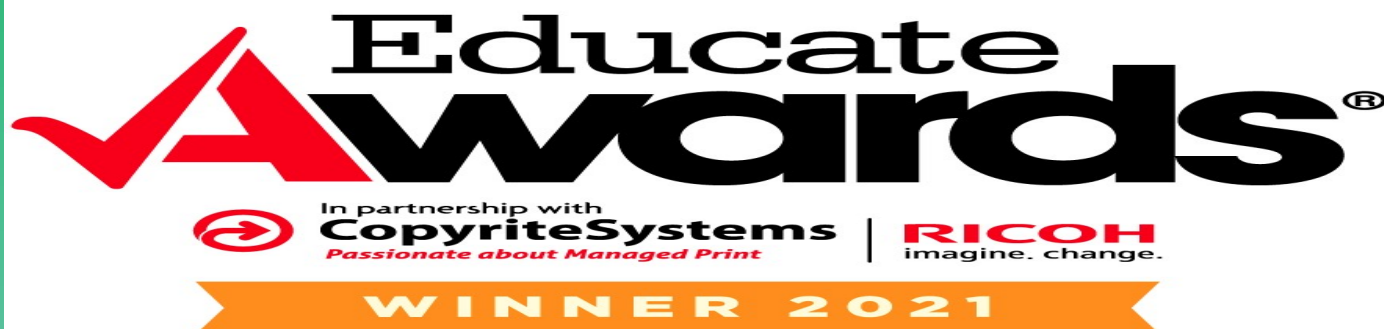




NEWSLETTER

www.parish.st-helens.sch.uk 01744 678 430 TWITTER: @parishschool1

Learning and Growing Together in Faith, Hope and Love



2023-2024 Issue Number 3 Friday 22nd September 2023

OUR VALUE THIS HALF
TERM IS:

FAITH THROUGH

DIGNITY

Mrs Young's Message ...

Dear Parents and Carers,

We have had an absolutely superb week in school this week!

Our youngest children are settling in beautifully and it was a delight to officially 'welcome' our new Reception children (and those parents and carers who could join us) to the Parish family, the Parish Church family and of course God's family at our Welcome Blessing at Parish Church on Wednesday. I hope the children are enjoying their prayer books and candles.

Thank you to all parents and carers who were able to join us today for our first Parents' Coffee Morning of the year - I hope you found it informative and enjoyed seeing your child enjoying their learning in class. Thank you to Mr Hardy for leading this for us.

It is great to see our new system for dropping off and collecting children working so well and again I thank you for your support and patience with this. A reminder now that we haven't had to make since before Covid - no dogs are permitted on the school playground at drop off or collection time, thank you for your support with this.

We will soon be advertising for a new parent governor to join our governing body and I do encourage you to consider applying when the election forms are sent out.

Finally, huge congratulations to our new Head and Deputy Head Boys and Girls, our Vision Ambassadors (our new name for the school council) and all of the Rainbow Leaders elected on Democracy Day - I'm super proud of you all!

Have a wonderful weekend - Autumn officially begins on 23rd so enjoyed the last day of Summer! Mrs Young



School Matters!



Attend Today, Achieve Tomorrow

Attendance

Whole School	97.8
Reception	98.3
Year 1	97.9
Year 2	100
Year 3	100
Year 4	95
Year 5	98.3
Year 6	95



193 pupils with perfect attendance this week!

Can we beat this next week? Let's do it!!

Attendance Update

We need to try really hard each and every week to make sure every year group is beating our **97%** target—this will help us to succeed!

Our attendance this week is:

97.8%

Our attendance for the year so far is:

98.05%

Democracy Day

On Friday 15th September, we held our annual Democracy Day where in children chose their Rainbow Leader teams for the coming academic year. They were also able to vote for their vision ambassadors (the new school council) and also our Head Boy and Head Girl (along with their deputies).



Introducing...

Our Head Boy Noah and Deputy Head Boy Charles

Our Head Girl Isla and Deputy Head Girl Ruby

Our Vision Ambassadors for 2023-24 are...

YEAR 2	Zachary & Ayana
YEAR 3	Mason & Imogen
YEAR 4	Harry & Serephina
YEAR 5	Jaxon & Poppy
YEAR 6	Jack & Lily-Mae

Diary Dates—Autumn Term 1 2023

11/9/23—Y6 Swimming Starts and continues every Monday this half-term.

25/9/23 & 26/9/23—Bikeability Y5 across the week

26/9/23—European Day of Languages

26/9/23 - Year 6 Football Competition

28/9/23 - 0-19 Team Heights and Weights for Reception and Year 6.

29/9/23—Behaviour Coffee Morning

29/9/23—Anthony Walker Foundation workshop for Y4, Y5 & Y6

2/10/23—Harvest Prayer Space Event

4/10/23 - Flu Vaccinations 2023

13/10/23—Year 6 Class Assembly

Headteacher's Award WINNERS

Showing Resilience and Perseverance.

RECEPTION	Matilda Jackson
YEAR 1	Keira O'Shaughnessy
YEAR 2	Ileana Nealon
YEAR 3	Lorenzo Rigoto
YEAR 4	Jaxon Huyton
YEAR 5	Oforiwah Kyei
YEAR 6	Lilly Mae Bacon

Meet the Teacher

Thank you to all parents and carers who joined us this week for the Meet the Teacher meetings. For those who were unable to attend, the information will be sent home with your child.



Communicating with Staff Outside of School Hours:

Please do not use Twitter (or other social media) as means of communicating with staff about concerns or issues.

Instead please phone the school office and ask for a teacher to call back, speak to a member of staff at the school or email via the email address—support.parish@ldst.org.uk. Please note emails are monitored during school hours—you may not receive a response until the following day.

Thank you.

PE DAYS AUTUMN 1

MONDAY—YEAR 5 AND YEAR 6

(YEAR 6 SWIMMING 9:30AM-10:30AM)

TUESDAY—YEAR 1, YEAR 3 & YEAR 4

WEDNESDAY—YEAR 3, YEAR 4, YEAR 5 & YEAR 6

THURSDAY—NURSERY, RECEPTION & YEAR 2

FRIDAY—YEAR 1 & YEAR 2

Full PE kit on these days.

Black tracksuit/shorts and plain white T.Shirt (logo optional)

NO SLOGAN/BRANDED T SHIRTS OR BRIGHT COLOURS. THIS IS PART OF SCHOOL UNIFORM AND EXPECTATIONS MUST BE FOLLOWED.

Behaviour Coffee Morning:

On Friday 29th September, Mrs Beechey will be holding a coffee morning of the all about school behaviour and attendance.

You will first be invited into the hall for coffee and biscuits and Mrs Beechey will share with you 'The Parish Way' our approach to behaviour across the school. You will then be invited into classes to be part of a short lesson showing some of these approaches in action.

We hope that you can join us!

Flu Immunisation eConsent—IMPORTANT EVEN IF YOU DO NOT WISH YOUR CHILD TO RECEIVE THE VACCINE

To all parents/carers of children in reception to year 11,

Could you please complete your child's electronic flu consent form via this link ASAP.

econsent.merseycare.nhs.uk.

If you have any difficulties accessing the link please contact the corresponding immunisation team who will be happy to help.

Remember flu is a really unpleasant illness and having your child vaccinated with a quick, painless nasal spray is the best way to protect them, your family and friends.

We understand that some people may not want to take up this offer and we ask that you still complete the form and choose that you don't want your child to receive it to avoid our service contacting you.

Many Thanks—School based immunisation services



★ THE ★ GREAT ★ EUROPEAN ★ BAKE OFF ★

TO CELEBRATE ALL OF THE WONDERFUL LANGUAGES AND CULTURES
THAT MAKE UP OUR SCHOOL COMMUNITY, YOU ARE INVITED TO BAKE A
CAKE WHICH REPRESENTS YOUR OWN CULTURE OR ANY EUROPEAN
COUNTRY

(IT MUST BE NUT FREE)

BAKES WILL BE JUDGED BY STAFF AND THE WINNER WILL BE AWARDED THE
'GOLDEN SPOON' IN FRIDAY'S CELEBRATION WORSHIP!

**HAPPY
BAKING!**



**Tuesday 26th
September**



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.



National
Online
Safety®

#WakeUpWednesday

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?

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.

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?'

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>



Open Days

Reception 2024

Parish CE Primary School

Are you a parent or a carer with children starting school in September 2024 and beyond?

If so, come and see Parish Church of England Primary School in St Helens. We are a distinctly Christian one form entry school offering an excellent curriculum, a nurturing approach and wide ranging activities and opportunities for all of our children. We were judged to be '**OUTSTANDING**' in January 2022 by Ofsted.

You will have the chance to see the school and the classrooms in action, and speak to the children and staff. Please telephone the school office on 01744 678430 or email parish.sthelens@ldst.org.uk to book onto your preferred date.

Please also view our school website (www.parish.st-helens.sch.uk) and Twitter page (@parishschool1)

Dates

Monday 13th November—10am

**Wednesday 15th November—
4:30pm**





Dear Parent/Carer,

Our school is part of Operation Encompass which is a national scheme that operates jointly between schools and police forces.

Operation Encompass is the reporting to schools, prior to the start of the next school day, when a child or young person has experienced domestic abuse.

As a school we have ensured that members of our staff (Mrs Young, Mrs Beechey and Mrs Morris) known as Key Adults, have been trained in the Operation Encompass procedures allowing us to then use the information that has been shared, in confidence, to support the child/ren in our care.

The Domestic Abuse Act 2021 identifies children who experience domestic abuse as victims of domestic abuse in their own right.

We are keen to offer the best support possible to all our pupils and we believe this will be extremely beneficial for all those involved.

Signed

Mrs Young

