



## Ox Close Federation Newsletter

### Friday 15<sup>th</sup> September 2023 - Volume 2

#### Colour Run

The start of a new academic year always brings with it a brand new set of events for the year. Our first Federation event will take place on Friday 29<sup>th</sup> September ... our annual Colour Run!!! Last year was amazing, if not a bit damp! So we're praying for better weather this year. A separate letter has been sent out this week with all the information. We really do appreciate all the sponsorship that the event generates; it allows us to continue to enhance the children's experiences at school with visiting companies, new and special resources as well as taking children out of school too! As always, if you have any questions about the event, please contact the Federation office or send a message on your child's SeeSaw profile.

#### Primary School Times

Below is a little reminder of our start and finish times:

<b>Start Time - 8:45am</b> Gates will open at 8:40am and will close at 8:45am.
<b>End Time - 3:15pm</b> No changes to the current time.

It is important that all children are in school on time as lessons start promptly at 8:45am. Once the gates are closed, all children must enter school via the Main Entrance. Children who arrive after 8:45am will be marked as late on the register.

#### ESH Stay Safe Competition Winners

Following the competition in July, I am pleased to announce that three winners were selected by the Springmoor site staff. Congratulations to Joe B, Patsi H and Holly C. We announced the winners today and they will be making a visit to the site next week to collect their prize. Keep your eyes peeled for their winning designs around the site!

#### Autumn Term Clubs

Below is a list of clubs for this half term:

Day and Time	Club	Year Groups	Number of Spaces
Monday 3:15 - 4:30pm	Dance	Years 4, 5 and 6	30
Wednesday 3:15 - 4:30pm	Balance Bike	Years 1 and 2	15
Wednesday 3:15pm - 4:30pm	Cookery <i>Cost - £6 to cover ingredients</i>	Years 1 and 2	12
Friday 3:15 - 4:30pm	Team Games with Education Enterprise	Years 3 and 4	25

Clubs can be booked via Arbor. If a club is popular, then a waiting list will be held and children offered spaces as and when they become available. Reception children will be included from after the October holiday.

## Headlice

We would like to remind all parents of the need to routinely check your child for head lice on a regular basis. If your child does have head lice, free treatment is available from any pharmacy and as long as your child has been treated they can be in school.

## Attendance

Overall attendance for the week is 97.7% and the Year Group with the highest attendance is Year 4 with 99.1%. The overall school attendance for the academic year is 97.5%.

## Respiratory Illnesses

At this time of year, we have lots of winter illness beginning to appear in school. The following guidance has been provided by Durham County Council to support everyone to reduce the spread:

- Get vaccinated if you are eligible as this provides protection against severe disease
- Ensure good ventilation to allow fresh air into spaces
- Wash your hands regularly
- Cover coughs and sneezes
- Clean your surroundings frequently

## Weekly Class Charts Top Scorers

Year 1	Max H	Year 4	Florence W
Year 2	Oliver R	Year 5	Katie C
Year 3	Lois A	Year 6	Maya B

## Dates for the Diary

Friday 29 <sup>th</sup> September	Federation Colour Run
Saturday 30 <sup>th</sup> September 10am - 12pm	Federation Open Event
Wednesday 4 <sup>th</sup> October 9am - 10am	Reception Phonics Workshop
Friday 6 <sup>th</sup> October	PD Day - Nursery and School Closed
Tuesday 24 <sup>th</sup> October	Nursery - Butterflies Stay and Play
Friday 27 <sup>th</sup> October 11am - AM Children 2pm - All Day and PM Children	Spooky Storytelling
Friday 27 <sup>th</sup> October	3:15pm - School closes for Half Term
Monday 27 <sup>th</sup> November	PD Day - Nursery and School Closed
Wednesday 6 <sup>th</sup> December	10am and 2:30pm Reception Nativity
Monday 11 <sup>th</sup> December	10am and 5pm Year 3/4 Carol Concert
Tuesday 12 <sup>th</sup> December	10am and 5pm Year 1/2 Christmas Show
Wednesday 13 <sup>th</sup> December	10am and 2pm Nursery Christmas Songs
Thursday 14 <sup>th</sup> December	10am and 5pm Year 5/6 Christmas Show
Tuesday 19 <sup>th</sup> December	3:15pm - Nursery and School close for Christmas
Thursday 4 <sup>th</sup> January 2024	Children back to Nursery and School

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# 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.



### 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?

### 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?'

### 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.

### 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.

### 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.

### 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.

### 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.

### 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>



# 3/4D

In English we have been learning the story Little Red Riding Hood and learning how to use a dictionary to learn the meaning of new words.



In PE we have been learning the importance of balance and how balance is so important in everything we do. Skipping, jogging, walking, jumping, and sitting.

In the garden with Sam, we have been decorating clay with natural materials which we found on our scavenger hunt.



In 3/4 we take part in brass lessons. Year 3 have had their first lesson this week and Mrs Caswell commented on how focused and hard they worked.

