

# School News

## A MESSAGE FROM THE SENIOR LEADERSHIP TEAM

Dear Parents and Carers,

### Enrichment Day

Today has been a fun-filled day of learning right across the school. Year groups have been delivering a curriculum enrichment day to inspire and engage pupils in creative tasks related to their learning. From Roman Soldiers in year 3 to map and orienteering in year 1, the children and staff have had a great day of learning together! Please do check out our Facebook page to see photos and information about the day. It was also nice to welcome one of our Governors to visit yr3 and yr6 during the day.

### Parent/Teacher Consultation meetings - save the date

Our teacher- parent/carer consultation meetings will take place on our return from the Easter break this year, so please put the following dates in your diaries:

YR, Y1 and Y2 will take place on Monday and Tuesday 22nd and 23<sup>rd</sup> April.

Y3, Y4, Y5 and Y6 will take place on Wednesday and Thursday 24<sup>th</sup> and 25<sup>th</sup> April.

More details around timings and the booking procedure will come out before we break up for Easter so that you will have plenty of time to make an appointment. The meetings will be face-to-face and take place in our school hall.

Meeting slots will be after school from 3.30pm and we look forward to meeting with you so that we can discuss your child's progress and how we can take them forward.

### Keeping safe online

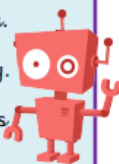
We have had a number of concerns raised by children and parents around the use of WhatsApp. Please be vigilant with your children's access to devices and be mindful of the age restrictions applied to apps like WhatsApp. Children under 16 should not be using this platform.

[Thinkuknow](#) - for advice from the National Crime Agency to stay safe online

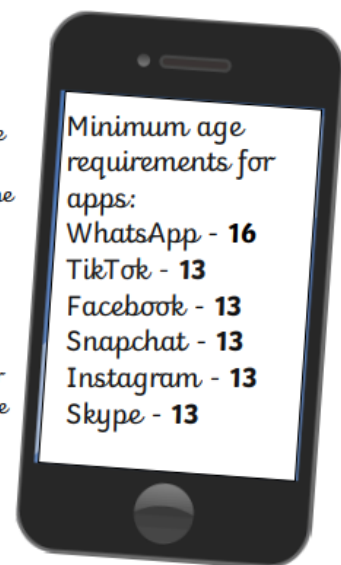
[UK Safer Internet Centre](#) - advice for parents and carers

#### **Online Research Tips**

- 1) Make your keywords as precise as possible. If you're looking for information on a Tyrannosaurus Rex, don't type in "dinosaurs".
- 2) Use two or more keywords in your search, but put the most important keywords first. For example, if you wanted information about what the T-Rex ate, you might use the following keywords in this order - Tyrannosaurus Rex diet. The search engine will look for web pages that contain all of these words.
- 3) Make sure you spell the keywords correctly.
- 4) Use a child-friendly search engine, such as [Kiddle](#).
- 5) Include the words - '**for kids**' - to help make the results more age appropriate.



Keeping a healthy dialogue with children about their online activity and a degree of monitoring, especially on messaging sites, and setting clear boundaries is the best way of keeping your child safe.



Minimum age requirements for apps:  
 WhatsApp - 16  
 TikTok - 13  
 Facebook - 13  
 Snapchat - 13  
 Instagram - 13  
 Skype - 13

These applications have age limits in place to keep users safe, and protect younger users from inappropriate contact and content.

We wish you a relaxing weekend ahead.

The Leadership Team

# Upcoming Events

**EASTER RAINBOW HAMPER RAFFLE**

THE PFA NEED TO RAISE £2000 FOR THE OPAL RESOURCES FOR ALL THE CHILDREN TO BENEFIT AT BREAK TIMES, SO WE HAVE ARRANGED A RAINBOW RAFFLE

WE ARE ASKING FOR DONATIONS IT JUST HAS TO BE IN YOUR CLASS COLOUR!

WINE TO WASHING UP LIQUID  
BISCUITS TO BUBBLE BATH  
& EVERYTHING INBETWEEN!

PLEASE SEND IN YOUR DONATIONS FROM 18TH TO 22ND MARCH TO YOUR CLASS TEACHER

RAFFLE WILL TAKE PLACE ON THE 28TH AT OUR EASTER TRAIL

TICKET SALES OPEN SOON AND THANK YOU AGAIN FOR YOUR CONTINUED SUPPORT



The image shows a variety of products including: Rec (Recycled), Year 1 (Doritos, Biscuits), Year 2 (Kellogg's, Biscuits), Year 3 (Lime Washing Up Liquid, Biscuits), Year 4 (M&M's, Biscuits), Year 5 (Cadbury Dairy Milk, Biscuits), and Year 6 (Milk, Biscuits). There are also bottles of washing up liquid and other household items.

## Non-Uniform Day

Our next uniform day is on the 28th of March 2024. We are not asking for biscuits for this day, instead we asked for donations to the PFA rainbow raffle. The draw for this will take place on Thursday 28th of March.

Parent Consultations will be on Monday 22<sup>nd</sup> & Tuesday 23<sup>rd</sup> April 2024 for YR, Y1 & Y2 and on Wednesday 24<sup>th</sup> & Thursday 25<sup>th</sup> April 2024 for Y3, Y4, Y5 & Y6.



# Important Information

**FREE School Uniform**  
free for everyone,  
no referral needed!

**Events**

**Fridays**  
3 - 4.30pm

19th January  
16th February  
15th March  
19th April  
17th May  
21st June

**Saturdays**  
10 - 11.30am

20th January  
17th February  
16th March  
20th April  
18th May  
22nd June

**Community Church Chadwell St Mary**  
Defoe Parade (enter from Brentwood Road)  
RM16 4QR

**Save the planet 🌍, and your pennies 💰!**  
**Hundreds of items in stock:**

- Polo shirts
- Shirts & blouses
- Skirts
- Trousers
- Socks
- Pinafore dresses
- Jumpers & cardigans
- Blazers & ties
- PE kit incl football socks
- Plimsolls
- Black shoes
- Coats

Clean, good condition school uniform donations accepted when space allows. Please check our facebook page to see if we are currently collecting. Search facebook for "The 180 Project"

An event run by The 180 Project, part of Community Church  
Registered charity no. 1062301. Tel: 01375 484 101

We have a very limited stock of uniform due to our uniform store being in the RAAC area of the school. If you are in need of uniform please visit the 180 project at the Community Church in Chadwell St Mary.

If your child has an injury and has been given medical advice that we need to follow as a school, please bring them to the school office for 8.15am on their first day back at school following the injury so that we can complete a risk assessment. Thank you for your cooperation.

## Absence

If your child is too ill to attend school, this must be reported to us by no later than **9.00am**. Please telephone the school, press one and leave a message on the voicemail box stating your child's full name, class, the reason for absence and when we can expect them to return to school (if known).

Home Visits will be carried out for any child that is absent for 3 or more school days without reason.

# We need you



## Help Us Enhance our EYFS Outdoor Area! 🌳

Calling all kind-hearted donors! 🙌 We are thrilled to announce that we are working on transforming our Early Years Foundation Stage (EYFS) outdoor area into a vibrant, interactive space for our little learners. 🌈

Do you happen to have any of the following items that are yearning for a new purpose? If so, we would be incredibly grateful for your generous donations to our school. 📺❤️

Let's create an unforgettable outdoor haven where our little ones can explore, learn, and grow! 🌈🌱

## Can You Help Us?

We are looking for extra outdoor resources to help us support your child's learning and development. Any help, big or small, makes a big difference and you may be surprised by what we are looking for! Thank you for your support.

### We Are Looking For:

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Guttering and tubes</li><li>• Funnels</li><li>• Cable drums and reels</li><li>• Pallets</li><li>• Tyres</li><li>• Steering wheels</li><li>• Crates</li><li>• Buckets and/or containers</li><li>• Gardening tools for children – trowels, watering cans, spade, brush</li><li>• Large, old furniture such as cupboards, chairs, tables (to create a mud kitchen)</li><li>• Utensils – spoons, tongs, scoops, ladles, rolling pins, potato mashers</li><li>• Cutlery, bowls and plates</li><li>• Pots, pans and muffin trays</li><li>• Jugs and funnels</li></ul> | <ul style="list-style-type: none"><li>• Soil and/or compost</li><li>• Bark chippings</li><li>• Seeds, bulbs and/or plants</li><li>• (Pine)cones, acorns, conkers</li><li>• Shells</li><li>• Sticks</li><li>• Leaves</li><li>• Bark</li><li>• Stones and pebbles</li><li>• Moss</li><li>• Flowers/petals</li><li>• Feathers</li><li>• Tree stumps and/or log slices of different size, heights and widths</li></ul> |
|---|--|





# SEND in Focus



**Is your child struggling with learning or behaviour at school?**



**Are you concerned about your child's development?**



**Would you like information, advice or guidance about Special Educational Needs?**



**Do you want to know what's going on in Thurrock for SEND families?**

**PATT SENDIASS provide free, confidential, and impartial information, advice, and support to children and young people (up to 25 years) and their parents and carers, in relation to Special Educational Needs and Disability.**



**VISIT OUR WEBSITE [WWW.PATT.ORG.UK](http://WWW.PATT.ORG.UK)  
CALL OR TEXT 07702 127 252**



# SEND in Focus

## ReThink ReCreate ReCycle

Open to all young people aged 5-16 with SEND

**Competition opens:**  
22nd January 2024  
**Competition closes:**  
28th March 2024



Take a plunge into the world of recycling like never before. It's not just about bins and bottles; it's about turning everyday items into extraordinary creations and give them a new lease on life.

We want to see your innovative minds at work, turning old items into mind-blowing masterpieces.

### HOW TO ENTER

- Collect the items you want to recycle and transform these finds into a mind-blowing creation.
- Take a photo of your masterpiece, and in a paragraph, share the inspiration behind your creation while highlighting the materials you recycled.

Email it to [QASEND@thurrock.gov.uk](mailto:QASEND@thurrock.gov.uk)  
Remember to include your name, age, year group and current school setting.



### THINK ABOUT:

What message does your creation convey about recycling?

How did you recycle materials to create something new and exciting?

How can your creation inspire others to join the movement?



# SEND in Focus



Have you received an ASD diagnosis for your child?

Do you have questions or concerns?  
Do you need someone to talk to?

The Specialist Health Visiting Team Nursery Nurse's will be available for you on the third Monday of every month with a friendly face and a cup of tea at the Child Development Centre, Gifford House, Thurrock Community Hospital, Long Lane, Grays, RM16 2PX

# Diary Dates

Thursday 28th March 2024	Non-Uniform Day
Friday 29th March 2024	Bank Holiday – No school
Monday 1st April – Friday 12th April 2024	Easter Break
Monday 15th April 2024	Pupils Return to School
Tuesday 16th and Wednesday 17th of April 2024	Reception Hearing, vision, height and weight checks
Monday 22nd & Tuesday 23rd April 2024	Parents/Teacher Consultations, YR, Y1 & Y2
Wednesday 24th & Thursday 25th April 2024	Parents/Teacher Consultations Y3, Y4, Y5 & Y6
Friday 26th April 2024	Reception Parent Workshop and stay and play
Monday 29th April 2024	Clubs start back
Monday 6th May 2024	Bank Holiday Monday – No school
Monday 13th May – Thursday 16th May 2024	SATS week
Friday 17th May 2024	Curriculum Enrichment Day
Friday 25th May 2024	Non-Uniform Day
Monday 27th May – Friday 31st May 2024	Half Term
Thursday 6th June 2024	Class photos
Monday 1st July 2024	Thurrock Infant Music Festival
Friday 19th July 2024	Last day of term for pupils
Monday 22nd and Tuesday 23rd July 2024	INSET day – no school for pupils.



# Do you need support?



## East Tilbury Primary Schools Online Pastoral Support.

We are very excited to launch our new Pastoral service to our school community. From today you can access support by completing a simple and quick online form.

We have been working hard over the last few months to set up extra support for our families which is very much needed at this challenging time. If you require support, then please do not hesitate to reach out. We are hoping this service will be a fantastic addition to the support we can provide for our school community. Please reach out if you need anything, we are always here to offer you support.

To make the process simple we have created a QR Code (at the top of the poster) which you can just scan, and this will take you directly to the form.

## WE CAN HELP WITH

- Food
- Wellbeing
- Trip Payments

## FOR MORE INFORMATION VISIT:

[www.easttilburyprimary.thurrock.sch.uk](http://www.easttilburyprimary.thurrock.sch.uk)

Our school uniform shop is currently closed due to our stock room being affected by RAAC. If you need support with school uniform please visit the 180 project in Chadwell St Mary.

[mycommunitychurch.org.uk/community/projects](http://mycommunitychurch.org.uk/community/projects)

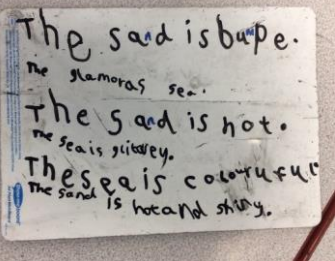
# Class News

## Reception

This week in Reception we have been reading 'The Snail and The Whale' by Julia Donaldson and have been writing our own postcards as if we were the Snail and the Whale on different parts of their journey. We have been trying to find where they went on the map and using new adjectives, we have learned to describe the different places they visited.

In maths we have been looking at number bonds to 10 and doubles within 10. We have been using a range of different equipment to spot and make doubles. We have been very good at identifying when something is a double and using our reasoning skills to explain why.

Today we have been enjoying becoming Pirates as part of our Curriculum Day and using our understanding of the World skills to help us solve problems such as finding out which treasure is magnetic, growing some plants whilst we are at sea and testing how to make a waterproof boat!



## Year One

In English this week, we continued our work on *The Train Ride*. We recreated a coastal stop on the train journey and experienced what it would be like to stop at a seaside town. Each table had a tray of sand to create a sandcastle. On whiteboards, we wrote adjectives to describe what the sandcastles looked like and felt like.

For Enrichment Day, we explored what a map is and why we use it. We compared a range of maps such as the world map, the London Underground map, a floor plan and discussed some similarities and differences between them and an aerial photograph from our last lesson. Then we had fun helping an alien who has landed in our school to find their way around our classroom by creating a 'messy map' of our classroom using the directional language to explain our choices.

We went into the playground to develop our fieldwork skills. We used a map of part of the school grounds to find features using a key. When we saw the features outside, we looked on the map to find it. Once we found it on the map we ticked it off.

We went outside to draw a map on the floor using chalk. We used the map from last lesson to add the features of the school grounds onto our map on the floor. We then all stood on the same side of our rectangles and pointed out the direction of North. After that we jumped onto the spot where we thought the school building was. It was such a fun day!

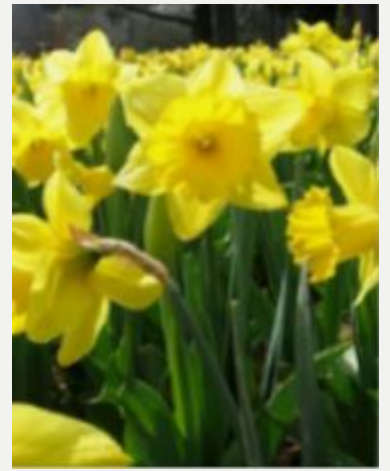


The sand castle was soft and shiny and gold.

# Class News

## Year Two

This week we have started our new maths unit: measurement. The children have worked well to recognise the difference between metres and centimetres. They have then been able to use this knowledge to support their estimations when measuring objects across the classroom. In English, we have been researching daffodils to gather enough information for our fact files. The children enjoyed using the iPads to locate a variety of different websites, ensuring the information was relevant. Once they had enough information, they then thought carefully about the features of a fact file to understand how to organise their facts.



## Year Three

This week in year 3 we have had an amazing week! We started the week by creating our poems in English independently, based on the Sound collector by Roger McGough. Pupils adapted the poem with a focus on collecting colours rather than sounds and applied the poetic features that we have learnt to their versions. In maths, we are continuing with calculating the perimeter of a shape looking at various units of measurement such as mm, cm, m and steps (around a garden or playground). We also revised previous learning that we had done in the term looking at equivalent lengths and converting measurements earlier on in the week in preparation for a mini, maths quiz.

In Science, we are continuing with our term topic of light, specifically focusing on various ways we can protect ourselves from the sun and looked at UV rays. We ended the lesson creating shadows using torches – looking at how the closeness of the light affects the size of the shadow.

Today was our enrichment day, with a focus on the Romans! Pupils had great fun coming in dressed as a person from Roman civilisation and spent the morning making shields that were Roman inspired. In addition, we started our Art topic for the half term, Sculpture & 3D: Abstract shape. We enjoyed trying out different ways to make card shapes three dimensional, e.g. folding and curving the card or joining the flat shapes together. We combined shapes together to make an interesting free-standing sculpture and explained in simple terms the difference between 2D and 3D art.

As always, we encourage pupils to try to access the home learning platforms such as TTRS, MyMaths (when work is set, Google classrooms to revise spellings or Active learn (Bug Club) for online reading books. Login details are located at the front of their reading records, alternatively pupils can get a physical reading book from their bookcases in class; any queries please feel free to speak to any member of the Year 3 team.

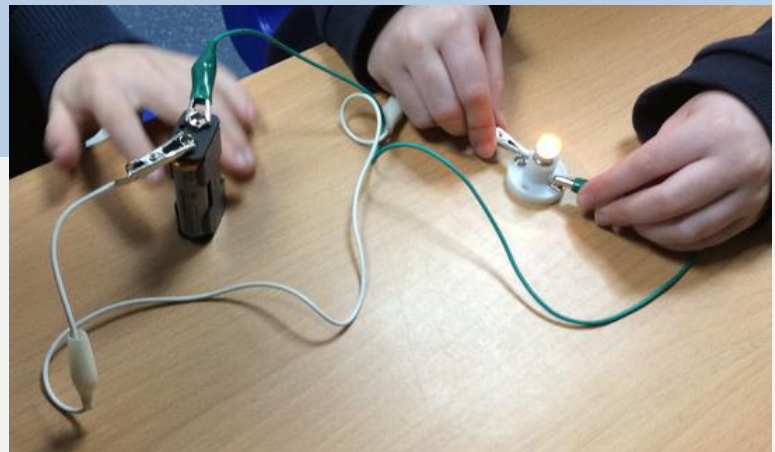
# Class News



## *Year Four*

We are currently writing 'Play Scripts', these are inspired by a historical event in a small village in Derbyshire 'Eyam'. The plague, which was a highly infectious and very unpleasant disease, came to Eyam in the summer of 1665, possibly in a bale of cloth brought up from London. The people in the house where it came to, caught the disease and died in a short space of time. Before long, others had caught the disease, and also died after a short and very painful illness. It spread rapidly. Sadly, many people in the village died.

In Science, we learned about electrical circuits being a path of electricity which can be disturbed by switches. Metal wires inside cables are called conductors, electricity travels through these freely and materials such as plastic are called insulators as it disturbs the electricity flow. We also created our own simple and series circuits.



# Class News

## *Year Five*

This week in year five, we have worked hard finishing our poems based on 'The River' and began to write another poem in the same style on the theme of space. We planned and carried out fieldwork to find out how littered our school grounds are, and next week we will be assessing the data we collected. On Friday we explored space, time zones and changes in light during our half-termly curriculum day. In groups, we created models on each planet using paper mâché, recalling facts we've learnt over the last few weeks.

## *Year Six*

This week Year 6 completed a day of Design and Technology for their curriculum day. The theme was playground structures. We began the day by looking at different playground apparatus and debating which were our favourites. We then used this as inspiration for our own playground designs. Once our designs were finalised, we began building miniature versions of the structures using a variety of equipment including: lollipop sticks, craft straws, wooden dowels, and cardboard.

In English, we finished writing our own narratives inspired by 'Thornhill' by Pam Smy. The children enjoyed using a variety of linguistic techniques to create an atmosphere and build tension.



# Reach for the Stars



Our 'Stars of the Week' are the children that have gone over and above in their efforts. We are very proud of them for their achievements and thought they deserved an extra-special mention!

RJG	Lexi	For using her phonic knowledge to blend words.
REC	Alfie	For his hard work in phonics.
RES	Ella	For working really hard on her sentence writing.
1GC	Youssef	For sharing his wonderful ideas with the class and working really hard in English.
1FK	Ava R	For coming into school with a positive attitude to learning.
1BA	Harrison	For consistently showing great effort in his learning.
2BG	Esmae B	For her excellent effort in maths this week.
2RS	Olly	For his good effort in maths this week.
2CH	Eddie	For trying hard to improve the presentation in his books this week.
2RM	Leo R	For working hard on his letter formation this week.
3VP	Aariya	For her consistent effort across all subjects in the curriculum.
3ML	Kian G	For his improved effort and focus in his learning.
3SG	Alice C	For demonstrating consistent effort when learning her times tables this week.
3SA	Nathan N	For demonstrating great resilience and commitment to his learning.
4CP	Bethany H	For her dramatic expression and characterisation whilst writing a playscript.
4NM	Abigail	For making amazing progress at swimming and for her excellent ideas whilst writing a play script about the plague in Eyam.
4JP	Rebecca A	For consistent effort when writing in English.
5AB	Frank H	For his amazing river poem.
5TH	Klay	For pushing himself to improve written presentation.
5MR	Dolly	For writing an excellent poem about a river in English.
6LC	Elsie G	For creating a tense atmosphere in her 'horror' narrative.
6NB	Jayden T	For his excellent ideas embedded within his horror narrative.
6JM	Grace D	For outstanding effort in creating a poster for British Science Week.



# Maths Marvels



All pupils at East Tilbury Primary have logins for Times Tables Rockstars and are able to log on at home to practice their times tables.

## 17th March - 22nd March 2024



## 17th March - 22nd March 2024



## 17th March - 22nd March 2024



## 17th March - 22nd March 2024



## 17th March - 22nd March 2024



# Keep in Touch



Our school office is open to receive calls between 8:30am and 3pm.

Tel: 01375 846181  
Email: [office.etp@osborn.e.coop](mailto:office.etp@osborn.e.coop)

East Tilbury Primary School  
Princess Margaret Road  
East Tilbury, Essex, RM18 8SB



We are also regularly updating our Facebook page and Twitter feed. Log on and have a look!



Twitter:  
[@EastTPrimary](https://twitter.com/EastTPrimary)



At East Tilbury Primary School our Designated Safeguarding Leads (DSL) are:

- Mrs Bates
- Mrs Dawson

Due to the size of the school, we have the following designated staff who can deputise in the Headteacher's absence:

- Mr Gowland
- Mrs Jarvis
- Mrs Mylam
- Mrs Allen
- Mrs Sheridan

Pupils can contact any of our Safeguarding Team during the school day.

Worried about a child? You can phone or write to MASH about your concerns. Phone immediately if you believe it is urgent.

Thurrock MASH (Multi Agency Safeguarding hub), Civic Offices, New Road, Grays, Essex, RM17 6SL, Tel: 01375 652802. Emergency Duty Team (for out of hours) 01375 372468. · Police Child Abuse Investigation Team 01277 266822 or call 999 if you are concerned a child needs immediate protection. · Childline 0800 11 11 [www.childline.org.uk](http://www.childline.org.uk) · NSPCC 0808 800 5000 [www.nspcc.org.uk](http://www.nspcc.org.uk); [www.facebook.com/nspcc](https://www.facebook.com/nspcc)



**Tues 14:00-16:00:** St. Mary's Church hall, St. Mary's Church, Dock Rd, Grays, RM17 6EX.

**Tues 11:00-13:00:** St. John the Baptist Church, Tilbury, Dock Road, Tilbury, RM18 7PP

**Weds 11:00-13:00:** Gateway People's Centre, High Street, Stanford Le Hope, Essex, SS17 0EY

**Weds 13:00 -14:30:** Sockets Heath Baptist Church, Premier Avenue, Grays, RM16 2SB

**Thurs 11:00-13:00:** St. Francis Centre, Somerset Rd, Linford, SS17 0QA

**Thurs 11:00-13:00:** All Saints Church of England, Foyle Drive, Sth Ockendon, RM15 5HF

**Fri 10:12:00:** St. Stephen's Church of England, London Rd, Purfleet, RM19 1QD

**Sat 09:30-11:30:** Emmanuel Church of England, Sleepers Farm Rd, Chadwell St. Mary, RM16 4TP

**Sat 10:00-12:00:** All Saints Church of England, Foyle Drive, Sth Ockendon, RM15 5HF

**Sat 10:00-12:00:** Christian Gates of Praise International Christian Centre, 79-83 London Rd, RM175YF



# 10 Top Tips for Parents and Educators

## ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

### 1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

### 2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

### 3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

### 4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

### 5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

### 6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries; this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

### 7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

### 8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a café, or just a weekly walk.

### 9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

### 10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

## Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.







#WakeUpWednesday®

The National College®

September 2023							October 2023							November 2023							December 2023						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
				1	2	3						1				1	2	3	4	5					1	2	3
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
							30	31																			
January 2024							February 2024							March 2024							April 2024						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6	7				1	2	3	4					1	2	3	1	2	3	4	5	6	7
8	9	10	11	12	13	14	5	6	7	8	9	10	11	4	5	6	7	8	9	10	8	9	10	11	12	13	14
15	16	17	18	19	20	21	12	13	14	15	16	17	18	11	12	13	14	15	16	17	15	16	17	18	19	20	21
22	23	24	25	26	27	28	19	20	21	22	23	24	25	18	19	20	21	22	23	24	22	23	24	25	26	27	28
29	30	31					26	27	28	29				25	26	27	28	29	30	31	29	30					
May 2024							June 2024							July 2024							August 2024						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5					1	2		1	2	3	4	5	6	7				1	2	3	4
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31	

<b>Autumn Term:</b>	Monday 4 September 2023 – Wednesday 20 December 2023 <i>Half Term 23 October – 3 November</i>	73 days
<b>Spring Term:</b>	Thursday 4 January 2024 – Thursday 28 March 2024 <i>Half Term 19 February - 23 February</i>	56 days
<b>Summer Term:</b>	Monday 15 April 2024 – Tuesday 23 July 2024 (22-23 July twilight inset payback) <i>Half Term 27 May – 31 May, and May Bank Holiday - 6 May</i>	66 days
		195 days

	School Holiday
	Additional autumn half term
	Inset days, schools closed to students
	Trust conference, schools closed to students