

St. Laurence Primary Newsletter

Spring Term - Issue 1

11th January 2019

Our School

Gospel Values

2018—2019

Responsibility

Peace

Compassion

Generosity

Wisdom

Courage

Classes

Robins **R**
Mrs. Harvey
(Deputy Head Pastoral)
Wrens
Miss. Campbell

Kingfishers **Yr 1/2**
Mrs. Chalklin
(KSI Leader)
Skylarks
Miss Tanvir
Nightingales
Ms. Bairos

Quails **Yr 3/4**
Miss Jeavons
Doves
Mr. Jiggins
Swallows
Miss Corcoran

Magpies **Yr 5/6**
Mr Fitt
Owls
Miss Kelly
Kestrels
Mr. Pepper



New Year—New Term!

Welcome back to all our children and their families after the Christmas Holidays. We would like to take this opportunity to thank all the parents for the thoughtful gifts and cards our staff received for Christmas, which were very much appreciated.



Mental Health Days

During our first days back at school the children explored the 5 keys to wellbeing: take notice, be active, keep learning, connect and give.

Activities across the school included going on a wellbeing treasure hunt to find little moments of happiness, connecting with nature during Forest School sessions and giving compliments and collecting smiles. In their classes children discussed the importance of talking about our 'big feelings' and they each made a hand and wrote the names of 5 people they felt they could trust and talk to about our feelings. For more information regarding supporting your child's mental health please read the attached leaflet from the Anna Freud Institute, which gives practical advice and guidance.



Home time arrangements

May we remind Parents of our procedures concerning Home time collections. Teachers will only release children to Parents and any other adult that has been identified as having permission to collect children on the contact sheets.

If arrangements need to be changed, Parents must let office staff and the class teacher know. If this change has not been communicated the school will contact the Parent to confirm before releasing the child.

Following our recent successful Parent Drop-In sessions last term, we have arranged another drop-in to take place on Wednesday 30th January. This term's session will focus on PSHE and E-Safety. The latest copy of Digital Parenting will be available after these sessions and with the subsequent newsletters.

ST. LAURENCE CATHOLIC PRIMARY SCHOOL

Mrs. Clare Clark
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Mrs. Bennett
Deputy Head Teaching &
Learning
Mrs. Harvey
Deputy Head Pastoral
Mrs. Robertson
Inclusion Manager

Office Staff:
Mrs. L Taylor: School
Business Manager

Miss C Taylor: PA to Head
Teacher and SLT

Mrs. S Gallucci: Office
Admin Assistant

For recent updates, news
and information please visit
our school website:



www.stlaurence.cambs.sch.uk

At the end of the Autumn term 42 children from KS2 competed in the Cambridgeshire Cross Country Championships. All the children ran in their respective year groups and we had some superb results. Diana came in 1st in the Year 3 girls race. She sprinted with 200m to go to win. We also had a couple children placed in the top 10 out of 150 children. 5th Le Roi (Year 4) and 6th Micaela (Year 5). Adrian in Year 3 was presented with the award for showing determination during his race. It is great to see that the Diamond Mile is having a positive impact in developing tenacious runners at St Laurence School.
A special mention goes to Ella May and Rebecca who showed care, courtesy and concern for another member of our school during their race



The PTA were very busy during the Autumn term raising money for your children.

Thanks to their efforts with the Calendars, Nativity DVDs, Cake Sales and the Fr. Christmas visit they have raised £1057.27 this term.

This term there will be a school disco on 8th February and tickets will be on sale from the 21st January from school office.

Thank you for all your help supporting our PTA!

Last weeks Attendance Hero:
Quails Class with
98.4%



Join Our Fostering Team
www.cambridgeshire.gov.uk/fostering

Help with Foster Carers

Have you ever considered becoming a foster carer? If so, now is a great time to start your fostering journey as Cambridgeshire County Council's fostering service is currently recruiting carers to a wide range of rewarding roles.

We are particularly keen to hear from anyone who could provide a home to a teenager in care and offer them the help and support they need.

To find out more about how you can make a difference, call today on 0800 052 0078 or visit www.cambridgeshire.gov.uk/fostering

Tues 22nd Jan: 3pm Doves Class

Assembly

Wed 30th Jan: 9am Parent drop in E-Safety

Wed 30th Jan: Yr.6 Parent Hautbois

Meeting 3:30pm in Kestrels Class

Tues 5th Feb: Nightingales Class

Assembly

Fri 8th Feb: PTA Disco

HALF TERM 18th-22nd Feb

Tues 5th March: Kingfishers Class

Assembly

Wed 6th March: 2:30pm Ash

Wednesday Mass

Tues 12th & Wed 13th March: Parent

Consultations

Tues 19th March: Wrens Class

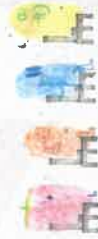
Assembly

Talking Mental Health Animation

**TALKING
MENTAL
HEALTH**

Talking Mental Health is an animation designed to help begin conversations about mental health in the classroom and beyond.

The animation and accompanying resources have been created by a team of animators, children, teachers and clinicians, and is being taught to year 5 and 6 children around the UK.



The animation and resources are freely downloadable from www.annafreud.org

Finding support

ChildLine: For 18s and under
0800 1111

NSPCC:
0800 800 5000

YoungMinds Parent Helpline:
0808 802 5544

Youth Wellbeing Directory:
youthwellbeing.org

About the Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years.

Our aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment.

We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.



Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 01819888, and a registered charity, number 1077106

Hampstead Site:
12 Waresfield Gardens,
London NW3 5SU
Tel: 020 7794 2313

Old Street Site:
Jordan House, 47
Brunswick Place,
London N1 6EB

Holloway Site:
33 Haysdon Street,
London N7 6QR

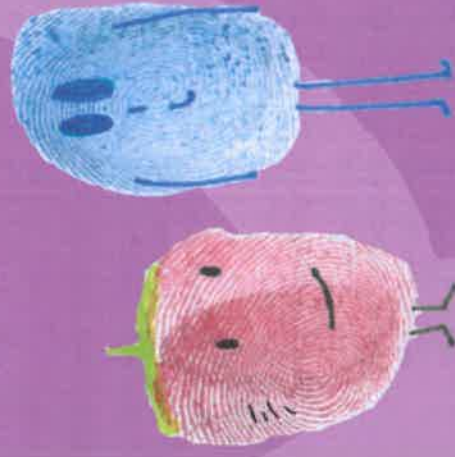
Greater Manchester Site:
Manchester Institute of
Education, University of
Manchester, Oxford Road,
M13 9PL

Supported by
**JO MALONE
LONDON**

**Anna Freud
National Centre for
Children and Families**



You're never too young to talk mental health



**Tips for talking for
parents and carers**

An introduction from our Patron, HRH The Duchess of Cambridge

// As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up.

It's important that our children understand that emotions are normal, and that they have the confidence to ask for help if they are struggling.

This is why I am proud to support the *You're never too young to talk mental health* campaign by the Anna Freud National Centre for Children and Families, which is being rolled out across primary schools this autumn.

The campaign's resources are excellent tools to support parents. They demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones.



What is mental health?

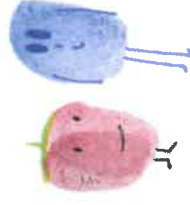
★ We all have **mental health**. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.

★ We all have **small feelings every day**: These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.

★ Sometimes we experience **big feelings**: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



1 Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.



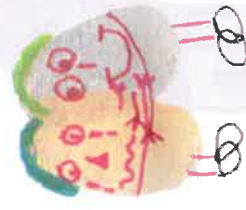
2 Give your full attention: We all know it's horrible to be half-listened to. Keep eye contact, focus on the child and ignore distractions.



3 Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.

4 Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.

5 Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.



6 Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.

7 Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.

8 Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.

9 Look for clues about feelings: Listen to the child's words, tone of voice and body language.

10 Some ways to start a conversation about feelings might be:

- "How are you feeling at the moment?"
- "You don't seem your usual self. Do you want to talk about it?"
- "Do you fancy a chat?"
- "I'm happy to listen if you need a chat."

