



A message from our Headteachers

This week, we have been celebrating Black History Month in school. The theme of this year's Black History Month is 'Saluting Our Sisters' and each class from F1 – Y6 have been learning about a famous or influential black woman in History.



The children shared with us about their learning this week:

"We have learnt about Serena Williams – I think she is determined and very resilient. She never gives up" – Winter Y4

"Beyonce dances and sings!" – Indie F2

"Mae Jamieson has taught me to never stop chasing your dreams and never give up" – Oliver, Divine and Ruby Y5

The children have studied and researched about why these women are influential in our History, and then represented their learning on a blank canvas cube. These cubes will then form a part of our Black History Month Art Exhibition that all parents are invited to come to on Friday 20th October from 3pm. We hope you can join us to celebrate our learning from such a significant month.

Thank you,

Mrs Salam and Mr Middleton

Saluting Our Sisters – Women we have been studying across school



F1 & F2	Beyoncé
Year 1	Alison Hammond
Year 2	Nicola Adams
Year 3	Rosa Parks
Year 4	Serena Williams
Year 5	Mae Jamison
Year 6	Oprah Winfrey
The Burrow	Aretha Franklin

Attendance

Our attendance target this year: **96%**.

It is **so** important your child is coming to school every day to reach this target. Our whole school attendance for this week is 92.97%.

If your child is absent from school, **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: 95.7%

F2: 96.7%

Y1: 85.6%

Y2: 90.5%

Y3 : 97.7%

Y4: 94.8%

Y5: 91.0%

Y6: 94%

Well done to Year 3 who have the highest attendance this week!

Attendance updates



You may have noticed a new attendance board in the playground! This board is to inform parents and carers of weekly attendance for each class.

96% and above

96-91%

90% and below

We will also be announcing the half-termly class winner for the best attendance this half term. This class will be going on a visit to The Ridge Adventure Centre in the first week after half term!

Attendance-opoly prizes for this week!

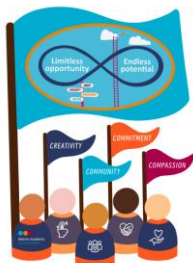
Prizes this week for attendance being over 96%!

1st place – Year 3 who have won hot chocolate and cookies in class next week!

2nd place – F2 who an extra PE lesson of a sport of their choice next week!

Key datesAutumn 1

<u>Date</u>	<u>Event</u>
16.10.23	Year 5 visit to Perlethorpe for Anglo-Saxon and Viking experience day
17.10.23	Fire Safety visit to UKS2 by Arnold Fire Station
18.10.23	EYFS visit from the Teddy Bear's Hospital
19.10.23	EYFS parents and carers stay and play session
20.10.23	Black History Month Art Exhibition
20.10.23	Last day of half term
<u>Autumn 2</u>	
6.11.23	Return to school for Autumn 2 term
	Christmas Fayre
19.12.23	End of the term – finish at 2pm
20.12.23	Warren Inset Day

Hello Yellow Day!

A huge thank you to everyone who took part and contributed to Hello Yellow Day for Young Minds on Tuesday! So many of you lived out our school value of **Compassion** for this important day. We raised £89 for the Young Minds charity, which will be donated to them to continue supporting children and young people with having better mental health and wellbeing! The children also took part in an assembly where they learnt more about what steps they can take to look after their own wellbeing.

Achievements this week!

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

F1: Daisy for building confidence and using her words & Ezekiel for being kind to his friends.

F2: James for speaking like a Mathematician & Kalani for being so lovely and caring to everyone.

Y1: Jaxon for brilliant writing this week & Cohen for listening to Mr Eddyshaw sharing his history of the area.

Y2: Mason for his fantastic listening and behaviour on the trip & Star for her amazing questions about the windmill – super historian!

Y3: Natalia for always showing the school values & Jorja for being kind and helping others.

Y4: Thomas for enthusiasm for learning & Amber for a fantastic drawing of Serena Williams for our Black History project.

Y5: Jason for showing great leadership & sportsmanship skills & Beteal for great effort in all Maths lessons.

Best seats in the house winners this week:

Efe in Year 3 and Gracie in Year 5

For always being role models to their peers around school.

Career of the week

This section of the newsletter is where we will be sharing information about a job or career, which you can then share with your child, to inspire or interest them in different career options!

This week's career is: A Chef!

This is a brave job which involves preparing, cooking and presenting food in different places. On a day-to-day basis, you will need to prepare menus, work under pressure to make sure food is served on time and stick to strict hygiene and health rules!

Skills that are useful if you were interested in a career like this are: **being able to pay attention to detail, knowledge of how to make food and the ability to work under pressure.**

Routes into the industry: You can become a chef by taking a university or college course, completing an apprenticeship or working your way up in a restaurant setting.

More information can be found here:

<https://nationalcareers.service.gov.uk/job-profiles/chef>





A message regarding collection from school

All parents and carers must ensure that if someone different is collecting your child from school, the office is notified. This is to ensure that the teacher who is in your child's class at the end of the day knows that that adult has permission to take your child.

If there is someone who regularly picks up your child for you, and they are not on the child's emergency contact list, please can you ensure that this is updated with the office as a matter of urgency. This may be just for collection purposes, but we must know this information in school.

We know that some parents/carers have close friends who may help pick up children. Examples of this may be if you are unable to make it to school on time for 3.15pm, or that you need help/support collecting your child from an after school club. We must have a record of your permission for someone different to collect, so we can ensure your child leaves school safely.

It may also be that arrangements change temporarily due to personal circumstances. We also need to know if this is the case.

If a member of staff in school needs to check that the adult collecting your child has permission to take your child home, please be understanding and patient. Staff in school will need to do this to ensure your child goes home safely.

If you have any questions, please do not hesitate to speak to us about this. Thank you for your co-operation with this.

Y5 Visit to Trent Bridge for Black History Month

Year 5 visited Trent Bridge last Friday to celebrate Black History Month. The children spent time in the Trent Bridge Classroom, learnt about famous cricket players and the origins of cricket, as well as understanding where cricket is played around the world! The children also got to have a tour of the grounds, and took part in some cricket games too!



Current news and online safety

There has been lots of distressing and unsettling news being circulated this week, both in the press and on social media. If your child has been feeling worried or anxious as a result of this, we have included a guide at the end of the newsletter explaining ways you can best support your child with news content at this time.




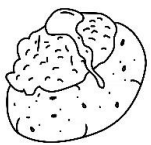
If you need any further help or support, please do not hesitate to speak to a member of staff in school.

Y2 visit to Green's Windmill

Children in Year 2 visited Green's Windmill in Sneinton on Thursday, as a part of their upcoming learning in Autumn 2 – The Great Fire of London. The children learnt how to make bread from scratch, using flour made at the Windmill, as well as exploring the Science Centre and climbing to the top of the Windmill!





Week 1 lunch menu				
Day	Main	Vegetarian	Dessert	Jacket Potato
				
Monday	Homemade Pizza		Apple Muffins	Baked Beans, Grated Cheese
Tuesday	Chicken Fillet Burger	Southern Style Quorn Burger	Lemon Drizzle Cake	Tuna Mayo
Wednesday	Butcher's Sausage	Quorn Sausages	Blackcurrant Jelly	Baked Beans, Grated Cheese
Thursday	Roast Turkey	Quorn Roast	Fresh Fruit Salad	Grated Cheese & Bacon
Friday	Fishwich	Quorn Sausages	Iced Buns	Coleslaw

If your child is having a packed lunch, please ensure you are making healthy choices for your child to eat. Below shows the 'Eat Well Guide' which is what is recommended to be eaten on a daily basis to maintain a healthy diet. We have also included some healthy lunchbox ideas. More information can also be found at:
<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>





Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:

1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- Bread, rolls, bagels, wraps, pitta or baguettes
- Pasta
- Couscous
- Noodles
- Potatoes

Choose wholegrain



Use a thermos flask to keep pasta warm



Get kids involved in the choosing process



2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- Apple, banana, pear, orange, plums
- Small pot of mixed berries or grapes
- Prepared melon or mango
- Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- Salad vegetables
- Vegetable Soup

Add salad to your sandwiches



Use a thermos flask for delicious soups



3 Dairy and alternatives

for strong teeth and bones

Don't forget the dairy!

Choose ONE EVERY DAY from:

- Milk
- Cheese - hard cheese, soft cheese, cheese spread
- Yoghurt or Fromage Frais
- Custard

Choose low sugar dairy products



Keep processed meat to a minimum



Choose oily fish like salmon once every 3 weeks



Keep your energy up with a healthy snack



4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERY DAY from:

- Meat
- Fish
- Eggs
- Non-dairy protein e.g. lentils, chick peas, beans

5 Drinks

to rehydrate your body

- A large glass of water
- Semi skimmed milk - or skimmed milk for children over 5 years.
- 150ml of fresh unsweetened fruit juice/smoothie

Milk, water or 150ml juice



Occasionally!

Meat products such as sausage rolls, pies, sausages

Plain cakes/sponges and biscuits of appropriate portion sizes



For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes



Doughnut fundraiser

We will be selling Halloween themed decorate your own Krispy Kreme doughnuts, with icing and sprinkles, in boxes of 4, to raise money for our upcoming activities and events



Muirfield
Park.

Friday 20th
October
3-4pm

Box of 4
doughnuts with
decorating kit - £8

Single
doughnuts will
be available at
£1.50 each

Thanks for your support!

Boxes need to be ordered in advance (by Monday 16th October) please send a message to 07745753674 with your name, number and order details. Payments by Bank transfer or cash

The Jolly Gardener
and The Duke of st
Albans Public House

Presents

Sunday
OCTOBER

 **29**

FROM 12 till 5pm

*All proceeds go to
Emmanuel Food Kitchen*

Halloween Spooktacular II

£1
Entry

At The Duke of st Albans
Bewcastle Road NG5 9PJ

HALLOWEEN TRAIL IN THE WOODS

CHILDRENS FANCY

45 Market Stalls

DRESS COMPETITION

Hot Food

BRING YOUR OWN CARVED PUMPKIN COMPETITION

Live Music HALLOWEEN PHOTO BOOTH

Fire Engines and Police Vehicles Dare you miss out ?

Questions to ask your child



YOUNGMINDS

What things are you looking forward to?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How are you finding things at school at the moment?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What things would you like to do in the future?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you show me what you like about gaming?

How do you feel about things changing?

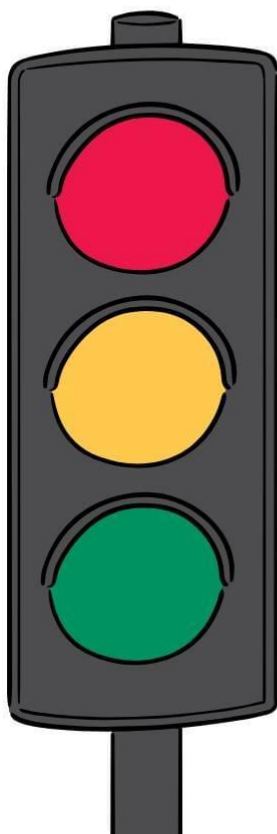
What do you think could help you to feel better?

What have you enjoyed about today?

Support for your mental health



Nottingham and Nottinghamshire



Mental health crisis

Crisis Sanctuaries: **0115 844 1846**

Crisis Line: **0808 196 3779**

Text **NOTTS** to **85258**

Depression, anxiety, stress

Talking Therapies: **0333 188 1060**

Looking after yourself

Every Mind Matters website:

nhs.uk/every-mind-matters





Free places
for children in
receipt of benefit
related free
school meals

October Holiday Clubs

Hawthorne Primary School, Bestwood

Monday 30th October to Friday 3rd November

Open to all children aged 3 to 11 years

Activities include dodgeball, dance, drama, yoga, multi skills, ball games, art and crafts, team and confidence building activities and much more.



Cost: £15 per day
All childcare vouchers accepted

Timings: 9am-3pm

To find out more or to book visit
www.rattleandrollperformance.com
or call 07722 014301



SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.

2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.

4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Source: <https://www.bbc.com/news/health-56104090> | <https://www.dailymail.com/health/supporting-your-child-with-upsetting-content> | <https://www.unicef.org/parenting/how-to-keep-your-children-safe-from-conflict-and-war> | <https://www.bbc.com/news/world-mideast-56104090>