

BUCKINGHAMSHIRE COUNTY COUNCIL
Education Department

Highworth Combined School & Nursery

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Newsletter – 6th March 2020 Issue 21

Letters sent home & e-School messages this week: Football Event (Y2), Sport Relief Mufti Day, Multiplication Tables Check (Y4), Usborne Book Fair, Natural History Museum Trip (Y3)

Dear Parents and Carers

Thank you for your support of World Book Day. There were some amazing objects brought in to school; it was easier to guess the link to a book for some than others, but it certainly made for interesting discussions. Our intention is to encourage a love of reading and books every day and not just once a year, but it certainly helps to focus us all upon this important aspect of learning.

I hope that you know that next week we are holding Parents Evening meetings on Tuesday and Thursday. If you have not yet done so, please make an appointment on line. If you have trouble with this system, please contact Mrs Bennett who will be pleased to help.

On Thursday this week our school 'Zambia Council' met. They are working on identifying ways in which we can make productive use of the link we have established with a school there. We will send further details of this evolving project later in the term.

There is currently no further relevant information regarding Coronavirus, but obviously, if this changes I will let you know immediately.

My best wishes for an enjoyable weekend.

Clare Pankhania

ATTENDANCE

The display board at the front of the school shows each year group's weekly attendance.

SCHOOL ATTENDANCE TARGET IS 96%

BEST ATTENDANCE: 99% (CLASS 4NS)
WELL DONE!

OUR WHOLE SCHOOL ATTENDANCE IS

WELL BELOW TARGET AT 94.3%

DATES FOR YOUR DIARIES

Tues 10th March – 5:30pm - 8:00pm

Parent Consultation Evening
Usborne Book Fair

Thurs 12th March – 3:30pm – 6:00pm

Parent Consultation Evening
Usborne Book Fair

Friday 13th March

Sport Relief - Mufti Day

PARENT ZONE

New Dates for Parenting Courses released

The Family Support Service have now released some new dates for parenting courses in High Wycombe. These courses are excellent and free to attend. They are running the following:

- **STOP – A supportive programme for parents of TEENS** – For parents with young people aged between 10 and 16 covering:
 1. Avoiding power struggles
 2. Praise and encouragement
 3. Setting limits
 4. Consequences
 5. Brain development of teenagers

Tuesday Evenings 6.30-8.30pm. First session starts 21st April at Castlefield Family Centre.

- **Henry Programme** – For parents with children aged 0 – 5 years old covering:
 1. Responding to needs without giving in to demands
 2. Positive mealtimes including healthy eating
 3. Ideas for active play
 4. Understanding and managing behaviour for a happier home

Wednesday Mornings 9.30 – 11.30am. First session starts 29th April at Castlefield Family Centre.

- **Stepping Stones Triple P – Positive Parenting programme** – For parents with children with disabilities ages between 2 -16 years of age covering:
 1. Promoting children's development
 2. Teaching new skills and behaviours
 3. Parenting routines
 4. Planning ahead

Thursday mornings 9.30 – 11.30am. First session starts 30th April at Mapledean Family Centre.

- **Group triple P – Positive Parenting programme** – For parents with children aged between 2 and 10 years old covering:
 1. Positive parenting
 2. Helping children to develop
 3. Managing misbehaviour
 4. Planning ahead

Wednesday mornings 10 – 12noon. First session starts 6th May at Disraeli School.

For more information and to book on to the courses please use the following website:

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/advice.page?id=TNNwfojy1l4>

Supporting Children mental health

Please find attached some information on how parents can support their child's mental health.

Beccy Hatch

Parent Support Worker

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This relates also to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss. It's very sad that Nana has died or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older one, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>



HM Government

NHS



CATCH IT.



BIN IT.



KILL IT.



Wet

NHS



Soap



Wash



Rinse



Dry

Stop germs spreading.
The power is in your hands.

Have you washed your germs away? Wash your hands.