

Thursday 8th February

Dear Parents/Carers,

We can't believe that we are half way through the school year! This Friday we break up for half-term and then return to school on Monday 19th February. The children all looked fantastic in their very creative 'Number Day' outfits last Friday as we celebrated the importance of number.

Ofsted

We're sure you are aware but this week we have had a school inspection carried out by Ofsted. Although we can't tell you our grading until the official report is published, we would like to thank-you for your support throughout this process, whether it was talking to the inspectors, filling out the parent questionnaire or just arriving to school with a smiling face! The children, as always, we an absolute credit to yourselves and the school.

Foundation Governor

We would like to welcome Bernie Furey to our school family as a foundation member of our governing body. She brings lots of experience to the role and we know she will be a real asset to our school.

Parking

Please can we be mindful with our parking at drop off and pick up times. Last week we had three separate incidents regarding the parking around school. We have to be respectful towards our neighbours as there have been times when residents have returned home from work and not be able to get into their driveway. More importantly we must consider the safety of our children and we do have concerns that cars are mounting the pavement as they try to pass each other or turn around. We would really appreciate your co-operation with this matter.

Own Clothes Day

Tomorrow the children can come to school in their own clothes, in exchange for this we are asking for a donation of £1 per child. This money is to go towards improving our playground as we would like to put some benches around the perimeter.

World Book Day (Please see attached letter)

This year the World Book Day is on Thursday 7th March. To celebrate this day, we would like the children to come to school dressed in their pyjamas and to bring their favourite bedtime book and maybe a teddy!

Please also find attached, the monthly safeguarding letter, which focuses on children's mental health, places for children to eat during half-term and a poster from Andrew Western – MP for Stretford and Urmston.

Have a wonderful half-term holiday, we'll see you on Monday 19th.

Mr Smith and Mrs Atherton



World Book Day 2024 Thursday 7th March

The charity World Book Day® is holding its annual celebration on Thursday 7th March.

World Book Day 2024 will celebrate that children are more likely to enjoy reading when their choices are championed and we make reading fun.

World Book Day have developed six evidence-based principles that can be implemented easily by families to support children in adopting a lifelong habit of reading for pleasure:

1. Being read to regularly
2. Having books at home and at school
3. Having a choice in what to read
4. Finding time to read
5. Having trusted help to find a book
6. Making reading fun!

The WBD theme this year ***Read Your Way*** calls on everyone to let go of pressure and expectations, giving children a choice – and a chance – to enjoy reading.

To celebrate World Book Day at St Hugh of Lincoln we would like the children to come to school dressed in their pyjamas and to bring their favourite bedtime book. On the day the children will take part in fun book related activities and receive a book to bring home.

The day is an opportunity for us to share the benefits of reading as a pre-bed activity and for the children to get some book recommendations from their friends.

There are many benefits of reading before bed for children. Reading at bedtime:

1. relaxes children, improves sleep and improves well being.
2. helps children learn by developing listening skills and vocabulary.
3. boosts parent-child bonding.
4. makes children happier than screen time.
5. encourages independent reading, often sparking a life long love of books.
6. develops imagination.

We are looking forward to a fantastic World Book Day 2024!



SPOTLIGHT ON SAFEGUARDING

Working together to keep our young people safe

FEBRUARY 2024 | PRIMARY

In this month's issue:

- Spotting the signs of poor mental health
- How to support mental health
- App focus: Young Minds

RECOGNISING THE SIGNS THAT YOUR CHILD MIGHT BE STRUGGLING WITH THEIR MENTAL HEALTH

Change in the way they approach school

If your child seems unenthusiastic about going to school and learning, it's important to take note of any changes in their behaviour.



Change in behaviour

Have you noticed any recent changes in your child's behaviour? They may have become argumentative, uncooperative or irritable.



Poor sleep

Are you noticing differences in their sleep patterns? Perhaps they are having difficulty falling asleep or waking up frequently throughout the night.



Changes in social habits

If a child is spending more time alone and playing alone, it could indicate they are becoming withdrawn.



Mental Health: We all have it!

As we approach Children's Mental Health Week, it's a great opportunity to take stock of our children's well-being. Mental health should be treated with the same level of importance as physical health. We all possess it, and it is our responsibility to care for it. This involves being able to identify when something isn't quite right, as well as implementing preventative measures to ensure our children's mental health is in good condition.

Initiating Discussions with Your Child About their Mental Health

Taking care of a child's mental health is a continuous process. Having conversations with them from an early age can make a significant difference in the long run. Starting with a daily check-in about how they're feeling is an excellent way to begin these talks. These conversations can also encourage your child to engage in healthy activities that can further support their mental well-being. Below is an example of a check-in you could use.

MENTAL HEALTH CHECK-IN

tell me how you're feeling with an emoji

- | | | | |
|--|---------------|--|----------------------|
| | really great | | starting to struggle |
| | pretty good | | having a hard time |
| | okay, I guess | | I need support |

SPOTLIGHT ON SAFEGUARDING

Tips for Nurturing Your Child's Mental Health

Here are some helpful tips to prevent potential mental health issues from arising and promote a healthy well-being for your child.

The importance of sleep

Children are developing physically, intellectually and emotionally and their development is aided by good quality sleep. Children who have poor sleep will find it harder to cope with daily life and may suffer with poor mental health.

Tips for improving sleep:

- Have a set bedtime everyday and create a calming environment 30 minutes before bedtime
- Have a routine during the 30 minutes so the child knows what to expect. This might include having a bath and reading a story
- Put electronic devices away 30 minutes before bedtime
- Have good eating and exercise habits during the day

4 ways to support your child with their mental health



Encourage good physical health

Encourage healthy habits, such as a balanced diet, regular exercise, and good personal hygiene in children. Set a good example at home and talk to them about it.



Set boundaries with devices

Children should have designated times to disconnect from social media, the internet, and gaming for alternative activities that promote social interaction.



Have open conversations

To eliminate stigmas, talking to children about mental health is crucial. Using personal experiences and relatable examples from TV shows can help start the conversation.



Create healthy habits

Encourage healthy hobbies, social activities, and connections to promote mental well-being and prevent unhealthy patterns, obsessions or addictions.

Young Minds - A Charity Committed to the Mental Health of Young People

Young Minds is a charity that offers assistance and resources to both young individuals and parents. Their website has plenty of valuable guidance and advice, including a helpline for parents and children in need of support.

YOUNGMINDS



Chat to us online



To chat to us online, click on the chat icon in the bottom righthand corner of your screen. We're open Monday to Friday, from 9:30am to 4pm.

When we're closed, you can still leave us a message in the chat. We'll reply to you by email in 3-5 working days.



Speak to us on the phone



Call our Parents Helpline for free on 0800 802 5544.

We're open Monday - Friday 9:30am - 4:00pm.





PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING FEBRUARY HALF TERM 2024



moneysavingcentral.co.uk/kids-eat-free

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from
From Mon 12th - Fri 23rd February 2024

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

GREENE KING PUBS

Kids Eat Free all-day with the purchase of an adult's meal. Deal, Monday-Friday, between Mon 12th - Friday 23rd February 2024

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase a full priced adult's main meal (App needed)

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

YO! SUSHI

From Mon 12th - Fri 23rd February 2024
kids eat free with every £10 adult spend

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

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Andrew Western

MP for Stretford and Urmston

Local, trusted and on your side.

“If your postcode starts with M15, M16, M32, M41, M31 or M33, and you need any help or support, please contact me.”



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