



A message from our Headteachers



15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety

This week is Mental Health Awareness Week in the UK. The theme of the week is anxiety and what support you can receive to support feelings of anxiousness or worry. At Warren, we have a number of services which can be accessed to support your child if they are anxious or feeling worried.

	Our PSHE curriculum includes developing understanding of mental health and wellbeing, how to be 'mentally healthy' and manage worries.
	We have our school Place2Be councillor, Keren, who is able to work 1:1 with children and also runs a lunchtime drop in for all called Place2Talk.
	We have access to the Nottingham City Mental Health team who can provide support to children and young people.
	Miss Keemer delivers Yoga sessions to classes in school each week. This teaches children mindfulness and breathing techniques for when they may not be feeling ok.



Children in Need are also running a campaign to support improving children's mental health. Helpful resources you can use at home can be found here:

<https://www.bbcchildreninneed.co.uk/changing-lives/behind-the-bandana/why-conversations-are-a-brilliant-way-to-keep-a-childs-mental-health-on-track/>

Pages at the end of the newsletter also detail specific services that can be accessed within Nottingham City.

If you are concerned or worried about your child's mental health or wellbeing, please speak to a member of staff in school who will be happy to provide support.

Thank you,

Mrs Salam and Mr Middleton

Achievements this week!

Well done to the following children who have been given a certificate in our celebration assembly today!

- F1:** James for being kind to his friends & Lowan for giving good answers in lesson.
- F2:** Oliver W-F for getting on independently with his craft activity & Lacie for settling into F2 really well.
- Y1:** Alan for being brave and putting his hand up & Jan for his fantastic writing about Sherwood Forest.
- Y2:** All of Year 2 for being super SATs stars!
- Y3:** Dalton for having an amazing awareness and super questioning during our Autism Awareness Week & Bernice for being really kind to adults and children across school.
- Y4:** Kyran for determination in English – interviewing brilliantly & Freddie for fantastic enthusiasm for Science.
- Y5:** Deborah for always wanting to improve and for writing an excellent setting description & Jessica for creating a super piece of writing and pushing herself.
- Y6:** Bethany for continuous hard work and focus during the writing of horror narratives & Isla for amazing determination and interest in Geography.



Attendance

Our attendance target this year for each child to reach is 96%. It is important your child is coming to school every day to reach this target. Our whole school attendance for this week is 92.2%.

Mrs Neat, our family support worker, checks on pupil attendance daily. **We ask that you communicate every day with school to share reasons why your child is absent from school.**

Here is this week's attendance:

- F1: 88.2%
- F2: 85.8%
- Y1: 81.3%
- Y2: 99.2%
- Y3: 93.5%
- Y4: 92.7%
- Y5: 95.4%
- Y6: 95.6%



Well done to Year 2 who have the highest attendance this week!



Key dates



Summer term 1

Date	Event
24.5.23/25.5.23	Y6 Bikeability
25.5.23	Y5/6 visit to Theatre Royal to see Shakespeare play
26.5.23	End of half term
5.6.23	INSET day following half term break
6.6.23	Return to school

Summer 2 term – some key dates

5.6.23	Y4 Multiplication Check Week
6.6.23	Class and group photo day
12.6.23	Y1 Phonics Screening Check Week
19.6.23	Refugee Week
28/29.6.23	Y2/3 Residential to Wollaton Park
5.7.23	Drama club performing at Nottingham Playhouse
10-12.7.23	Y5/6 Residential to Walesby Forest

Autism Awareness Day

A huge thank you to Miss Curtis for organising our fundraising day for Autism Awareness on Friday. We raised £85 from our non-uniform day, and school was full of colour for the day! Thank you to Bernice and Flynn for counting the money we raised.

The children have also been given the opportunity to post questions to find out more about autism this week. This has been supporting the children to develop their understanding of this condition.



School Church

Thank you to everyone who attended our school church on Monday with Rev. Nikki. It was lovely to see so many families in school. We will be running another session in school on Monday 12th June.

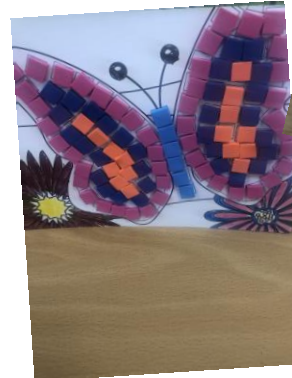


Year 1 Go Wild Challenge!

Children in Year 1 have been taking part in the Wildlife Trust's Go Wild Challenge.



An outdoor/wildlife based challenge has been posted on ClassDojo by Miss Pithers, throughout every day in the month of June! This is a challenge for the children and their families to complete at home. They can record completion of their challenge on their wild chart and whoever manages all 30 challenges will receive a special badge! This is what the children have been up to so far!



You can find out more information and take part in the challenge here: <https://www.wildlifetrusts.org/30dayswild>

PAW Patrol on a Stroll week in the Burrow




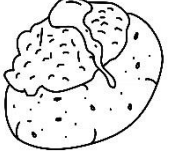
Children in the Burrow will be fundraising for The Dogs Trust from 22nd-29th May. They are taking part in PAW Patrol on a Stroll and will be walking 4 laps of the field every day.

Please help them raise money by sponsoring the children here: <https://www.justgiving.com/page/the-burrow-1683147191309>

Thank you to everyone who has already donated!



Week 3 lunch menu

Day	Main	Vegeterian	Dessert	Jacket Potato
				
Monday	Ham & Pineapple Pizza	Homemade Cheese & Tomato Pizza	Apple Muffins	Baked Beans, Cheese Fresh salad
Tuesday	All Day Breakfast	Vegetarian All Day Breakfast	Strawberry Jelly	Beans Fresh Salad
Wednesday	Roast Chicken & Stuffing	Quorn Fillet	Vanilla Ice Cream	Spaghetti Hoops Fresh Salad
Thursday	Beef Chilli Tacos	Quorn Chill Tacos	Banana Mousse	Grated Cheese
Friday	Fish Fingers	Quorn Sausages	Chocolate Cake	Coleslaw



STONEBRIDGE CITY FARM
and THE PEOPLE'S THEATRE COMPANY
present

“CHARLOTTE’S WEB”

“PERFORMED at
Stonebridge City Farm
St. Anns
NG5 2FR

Thursday, 31st August—2nd September 2023

6.30 onwards

Tickets:-
£3.00 Adult
£2.00 Child

DRONE

SATURDAY 20 MAY
AT WOLLATON PARK

EMERGENCY SERVICES DAY

POLICE CARS | FIRE SERVICE | DRONE TEAM | POLICE DOG TRIALS



National Police Dog Trials 2023

NOTTINGHAMSHIRE Fire & Rescue Service
Creating Safer Communities

NOTTINGHAMSHIRE POLICE
PROUD TO SERVE

The Bestwood Partnership



CELEBRATES

THE KINGS CORONATION



FREE FAMILY FUNDAY

Bestwood Estate Community Centre

Gainsford Crescent NG5 5HT

Thursday 1st June 11-2

FREE FOOD FREE FAMILY FUN

Jacket Potatoes

Mushy Peas

Hot Dogs

Inflatables

Facepainting

Smoothie bike

Arts and crafts

Plus much more !



Looking After Your WELLBEING ONLINE

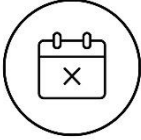





We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the internet.



 National Online Safety®
#WakeUpWednesday

LOOK FOR POSITIVE COMMUNITIES



<u>Warren expectations of attendance</u>	
<u>Expectation/actions</u>	<u>What you need to know</u>
<p>Absence from school</p> 	<ul style="list-style-type: none"> We understand your child may not be well enough to attend school. If this is the case, contact MUST be made with school to share why your child is off school. Communication must be made with school on every day of your child's absence. If we do not receive communication from you on each day of your child's absence, school will try all methods possible to ensure contact is made. If it is necessary, a home visit will be completed by members of the Warren team. This is to ensure we know your child is safe.
<p>Absence request forms</p> 	<ul style="list-style-type: none"> Any other absence from school must be submitted to school via the absence request form. This can be provided for you by the office and it must be completed in a timely manner. School will review the request and decide whether this is classed as an authorised or unauthorised absence. Holidays during term time will not be authorised. Only requests for very exceptional circumstances will be authorised and this will be at the discretion of the Headteacher. The outcome of the request will be communicated with you.
<p>Punctuality and lateness</p> 	<ul style="list-style-type: none"> The start of the school day is 8.50am. The school gates open daily at 8.30am, with the classroom doors opening from 8.40am. If your child arrives after 8.50am, they will be given a late ticket and they receive a late mark if they arrive after 8.50am. All children being on time for school is very important, as learning in the classroom begins from 8.40am. Our registers close at 9.10am. If your child arrives after this time and it is not for a medical reason, they will be marked with a 'U' code, which means they have an unauthorised absence for that session.
<p>Persistently absent pupils</p> 	<ul style="list-style-type: none"> If your child's attendance drops below 90%, they are classed as being a persistently absent pupil. You will be notified in writing if your child's attendance become below 90%. As a school, we have a duty to monitor attendance and we understand that your child's attendance may be lower due to illness. We will track and monitor this over a 4 week period, with the hope that this will improve. You may be asked to attend regular meetings with the school to implement an attendance action plan. If attendance does not improve, the school will refer to the Nottingham City Education Welfare Service. You may receive communication about a fine if attendance does not improve.
<p>Severely absent pupils</p> 	<ul style="list-style-type: none"> A child is classed as severely absent if attendance is 50% or lower. This can be classed as educational neglect and a referral to social care can be made by the school. The Education Welfare team will be notified, a referral may be completed by the team due to concerns about your child's attendance, and you may be issued with a fine.
<p>Help and support for attendance</p> 	<ul style="list-style-type: none"> We want to provide help and support to ensure all pupils can access their learning every day. If you are struggling with attendance, or would like further support with any issues around attending school or being on time, please speak to Mrs Salam, Mr Middleton or Mrs Neat, who will be more than happy to help.

**MENTAL HEALTH
SERVICES**

**NOTTINGHAM
CITY**



#REALPEOPLE

**INFORMATION ABOUT LOCAL MENTAL HEALTH SERVICES
FOR YOUNG PEOPLE IN NOTTINGHAM CITY**



**LEADERS
UNLOCKED**



KEY



Targeted CAMHS

0 - 18yrs.

Who is this for?

Children and young people with moderate emotional and/or mental health needs.

What do they offer?

You'll be able to talk openly about the difficulties that you're experiencing, and explore choices for support. CAMHS will help determine what options may be helpful, discuss and plan together with you and your family. CAMHS offer a range of evidence based, therapeutic interventions. The service also provides SHARP which helps to raise awareness around self-harm and support to young people through secondary school clinics and one to one sessions.

How can I access it?

For more information:

Phone: 0115 876 4000

Text: 0786 000 213

Email: cypbehm@nottinghamcity.gov.uk

Alternatively you can speak to a teacher at school and ask to access a CAMHS Time4me or SHARP drop in session at school

Specialist CAMHS

0 - 18yrs.

Who is this for?

Young people who are experiencing moderate to severe/ complex emotional and mental health difficulties.

What do they offer?

In partnership with Targeted CAMHS, Specialist CAMHS will complete an initial assessment with you to determine what treatment options may be helpful. This could include group or 1-1 treatment, it can also include family and / or parent sessions.

How can I access it?

For more information about the service and how to access please phone or visit the website.

Phone: 0115 876 4000

Email: cypbehm@nottinghamcity.gov.uk

CAMHS Crisis Resolution & Home Treatment

0 - 18 yrs.

Who is this for?

Young people who are experiencing a mental health crisis such as those who are at risk of immediate and significant self-harm.

What do they offer?

Provide intensive support, determined at the point of assessment and reviewed on a daily basis, until the crisis is resolved or more appropriate services are identified to meet the current needs within a maximum of up to 6 weeks. The service operates 8am to 10pm during the week and 10am to 6pm at the weekend.

How can I access it?

For more information about the service and how to access please phone or visit the website.

Phone: 0115 854 2299 or 0115 844 0560

Website: nottinghamshirehealthcare.nhs.uk/camhs-crisis-team

Kooth

10 - 25yrs

Who is this for?

Young people who want to talk to a mental health professional online, anonymously and free. Alternatively you can access face to face sessions.

What do they offer?

Drop in or bookable online text based counselling sessions along with messaging, discussion forums and self-help. Online counselling available 12pm - 10pm weekdays and 6pm-10pm weekends. Young people will also have access to message forums, articles and a range of self-help guidance. Face to face sessions are also available Monday to Friday 9am - 5pm.

How can I access it?

Young people can register directly through www.kooth.com. Once you are registered online you can access the face to face option by completing a form. Alternatively you can

Email: contact@zenzone.com

Base 51

12 - 25yrs.

Who is this for?

Young people who want to access emotional health and wellbeing services, including counselling and crisis drop-in sessions.

What do they offer?

1-1 Counselling sessions, crisis support and advice and guidance for a range of emotional health needs.

How can I access it?

Young people do not need a referral to access this service. For further information please phone, email or drop in.

Phone: 0115 952 5040

Email: counselling@base51.org.uk

Drop in: NGY 29-31 Castle Gate, Nottingham NG1 7AR (Monday - Friday 9am - 8pm)

Nottinghamshire Sexual Violence Support Services

13+

Who is this for?

Young people aged 13 years and over who have experienced any form of sexual assault or abuse.

What do they offer?

Free face-to-face counselling service provided by trained counsellors and offering a safe and non-judgemental environment in which to explore the impact of any form of sexual assault or abuse.

How can I access it?

For more information about the service and how to access it please phone or visit the website:

Phone: 0115 941 0440

Website: notsvss.org.uk/contact

SHARP (Self-Harm Awareness & Resource Project)

0 - 18 years

Who is this for?

Children and young people with self-harm and/or suicidal thoughts and behaviours.

What do they offer?

SHARP offers brief 1:1 interventions, clinics in secondary schools, workshops for young people to raise awareness, increase confidence and support with exam pressures, and training and consultations to support professionals to work with self-harm and suicidality.

How can I access it?

For more information:

Phone: 0115 876 4000

Text: 0786 000 213

Email: cypbehm@nottinghamcity.gov.uk

Website: eduserve.co.uk/additional-needs/sharp-self-harm-awareness-and-resource-project/about-sharp/

Alternatively you can speak to a teacher at school and ask to access a SHARP Clinic

Local Services – Young adults

There are a range of services across Nottingham for young adults aged 18+ to support with mental health and emotional wellbeing. For more information about the service and how to access please visit the following websites:

Crisis Resolution and Home Treatment
nottinghamshirehealthcare.nhs.uk/crht

Local Mental Health Teams
nottinghamshirehealthcare.nhs.uk/local-mental-health-teams

Eating Disorders in Students Services (EDISS) – For Nottingham University and University of Nottingham students only
firststepsed.co.uk/eating-disorders-in-student-services

Let's Talk – Wellbeing
www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing

Insight Healthcare – Talking Therapies
insighthealthcare.org/our-services/talking-therapies/find-a-service/nottingham

Trent PTS (Psychological Therapies Service)
trentpts.co.uk

Wellness in Mind
wellnessinmind.org

Nottingham Women's Centre
nottinghamwomenscentre.com

For more information about support groups in your local area please visit:

Ask Lion (service directory)
asklion.co.uk/kb5/nottingham/directory/home-page