



JULY 21ST 2017

Dear Parents

We've had a super Feeling Good Week:

Monday was Spiritual Well-Being, with all classes spending time in our Prayer Space and then considering ways of looking after themselves emotionally.

Tuesday was Nutritional Well-Being and we cooked various healthy dishes and tasted different food, learning how to eat well and enjoy our food.

Wednesday was Sports Day, which ran very smoothly despite the miserable weather! Very big thank you to Mrs Cooper for organising it so well as ever and to Mill Chase who provided us with so many young leader helpers.

Thursday's Dot Day was fun. Based on the book, The Dot by Peter Reynolds, we focused on our Growth Mindset work of being brave enough to have a go, even when we think we can't do something. Most of our work had an artistic theme to it and will be displayed in September.

Friday was Musical Well-Being, where we spent the day dancing, singing, composing and listening. Big thank you to Chloe from Boppins who ran KS2 workshops and to Miss Rye and Miss Knights for running the KS1/EYFS dance workshops.

Year R had a great day at the beach on Monday – very hot, but they had a super time. The children made sandcastles, ate ice cream and had fun paddling in the sea. Thank you to Mrs Fox and her team for a great day out!

We all enjoyed the Year 6 performance on Monday – a very entertaining look at school life (and a little too true in places!). Some wonderful performances by all children – lovely to see them shine in a different way. Well done to all.

So, it just remains for me to wish you all a lovely, safe summer whether you are travelling or at home. We will miss Year 6 but look forward to seeing everyone again in September.

Ruth Worswick



Year R - **all of Year R** for super behaviour at the beach.

Year 1 - **Harvey** for his perseverance and always trying his best.

Year 2 - **Aaron** for being so kind and thoughtful.

Year 3/4 - **Jo** for being so helpful and always tidying up!

Year 5 - **Ellen** for working hard and contributing to all our learning.

Year 6 - **all of Year 6** for such supernovas in the production.



DIARY DATES

Tuesday July 25th - Last day of term

SUMMER HOLIDAYS

Monday September 4th - INSET Day

Tuesday September 5th - INSET Day

Wednesday September 6th - Children return to school

Thursday September 14th - Year 3 trip

Saturday September 16th - Here's Headley

Wednesday September 20th - School photographer

Thursday September 21st - Herald photos of YR

Friday September 22nd - Family Camp Out

Wednesday September 27th - EYFS parent meeting at 6pm

Thursday September 28th - FROTH AGM at 2.30pm

Monday October 23rd to Friday October 27th

HALF TERM HOLIDAY

Saturday December 9th - Christmas Fair

Friday December 22nd - Last day of term

Monday December 25th - Friday January 5th

CHRISTMAS HOLIDAYS

BIZ SCHOOLS

Year 6 have worked extremely hard this week to keep their ice cream/smoothie stall going! Pre-ordering has helped enormously, but it's still been pretty busy every day. They've raised about £300, which paid for their fun day out last week!

It also means that Year 6 can make a donation to the Make a Wish Foundation as well. Thank you Mrs Cooper for all your shopping and for missing your lunchtimes every day this week!

Well done too to Poppy, Rhys, Amy and Sarah who presented at the Biz Schools final – it was fairly intimidating, but they did a great job.

FROTH DATES

Lots of exciting events were planned by FROTH at our meeting this week. I've put them all on the website calendar and there'll be a FROTH newsletter coming out too – an exciting year ahead!

Other letters home this week
Y6 water fight

Have a wonderful summer holiday!

Dear Parents,

On Tuesday 24th July (the last day of term) Year 6 will be having their traditional water fight at school. They may bring water pistols but no water balloons please. They will need to come into school in shorts and t-shirt with their uniform (or own clothes if wearing mufti for attendance) and a towel in a bag. Please remind them to bring dry underwear!

The children will be receiving their leaver's hoodies at Friday's BBQ and may wear these instead of their school jumpers on both Monday and Tuesday next week.

With thanks,

Mrs Cooper



Saturday 12th August 2017 10am - 4pm

Forest Community Centre GU35 0BS



Join us for a **FREE** day of fun. No tickets required, just come along! All events are free. **FREE** bus on the day! For more information, contact funday@wbtp.co.uk or visit www.wbtp.co.uk





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Amelia Mahler or Lyndy Hill

01730 234314

or email lyndy.hill@easthants.gov.uk,
amelia.mahler@easthants.gov.uk

**East
Hampshire**
DISTRICT COUNCIL

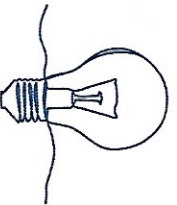
Referrals and

Assessment

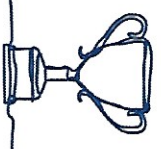
You can either self - refer or a professional such as a care coordinator, doctor or key worker could refer you to us.

A team member will then contact you to arrange an appointment to carry out an initial assessment, either in Havant or in the East Hants area. During this meeting, they will ask you about your needs and explore how we can best support you.

We will support you alongside your recovery plan and review this together at regular intervals



Our Aims



Havant and East Hants Mind aims to promote good mental health within the Havant and East Hants locality.

To achieve these aims, Mind:

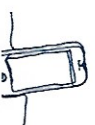
- ✓ Works with mental health service users to promote recovery
- ✓ Promotes mental wellbeing within our community
- ✓ Challenges discrimination and promotes social inclusion
- ✓ Works in partnership with other organisations
- ✓ Values diversity
- ✓ Involves service users in all aspects of its work


Office Hours

Monday to Thursday: 9.00 am—4.30 pm

Friday: 9.00 am to 4.00 pm

Outside of these hours , please leave a message on our answer phone




for better mental health
**Havant and
East Hants**

Bordon, Alton and Petersfield

Wellbeing

Services

Information

Mobile: 07765 886964

Telephone: 02392 498 916

Email: info@easthantsmind.org

Registered Charity No. 1116301

Registered in England No. 5861345

Wellbeing Services

Specifically, our services include:

- ◆ Information and Advice
- ◆ One to One Support
- ◆ Recovery-focused activities
- ◆ Physical wellbeing support groups
- ◆ Peer led support / social groups

To promote recovery and maintain wellbeing we offer opportunities to:

- ✓ Increase emotional recovery skills
- ✓ Improve practical living skills
- ✓ Build self-confidence
- ✓ Become stronger, more self-reliant and resilient.
- ✓ Improve physical and mental wellbeing
- ✓ Improve social networks
- ✓ Promote peer support

Wellbeing Groups & Courses

Bordon

Afternoon

Monday

Workshops: 9.30—11am

Building Self-Esteem

Food and Mood

Understanding Depression

Stress Management

Healthy Relationships

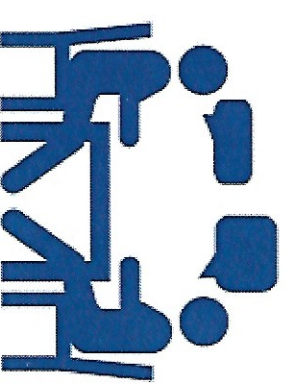
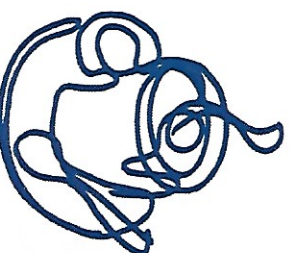
Anxiety Management

Wednesday

Peer Support Coffee Morning

10.30am—12pm

Symptom Management Course



Health drop-in sessions

These are offered in some schools. Please contact your local school nursing team for more information.

School nurses can offer advice and information to children, young people, families and school staff on the following:

- Growth and development
- Healthy lifestyles
- Emotional health and wellbeing
- Safety
- Sexual health
- Immunisation
- Childhood illness and common health problems
- Bedwetting and continence support
- Stopping smoking

More information

If you would like to access advice or information about health topics affecting school aged children or to find out more about the school nursing service please visit: www.southernhealth.nhs.uk/schoolnursing.



If you have any questions or require support, please feel free to contact your school nurse:

This information is available in other formats and languages including large print, braille and audio.

Please contact:

**Access to Communications
023 8082 5300**



@Southern_NHSFT



Southern Health

Become a member of our Trust.

Email: membership@southernhealth.nhs.uk
or call 023 8087 4253

www.southernhealth.nhs.uk



Quality care, when and where you need it

Your school nurse and the Healthy Child Programme

Information for children, young
people and their families



5-19 years old

Your school nurse

What does a school nurse do?

School nurses work in partnership with children, young people and their families to ensure that children's health needs are supported within their school and their community.

Each school nurse covers a number of schools, delivering immunisation programmes, health screening, advice, and safeguarding. They are often a first port of call for health information and are able to signpost to other health services if necessary.

Your school nursing team

Our school nursing team delivers services to schools across Hampshire. It works closely with education, social care and other health professionals, to help children and young people to remain healthy and to ensure that any health needs are met.

Led by nurses who have a specialist community public health nursing degree, the team consists of community staff nurses, community nursery nurses and healthcare assistants who are supported by administrators.

Confidentiality

School nurses provide a confidential service for children, young people, and their parent/carers.

They work closely with children to help them gain skills so that they are equipped to make decisions about their health and wellbeing in adulthood. Older children may want to visit their school nurse for information or advice regarding their health and wellbeing too.

School nurses always encourage children and young people to talk to their family about health issues and will support them to do so if necessary. If the child or young person does not want to involve their parent/carer the school nurse will respect their confidentiality in line with national guidance.

If a child or parent discloses information that indicates that a child may be at risk of serious harm this will be shared with appropriate agencies so action can be taken to keep them safe. If information needs to be shared this will normally be discussed with you in advance.

Healthy Child Programme

The Healthy Child Programme is a series of developmental reviews, screening tests, immunisations and information to support parents and help them give their child the best chance of staying healthy and well. The Healthy Child Programme is delivered and supported by school nursing teams.

What can I expect?

The following contacts may be offered to your child at school, in the community or at home:

School entry health review

All children will be offered a health review during their first year at school. This includes basic hearing and distance vision screening tests and height and weight measurements for the National Childhood Measurement Programme (NCMP).

Year 6 growth monitoring review

Children in year 6 are weighed and measured again as part of the NCMP. This information is used to help parents support their child to maintain a healthy weight. It also helps us understand more about how children in England are growing.

Immunisation programmes

Children may be offered the following immunisations:

- HPV for year 8 girls
- School leavers' booster in year 10

Advice and support

School nurses are able to provide advice and support for children, young people and families, who have additional health needs or vulnerabilities, throughout their school years. They can also provide signposting and referral to other services for all children.



STOPP

Stop and Step Back

Don't act immediately. Pause.

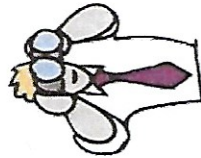


Take a Breath

Notice your breath as you breathe in and out.

Observe

What am I thinking and feeling? What are the words that my mind is saying? Is this fact or opinion? Descriptions or evaluations? Accurate or inaccurate? Helpful or unhelpful? What unhelpful thinking habit am I using (e.g. mind-reading, negative filter, thinking the worst)? Where is my focus of attention? What metaphor could I use (mountain, tunnel, playground bully, thought train, beach ball, passengers on the bus)?



Pull Back: Put in some Perspective



See the situation as an outside observer. What would a fly on the wall see? Is there another way of looking at it? What would someone else see and make of it? What advice would I give to someone else? What's the helicopter view? What meaning am I giving this event for me to react in this way? How important is it right now, and will it be in 6 months? Is my reaction in proportion to the actual event?

Practise what works

Do what works and what helps! Play to your Principles and Values. Will it be effective and appropriate? Is it in proportion to the event? Is it in keeping with my values and principles? What will be the consequences of my action? What is best for me and most helpful for this situation?



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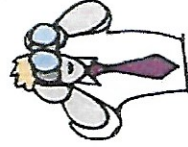


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