



## A message from our Head of School

### Enrichment at Warren

We have had an exciting few weeks here in school with lots of different enrichment opportunities taking place across all classes, linked to their topics this half term.

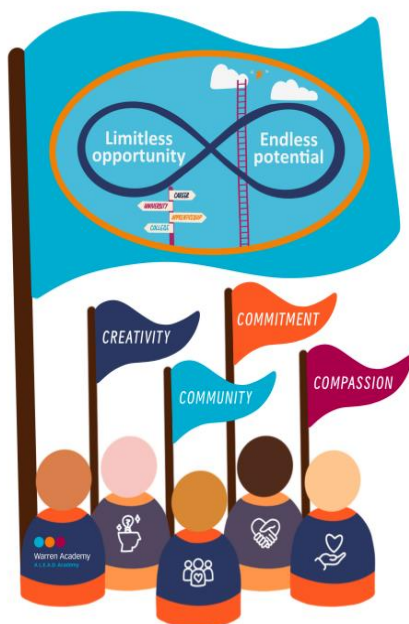
Our curriculum offer aims to ensure that all children are able to access a wide array of different and engaging activities to 'hook' them into their learning. This includes experiences and visitors coming into school, trips and visits out of school, learning being brought to life, and having new learning opportunities.

So far this term, children have:

- Completed a local area walk in F2
- Had a dinosaur and a mysterious dinosaur egg arrive in the Year 1 classroom
- Experienced a day in the life of a Victorian school child in Year 2
- Visited Magna to learn more about Volcanoes in Year 3
- Took part in being film creators in Year 4, making their own Horrible Histories video which will be previewed next week.
- Visited the University of Nottingham in Year 5
- Had a visit from the University's 'Inflativerse' to learn more about Space in Year 5.

We have many more visits and enrichment experiences organised for the children in coming weeks, as well as many events we hope parents and carers are able to join us for as well. You can find information about these below.

As a part of our curriculum offer, we ensure that children are able to create an authentic outcome to demonstrate their learning. Many of these for Spring Term will be taking place in Spring 2, and we hope you are also able to take time to come to these events too.



### Information about whole school upcoming events

#### Books and Breakfast – Tuesday 30<sup>th</sup> January

We are inviting parents and carers to join us with your child in the **dining hall** for books and breakfast. Please come to the hall from 8.40am, to enjoy breakfast with your child, share stories, and pick books from book swap. We look forward to seeing many of you there.



#### NSPCC Number Day – Friday 2<sup>nd</sup> February

We are celebrating NSPCC number day next Friday, where all children are invited to come into school dressed as a rock star! The children will be exploring maths more during the day, and rocking out on Times Tables Rockstars during the day. There is no need to buy a costume for the event, and children can be as creative as they like with how they dress like a rockstar! Donations of £1 for NSPCC will be greatly appreciated.



#### Children's Mental Health Week – Monday 5<sup>th</sup> February

The theme of Children's Mental Health Week this year is 'My Voice Matters'. The children will be taking part in a number of activities during the week, including:

- Completing a mental health and wellbeing questionnaire, having a session in class with Keren, our Place2Be Councillor
- Having an in-class session with Keren to develop understanding of feelings and how their voice matters within this.
- Sharing stories about mental health and wellbeing – class teachers will be sharing stories being read virtually via Classdojo during the week.
- A parents/carers coffee afternoon with Kerry, our allocated mental health team worker from Nottingham City.



#### When I Grow Up' Week & World Book Day – Week beginning 4<sup>th</sup> March with World Book Day on Thursday 7<sup>th</sup> March

We will be holding our postponed 'When I Grow Up' week during week beginning 4<sup>th</sup> March. This will be a careers themed week where we are planning for the children to have opportunities to learn about and discover different jobs and careers they can have, to fulfil their aspirations for the future.

We are looking for parents and carers who may want to come in to talk to the children about their jobs – please register your interest here: <https://forms.gle/v57wXjYgp3cmUUyh9>

We will also be celebrating jobs and careers on World Book Day, and reading lots of texts linked to our careers week. We are inviting children to come to school dressed up on World Book Day as what they would like to be when they are older!

Thank you for your continued support,  
Mrs Salam and Mr Middleton



# Attendance matters



## Why is attending school important?

Attendance is a critical factor in determining your child's long term success and future career/job prospects. It is also your child's right to have an education. Parents and carers have a legal duty to ensure your child is able to access a full-time education. Time in school allows your children to be safe and provides access to opportunities they may not be able to access – such as enrichment opportunities and extra-curricular clubs.

## Weekly attendance

Weekly attendance target: **96%**

This week's overall attendance: **92.53%**

Here is this week's attendance:

F1: 95%

F2: 91.1%

Y1: 95.1%

Y2: 85.1%

Y3: 85.9%

Y4: 96.7%

Y5: 92.9%

Y6: 92.9%

## Attendance-opoly prizes for this week!

**1<sup>st</sup> place** – Year 4 who have won an extra P.E. lesson of their choice.

**2<sup>nd</sup> place** – Year 1 who have won free cake!



## The Warren Attendance Team

If you would like to discuss your child's attendance further, please speak to a member of our attendance team. We will provide support to families to ensure your child is able to attend school:

**Mrs Neat** – Attendance officer

**Mrs Curtis** – School Business Manager

**Mrs Salam** – Head of School

**Mr Middleton** – Executive Headteacher

Your child's class teacher will also be happy to discuss your child's attendance with you.

Overall attendance for the autumn term: **92.68%**

Whole school attendance this academic year: **92.53%**

Overall class attendance for the academic year so far

F1: 93.9%

F2: 91.9%

Y1: 93.8%

Y2: 86.6%

Y3: 95.1%

Y4: 93.5%

Y5: 92.1%

Y6: 93.1%

The Burrow: 94.4%

## Attendance incentives

Our attendance incentives will begin again for the Spring term. A reminder of what you or your child could win for their attendance:

**A £200 shopping voucher for attendance over 96%**

**A £100 Smyths toy voucher for attendance over 96%**

**A £100 Smyths toy voucher for the most improved attendance over the term.**

**The class with the best attendance each half term will also receive a whole class prize!**

## Where to seek advice and support with your child's attendance

Nottinghamshire Early Help team (for county residents):  
<https://shorturl.at/lrOY5>

Nottingham City Attendance team: <https://shorturl.at/ahnyH>

Government attendance hub:

<https://educationhub.blog.gov.uk/2024/01/03/improving-school-attendance/>



# Attendance matters

## Attendance processes if your child is absent from school

- All parents and carers are expected to notify school if your child is unable to attend and give reason as to why they are absent.

## If your child's attendance is above 90%

- If we do not receive communication from you, a text message will be sent to find out why your child is absent.
- If your child is well enough to attend in the afternoon, we encourage you to bring your child in, as they will receive an attendance mark for the afternoon session.
- We expect for you to continue to communicate with school on a daily basis if your child continues to be absent from school.
- If we do not receive communication from you, a house visit will be completed.

## If your child's attendance is below 90% - persistently absent

- If we do not receive communication from you, school will phone you by 9.30am to find out why your child is absent.
- Medical evidence, if your child is absent from school as they are unwell, will be requested from you.
- If medical evidence is not provided to school for your child's absence, we will complete a house visit to discuss your child's absence with you.
- If 3 home visits are made in a term, school will need to consider whether a referral to social services is required due to educational neglect.

## Lateness and unauthorised absence

- There has been a significant increase in the number of children that are arriving late to school.
- All children should arrive at school by 8.50am.
- If your child arrives past 9.30am, their attendance for the morning session will be classed as unauthorised, and this will negatively impact their attendance.
- You can receive a fine from the local authority for continued lateness past 9.30am, as this is considered to be unauthorised absence from school.





## Other news this week...

### Key dates



Spring 1	
Date	Event
29.1.24	Lunar New Year celebration in school
30.1.24	Books and Breakfast morning in school from 8.40am
2.2.24	NSPCC Number Day
5.2.24	Start of Children's Mental Health Week in school
5.2.24	Nottingham City Mental Health team parent coffee afternoon from 2.30pm
7.2.24	Y2 visit to National Justice Centre
8.2.24/9.2.24	Year 5 Bikeability
8.2.24	EYFS Space Themed Day
9.2.24	Y3 Craft Afternoon with Parents and Carers – more information to follow
9.2.24	February half term
19.2.24	Return to school
22.2.24	F2 and Y6 Height and Weight Checks
27.2.24	Y4 Swimming Lessons to Begin Weekly
27.2.24/28.2.24	Y6 Parents Evenings from 2pm

### Achievements this week!



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

**F1:** Olaf for good use of imagination in continuous provision & River for good joining in at group times.

**F2:** Nathan for his excellent attitude towards his learning & Quinley for always being ready to learn.

**Y1:** Alfie for using Phonics in History writing about dinosaurs & Leyana for always showing compassion to others.

**Y2:** Eden for a great attitude to his learning and making good choices & I'arla for all of her amazing ideas in History.

**Y3:** Efe for being a model pupil & David for always working hard!

**Y4:** Elijah for a huge improvement in dedication to work and attitude to learning & Mia for determination in English to improve spellings and handwriting, producing a great formal letter.

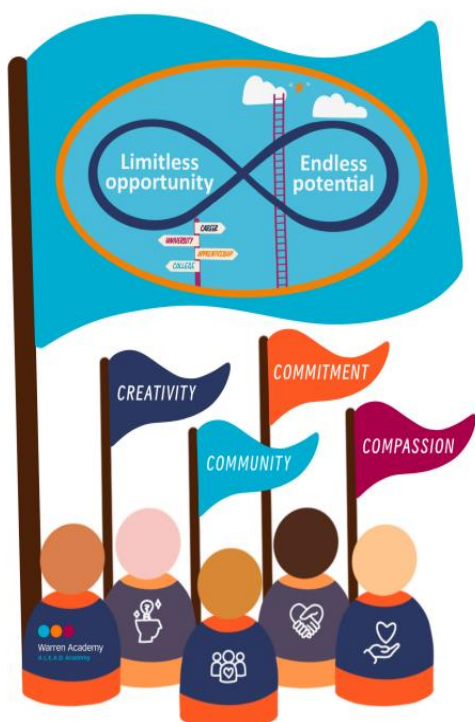
**Y5:** Hajara for showing confidence after settling into her new school & Julia for always going above and beyond in her learning.

**Y6:** Kai for amazing effort and focus in his diary entry writing & Joel for an amazing show of learning behaviours this week.



### The Best Seats in the House this week:

Miss Pithers chose Lacie for her ongoing positive attitude & Eriks for showing good leadership skills supporting Year 3 P.E. this week.



### 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: An Emergency Doctor

In order to be an emergency doctor, you will need a degree in medicine and have completed training as a part of your degree.

You will need to demonstrate compassion, responsibility, respect, courage and resilience in this job role.

The job also includes long hours, working in A&E and needing to be on call to respond to emergencies.





## Curriculum news

Read about what we've been up to in our learning this week!



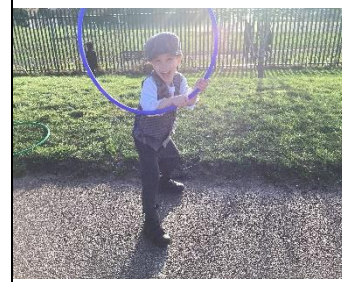
**F1** have been looking closely at the letters in their names and the order they come in. Once ordered the children have then used their names to create a rocket.



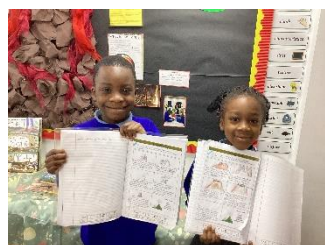
**F2** took part in a Science experiment. We discussed different ways we could move a paper rocket without touching it. We then tested our ideas. One of our ideas was to use a straw to blow the rocket - it was successful!



**Year 1** printed with 3d shapes, exploring the shape of the print. The children created and continued repeating patterns using 2d shapes.



**Year 2** experienced what life was like in a Victorian classroom. We had Victorian style lessons, outdoor games at break time and even had a go at some different activities that boys and girls would have done separately!



**Year 3** have been learning about the parts of a volcano and how it erupts. Efe and Heavenly are showing their wonderful work in Geography this week.



**Year 4** have been learning all about dreams and goals in PSHE this week. The children were set a task to use teamwork to achieve a goal! They needed to create the funniest potato in a class competition. They were given a set amount of time and resources and worked as a team in different roles to complete the task of quality and in time.



**Year 5** have been getting creative in their science lessons. We made models to explore the orbits of the sun, earth and moon, sundials to help us understand more about the movement of the earth, and even the phases of the moon out of Oreos!



In **Year 6** this week, the children have started an Electricity science unit. They have been learning all about the components of circuits and did an amazing job of building and testing circuits out.



## Curriculum news

### Learning in The Burrow this week

This week, children in The Burrow have been practising their tracing skills using a range of tools. We have also had lots of fun dancing along to dinosaur songs!



## Spotlight on... Music

Update from Mr Dunnington



Music at Warren Academy is centred on your child being able to apply their theoretical knowledge and a deep understanding of the inter-related dimensions of music to play a range of exciting, diverse set of instruments with skill and precision. In the classroom for two terms, children learn all about the diverse history of music, how different dimensions of music (such as pitch and tempo) form different types of songs and sounds as well as being able to use musical vocabulary to describe and discuss a variety of music styles. They then get the opportunity to apply all of their understanding to performing with a range of instruments with our music teacher, Mr Stanton, who specialises in teaching children to play instruments, with the opportunities to play the trumpet, trombone, ukulele and much more. All in all, your child is encouraged to become a knowledgeable musician with experience of a range of instruments by the time they leave Warren.

Here is a list of things your children are currently learning in music in Spring 1 and what they will be learning next in Spring 2:

<u>Year Group</u>	<u>Spring 1</u>	<u>Spring 2</u>
<b>EYFS</b>	Exploring different sounds	Music through movement
<b>Year 1</b>	Performance and instrumental lessons with Mr Stanton	Performance and instrumental lessons with Mr Stanton
<b>Year 2</b>	Performance and instrumental lessons with Mr Stanton	Performance and instrumental lessons with Mr Stanton



<u>Year Group</u>	<u>Spring 1</u>	<u>Spring 2</u>
<b>Year 3</b>	Pentatonic melodies and composition - linked to the theme of Chinese New Year	Knowledge of traditional instruments and musical improvisation - linked to the theme of India
<b>Year 4</b>	Changes in pitch, tempo and rhythm - linked to the theme of Rivers	Body and tuned percussion - linked to the theme of Rainforests
<b>Year 5</b>	Composition and musical notation - linked to the theme of the Egyptians	All about the blues
<b>Year 6</b>	Advanced rhythms	Theme and variation in music - linked to the theme of POP art

## Spotlight on... Reading



### Update from Miss Pithers and the reading ambassadors

Over the last few weeks, the Year 6 Reading Team have been incredibly busy. They have shown commitment to their roles by reorganising the library. All the books in the library are now organised into genres so children can find a book they love with ease!

The Reading Team have also been spending some time analysing the information from our 'Family Reading survey' to consider ways we can further share our love of reading with the community. One of our school values at Warren is community and as a reading team we believe reading and a love of reading is an exciting way to make our community stronger! To achieve this, the Reading Team have created a plan for the next term of events and initiatives to support our school community with enjoying reading but also the wider community.

Here are some of their ideas and things to keep an eye out for that are coming up-

- Online weekly storytelling by colleagues across school and the Reading Team.
- Story sacks for classrooms across EYFS and KS1.
- Family bedtime bags for families to enjoy reading together.
- Monthly books and breakfast morning events.
- Sharing our new delivery of dual language books.
- End of day story time class swaps!
- Outdoor reading trolley



The Reading Team are keen to get as many people from across our community involved in reading and to love books, just like they do!

Please look out for our fortnightly 'Warren Reader' newsletter which will now be text out on a Friday. We will also be sharing information on World Book Day very soon too.



## Safeguarding news

An update from Mrs Ford, Designated Safeguarding Lead



Place2Be's Children's Mental Health Week is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK.

This year Children's Mental Health Week will take place from 5-11<sup>th</sup> February 2024. This year's theme is "my voice matters."

**My Voice Matters** is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, this can have a positive impact on our wellbeing. Children and young people who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem.

During Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world to be able to say – and believe – "My Voice Matters."

At Warren Academy, children and families have access to the following support for their mental health and wellbeing:

- The Nottingham City Mental Health Team (MHST) – we can refer to this team to gain you and your child support with their mental health. The team will complete an assessment with you and your child to work out what the best option is, and this could include 1:1 sessions in school for 6 weeks, parenting programmes or group sessions, and in some cases, access to Cognitive Behavioural Therapy (CBT). The team also offer friendship groups too. Our MHST worker is called Kerry and is based in school on Wednesdays. Kerry will be hosting a coffee afternoon during Children's Mental Health Week.
- We have our own Place2be Councillor, Keren, based in school on Thursdays and Fridays. Keren is able to support children with their mental health and wellbeing, through offering 1:1 sessions for 12 weeks following a referral from someone in school to her, offer support and advice to parents and carers about mental health and wellbeing at home, provide access to parenting courses (PIPT) and much more.
- Keren also runs 'Place2Talk' every Thursday and Friday lunchtime. This involves children writing down their worries or concerns onto a Place2Be slip which can be found around school and putting it into one of the allocated Place2Be boxes. Keren will then allocate a slot over lunchtime for children to go and speak to her.
- Miss Curtis has recently trained to become an ELSA (Emotional Literacy Support Assistant) and will be starting ELSA sessions in school for some pupils after half term.

If you wish to seek any further support with your child's mental health or wellbeing, please speak to Mrs Salam, Mrs Ford or Mrs Bennett, who will be happy to support and signpost you to accessing the right service for you or your child.



## Safeguarding news

### My VOICE MATTERS

#### TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

##### Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

Place2Be's  
CHILDREN'S  
MENTAL HEALTH  
WEEK



##### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

#### Here's what children and young people told us they need from you:

- ① We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures).
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school – because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.



##### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wk](https://bit.ly/3LBD2wk)



## Safeguarding news

**My VOICE  
MATTERS**



### CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT  
YOUR DAY

WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?

WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?



# Safeguarding news



MENTAL HEALTH  
SERVICES

NOTTINGHAM  
CITY

#REALPEOPLE

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



## KEY



## Targeted CAMHS

0 - 18 yrs.

### 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: [cypbeh@nottinghamcity.gov.uk](mailto:cypbeh@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

## 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](http://nottinghamshirehealthcare.nhs.uk/camhs-crisis-team)

## Base 51

12 - 25 yrs.

### 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](mailto:counselling@base51.org.uk)

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

## Specialist CAMHS

0 - 18 yrs.

### 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: [cypbeh@nottinghamcity.gov.uk](mailto:cypbeh@nottinghamcity.gov.uk)

## Kooth

10 - 25 yrs.

### 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](http://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](mailto:contact@zenzone.com)

## 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: [notssvs.org.uk/contact](http://notssvs.org.uk/contact)





## Safeguarding news

### MENTAL HEALTH SERVICES

### NOTTINGHAMSHIRE COUNTY

#REALPEOPLE

## INFORMATION ABOUT LOCAL MENTAL HEALTH SERVICES FOR YOUNG PEOPLE IN NOTTINGHAMSHIRE COUNTY



#### KEY



### CAMHS

0 - 18yrs

**Who is this for?** Young people who are experiencing mild to complex emotional and mental health difficulties.

**What do they offer?** 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 sessions 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 854 2299

Website: [nottinghamshirehealthcare.nhs.uk/camhs-young-people](http://nottinghamshirehealthcare.nhs.uk/camhs-young-people)

### Kooth

11 - 24yrs

**Who is this for?** Young people who want to talk to a mental health professional online, anonymously and free.

**What do they offer?** Drop in or bookable online text based counselling sessions along with messaging, discussion forums and self-help. 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.

**How can I access it?** Young people can register directly through [kooth.com](http://kooth.com)

### CAMHS Crisis Resolution & Home Treatment

0-18 years

**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](http://nottinghamshirehealthcare.nhs.uk/camhs-crisis-team)

### Health for Teens & Health for Kids

**Who is this for?** Children and young people across Nottinghamshire who need more information about local services, advice and guidance.

**What do they offer?** Bite sized information about health and wellbeing directing young people to the most appropriate local services and support.

**How can I access it?** Direct access via Website: [healthforteens.co.uk](http://healthforteens.co.uk) or [www.healthforkids.co.uk](http://www.healthforkids.co.uk)

### Base 51

12 - 25yrs

**Who is this for?** Young people living within the South of the County 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](mailto:counselling@base51.org.uk)

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

### Safe Time

0 - 18yrs

**Who is this for?** Young people aged 17 and under who are a victim/survivor of sexual exploitation or sexual abuse.

**What do they offer?** Therapeutic support for young people to minimise the impact of the abuse on their emotional wellbeing and mental health and increase their resilience.

**How can I access it?** Young people, parents/carers or professionals can refer via:

Phone: 0115 960 6975





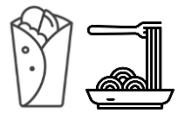
Email: [safetimedadmin@childrensociety.org.uk](mailto:safetimedadmin@childrensociety.org.uk)










## Lunch for the next two weeks

### Week 2 lunch menu – week beginning 29.1.24

Day	Main 	Vegetarian 	Dessert 	Jacket Potato 	Combo option 
Mon	Creamy Cajun Chicken Pasta		Pineapple Upside-down Pudding	Baked Beans & Grated Cheese	Cheese Wrap
Tues	Homemade Pizza		Fresh Fruit Salad	Coleslaw	Homemade Tomato & Basil Pasta
Weds	Sausages	Quorn Sausages	Strawberry & Ice-cream Waffles	Baked Beans	Ham Sandwich
Thurs	Beef Curry	Vegetable Curry	Fruit Jelly	Grated Cheese	Cheese Wrap
Fri	Fish Fingers	Quorn Vegan Fishless Fingers	Chocolate Orange Cheesecake	Tuna & Sweetcorn	Homemade Tomato & Basil Pasta

### Week 3 lunch menu – wb – 5.2.24

Day	Main 	Vegetarian 	Dessert 	Jacket Potato 	Combo option 
Mon	Chicken Tikka Masala	Quorn Tikka	Chocolate Mousse	Baked Beans & Grated Cheese	Cheese Wrap
Tues	Big Beans Chill		Mandarin Cheesecake	Coleslaw	Homemade Tomato & Basil Pasta
Weds	Chicken & Sweetcorn Pie	Quorn Pie	Summer Fruit Strawberry Jelly	Tuna Mayo	Ham Sandwich
Thurs	Roast Gammon	Quorn Roast	Fresh Fruit Salad	Grated Cheese	Cheese Wrap
Fri	Cheese Burger	Southern Style Quorn Burger	Tutti Fruity Sponge	Baked Beans	Homemade Tomato & Basil Pasta



## Community news

# FSM FIRST KICKS

## TASTER SESSION

- ✓ UEFA-A Qualified Coach
- ✓ Invitation to extra training sessions
- ✓ DBS Checked
- ✓ 5-10 year olds



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## Community news



### February Half Term Holiday Clubs

These clubs are open to children aged 3-11

Running at:

- St Edmund Campion school, West Bridgford
- Radcliffe on Trent Infant & Nursery school
- St Peter's Primary school, East Bridgford
- Banks Road Infant & Nursery school, Toton
- Rosecliffe Spencer Academy, Edwalton
- Millside Spencer Academy, East Leake
- Westdale Junior school, Mapperley

Activities include dodgeball, multi-skills, dance, drama, art and crafts, team activities and much more.



To find out more or to book visit  
[www.rattleandrollperformance.com](http://www.rattleandrollperformance.com)  
or call 07722 014301