

PLATT BRIDGE COMMUNITY SCHOOL | OCTOBER 2023 NEWSLETTER

PROMOTES | BELIEF | CREATES | SUCCESS

Head of School's Message

October Half Term

Oct 23 - Oct 27

School will finish at 3.30pm on Friday 20th October or 18:00 for after school club pupils and will re-open at 8.55am on Monday 30th October or 07:30 for breakfast club pupils.

Dear Parents and Carers,

As we come to the end of our first half term of the 2023-24 academic year, I'd like to start by thanking you all for your support. The contribution of parents and carers in children's educational outcomes must be celebrated and every time you support your children in reading at home, doing their homework and making positive choices, you help improve their chances of success at school.

Our curriculum has been broad and balanced this half term and children have explored both English and Maths, as well as their wider foundation subject curriculum with excitement and rigour. Each teacher has shared a short update in this newsletter about what the children have been up to - take some time this half term to chat to the children about what they have learned and see what they can remember from their lessons.

Our dedicated Local Academy Board (LAB) Governors have also made visits to school to review our curriculum and review our reading and phonics work. To learn more about our school local governance <u>click here</u>.

REMINDER – Parents of Year 6 pupils please remember the deadline to submit your child's secondary school application form is **31**st **October 2023**. If you need any assistance, please do not hesitate to contact us.

To contact a member from our Safeguarding, Special Educational Needs or Inclusion team during the closure period please <u>click here.</u>

We hope you all have a safe and restful half term and look forward to welcoming the children back to school on Monday 30th October for another half term of learning and improvement.

Warmest Regards Mrs Bozdoğan Head of School.











Whole School Bonfire themed enrichment for parents / carers & your child / children Wednesday 1st November 2023 3:30 PM - 4:30 PM

We would like to invite you with your child (Nursery to Year 6) to our Bonfire themed enrichment session. Each class / year group will be taking part in different crafts activities. All children must be accompanied by an adult.

The following extra-curricular afterschool clubs will be cancelled on this evening
Y1 & Y2 Multisport
Y4 & Y5 Rugby
Y4 & Y5 Sign Language
Y5 & Y6 Musical Theatre
Y6 Languages

We look forward to seeing you there!

Platt Bridge Start Well October Half Term Timetable

Don't forget to have a look at the activities Start Well are running over half term week. Booking Essential, please see below for further details.

Happy Halloween!!



Meet our School Pastoral Team



Nicola Wood /Assistant Head/SENCO



Tracey Smith Lower Phase



Donna Stenson Middle Phase



Jane Sargent Upper Phase



As always, if you have any issues with, or questions about, attendance please contact a member of the Pastoral team.

Education Penalty Notice Warning for Non-School attendance Under the Education Act 1996: parents and carers have a duty to make sure their children regularly attend school. If parents or carers fail to do this, they can be prosecuted.

Working within a Code of Conduct, the Local Authority can issue a penalty notice to parents or carers if a child has missed sessions without permission from the school.

If your child falls within one or more of these categories within a 12-week period, you could receive a Penalty Notice of £60 which will increase to £120 if not paid within 21 days.

The Penalty Notice will need to be paid in full before 28 days of the notice being served.

Failure to pay a penalty notice may result in prosecution (and a separate penalty notice may be issued to each parent for each child).

In addition, by law, an offence is committed if a parent fails to secure a child's regular attendance at school. Wigan Council Attendance Service, in conjunction with schools, will use these powers as an early deterrent to prevent patterns of unauthorised absence developing. You may also receive a Penalty Notice for the offence of failing to secure regular school attendance under the following circumstances:

· Your child is stopped on a truancy sweep

• You fail to ensure that your child is not in a public place during the first 5 days of a fixed term or permanent exclusion.

Community First Academy Trust is committed to providing the best possible future for your child. If you have concerns about your child's attendance at school or if you are experiencing any difficulties, please contact your school and ask for support.

We are currently recruiting an additional Pastoral Lead (particularly working within Early Years) for more information click here



Annual Data Collection Checking of the data we hold on you and your child.

If you have access to your Arbor account, please go on and check your details and your children's details.

We normally send out paper copies, however due to the school trying to go paperless, we are asking for you to check the data held on Arbor.

If you have never logged in , please check your email accounts for a link to access (may be in your Junk folder). If you are struggling to access, pop into the reception desk and speak to Lisa Butler or Adele Simm.

Thank you as always for your continued support.

School Uniform

Please can we also remind you of the importance of naming all items of school uniform with your child's me/initials and class. This means that lost items found around school can easily be returned.

Uniform: Our children have a great reputation in the community for being smart and proud of their uniform. Please help us keep this up by ensuring all of your child's items comply with our policy (<u>click here</u>)

- Grey long or short trousers/skirt
 - Blue tartan skirt/pinafore
- White polo shirt with/without logo
- Blue sweatshirt or cardigan with/without logo
 - Black shoes

No jewellery (apart from watches and small stud earrings) is to be worn in school as it constitutes a danger to the wearer and other children.

Hair should be of a natural colour and extreme hairstyles are not permitted

Superheroes Breakfast and After School Club Charges

Please make sure that any balances are paid before 29th October.

All bookings must be paid for at the time of booking, unfortunately we do not offer a drop-in service. Bookings must be made via Parentpay. If you have any queries, please do not hesitate to contact the school office on 01942 487999 or drop into main reception desk.

Thank you.





Year One are taking part in the Five to Twelve study

Pupils from our school have been selected to take part in the new **Five to Twelve** study!

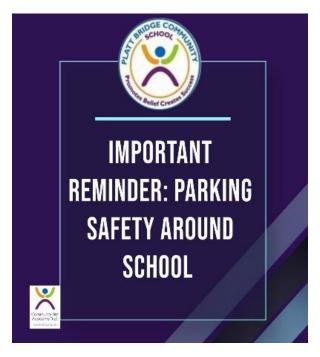
Five to Twelve is a new national study involving around 8,000 children attending primary school in the 2020s and their families. The study will explore how children are getting on in a range of areas in the post-pandemic context. By following children and their families over time, the study aims to provide a contemporary understanding of how children's environments and experiences impact on their future education and wellbeing outcomes.

For the first stage of the study, the National Centre for Social Research (NatCen), which is delivering the study on behalf of DfE, will be sending letters to the parents or carers of the selected children at their home address in October 2023. The information posted to families will list the various ways they can get in touch with the study team, should they have questions about participating or opting out.

If invited parents and carers have any questions, you can visit the study website at **fivetotwelve.org.uk**, or get in touch with the study team at **FivetoTwelve@natcen.ac.uk** or on

Freephone **0800 652 4568**.





Important Reminder: Parking Safety Around School

We would like to kindly remind everyone about the importance of parking safely around our school premises, including during nursery session changeover at lunchtime.

Please help maintain roadside safety around school:

- 1. Please do not park directly outside of school as can create congestion and pose a danger to our children and other pedestrians.
- 2. Please avoid parking in front of the school pupil entrance gates on both Woodcock Drive and Cumbrian Close.
 - 3. Do not park on Yellow Zig Zags: these are painted for the safety of our pupils.
- 4. Do not park on Double Yellow Lines: double yellow lines indicate a no-parking zone. Parking on these lines not only risks a Penalty Charge Notice but also puts our children's safety at risk.

Please be aware that Fixed Penalty Charge Notices can be issued to drivers parking on school yellow zigzags or double yellow lines where registration plates are detected by CCTV cameras.

This includes vehicles parked on the turning circle on Woodcock Drive / the school's nursery pupil entrance.

These safety measures are in place to ensure the safety of our pupils and to maintain the flow of traffic around the school.

Thank you for your understanding





Michael Farrell
Chair of Local Academy
Board
Areas of Responsibility:
Finance; Safeguarding &
Child Protection and
Personal Development
and Behaviour



Lauren Clee Teacher Governor update to follow

Dave Baxter

Vice chair and Community Governor Area of Responsibility: Teaching, Learning & Outcomes in school



Sherry Higham

Support Staff Governor Areas of Responsibility: Safeguarding & Child Protection and Personal Development and Behaviour



Alison Eaton

Community Governor
Area of Responsibility:
Phonics and the Transition
of Phonics to Reading
and Health and Safety

Neil Shovelton Parent Governor update to follow



Appointed Governor
Area of Responsibility:
Vulnerable Groups including Pupil
Premium and CLA

Frank Ejeagwu

Parent Governor update to follow



Nasal Flu Immunisations Reception to Year 6

This year's nasal flu immunisations will be taking place on **Wednesday 15**th **November**. Please remember to follow this link https://nhsImms.azurewebsites.net/session/efce6279 to complete your forms by Monday 6th November. If you have any queries regarding the vaccinations, please contact Intra Health on

0333 358 3397 - Option 1, Option 1



School Photographs

The first collection of any money for photographs is on **Thursday 19th October**. These will be collected by the photographer and photos will hopefully be ready for after the half term break. School will continue to accept payment on the photographer's behalf throughout the autumn term so you will still have chance to get them if you didn't pay on this date. Thank you!

What are Family Hubs?

Family Hubs are a new way of bringing together all the support a family may need, from pregnancy through to young people turning 19 (or 25 if they have a Special Educational Need or Disability (SEND).

Family hubs will operate as a network of services within your neighbourhood to provide accessible and connected services and support to all families.

These services will work together to provide high quality support for the whole family, so that children, young people, and families will get the right help at the right time.

How can Family Hubs help me?

There are a variety of ways our Family Hub network can support you including:

- Health Visiting, Midwifery and antenatal appointments and classes
- Activities for babies and children aged 0-5
- Support advice and guidance for families of children and young people with special educational needs and disabilities
- A range of housing advice and support including homelessness, help with affordability and tenancy arrangements.
- Help with debt and money worries including access to food parcels/pantries.
- Ways to improve whole family physical and mental health and wellbeing.
- Parenting support, advice, and guidance
- Help to build, strengthen, and maintain healthy relationships including learning opportunities.
- Activities, opportunities, and support for young people

There will also be places across your neighbourhood where access to digital equipment will be available to support with things like job searches, housing applications and booking appointments.

Where will Family Hubs be?

We are planning to have seven family hub networks operating across the borough, which means if you live locally, you should always be able to find support in your neighbourhood.

When will they be open?

Our first Family Hub will be launched on the 14th of October 2023 at The Meadows, Ridyard Street, Wigan.

How can you have your say and get involved?

We need your help to ensure that Family Hubs are designed to meet the needs of our families.

We are talking to lots of families, young people, and professionals, to make sure that Family Hubs will work well for as many people as possible.

If you're interested in shaping the future of family support in your neighbourhood, please take a few minutes and <u>tell us what you think by filling our online form</u> (external link).

We will also be establishing a parent/carer panel in each Family Hub neighbourhood, which will enable parents and carers to work together to help design, deliver and evaluate success across Wigan and Leigh. If you would like to be involved, please contact Diane Bradbury at Diane.Bradbury@wigan.gov.uk.

Children in Need Friday 17th November 2023



BE SPOTacular for Children in Need Day on **Friday 17th November 2023**We are inviting children to wear an item of clothing that is yellow or spotty to mark Children in Need Day 2023. Together, we can! www.bbcchildreninneed.co.uk

RAISING MONEY TO CHANGE YOUNG LIVES

Children can attend school in yellow or spotty clothing and donate a shiny coin.

There will be a prize for the most SPOTacular Dress in Each Class!

Save the Date – Christmas Lunch & Jumper Day Friday 8th December 2023





School will be celebrating Christmas jumper day to raise money for Save the Children on **Friday 8**th **December.** There is a shiny coin donation required for this. Please note children should wear their school uniform but replace their usual school jumper/cardigan with a Christmas jumper on the day! Christmas Dinner will also be served on this day, look out for further information on Parent Pay and Class Dojo after October half term.

Save the Date - Christmas Pantomime



On **7**th **December** Year 1 to Year 6 we will be going to see "Cinderella"," Oh no we're not" "Oh yes, we are!!" Nursery and Reception will be having and entertainer in school on this day. More details will follow shortly on parent pay on returning from October half term.



Reception Intake 2024

If your child will turn four between 1st September 2022 and 31st August 2023, he or she will start reception class at the start of the new school year in September 2024. The online application process has now opened. You can find information regarding admission to primary schools on the Wigan Council website under "admissions". If you need any further information, please ask at our reception desk.



There are also places available in our nursery. If your child turns three before 31st December 2023, please contact us if you would like to put your child's name down.



SCHOOL SNACK

Please check your ParentPay account and pay any remaining snack, These balances need to be paid for by Sunday 29th October. If it is not paid by this date, your child will not receive snack for the term (October half term to Christmas break). Unfortunately, we cannot add on any more children after this date. If you require a barcode to pay and/or if you are struggling to pay on ParentPay, please get in touch.

If you wish to change your child's snack choices, please contact us at school before the end of the half term on 01942 487999 or email finance@cfat.org.uk.

Snack and refreshments will continue to be provided throughout the day for ALL children in Nursery and Reception.

Just a reminder that Platt Bridge Community School is registered with easy fundraising, which means you can raise **FREE** donations for school every time you shop online. Just sign up and remember to use easy fundraising whenever you shop online. All you must do is find the retailer you want to shop with on the easy fundraising website or App, shop as usual and the retailer will donate to us when you make a purchase – at no extra cost to you!

These donations really mount up and make a **BIG** difference to us, so we'd really appreciate it if you could support us by using easy fundraising. It's completely **FREE** and only takes a moment.

You can find our easy fundraising page at https://www.easyfundraising.org.uk/causes/plattbridgecs

Thank you so much!





Do you receive any of the following?

- Income support
- Employment Support Allowance (Income Related)
- Income based Job Seekers Allowance
- Guaranteed Pension Credit
- Child Tax Credit and your income (as calculated by the Inland Revenue) is less than £16,190
- Universal Credit
- Receiving support under Part VI of the Immigration and Asylum Act of 1999
- In the Armed Forces

If you can answer yes to any of the above you may qualify for free school meals/Pupil Premium

The school office will help with your application. If your application is successful not only will your child receive free school meals, but our school will receive £1,300 additional funding (per child). This is called Pupil Premium.

All applications are confidential.



Although all children in Reception and KS1 are entitled to a free school meal under the Universal Free School Meal Grant, children who are moving from Year 2 to Year 3 are no longer eligible to receive Universal Free School Meals. If you are entitled to benefits, you must still register in order for your child to continue to receive free school meals and for the school to receive Pupil Premium Funding. We would be grateful if you could do this immediately and if you need any help, we are happy to support you with this process. The school uses this Pupil Premium Funding to fund various activities and resources for your child throughout the year. If you need any assistance regarding this or have any questions, please call in at the Main Reception Desk to speak to us.

For pupils who are in Year 3 to Year 6, the cost of a school meal will remain at £2.15 per day, i.e., £10.75 per week.

A new school meals menu for October to December half term is now available on the school website visit https://www.plattbridge.wigan.sch.uk/parents/school-lunch-service for more details.



Platt Bridge Community School Foodbank

As you are aware we operate a discrete foodbank for any member of our community who needs help. If you need help with a food parcel, please speak to one of our pastoral staff who will be more than pleased to help you.

UPDATE

Up to date Contact Information

As there may be occasions when the school needs to contact parents or carers during the school day, it is vital that you inform the school immediately if there are any changes to emergency contact details or home telephone/mobile numbers. Please kindly keep school updated of any change via email to enquiries@plattbridge.cfat.org.uk.



We have been informed of an update to the Government website which supports children to learn about online safety. Please follow this link for access to resources for children and parents to explore online learning safety. https://www.thinkuknow.co.uk/4 7/4-5/



Platt Bridge Community Library is located at Platt Bridge Community School.

Opening hours

- Monday Wednesday: 9am - 2pm
- Thursday Friday:12 noon 5pm
- Saturday Sunday: Closed

Facilities

- Wi-Fi
- 7 public computers
- Free parking
- Separate children's section available outside of school hours
- Dedicated health section in library

explore platt bridge library

Sheila would love to see you in our community library. Please come along and say hello, make yourself a member and borrow some books.





Congratulations to Sheila!

Sheila has worked for the library service for 20 years. She was presented with some flowers a printed bookmark, some vouchers, and a bottle of prosecco from the Library Service. May we take this opportunity to thank Sheila for all the work she has done in the library since it opened at Platt Bridge Community School and in helping pupils and the community enjoy the love of reading.

What Parents & Carers Need to Know about

AMONGUS

A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young Among Us players need to be aware of.



WHAT ARE THE RISKS?

SENSITIVE PREMISE

In Among Us, up to three players are secretly assigned to be alien imposters, tasked with murdering their colleagues while the survivors try to unmask them. While the concept's not far removed from traditional games like Wink Murder or TV shows such as The Trailors, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

VIRTUAL VIOLENCE

The on-screen death of characters may be fundamental to the gameplay of Among Us, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 — meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

CHAT BETWEEN PLAYERS

With up to 15 people participating in each game online, a large part of Among Us' appeal is speculating with fellow players who the imposters might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they

GOING OFF PLATFORM

While Among Us provides basic ways to communicate, many gamers prefer to use external services such as Discord: a popular app which offers voice and video chat functions. These undeniably make cooperation easier, but also create a potential route for children to hear inappropriate language — or for strangers to message them privately and environment which environment which environment which environment which environment which environment which environment which

IN-GAME PURCHASES

Among Us is free to download on mobile devices, and costs less than £5 to obtain on console and PC. A related longer-term pitfall, though, is that the game also includes options to pay for upgrades such as removing ads on the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.

Advice for Parents & Carers

CONSIDER SOFTER ALTERNATIVES

Although Among Us is hugely popular with young gamers, it's possible that some children might find the murder themes unsettling. It so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grisiler elements: some country around undercover spies, for instance, and there's even a Marvel superhero-themed variant.

CHAT ABOUT CHATTING

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Reeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns — not just about Among Us, but any potential future issues as well.

DISCUSS DISCORD

In general, Discord is an excellent app for keeping online communities together because of its use of dedicated inclividual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of Among Us, with no access for people they don't know.

AMONG US, AMONG FRIENDS

When your child and their friends get together, they can enjoy a private game of Among Us by choosing a 'local' lobby – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

STOP SURPRISE SPENDING

you're concerned about the possibility of your child acking up an unexpected bill on Among Us' microtransactions, ou could consider using a prepaid card with a set limit. Likewise, you ould specify in the game's options that adult authorisation is required for very purchase – or you could make sure that no payment methods are nabled on the device that your child plays the game on.

Meet Our Expert

Llayd Coombes is Editor in Chief of garning and exports afte Goliecon and hose worked in the garning Inded for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the vature of entire screen. Writing midally about tech and fitness, his articles have been published on influential sites including ICN and fachedad.







National Online Safety

#WakeUpWednesday



f /NationalOnlineSafety







Message from Senior Leadership Team

We are aware that Class Dojo has an option for parents / carers to pay for additional 'plus' services. All Class Dojo features that we use in school such as class story and messaging are **free of charge**.

There is no requirement to pay for additional services or features.

As a school, we would advise that this is not necessary.

If you have any questions or concerns, as always please contact a member of staff.

See some of what we have been doing around school...



Breakfast and After School Club

The children in Breakfast and After School club have really enjoyed having the scooters out in the playground. They have also had so much fun designing their own outfits and making them out recycled materials. They have also loved the messy play activities.









Nursery

Nursery have been busy this term getting to know each other and exploring our wonderful environment. We have enjoyed our first book of the month "Dear Zoo" including learning an animal dance and discovering CCTV footage of wild animals visiting our classroom! We worked together to write labels to "send them back" to the zoo and enjoyed making animal masks and acting out the story with the puppets. We have spent a lot of time focusing on listening and attention skills and learning our Nursery rules and routines. Recently we have also been on an Autumn walk in Low Hall and collected lots of leaves, acorns, and other autumn items that we have been exploring back at Nursery.









Reception

We have had a busy start to the reception year. We have spent lots of time getting to know our new friends, our teachers, and the routines in class. We have looked at the special story, The Colour Monster, and discussed all the feelings within the book. We created transient art of our families' using sticks, rocks, leaves and other natural resources. Our next story was Goldilocks - we have travelled to story land and had visits from all the characters; the bears were very angry that Goldilocks had eaten all of the porridge. Luckily, we managed to make some more to feed the hungry bears. What a lovely start to the year!









Year 1

Year 1 have been extremely busy this half term. We have done a super job of settling into Year 1 and have started our topic, 'You've Got Mail.' We went for a walk to the local post office to post our postcards and we have been learning all about communication in the past and present. In science, we have been exploring the human body and our senses. In our writing, we even completed a senses poem all about Autumn!









Year 2

Year 2 have had a busy half term! We have enjoyed learning about the Victorians and are super excited for our upcoming trip to Salford Museum! We have thoroughly enjoyed the book Ruby's Worry, in English, and have been learning all about number and place value in Maths. We are looking forward to hearing about our upcoming nativity with Christmas only around the corner!









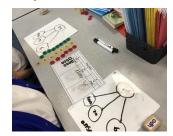
Year 3

The children have settled well into Year 3 and are embracing the curriculum. During science the children have observed and classified rocks and soil, whilst exploring the vocabulary permeable, durable and density. In history, children have begun to learn about the Stone Age and how early life shapes the life we live today. The children have completed work on place value in maths and increased their number knowledge up to 1000. All of the children have impressed us with their amazing vocabulary during the writing topic "The Magic Box" with expanded noun phrases. We have been using water colours in Art and learning to paint landscapes. During the first half term the children have participated in World Mental Health Day, Black History Month, and a Healthy Lifestyle workshop.









Year 4

In our first half term in Year 4 we have done lots of exciting things! In English and Guided Reading, we have been reading and then exploring The Queen's Nose by Dick King-Smith, we have loved learning about and exploring different animals because of this. In Maths, we have enjoyed learning about place value of numbers up to 10,000! In Science we have been learning about electricity and during this topic we have had the pleasure of using the scientific equipment to make our own circuits, exploring how they work. We have also classified and grouped objects based on whether they are conductors or insulators. In Art we have turned into Artists like Andy Goldsworthy; we have been creating 3D sculptures using the natural land and resources. We were visited by Wigan Council and took part in an Anti-Social Behaviour workshop whereby we discussed what is classed as ASB and how it can make ourselves and others feel. We understand now who to tell if we see any ASB.









Year 5

Well, what a half term we have had in year 5. We have started by reading our class novel, Coraline, which we have used as a stimulus for writing with a character description and diary entry. We have also been looking at the mythical creature, Cerberus, with a focus on its appearance, behaviour and strengths and weaknesses. Place value has been the topic of focus this term in maths – we have been looking at numbers up to 1 million and starting to use addition with these larger numbers. In history, we have been looking at the Maya civilisation and how their society was different to others around the world at that time in history. We have been looking at the geography of America and identifying key features of continent. In DT, we have been learning about the Maya culture and how masks were used as inspiration to create our own Maya mask. Frida Kahlo has inspired our work this half term with a focus on how she expresses herself in the form of self-portraits. Finally, we thoroughly enjoyed our residential to PGL where we conquered our fears and showed determination and resilience completing activities such as canoeing, abseiling, giant swing, buggy building and zip line. Our nighttime activities were all based around being a team player and focusing on how to work together to complete challenges.









Year 6

This half term, we have been exploring life of the Ancient Greeks, particularly what life was like for them growing up and how they have influenced modern day societies. Within this topic, we have also tasted some delicious - and questionable - Greek foods! In Art, we have begun exploring pottery and are beginning to design our own Greek-inspired artwork. In Science, we have been learning all about light, how it travels and how we see things! The children have carried out their own experiments to test their theories. In Guided Reading, we have continued our reading of Jekyll and Hyde and are still to find out what terrible things lie ahead. This reading has inspired our English where we have written a diary entry from a character's perspective.









Halloween Activities for Children

You needn't be stuck for ideas to keep the children entertained....

Try our Halloween Wordsearch and Spot the Difference

Halloween Word Search

S B H X B S H 0 H B N S R 0 В G S S X G T E E X A G B M M Y K S A S P B H M D M T P R T Q G A E G E S H S S B E C R X E X B B U Н

> BOO GAMES HALLOWEEN PARTY SPOOKY WITCH

CANDY GHOSTS MASK PUMPKINS TRICK COSTUMES GOBLIN MUMMY SKELETON TREAT

www.thetypicalmom.com

FIND 5 DIFFERENCES











Halloween Mindfulness Colouring

Mindfulness means slowing down and taking a breath to pause and really notice what you are doing and collecting your thoughts together. It will take your full concentration to really be mindful, you have to relax and take your time with a certain task, whether that's just taking a few seconds to control your breath. Being mindful means doing the opposite of multi-tasking or rushing, it's all about focusing on one thing at a time and feeling calm and collected whilst doing it.

To become mindful, it's important to remember that it will take a lot of practice to become better each time. This is because mindfulness involves training the mind, which can't be done overnight.

The more your practice, the better you get.

A great way to practise mindfulness is to complete a number of exercises, which can help when you're stressed, have something difficult to do or when you have to focus your attention. Eventually, after practising mindfulness regularly, it will become natural in your everyday life.





Useful contacts and online resources

Here's a list of signposted providers that can offer counselling, coaching and other support that may help improve your overall wellbeing. For more details https://www.plattbridge.wigan.sch.uk/parents/support-services-for-pupils-and-families

Stress & Anxiety

Mind www.mind.org.uk

Childline www.childline.org.uk

The Stress Management Society www.stress.org.uk

The Big White Wall Support Network www.bigwhitewall.com

NHS www.nhs.uk/conditions/stress-anxiety-depression

Mental Health Matters www.mentalhealthmatters.com

24-hour helpline 0800 1070160

Work / Life Balance

NHS Live Well – Workplace

Health www.nhs.uk/livewell/workplacehealth

Mental Health Foundation www.mentalhealth.org.uk/a-

to-z/w/work-life-balance

Cycle Scheme www.cyclescheme.co.uk

Your Body

NHS One Your Campaign www.nhs.uk/oneyou

British Heart Foundation www.bhf.org.uk

Exercise

NHS Live Well – Get

Started www.nhs.uk/livewell/getting-started-guides

The Girl Can – Sport England www.thegirlcan.co.uk

Living Streets www.livingstreets.org.uk

Swimming ASA www.swimming.org/asa

Chartered Society of

Physiotherapy www.csp.org.uk/your-health/excerise-

advice-all-ages-fitness

Home Life

Relate www.relate.org.uk

Samaritans www.samaritians.org

Notational Domestic Abuse Helpline 0808 2000 247

Barnardo's www.barnardos.org.uk

Childline www.childline.org.uk 08001111

Smoking

NHS Live Well www.nhs.uk/livewell/smoking

NHS Smokefree www.smokefree.nhs.uk

Worried about a child? https://www.wigan.gov.uk/Resident/Health-Social-Care/Children-and-young-people/Child-protection/Child-protection.aspx

