



Weekly Newsletter

Friday 3.2.2023

Secondary School Placements National Offer Day – 1st March 2023

On-time applications - if your application was submitted **on or before** the closing date, **31st October 2022**, you will be notified of your allocated school, by email, at some point. You will also be able to view your allocated school by logging into your Citizen Portal after midnight

Late applications - if your application was submitted **after** the closing date, **31st October 2022**, you will receive notification of your allocated school at a later date, by letter. Late allocations are not viewable via the Citizen's Portal.



Coming Soon

Our very own Pirate Ship! Keep an eye out for a competition to choose the ship's name. Get thinking!



Parent Consultations

Monday 13th February 2023
If you have not yet booked a time slot, please see your child's ClassDojo to see availability.

Class of the Week

RED



Valentine's Breakfast

Tuesday 14th February.

8:30am

£1.50

Enjoy a breakfast of pancakes with chocolate/raspberry sauce and cream, as well as a lovely hot chocolate.

Buy your tickets from the office from Monday 6th February.

Wear something red.

Dietary requirements catered for.



Gardening Volunteer

We are still appealing for help, from anybody interested in assisting with our allotment area. Please see Mrs Marrow if you, or someone you know, is interested. Thank you.

Stars of the Week

Purple: Kendall

Green: Amina

Red: Chloe

Blue: Izzy



We are in the process of becoming a cashless school. This means that after half term, all clubs can be paid for and permission given by you from home.

Please ensure that you register on the ParentPay website, using the information sent home this week.

If you experience any problems activating your account or misplace your password, you will need to contact ParentPay directly via the web link below [Who We Help Go Cashless - ParentPay](#)

or

Tel +44 (0) 2476 994820

Children's Mental Health Week



Improving children's mental health

Next week (6th -12th Feb) is Children's Mental Health Week, the theme this year is 'Let's Connect'.

"*Let's Connect* is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing" - [Place2be.org.uk](https://www.place2be.org.uk)

Place2Be have sent tips for parents and carers, these have been added below.

We will be using their resources in school to aid discussion on this theme at an age appropriate level.

For anybody needing to contact us regarding issues concerning mental health and well-being, we have a designated email address wellbeing@broadbottom.tameside.sch.uk

Self-referrals can also be made to the Anthony Seddon Fund and their email is tasfund.org.uk

LET'S CONNECT



TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

LET'S CONNECT

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

6-12
FEBRUARY
2023

Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

- 4. Connect by taking an interest in your child's world**
As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.
- 5. Find time to connect as a family**
Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.
- 6. Try to resolve conflict and re-connect after arguments**
Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Video activities from Place2Be

Puzzle Pieces – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentalhealthweek.org.uk/puzzlepieces

Connecting Paperchains – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. childrensmentalhealthweek.org.uk/paperchains

Exchanging Postcards – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/postcards

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. parentingsmart.org.uk

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help