

# St Giles' and St George's C of E Academy

Aspire Believe Achieve

7<sup>th</sup> November 2022



## Diary Dates

Wednesday 9 <sup>th</sup> November	Year ¾ trip to Cadbury's world
Tuesday 8 <sup>th</sup> November and Wednesday 9 <sup>th</sup> November	Year 6 NJ Bikeability
Wednesday 9 <sup>th</sup> November	Year 5KS Glow worship (Parents welcome)
Thursday 17 <sup>th</sup> November	School Disco EYFS during school day (come in party clothes)
4:30pm-5:30pm 5:45pm-6:45pm	KS1 (Buy a ticket on ParentPay) KS2 (Buy a ticket on ParentPay)
Friday 18 <sup>th</sup> November 1:00pm	Pastoral Coffee and Catch-Up Parent and Child wellbeing ambassadors
Friday 18 <sup>th</sup> November 2:30pm	Nursery Shine for parents
Wednesday 23 <sup>rd</sup> November 2:00pm St Giles Church	GLOW worship Year 5 DT (Parents welcome)
Wednesday 30 <sup>th</sup> November 2:15pm	Year 2 Shine Parents welcome
Friday 2 <sup>nd</sup> December	Y3/Y4 Alice in Wonderland - New Vic Theatre
Monday 5 <sup>th</sup> December 2:00pm St Georges Church	KS2 Carol Service (Parents Invited)
Thursday 8 <sup>th</sup> December 2:00pm St George's Church	Love Christmazz Celebration event Parents invited
Friday 9 <sup>th</sup> December	Christmas Jumper Day Bring £1 for Dougie Mac
Friday 9 <sup>th</sup> December	Y1/Y2 Goldilocks and the Three Bears - Kings Hall Stoke
Monday 12 <sup>th</sup> December 1:15pm St Giles Church	Year 2 Christingle SHINE Parents invited
Tuesday 13 <sup>th</sup> December	Y5/Y6 The adventures of Peter Pan - Regent Theatre
Tuesday 13 <sup>th</sup> December 3:00pm – 8:00pm	Festival of Music Entrust Christmas Concert - singing squad
Wednesday 14 <sup>th</sup> December 2:15pm	EYFS Nativity for parents
Thursday 15 <sup>th</sup> December 9:15am	EYFS Nativity for parents
Thursday 15 <sup>th</sup> December 2:15pm	KS1 Nativity for Parents
Thursday 15 <sup>th</sup> December	Reports out
Friday 16 <sup>th</sup> December	Children's Christmas Lunch and parties
<b>Monday 19<sup>th</sup> December to Monday 2<sup>nd</sup> January Inclusive</b>	Christmas Holidays

### School Nurse Virtual drop-in for parent / carers and young people



School Nurses work with children, young people and their families to help improve their physical and / or emotional health and wellbeing.

School nurses can help with a wide range of issues including general health queries, emotional health concerns and can offer advice on parenting and behaviour strategies.

**When:** Every Thursday, including school holidays, between 15:30-16:30pm

**Where:** Your mobile / device and a quiet place to chat

**How:** Scan the QR code or type to short URL into your browser:



[mpft.live/schoolnurse](https://mpft.live/schoolnurse)



### Love Christmazz


In conjunction with St George's church the school will be completing an advent project which is designed to show all children the importance of a good night's sleep. Children in each class have been chosen to attend the workshops during the school day and then share the information they learn with the rest of the children in their class. At the end of the project, we will have a celebration event for all those children who have worked so hard to which we will invite parents.

### Job Vacancy


We currently have a vacancy for a lunchtime supervisor. To apply for this position please call 01782 917640 for an application form.

## Mental Health and Wellbeing

On Friday 18<sup>th</sup> November at 1:00pm we will be holding our termly Pastoral Coffee and Catch up for any parent who is worried about the physical and mental wellbeing of their child and would like support with activities, strategies and signposting to external services. Many families have found these sessions really helpful even if it is just an opportunity to talk a problem through. The session will take place in the Hive, please come to the front office for 1:00pm.



**Spotlight on... self-help tools, information and guidance**



At Action for Children, we understand it can be difficult waiting for support after being referred to services. We are committed to seeing children and young people as soon as possible, and we are working very hard to reduce our waiting times to a minimum. The length of time a young person will wait for support will depend on the specific treatment and needs, as well as the demand for services and staffing.

With this in mind, Action for Children offer a number of **self-help tools, information advice and guidance and signposting** both in the letter sent to young people and in the assessment phone contact when the referral is accepted into the service.

We would urge all children and young people to access the self-help support whilst waiting or their support workshops or sessions, as this will enable them to get help with their difficulties at the earliest point, and to maximise the benefits from their sessions.

Some examples of these self-help tools are:

**SilverCloud**

SilverCloud has a variety of online support programmes available for self-sign-up, for young people aged 16+ around difficulties such as anxiety, stress, body image. There are also modules for parents / carers supporting anxious child / teen.

To self-sign-up for this option, please visit:  
<https://actionforchildren.silvercloudhealth.com/signup/>

**Build Sound Minds**


Build Sound Minds gives you lots of advice you can try, along with support you can access.

Please visit: <https://parents.actionforchildren.org.uk/mental-health-wellbeing/>

**Parent Talk**

Action for Children have a 'live' parenting service which can be accessed via our website <https://actionforchildren.org.uk> and click on 'Parent Talk' where you can talk online to a parenting practitioner.

Our Service website has many self-help guides and resources to help with a wide range of difficulties:

 <https://www.staffordshire-ewb.actionforchildren.org.uk/>

## Lego Therapy

Our LKS2 Lego Therapy group worked together to create the dinosaur below, the group focuses on building a range of skills which include teamwork, resilience, conflict resolution and perseverance.

