BUCKINGHAMSHIRE COUNTY COUNCIL Education Department

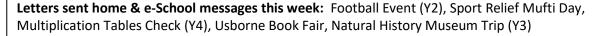
Highworth Combined School & Nursery

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Newsletter – 6th March 2020 Issue 21





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

<u>Tues 10th March</u> – 5:30pm - -8:00pm Parent Consultation Evening Usborne Book Fair

<u>Thurs 12th March</u> – 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=TNNwfojyII4

Supporting Children mental health

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

Beccy Hatch
Parent Support Worker

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalconlinesafety.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN'S

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put of 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.





ASKTWICE



Are you sure?

TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our f those of others is normalised. If the usual 'are you ok?' is not creating an oppo dialogue then say something like 1 know when something like that has happe felt like this... is that how you are fee ling or are you feeling something else?'

EMPATHISE

THERE IS NO SUCH THING AS A STUPID QUESTION



BE OPEN AND HONEST

Idren appreciate honesty, particularly if you are having to ask about a difficult outgot. For more its, you may be failed by the very sad that Nama has died or I feel sad that Nama has about a subject will differ depending on their age and de-terty. Talking about death to your general by the community for an elder taken, as their separtence and understanding or

5 KNOW WHEN TO SEEK HELP

MIND YOUR LANGUAGE

HELP YOUR CHILD FEEL SAFE



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

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



Meet our expert



Sources of Information and Support





