednesday 5th July

Moving up morning in school
Secondary transition day

Thursday 6th July

Alcester Rock Academy world tour – performance at school in afternoon

Friday 7th July

End of year reports sent to families

Monday 10th July

3KH Heart of England visit

Tuesday 11th July

3H Heart of England visit

Wednesday 12th July (provisional date)

Reception, year 1 and 2 Sports day (am)

Thursday 13th July

Optional Parents consultations

Friday 14th July

Summer Fayre at St Nicholas, hosted by the Friends of St Nics – 3.30-6pm all families welcome

Wednesday 19th July (provisional date)

Sports day KS2 (am)

Friday 21st July

Year 6 Farewell Festival 6-8pm

Tuesday 25th July

Children break up from school

Tuesday 5th September

Children in years 1-6 return to school



We are embarking on a new project to improve our playtimes for all children at St. Nicholas Primary School. We have signed up to the Opal (Outdoor Play and Learning) programme in order to support us with this.

How can you help?

Thank you to those who have donated items. For our first stage we are looking for:

Brushes (paint/dust pan, brooms), plastic trugs, tool boxes, buckets and spades, diggers, tr

Old cookery things e.g. sieves, colanders, pans, spoons, ladles etc

Small world creatures and toys (e.g. animals, dinosaurs, cars, insects, McDonald toys etc.)

PARENT SURVEY
Please could you complete a short survey to let us know your thoughts about play
CLICK THE LINK BELOW:
<https://www.surveymonkey.co.uk/r/KNNBWDD>

Did you know that playtime is about 20% of every child's day at school?

Opal's vision is that every child in every school has an amazing playtime every day – with no exceptions.

Over the coming weeks and months we will start to expand and develop our playtimes. We will include spaces and resources to enable our children to be creative and have fun!

In order for us to not overwhelm the children, and to be able to teach them the skills they require to manage their own risks, we need to take small steps. The resources we provide will grow week on week.



Collective Worship and Religious Education this week

This week each child had the opportunity to bring home a Palm Cross as part of their learning about Easter, Salvation Day and Christian traditions at this time of the Church Year.

Many Christians remember a few special events that are described in the Bible in the week before Easter Sunday.

- Palm Sunday is celebrated one week before Easter Sunday. Many Christians receive a palm cross to remind them of Jesus riding a donkey into the city of Jerusalem, this is often called the triumphal entry. The crosses that Christians receive are often burnt the following year and ashes placed on the forehead to mark Ash Wednesday and the beginning of Lent.
- On the Thursday Jesus ate a 'last supper' with his disciples. During the meal Jesus told his disciples to eat bread and drink wine to help them understand what was about to happen on Good Friday. During the evening he washed his disciples feet as a reminder that they should all help and serve one another. Judas betrayed Jesus and Jesus was arrested and taken away.
- Good Friday is the day that Christians remember Jesus being crucified on the cross. This is the reason that the cross is an important symbol in Christianity.
- On the Saturday morning, Jesus' body was placed in a tomb and a large stone rolled over the entrance.
- Easter Sunday is the day that Christians celebrate Jesus rising again.

Prayer for Reflection

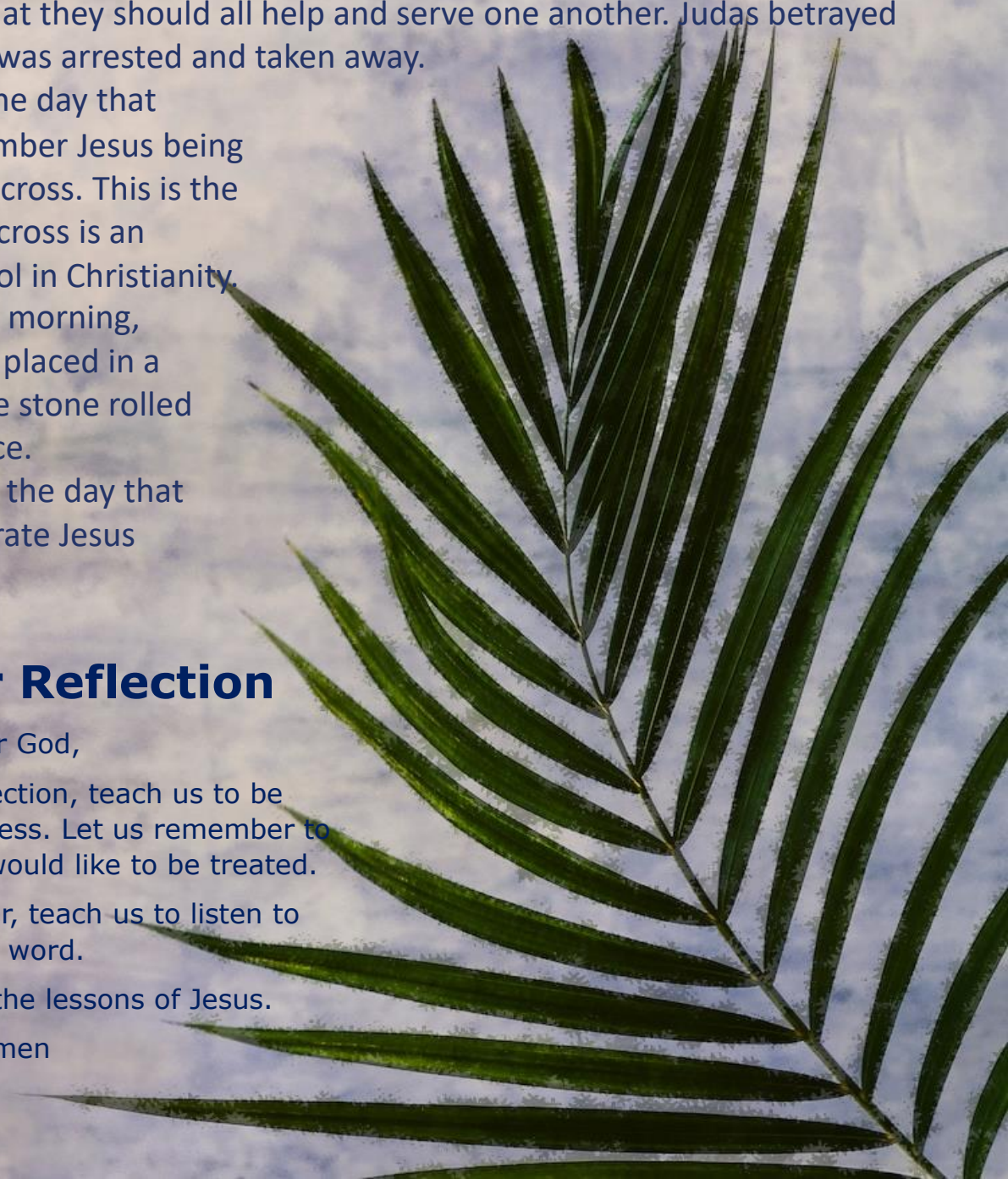
Dear God,

At this time of reflection, teach us to be thankful for the goodness. Let us remember to treat others as they would like to be treated.

At this time of prayer, teach us to listen to your word.

Let us remember the lessons of Jesus.

Amen



Summer dresses
are welcome to be
worn after Easter

Uniform reminders



Our children wear their uniform with pride, promoting equality and a sense of community. We ask that everyone; children, parents and carers help to ensure that the school dress code is observed.

Children need to wear a white polo shirt, navy cardigan or sweatshirt, grey skirt/pinafore/trousers/shorts.

During the summer term blue and white gingham dresses can be worn. Children may also wear a plain black/navy cap and sunglasses.

Footwear; Black, smart shoes with flat soles. No boots or sandals please. Socks and tights can be navy, black, grey or white.

PE and sports kit (PPA)

When children have PE and Sport (PPA) children need to come to school wearing their kit; White t-shirt, dark blue or black jogging bottoms or leggings (plain), dark blue or black shorts (plain), dark blue or black jumper/hoody and trainers.



Please note; no sport/brand logos on clothing

Please label all items of uniform and belongings clearly to enable lost property to be returned.

We expect hair styles to be smart and not extreme; no bleached, dyed or short shaved hair styles, with no patterns/lines shaved in. Hair that is longer than shoulder length should be worn up, any hair accessories need to be small, navy/black.

We ask that children do not wear temporary tattoos, nail varnish, make up or jewellery, safety studs can be worn for those with pierced ears, for sport /PE/swimming these need to be removed. If this is not possible, please cover with micropore to ensure children's safety.

A watch may be worn to school, due to safeguarding we ask that 'smart' watches are not worn.

Non-Uniform Days

This year the Friends will be hosting a St Nicholas Summer Fayre. This will be on Friday 14th July. In preparation for this, there will be three non-uniform days in the run up to it. We ask that, if you can, send your child with a forfeit.

FRIDAY 31st MARCH

Bring a bottle

A bottle of anything (ketchup, oil, etc) but please make it will be in date for July.



Thank you for your bottle donations



FRIDAY 5th MAY - wear red, white and blue

Fill a jar

Anything can go in the jar - sweets, candles, marbles, hair bobbles, chocolates.

FRIDAY 16th June

Chocolate

A box of chocolates, a bar, a packet of chocolates etc.



SEND INCLUSION



Focus:

- All about **thrive** 
- Meet the team
- Introduction to Family Thrive
- Emotional Regulation Strategies
- Relaxation Techniques
- Opportunity for questions or help with something specific



Thursday 27th April 2023

Arrive anytime from 8:30am

Thrive: 9 – 9:45am

Coffee & Catch Up: 9:45am – 10:45am

Summer Coffee Mornings

Dates for your diary	Event
Thursday 27 th April 2023 	Coffee Morning -Meet Lisa Dean (Lead Thrive Practitioner) -See information above
Monday 22 nd May 2023 	Coffee Morning & Mental Health in Schools Team Workshop -Josie Kirkman will lead the 1 st instalment of ' Helping your child with anxiety ' -9am arrival (starts at 9:30am) *Please register your interest – click link
Monday 12 th June 2023 	Coffee Morning & Mental Health in Schools Team Workshop -Josie Kirkman will lead the 2 nd instalment of ' Helping your child with anxiety ' -9am arrival (starts at 9:30am)
Summer 2 TBC Possible dates: -10 th July -17 th July 	Coffee Morning & ASC Workshop -Heather Ramsay (Zoom Educational Support) will lead the session -Your child might be waiting an assessment or already has a diagnosis of ASC (Autism Spectrum Condition) -Useful strategies to help navigate behaviours at home and support with managing the holidays/returning to school -Supportive environment *Please contact Mrs Allen to register your interest: allen.h4@welearn365.com

LEARN TOGETHER



For the last 6 weeks we have been running our Family THRIVE course to some of our wonderful families.

Family Thrive is a six-week course to introduce you to the fundamentals of Thrive and how it works in practice.

Come on the course to find out about:

- The Thrive approach
- How our brains develop
- How you right brain talks to your left brain
- Why play and creativity are so important to you and your child
- How to support your child at times of change and difficulty
- Everyday trigger times and how to keep calm
- How to be a behaviour detective



To **register your interest**, please [follow the link](#) below to complete a MS Form so that we can arrange a day and time that suits you.



Our next course will be running in the Summer Term – Week beginning: 5th June 2023*

*Day/time to be decided

Feedback from our families who completed the course in the spring term this year.

This has been so helpful, it's been great to not feel alone and know others have similar experiences.

It's a happy and positive course with great outcomes.

I would do this course all over again. Information given is easy to understand and practise in real-life situations.



SUPPORT SPOTLIGHT FOR FAMILIES



Dream big, shine bright

St NICHOLAS
C of E Primary School, Alcester

Family Information Service

0800 408 1558

[Website](#)



We provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

- family relationships
- finance
- housing
- parenting support
- special educational needs and disabilities (SEND)
- childcare
- health and wellbeing



A reminder for families about free school meals. Increased food and energy costs mean more families are finding the cost of the weekly shop a challenge.

As we approach school holidays, it might be a good time for families to check eligibility for free school meals. As one of the biggest school meal providers in Warwickshire, Educaterers wants to ensure that all school children are fed and happy when in school.

Please do use the following link for further info and to apply

<https://www.warwickshire.gov.uk/education-learning/apply-free-school-meals>

SUPPORT SPOTLIGHT FOR FAMILIES



Dream big, shine bright

St NICHOLAS
C of E Primary School, Alcester



S.E.N SUNDAY

EVESHAM BRANCH

PRE BOOKING ONLY

WWW.FM-ACADEMY.CO.UK

Starting Sunday 19th March **2:15PM TO 3:00PM**

LIMITED SPACES **ONLY £3 PER CHILD** **16 YEARS & UNDER**

PARENTS/CARERS ARE FREE

TRAMPOLINING GYMNASTICS SOFT PLAY

S.E.N session are designed for families with children/young people who have Special Educational Needs.

[Click here](#)

Other SEND Activities

Activity	More Information
Autism Friendly Cinema Screenings 	Autism-friendly screenings are sometimes called relaxed or sensory-friendly screenings. Adjustments are made to reduce stress and sensory input, such as low lighting and sound, freedom to move and staff trained in autism awareness. https://dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/
Warwick Trampoline-In 	Our Relaxed sensory sessions, ideal for SEN children & adults, include soft lighting and soothing or no music for a relaxed, safe & friendly low sensory space to play. Trampolining can help your children to feel relaxed and happy in a secure environment. Tickets to our Relaxed session must be pre-booked online - £9.95 per person. https://www.gojumpin.com/activities/trampoline-activities-for-additional-needs/
Children's Play Village Warwick 	The Children's Play Village has been created to support and nurture every child's love and imagination of creative play. They offer specific 'Time to Play' on Sunday's and throughout the year and during half term. https://www.childrensplayvillage.co.uk/plan-your-visit/disability-play-sessions/

CHILDREN'S PLAY VILLAGE

SUPPORT SPOTLIGHT FOR FAMILIES



Dream big, shine bright

St NICHOLAS
C of E Primary School, Alcester



**PAL Fitness & Education
CIC**

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PAL FITNESS EDUCATION
COMMUNITY INTEREST COMPANY

ACCESSIBLE BIKES

with PAL

£5.00 PER SESSION (NON HAF)

**10:30 TO 11:30
11:30 TO 12:30
5TH & 12TH APRIL**

EVESHAM VELO PARK, WR11 2BH

SCAN TO BOOK NOW!

FREE FOR HAF!

Come and try some adapted cycling this Easter Holidays!

Ride in a safe environment all equipment provided!
20 spaces per 1 hour session be sure to book your place to not miss out!

Selection of adapted bikes are available from our friends over at GBG. If you'd like more info on them please email MaryClare@goalsbeyondgrass.co.uk.

Book now at pal-fitness-education.org.uk

07789408180 | info@pal-fitness-education.org.uk | **GOALSBEYONDGRASS**

- ✓ Ages 5-12 years*
- ✓ Adapted Bikes
- ✓ Learn a life skill
- ✓ Keep active & healthy
- ✓ Great for SEND!

HAF it! 2023

For Those Parents of Children who would like to be part of SEN Bike project at Evesham Velo Park.

[Click here](#)

Middle England Farm

Where: Aibrean Grange, Redditch Road, Henley-in-Arden, B95 5NY

Dates: 11 - 14th April 2023

Activities offered will include animal encounters with alpacas, goats, sheep, meerkats, rabbits, guinea pigs, chickens and pigs. Forest school style activities. Can cater for SEND.



SPACES STILL AVAILABLE

Dream Big Shine Bright

Maddie and Oliver have been busy litter picking out in the local community, they are planning on repeating this every Friday! What a great commitment!

Thank you both, Alcester will be very grateful for your care towards the environment.



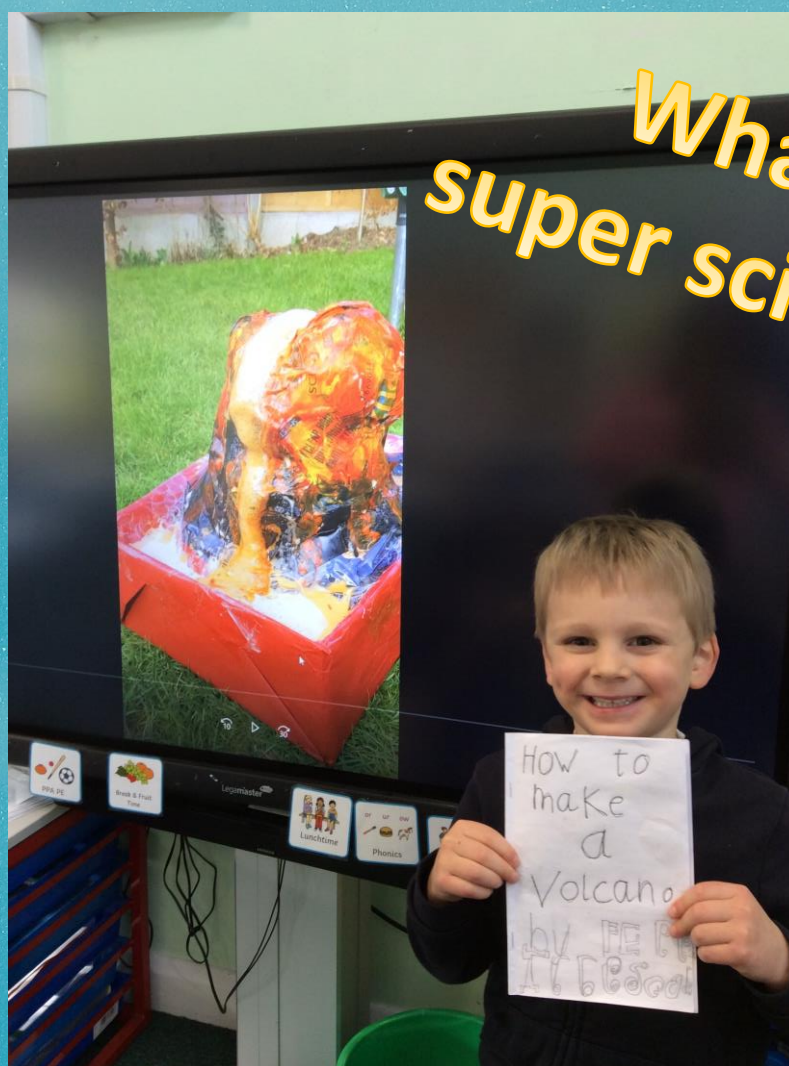
Please do let us know if your child has an entry for Dream Big, Shine Bright on the next newsletter

The Jordan family are fundraising for a charity which is really close to their hearts (Natasha's Allergy Research Foundation) – so far they have raised over £1,300 by doing running races (Dad is running a 10k each month of 2023 and Maddie and Oliver are doing as many fun runs as they can). Their 1st one is 2nd April in Leamington. If our community would like to donate to their fundraising please click the link:

<https://www.justgiving.com/fundraising/james-jordan13>

Dream Big Shine Bright

Felix has been doing so much extra learning and investigation at home. Mrs Godson, our Science lead will be very impressed! Felix was so proud of his instruction manual on how to create your very own volcano. He read out his instructions to his class and they watched a video of his volcano erupting. The children were so amazed.



What a
super scientist!

Please do let us know if your child has an entry for Dream Big, Shine Bright on the next newsletter

Year 5 – PSHE

The children in year 5 have been learning about the importance of using the recovery position, as part of their PSHE.



Learning how to put a partner in the recovery position in case of an emergency.

St John's ambulance have a great instructional video please see link below...



<https://www.youtube.com/watch?v=GmqXqwSV3bo&t=2s>

What has been happening in after school Wraparound?

In wraparound the children have enjoyed using masking tape, blocks and dinosaurs to create their own Jurassic World!!



The children had great fun getting creative, making their families Easter cards and creating some yummy treats.





Art Club

The children at Art Club have created Easter chicks during their recent sessions. Well done everyone, these look amazing!





Year 4 – Design Technology

In our DT lessons, we have been tasting, designing and baking biscuits. We had a £1.99 budget and had to plan our ingredients carefully, thinking about the extras that we wanted to include – as well as the decoration on the biscuit. We thought about the packaging that our biscuits would come in and designed these too! Wow! They look so scrumptious, well done master bakers! I wonder if any of you applied for the Junior Bake Off?



Girls football experience at Stratford Town Football Club

378 girls across the Stratford district had a fantastic opportunity to play football at Stratford Town Football Club, as part of 'Let Girls Play,' a nationwide initiative to promote girls football, since the Lionesses won the Euros.

Over the last few weeks every child at St Nicholas has taken part in a 'festival of football'

on the day the girls had skills based fun exercises (in the snow) to get girls as interested in football as possible.



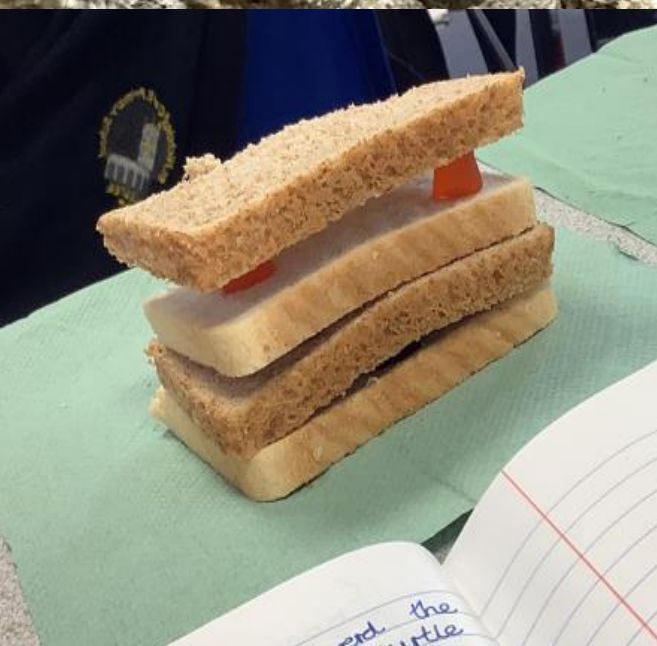
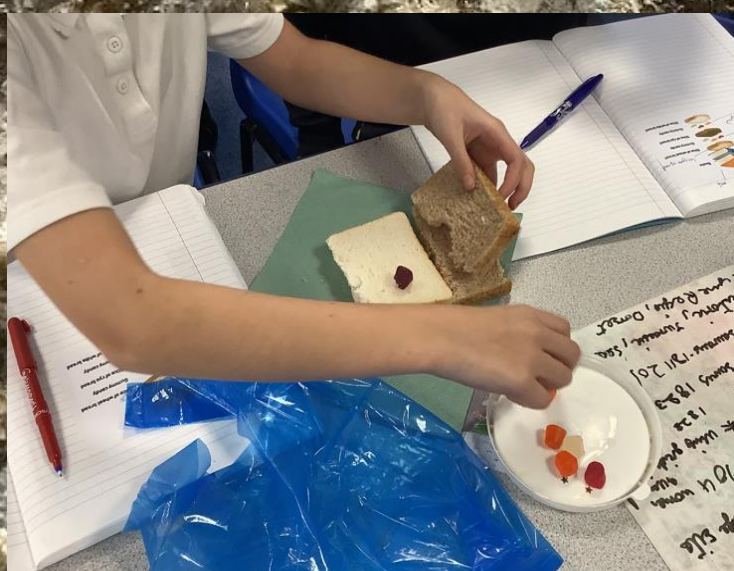
**For more info about #Let Girls Play
click the link below:**

<https://www.englandfootball.com/articles/2023/Mar/08/biggest-ever-football-session-let-girls-play-international-womens-day-20230803>



Year 6 - Fossils

In science, year 6 have made fossils using layers of bread and gummy sweets. Heavy books show the pressure of the layers over millions of years which turns the mud and remains into rock and creates fossils.



Athletics team on the podium!

We are all immensely proud of our Sports Hall athletics team. They were all ready South Warwickshire Champions and went on to achieve 3rd place at the finals. Meaning that they were placed 3rd out of over 350 schools in the region. The children have worked so hard with Mrs Howl and Mrs Maycock taking part in evening training sessions to prepare for the big event. Well done, you competed with an amazing team spirit and made us all proud.

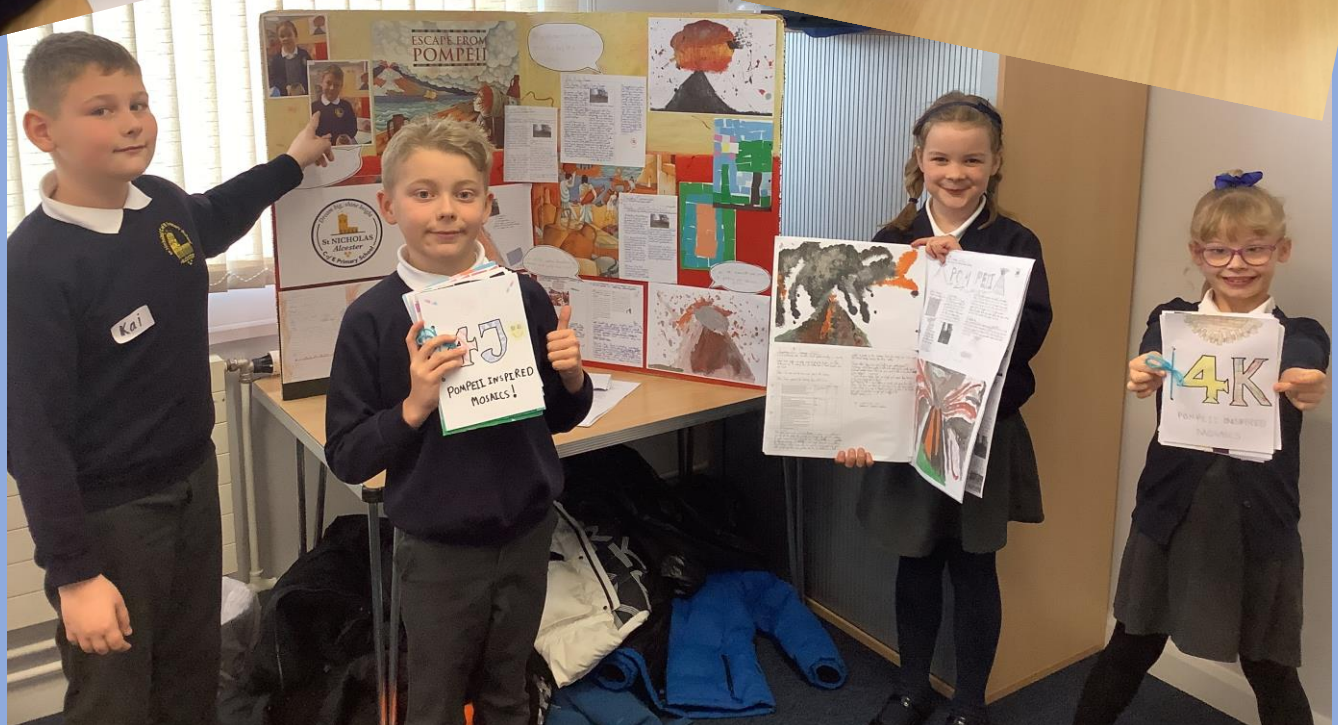


Reception loved their recent trip to the Farm park. They enjoyed feeding the animals and had an amazing experience of seeing a lamb being born.



Reception





Year 4 – School Library Service competition

Over the last few weeks, year 4 have taken part in a reading celebration run by Warwickshire Schools Library Service. All children were given a reading log to complete, where they have read and reviewed four books of their choice. To accompany this celebration, we were given the task to produce a creative response to a text of our choice.

As we have been reading *Escape From Pompeii* in our English lessons, we decided to share our amazing writing and super artwork that we have completed alongside reading this text as our creative response. Four children then presented a selection of the work that we have produced at an event at Alcester library. The children confidently discussed and presented our creative response. As well as presenting, they even took part in a book themed quiz. Well done - we are very proud of you!

Science week

The Year 5 Science Committee did this subject proud this week when they helped lead two assemblies – one to Key Stage 1 and another to Key Stage 2. They demonstrated some amazing scientific investigations in the hall and were able to explain the science behind their experiment. They demonstrated a real passion for the subject, which was shared by the whole school who thoroughly enjoyed the experience.

Year 5 used the same piece of modelling clay to make 3 different shapes. We dropped these into water and timed how long it took for each one to reach the bottom. The longer it took, the more water resistance or drag. We repeated each shape 3 times to get a more accurate average result.



Testing water
resistance –
year 5

Science week



Year 3 planned and carried out a practical test to see which substance was most effective at cleaning dirty coins, there were some clear winners. Which substances do you think were most effective?



PIC•COLLAGE



Edmond Hall, year 4



A heartfelt 'Thank you' to all the staff that supported the children at Edgmond Hall. The children had a fantastic time, more photos and stories of their adventures to follow in the next newsletter.

Coventry Rugby Club
Butts Park Arena, Coventry

Family Fun Day

In aid of
 **Mind** Coventry and Warwickshire

Saturday 27th May 2023
12pm – 4pm

Includes a free packed lunch per person

£8 Adults
£7 Children

Scan to buy
your tickets



**BOUNCY
CASTLES**

**OUTDOOR
GAMES**

DISCO

CRAFTS

Coventry Rugby Club – Butts Park Arena, Coventry



OUTDOOR ACTIVITIES FOR CHILDREN

Easter half-term at
Warwickshire's Country Parks

1-16 April
Kingsbury Water Park,
Ryton Pools and
Burton Dassett Hills

**Limited tickets –
book now!**



Easter Egg-citement at Warwickshire's Country Parks
The team of Education, Community & Health Rangers at Warwickshire's Country Parks have been busy developing an fun-filled Easter half-term activity programme. Whether it's pond dipping or Easter egg hunts, toasting delicious s'mores over an open fire or building a wooden Easter bunny, there's something to get every child immersed and engaged in Warwickshire's unique natural landscape.

For more information or to book tickets, visit the Warwickshire Country Parks Eventbrite Page:
<https://www.eventbrite.co.uk/o/warwickshire-country-parks-17229016764>

INTERACTIVE *Easter* TRAIL



You and your family are invited to take part in an interactive Easter Trail between Monday 3rd and Sunday 9th April 2023.

Easter posters containing QR codes will be displayed in windows for you to scan & watch a video of a local person retelling part of the Easter Story.

Each video will end with a letter and you need to unscramble the letters to discover the password to claim your prize.*



You can follow the trail by collecting a map from Scallywags Barbers** or taking a screenshot from the *Alcester Minster Children and Families Facebook page.*

(Follow us for updates/video links!)

*Prizes can be claimed at our Good Friday Family Service at 3pm, at our Easter Sunday Service at 11am or from Church House Office between 10.30am & 12.30pm Monday to Thursday.

**Scallywags Barbers is not open on Good Friday or Easter Sunday.

Referral criteria.

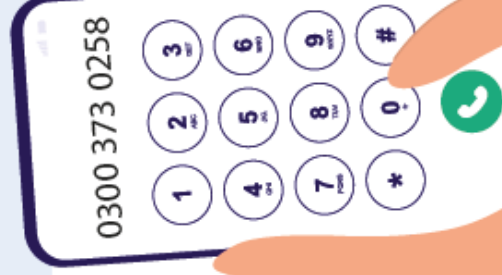
WeMatter is a pilot service currently being delivered across Staffordshire, Warwickshire, Brent (London), Devon and Cornwall.

WeMatter is not suitable for children and young people who are experiencing ongoing domestic abuse. Children and young people must no longer be residing with the alleged perpetrator of the abuse.

If WeMatter is not suitable we can look to refer you on to a more appropriate service.

To contact the team please call:
0300 373 0258

Email:
wematter@victimsupport.org.uk
If you are in immediate danger call:
999



We are an independent charity offering free, confidential support to people affected by crime and traumatic incidents.

For information and support, contact us by:

- calling: Supportline **08 08 16 89 111**
- using our 24/7 live chat service:
victimsupport.org.uk/live-chat
- using BSL: **victimsupport.org.uk/bsl**
- Online: **victimsupport.org.uk**

To find out how you can help us, visit
victimsupport.org.uk/get-involved



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Victim Support, Ground Floor, Building 3, Eastern Business Park,
Wern Fawr Lane, Old St Mellons, Cardiff CF3 5EA
Telephone: 020 7 268 0200

Charity registration: 298028 Company no: 2158780

Registered in England. Limited by guarantee.

Registered office as above.



WeMatter

An online group work programme
for children and young people
affected by domestic abuse

victimsupport.org.uk



Mental Health in Schools Team (MHST)

Tips For Wellness:

BE ACTIVE

Being active is all about moving our body, in any way at all!

Physical activity has lots of benefits for our body but it is also great for our mind too. When we move our body, it releases chemicals in our brain that make us feel good and boosts our self-esteem. It also helps to improve our sleep, concentration and reduces stress!

Being active may be new to you or you may already exercise regularly, try to find an activity that you want to do and you find enjoyable. It's okay if you aren't sure what this is yet, have a go at experimenting and why not start by checking out our ideas for staying active below?

Our tips for being active:

- 1- Dance to your favourite music and create a playlist to help get your body moving!
- 2- Walk or cycle whenever you can (e.g., park the car one street further away and walk the rest!)
- 3- Practice hula hooping (you could even try this whilst you are watching TV!)
- 4- Joining a sports club is a great way to improve your physical ability but is also an opportunity to make new friends and be part of a team.
- 5- Get outdoors and stay active in the fresh air. If it's raining, why not try a dance or Zumba video on YouTube?



Scan for more ideas!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.



Sleep Better programme

•If you have a child with additional needs and sleep issues, bedtime can be tricky.

Whether they struggle to communicate how they're feeling, have increased anxiety, sensory issues, or social cueing problems, sleeping well may be difficult.

The Sleep Better programme is suitable for parents and carers of children who are one year old and over who are struggling with bedtime routines, their child's sleeping patterns or bedtime as a whole.

The Sleep Better programme can support you to:

- Establish why your child isn't sleeping
- Learn about gentle methods to encourage better sleep habits
- Consider an improved bedtime routine
- Meet other parents/carers in the same situation
- Explore useful resources to aid sleep

The Sleep Better programme is delivered over 5 weeks and covers:

- Common sleep issues and strategies to manage these
- Establishing appropriate routines
- Keeping sleep diaries and interpreting the data
- Environments
- Understanding sleep cycles

To check availability and book a workshop or programme in your area please go to [Eventbrite](#).

If you have any questions, please do not hesitate to contact the team by emailing ehparenttrainers@warwickshire.gov.uk.