

Newsletter issue **21 (23.02.2024)**

www.beacon.eschools.co.uk 01208 72773

Top story this week >

It was lovely for our team to showcase the provision we provide for our children at Beacon and spend time with their Kernow Learning colleagues.

It was also a pleasure to see so many of you at our parent consultations this week. Once again, there was a real buzz in the school hall. I do hope that you enjoyed hearing all about the progress your children have made so far this academic year and how incredibly proud our teachers are. I hope that you were able to discuss your child's annual report in detail as well as look though their books. Thank you for your kind words and appreciation of how hard our staff work to ensure that your children's school journey is a really great one. As previously mentioned, if you were unable to make your allocated slot, please contact your child's teacher to arrange a time that is convenient to you.

We had some very excited reception children this morning who are currently hunting for a Gruffalo in Cardinham woods. We also have some extremely excited year 6 children and staff who are currently running through the final preparations for their Londan residential. It certainly is going to be the trip of a lifetime, with so many incredible experiences and not a minute to spare. We can't wait to hear all about their adventures and of course our team will keep you updated with wonderful photographs of each day once they are back at the hostel. I know you will understand that during the day our adults will be spending their time looking after the children so will not have the opportunity to continually post photographs until the evenings.

Looking forward to the next few weeks, our year 5 children are making their way to Manchester, the whole school will be celebrating World Book Day, we will be taking part in Song Fest and of course we will be holding the Royal Beacon Show. With this being such a short term, we have decided to postpone Adventure week until the week beginning 20th May, with the warmer weather we will be able to have more water-based adventures taking place as well as the usual outdoor adventurous activities.

Phew, well that's it for this week. I hope that all our year 6 children have a good rest ready for an early start Monday morning.

Wishing you all a lovely weekend.

Kaye

Welcome to the second half of the spring term, yet again it's a busy one full of wonderful learning and joy. As always it has been lovely to welcome our children back into school after the half term break.

You may have noticed that building work began during the half term break. Currently, the old infant school hall is in the process of being converted into two new classrooms, before the work on our new ARB unit begins. I just want to say a special thank you to our Cosmonauts and Shine families for being so accommodating and flexible during this time with the temporary relocation of their classrooms and changes to drop off and pick up arrangements. It will certainly be worth it once we have our new and classrooms and ARB unit.

As always, we have started the new term full of excitement. On Monday we welcomed 200 teachers from our Trust to Beacon for our teacher training day.





Key Events for next week-KS1 and Shine

Beacon

	Monday	Tuesday	Wednesday	Thursday	Friday
Reception	PE- ball skills.	Writing our instructions on how to create a monster.	Dinosaur maths!	Starting to learn the story of the Gruffalo.	Drop everything and read
Year 1	Design and Technology. Get ready to practice your chopping, slicing and grating skills!	Time to innovate our 'Superworm' story.	Net and Wall Games	Can you design and prepare your very own healthy snack?	Drop everything and read
Year 2	Start writing our innovated owl stories.	Writing about our new polecat character in our stories.	Rugby with the Cornish Pirates.	Composing our superhero songs with instruments.	Drop everything and read.
Shine	PE	Outdoor learning- Building castles	Shopping and making apple pies!	Rock steady and Emotional literacy.	Drop everything and read.



Key Events for next week– KS2 and ARB

Beacon

	Monday	Tuesday	Wednesday	Thursday	Friday			
Year 3	Talk4Writing hook	New Geography Topic; Volcanoes	A look at Pompeii.	A look at earthquakes.	Drop everything and read			
Year 4	Story telling our new text in Talk4Writing	Dance in PE	Science - Electricity	Start our new maths topic	Drop everything and read			
Year 5	Efficient Division	Amazing Art (Perspective)	Manchester Meetings!!!	ROCK STEADY	Y Final plans for Manchester !!!			
Year 6	London Trip!	London Trip!	London Trip!	Planning our Starting to write Story Innovation our wishing tale				
Cosmonauts	Amazing Art Y6 in London	Sensational Science Y6 in London	PSHE Y6 in London	Cooking Computi				







EYFS 'Highlight of the Week'



Nursery

This week we have been exploring our similarities and differences. We have been making self-portraits using playdough, paint and crayons as well as making pictures of our friends and family too. We have noticed that although we have some things the same i.e. eye colour, hair colour we still look different to each other, and it is what makes us different that makes us special.

Reception

This week we have designed, created and named our very own monsters. We thought carefully about how we wanted them to look and what features we wanted them to have. They all look amazing and very much like the designs. Everyone's monsters look different, just like us! Next week we are going to write instructions on how to create them. What a super first week back, well done Reception.









KS1 'Highlight of the Week'



Year 1

Year 1 have been busy learning about relationships in their latest PSHE unit. They have enjoyed discussing who is in their family, how they make friends and how they can celebrate their special friendships. They also enjoyed getting out into our woodland area to go on a worm hunt! They took their magnifying glasses, binoculars, buckets and spades and got searching. They were very successful and had lots of fun too!

<u>Year 2</u>

BeBrilliant

This week we had some visitors from Screech Owl Sanctuary as our hook for our new text, The Owl Who was Afraid of the Dark. We leant about owls and had the opportunity to stroke both a Barn owl and a Tawny owl. We also got to meet a polecat called Stinky Pete, who lived up to his name. We are looking forward to writing our stories next week and adding our own polecat character to the story. Well done year 2!













Lower KS2 'Highlight of the Week'

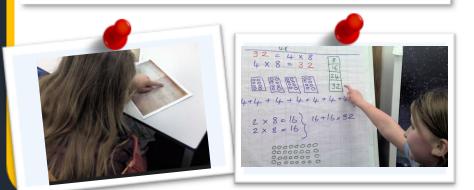


<u>Year 3</u>

This week we have been working on relationships in PSHE; we discussed gender roles and stenotypes as well as how to be a good friend. Our new book called 'The Tin Forest' was well received and stimulated some excellent debates; we enjoyed discussing the main character and the rich supporting images.

<u>Year 4</u>

In PSHE this week, we have been learning all about relationships. We spoke about what makes someone special to us, how to manage feelings associated with grief and loss, and how to work together to solve friendship issues. The children had lots of great discussions and enjoyed practicing using the 'solve it' technique through role play.









Upper KS2 'Highlight of the Week'



<u>Year 5</u>

Although the weather has been pouring, the children have continued to Shine Brightly this week. Our 'Swallows and Amazons' battled it out in the wind and rain to see which team would be victorious during our HOOK!

On Thursday, our Brownies and Scouts wore their uniforms to celebrate 'World Thinking Day' and 'National Founders Day'. We are so incredibly proud of them.

We look forward to seeing you all on Wednesday for our final Manchester Meeting.

<u>Year 6</u>

What a fantastic first week back after half-term we have had. Children have explored decimals in their math's lessons; in reading they have looked at the book 'Voices in the Park' by Antony Browne; and in Grammar they have continued to shine with their knowledge of main and subordinate clauses.

Although the weather has been a bit rubbish this week, that certainly hasn't put a dampener on the excitement we all have for our London Residential on Monday! It will be AMAZING.









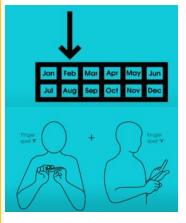


BeBrilliant

Cosmonauts and Shine 'Highlight of the Week'



<u>ARB</u>



Cosmonauts have enjoyed learning about Africa this week. We have listened to the story of Handa's surprise and started our 'Lion fact file' non-fiction T4W text. We also explored artefacts and photographs from Africa.

<u>Shine</u>

Shine have enjoyed learning about friendship this week. We talked about what made a good friend and acted out some scenarios. We then talked about how to make our friends happy and decided to make each other happy face pizzas to share some joy. We have also enjoyed yoga for PE and learning about relaxation and breathing.











Believe⁴



Super Thinker

Who has SHONE BRIGHTLY this week?

2	Space Voyagers (YR)		Willow Hodge	Pioneers (Y3)	AN AN	Tommeliese Long	3
2	Space Travellers (YR)		Rosie Chance	Discoverers (Y3)		Charlie Taylor	3
2	Space Adventurers (Y1)	X	Sophie Woolley	Supernovas (Y4)		Fabian Hilber	3
2	Space Explorers (Y1)	Ø	Dolly Pearce	Constellations (Y4)	A A A	Layton Howard	3
2	Spaceships (Y2)	Z	Eliza Gray	Comets (Y5)	5	Robbie White	3
2	Rockets (Y2)	D	Dylan Miles	Meteors (Y5)		Joseph Holten	3
2	Cosmonauts (ARB)		All of Cosmonauts	Aviators (Y6)	THE	Madisyn-Mai Bridger	3
2	Shine		All of Shine	Astronomers (Y6)	A A	Toby Hill	3
2	TANT	1 2	ななな	Astronauts (Y6)	\bigcirc	Emily Lin	3







House Points! 🔀









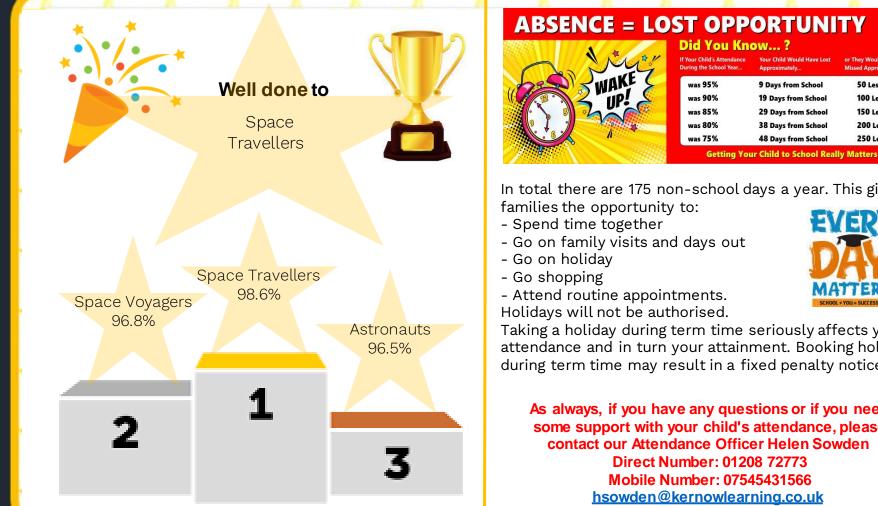
Total Total 12711 Total 13470 **Total** 11499 11408 X Great Orion Auriga Pegasus Bear





BeBrilliant

Attendance weekly winners 🔀





50 Lessons

100 Lessons

150 Lessons

200 Lessons

250 Lessons

In total there are 175 non-school days a year. This gives

Taking a holiday during term time seriously affects your attendance and in turn your attainment. Booking holidays during term time may result in a fixed penalty notice.

As always, if you have any questions or if you need some support with your child's attendance, please contact our Attendance Officer Helen Sowden Direct Number: 01208 72773 Mobile Number: 07545431566 hsowden@kernowlearning.co.uk



BeBrilliant[']

Attendance Information





Penalty Notices

A guide to Education Welfare Services for parents and carers



What is a Penalty Notice?

A Penalty Notice is a fine that can be issued under section 444A and section 444B of the Education Act 1996. The fine is issued per parent, per child for:

- Leave of absence of 12 school sessions /6 school days or more (within any 100 school session period) during term time, without authorisation from the school, for a holiday for example
- Unauthorised absence of 12 school sessions /6 school days or more (within any 100 school session period) of absence from school, either when a parent fails to provide an explanation, or an explanation is provided but the school consider it insufficient to authorise
- Unauthorised lateness of 12 school sessions /6 school days or more (within any 100 school session period), resulting from arrival at school after the register has closed

NB A Penalty Notice can be issued for any combination of the above reasons, where the unauthorised absence from school results in 12 sessions /6 school days or more (within any 100 session period)

Or, when:

 A pupil is observed in a public place during school hours, in the first five school days of a period of exclusion from school, without reasonable justification

Who can be issued with a Penalty Notice?

Parents and carers of a child can be issued with a Penalty Notice. The definition of a 'parent' as set out in section 576 of the Education Act 1996: By virtue of this section 'parent' includes: all natural parents, whether they are married or not; any person or body who has parental responsibility for a child (as defined by the Children Act 1989) and any person who, although not a natural parent, has care of a child. Having care of a child means a person who lives with and looks after a child, irrespective of what their relationship is with said child.

How much is a Penalty Notice fine?

A Penalty Notice carries a fine of \pounds 60.00 if paid within 21 days of issue, doubling to £120.00 if paid after 21 but within 28 days.



BeBrilliant

Attendance Information



Penalty Notices are issued per parent, per child.

Therefore, for example, if there are two parents and two children, the fines will total £240.00 if paid within 21 days and £480.00 if paid after 21 days but within 28 days.

Can a Penalty Notice be paid in instalments?

No. Penalty Notices must be paid in full, within the designated dates. However, if a parent has more than one child and is therefore issued with more than one fine, they can pay the fines separately if they wish.

Who is responsible for issuing Penalty Notices?

It is a Headteacher's decision whether or not to authorise an absence and, if their decision is not to authorise, they have the right to request a Penalty Notice in line with their attendance policy process. Cornwall Council's role is to check that the evidence submitted is compliant with Cornwall Council's Code of Conduct for Education Related Penalty Notices and, if so, to issue as appropriate.

Can a parent appeal a Penalty Notice?

There is no statutory right of appeal once a Penalty Notice has been issued. If you believe that the Penalty Notice should not have been issued, you should make contact with the school or academy that your child attends at your very earliest convenience after receiving the Penalty Notice. If you wish to discuss the Penalty Notice procedure, you can contact Cornwall Council's Education Welfare Service on **01872 323400**, or email **educationwelfare@cornwall.gov.uk**

How is a Penalty Notice paid?

Penalty Notices can be paid by card by calling the office on 01872 323400. Alternatively, payment can be made by cash or cheque at any Cornwall Council Information Service. If the 21st/28th day for payment falls on a weekend or bank holiday, payment will be accepted at the same rate on the following working day.

What happens if a Penalty Notice is not paid?

If a Penalty Notice is not paid within the 28 days of issue (as per the dates listed on the Penalty Notice), Cornwall Council will progress the matter to the Magistrates' Court, for the offence of failing to ensure regular attendance, NOT for failure to pay the fine.

If found guilty:

- under section 444(1), it can result in the parent being fined up to £1000
- under section 444(1A), it can result in the parent being fined up to £2,500 and/ or receiving a custodial sentence of up to 3 months

Cornwall Council may also apply for costs incurred in taking the matter to court.

Contact us

Education Welfare Service educationwelfare@cornwall.gov.uk 01872 323 400 www.supportincornwall.org.uk/families www.facebook.com/TFFCornwall



If you would like this information in another format or language please contact: Cornwall Council, County Hall, Treyew Road, Truro, TR1 3AY

e: customerservices@cornwall.gov.uk t: 0300 1234 100



April 2022 jn52374 Photo © iStockphoto.com



Newsletter issue <u>www.beacon.eschools.co.uk</u> 01208 72773

Extra notifications







BEACON TEN TORS CHALLENGE

SUNDAY 19TH MAY 2024

Beacon's PTA are looking for parents/grandparents etc to join us for the upcoming Bodmin Ten Tors walk arranged by Bodmin Lions, which is due to take place on Sunday 19th May. the walk is approximately 13 miles across Bodmin Moor.

We would like to enter as many teams as possible enabling us to raise much needed funds for the school.

All walkers much be 12 years and over.

If you are willing and able to support this great event please complete the form below.

https://forms.office.com/e/Q3hHZ80wBB











Extra notifications

Sponsored by

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SREGGS

Shine brightly

Beacon



Open from 8:00 – 8:30 daily (Booking required) Our free breakfast club operates during term time and is available

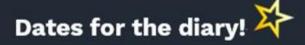
Our free breakfast club operates during term time and is available to all pupils. Starting at 8:00 AM until the start of school we offer the children a selection of healthy breakfast options such as toast, cereals, fruit, water, and milk. The children will then have the opportunity to enjoy reading games puzzles and other to activities.

FREE for all children









۶	XXXXXXX	XXXXXXXXXX											
2	Monday 26 [®] February – Wednesday 28 [®] February	Year 6 on residential in London											
5	Wednesday 28 th February	Y5 Parent Residential meeting											
~	Monday 4 th March – Wednesday 6 th March	Year 5 on residential to Manchester											
1	Friday 8 th March	World Book Day											
2	Monday 18 th March	Last week for Afterschool clubs											
5	Wednesday 27 th March	The Royal Beacon Show											
1	Thursday 28 th March	Year 4 seeing the Wizard of Oz in Plymouth Theatre											
2	Thursday 28 th March	Rock steady concert PM											
2	Friday 29 th March Friday 12th April	Easter Holidays											
-													



Dates for the diary! 🏹

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2	Thursday 18th April- Friday 19th April	Year 3 Residential to Bristol
<u>n</u>	Monday 6 May	Bank Holiday
٢,	w/b 20th May	Adventure Week starts
	Monday 27 May – Friday 31st May	Half Term
2	Wednesday 24 July	Summer Holiday begins







Extra notifications 🛛 🔆

IMPORTANT Polite reminder – There are no staff on duty in the mornings until 8:30am. Children arriving before that time are very welcome to attend our free Breakfast Club but should not be on the grounds otherwise for their own safety.



Extra notifications 🏹

RECEPTION CLASS

Can we please remind all our Reception parents that the children need to bring in named, wellies each week. We try to spend as much time outside as possible and with the weather as it has been wellies are

essential.



IMPORTANT Please can we remind all parents do not park, during drop off and collection, on

the yellow ZigZags outside the school. This is for the safety of your children. Please help us keep our children safe.



<u>A Polite Request.</u>

If you need to get a message to your child during the school day, please call the main office before 2:30pm to ensure the message is passed on.

IMPORTANT

We continue to be so proud of how well our children are responding to their learning and the progress they are making. In order to do this, it is so important that our children come to school with a positive attitude to learning in the correct school uniform and on time. Please talk to our team if we can help you with any aspect of this.





RSERV

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Extra notifications

Nursery Can we please remind all our Nursery families to be ready at our entrance for your child's start time. When staff have to come out and let people in, it leaves the Nursery understaffed. Thank you for your understanding. Start times are 8.30am or 9.00am and 12pm for afternoon sessions.





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Tomato	icken/Brocco and Herb Pa Carrots and I ad/Fruity Yog	asta Bake Peas	e (v)		Swee Rice, Pea Gi	nd Sour Chicker t and Sour (v) s and Sweetcor urlic Bread berry Mousse		Crisp	Vege y Potatoe V	egetable	ast (v) iravy and	d Fresh		rkey Burger/V Potato Wedg Ca Vegetar Chocola	es, Gree rrots ian Burg	er		F	Veget	ers Chips table Fin ious Pud	igers (v)		ļ	
Swe	oni Cheese, G eetcorn and E ad/Fruity Yog	Broccoli	VOGUET		Veget Basmati Ric	Chicken Curry arian Curry (v) e/Peas/Naan Br ced Buns	ead		Vegel y Potatoe	egetable	ast (v) Gravy and es	2		Veggie Baby Sweet with		(v) d Peas	2	Tra	Veget	Fish, Ch able Fin ious Pud	igers (v)			
Gree	na/Sweetcon ato and Herb en Beans and Fruit Salad iity Yoghurt (b Pasta(v) d Carrots l or	n S		Mea Rice and	in Tomato Sau less Balls (V) Mixed Vegetable Derry Muffins			Vege y Potatoe	egetable	ast (v) iravy and es	d Fresh	Jen v	Homemac Quor with Broccoli, Apple Crumi	n Pie (v) Carrots	and Peas	-	e de la compañía de la	Ve Ch	Sausage ggie Sau with ips and I ious Pud	isage Peas			
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Extra notifications









To read our full privacy notice please viult www.comwall.gov.uk/tfprivacynotice We might inform speneres if we were concerned about your suffry but we would usually speak to you first. Wessages are stored and can be seen by other health can staff who follow the same confidentially rules. We sim to reply within one working day and you should get an immediate reply to confirm we have noteived your text. Texts will not be seen outside working hours. If you need help before you hear back from us contact your GP, nearest walk-in centry or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (not including messages from landlines, international numbers, and some mobile apps). To prevent Chat Hoalth from sending messages to you, seet STOP to our number. Hessages charged at your susual rates.

To read our full privacy notice please visit www.comwall.gov.uk/tfiprivacynotice

We night inform someone if we were concerned about your safety but we would usually uposi to you first. Hessages are stated and can be even by other bealth can staff who follow the same confidentially rules. We aim to reply within one working day and you should get an immediate reply to confirm we have received your text. Texts will not be seen extended working hours. If you need help below you hav backstrom as centrally your IP, neuron and in order or double, down to it newhere down and receive voice alls or MMS picture researching. We support messaging from UK mobile mathems only not including messaging hours with memorianal rambers and summe mobile apply. Spreed: Char Health from sending messaging to you, sort DPS as or rambers. Hoursels charged as your analysis and the second s











Why not train to teach in Cornwall?

Primary (3-7, 5-11) programmes available for a September 2024 start Visit our website for further details: Teacher Education www.kernowteaching.co.uk





Are you looking for a job that fits in around your family? Gain the necessary qualifications to support you, fully funded by the ESFA (Education Skills Funding Agency).

Levels 1, 2 & 3 for School Support Course with a Guaranteed Job Interview.

- Our classes are based online Run only in term time During school hours to fit in with the school run -
- Course Times
- Total of 5 days per week (Mon-Fri) for 6 weeks
 There are 2 lessons per day (9.30am 11am) & (1pm 2pm)
- Must have internet access and a laptop or tablet.
- Must have internet access and a laptop or tablet.

No prior experience necessary -

Eligibility Criteria
 Must Be Aged 19+

- Must Claim Benefits (Universal Credit, JSA, ESA, PIP, Income Support, Housing Benefits or any type of Tax Credit including Child Tax Credit). If you live in Merseyside, you do not need to claim any benefits.
- You Can't be a student or an International Student
- You Must have lived in the UK for a Minimum of 3 Years (Except if you are from the Ukraine).

www.studysmartuk.online





School Terms and Ho			
September 2023	October 2023	November 2023	
Mon 4 11 18 25			
Tue 5 12 19 20			BERRYFIELDS YOUTH CLUB
Wed 6 13 20 27 Thu 7 14 21 28			
Thu 7 14 21 28 Fri 1 8 15 22 29			and
Sat 2 9 16 23 30			
Sun 3 10 17 24 31	Sun 1 8 15 22 29 Sur	n 5 12 19 26	EVERY WEDNESDAY EVENING FOR
December 2023	January 2024	February 2024	EVENT WEDNESDAT EVENING FUR
Mon 4 11 18 28	Mon 1 8 15 22 29 Mor		SCHOOL YEARS 5-7 FROM 6:15-7:30
Tue 5 12 19 20	Tue 2 9 16 23 30 Tue		SCHUUL TEAKS 3"/ FRUM 0.15"7.30
Wed 6 13 20 27			
Thu 7 14 21 28 Fri 1 8 15 22 29			SCHOOL YEARS 8-11 FROM 7:45-9:00
Sat 2 9 16 23 30			
Sun 3 10 17 24 31	Sun 7 14 21 28 Sur		A commence of the second secon
March 2024	April 2024	May 2024	
Mon 4 11 18 25	i Mon 1 8 15 22 29 Mor	on 6 13 20 27	
Tue 5 12 19 20			POOL TABLE
Wed 6 13 20 27			
Thu 7 14 21 28 Fri 1 8 15 22 25			
Fri 1 8 15 22 29 Sat 2 9 16 23 30			REAL PROPERTY IN THE
Sun 3 10 17 24 31			
June 2024	July 2024	August 2024	INFORMATION AND GUIDENCE TRIPS
Mon 3 10 17 24	Mon 1 8 15 22 29 Mor	on 5 12 19 26	
Tue 4 11 18 25			
Wed 5 12 19 20			FUN AND GAMES ARTS AND CRAFTS
Thu 6 13 20 27 Fri 7 14 21 28			FOR AND DAIWES ANTS AND UNAFTS
Sat 1 8 15 22 29			No. 2010
Sun 2 9 16 23 30			
Kout	Term detes summan:		
Key:	Term dates summary:		TUCK SHOP
School Holiday	Autumn Terrm 1: 4th September - 20th October 2023		
Bank Holiday	Autumn Term 2: 30th October - 19th December 2023 Spring Term 1: 4th January 2024 - 9th February 2024		
	Spring Term 1: 4th January 2024 - 9th February 2024 Spring Term 2: 19th February 2024 - 28th March 202		
Term Time	Summer Term 1: 15th April 2024 - 26th March 2024 Summer Term 1: 15th April 2024 - 24th May 2024	27	FOR MORE INFO PLEASE CONTACT ROSIE
Inset Day	Summer Term 1: 15th April 2024 - 24th May 2024 Summer Term 2: 3rd June 2024 - 24th July 2024	TOTAL: 195	PRODIAS @ROSIE.NICKELS@YPC.ORG.UK OR 0774 1903203 OR FOLLOW US ON FACEBOOK AT
		101AL: 175	
Bank and Public Holidays 2023/24			BERRYFIELDS YOUTH CLUB
Christmas Day	25th December 2023 Easter Monday	1st April 2024	





The Mental Health Support Team invites you to book your place on our Introduction to Anxiety Workshop

A single, hour-long workshop aimed at providing psychoeducation around What is worry and Why does my child worry? We also aim to provide practical strategies for supporting your child with managing their

worries.

Upcoming Sessions:

- Monday, 4th March at 10:00 AM and 5:00 PM
- Wednesday, 6th March at 4:00 PM
- Thursday, 7th March at 9:30 AM and 4:00 PM

Please note: This group is open to parents of children aged from Nursery to Year 6

To request a place, complete the online form or scan the QR code provided: https://forms.office.com/e/c AknWmy2N3



Sign up will close on Thursday 29th February 🔹

The Mental Health Support Team invites you to book your place on our Behaviour as Communication Workshop

This workshop introduces the concept of behaviour as communication, and aims to teach parents the reinforcement and attention rule. The workshop will give parents practical strategies for developing more positive behaviour at home. It will also support parents to create an action plan moving forward to support their child to manage their behaviour in helpful and happier ways.

Please note: This group is open to parents of children aged from Nursery to Year 6

Upcoming Sessions:

- Monday, 11 March at 10:00 AM and 5:00 PM
- Wednesday, 13th March at 4:00 PM
- Thursday, 14th March at 9:30 AM and 4:00 PM

To request a place, complete the online form or scan the QR code provided: https://forms.office.com/e/3D DPu9JHD7



Sign up will close on Thursday 7th March





The Mental Health Support Team invites you to book your place on our Decider Skills Workshop

Decider Skills are a set of life skills based on cognitive behaviour therapy (CBT). The skills are aimed at helping young people to recognise and understand their emotions, and promote positive mental health. They also include basic problem solving and conflict de-escalation skills, and have a strong focus on supporting children in regulating their own emotions.

Upcoming Sessions:

- Monday, 25th March at 10:00 AM and 5:00 PM
- Wednesday, 27th March at 4:00 PM
- Thursday, 28th March at 9:30 AM and 4:00 PM

Please note: This group is open to parents of children aged from Nursery to Year 6

Sign up will close on Thursday 21st March

To request a place, complete the online form or scan the QR code provided: <u>https://forms.office.com/e/Y</u> epS04KNBz



The Mental Health Support Team invites you to book your place on our Introduction to Resilience Workshop

This is a single, hour-long session aimed at parents. The session covers how to encourage young people to develop greater resilience, and provides psychoeducation around what mental health and resilience is.

When young people are resilient, they are more able to cope with challenges and stress, and can therefore be more curious, adaptable and able to extend their reach into the world.

Upcoming Sessions:

- Monday, 18th March at 10:00 AM and 5:00 PM
- Wednesday, 20th March at 4:00 PM
- Thursday, 21st March at 9:30 AM and 4:00 PM

Please note: This group is open to parents of children aged from Nursery to Year 6

To request a place, complete the online form or scan the QR code provided: https://forms.office.com/e/W 4hqrSM68q



Sign up will close on Thursday 14th March



ChatHealth Parent Line 0-5

INT 07312 263 423

TEXT 07312 263 499

TEXT 07312 263 096

ChatHealth Parent Line 5-19

ChatHealth Young People 11-19



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