



PLATT BRIDGE COMMUNITY SCHOOL | FEB 2023 NEWSLETTER

PROMOTES | BELIEF | CREATES | SUCCESS

Head of School February Half Term Message

Dear Parents and Carers,

The first flowers of Spring are beginning to make a tentative appearance around school, bringing with them a welcome promise of Spring. Our Spring Term is now well underway, and it is increasingly refreshing to be able to do so many of the enrichment activities which make primary school so memorable for children.

During January our school values of **Promotes**, **Belief**, **Creates**, **Success**, have been embedded within our school Shine Time behaviour system and it was great to see how many children really considered the impact of their actions on others, as we looked at how to show respect for each other, the environment, and our belongings.

This half term our Y4 class visited York, as part of their history curriculum provision. I was incredibly proud to hear of the glowing reports of Platt Bridge Community School children. They are an absolute credit to you.

As we head into the second half of the Spring term, we would ask you to continue encouraging your child to read at home. Reading each day really makes a difference on developing vocabulary, fluency as well as helping them with ideas in their writing tasks. Platt Bridge Library is open throughout the half term holiday. Opening hours are Monday - Wednesday: 9am - 2pm and Thursday - Friday: 12pm - 5pm. Our librarian can help you find an appropriate February half term read.

School closes for February half term on Friday 17th February 2023 at 3:30pm or 6:00pm for CFAT Superheroes After School Club and will reopen at 8:55am on Monday 27th February 2022 or 07:30am for CFAT Superheroes Breakfast Club.

Best wishes,

Carly Bozdoğan
Head of School

Whole School Spring Term 2 Key Diary Dates

Monday
27th February 2023

School re-opens

8:55am for all pupils
7:30am CFAT Superheroes Breakfast Club pupils

Thursday
2nd March 2023

World Book Day
"Changing lives through a
love of books and reading"

We would like to invite all pupils and staff to come to
school dressed as their favourite book character.

Friday
17th March 2023

Comic Relief / Red Nose
Day 2023

We would like to invite all pupils and staff to come to
school in non-uniform and if possible, wear something
red. Please donate a shiny coin for this amazing charity.

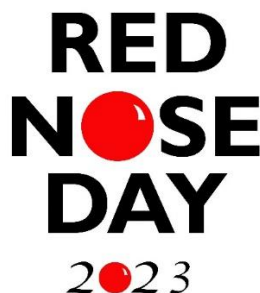
Friday
31st March 2023

School closes for Easter

3:30pm for all pupils or
6:00pm for CFAT Superheroes After School pupils

Please see Class Dojo for your child's phase and/or class specific events and diary dates

SAVE THE DATE



We are the Schools Pastoral Team - please come and find us anytime or ring us to discuss anything. We pride ourselves in listening, supporting, caring and being proactive in supporting our families. Keep your eye open for a Coffee Morning in the not-too-distant future.



Tempest ©



Parent's Week

Please remember to book your appointment on the new Arbor app for parent's week commencing 6th March 2023. If you haven't received your email with information on how to login, please pop into the office to let us know so that we can sort it for you. Thank you.



Arbor



We're using Arbor's free Parent Portal and Arbor App

We've chosen Arbor to help us manage our school.

Arbor is a simple, smart and cloud-based MIS (Management Information System), which helps us work faster, smarter and more collaboratively as a school. The Arbor App and Parent Portal mean we can keep you informed about your child's life at school in a much more accessible way. Log into Arbor to see and update your child's information, get live updates and make payments or bookings on the go!

The Parent Portal works on Google Chrome (computer or laptop) and you can download the Arbor App from the App Store or Google Play Store on your phone (Android 5.0; iOS 10.0 and upwards).

How to get started

1. Wait for your welcome email from us telling you Arbor is ready - you won't be able to log in before
2. Click the link in your welcome email to set up your password
3. Go to the App or Google Play Store on your phone and search 'Arbor'
4. Click 'Install' on Android or 'Get' on iPhone then open the App
5. Enter your email, select the school, then enter your password
6. Accept the Terms & Conditions and enter your child's birthday

The Sunnyville School of Magic
W10 5BN, London, GBR

Enter your password

Log in

Forgotten password?

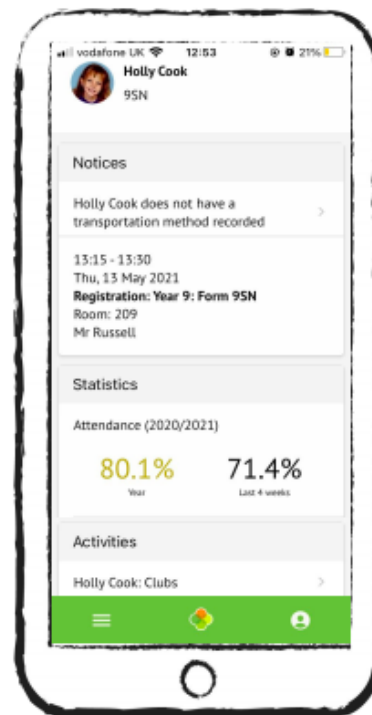
Need help using Arbor?

Contact the school office if you have questions about Arbor, the App or Parent Portal. Tell us the type and model of your phone, e.g. an iPhone SE, and include screenshots or screen recordings.

To safeguard student data in line with General Data Protection Regulations (GDPR), Arbor only works directly with schools.

Some tips to try:

1. Ensure your username is the email address you use for Arbor. Ask us to **check the email address** linked to your account.
2. **Reset your password** from the login page, or ask us to do this.
3. If the login email was sent to you more than 96 hours ago, the **password link will have expired**. Ask us to send it again.
4. Ask the school office to check that your email address has not been used twice - e.g. on another guardian or child's profile.
5. **Enter the birthday** of one of your children to log in.
6. Only relatives who are **Primary Guardians** of a child can access the Arbor App. Ask us to check you can access Arbor.





Children's Mental Health Week took place on 6th-12 February 2023. This year's theme is "Let's Connect."

Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends, and others – this can support our mental health and our sense of wellbeing. For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding, and meaningful ways.

As parents and carers, you play an important role in your child's mental health.

Please visit <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/> for further information.

Ways to keep Children SMART on the internet.

A simple and effective way to get involved with your children and their lives online is through discussion. By maintaining an open dialogue with your child and encouraging them to talk to you about their internet use parents can help children access the amazing resources the internet has to offer whilst keeping them safe online.

1. Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
2. Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
3. Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block the services they use.
4. Encourage them to help. Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.
5. Think about how you use the internet as a family. What could you do to get more out of the internet together and further enjoy your lives online?

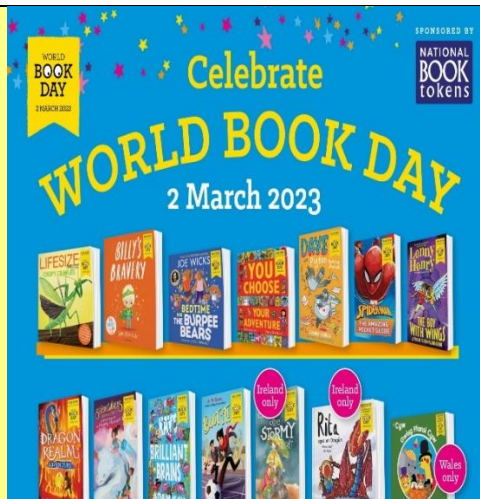


MAGIC BREAKFAST BAGELS

We have recently been informed by the Magic Breakfast charity that the bagels they provide for pupils as they arrive each morning is being withdrawn due to financial constraints. With regret I am writing to inform you that we will no longer be able to provide bagels at the start of the day after we return from the half term break. Snack and refreshments will continue to be provided to all children in Nursery and Reception class throughout the day as part of the continuous provision in these classes.

We will also continue to provide optional, subsidised mid-morning snack for pupils in Year 1 through to Year 6. This is charged each half term and the cost for the next half term is £10 for toast and milk or £5 for just toast or milk. If your child current has a snack order in place this will continue to be provided for the next half term. If you would like to place a new order snack for your child as a result of this change or change your current snack order please email finance@cfat.org.uk or contact the school office on 01942 487999.

Thank you for your continued support.



WORLD BOOK DAY 2023

As outlined in the above key diary dates, on Thursday 3rd March 2023 the school will be celebrating World Book Day and we invite your child to attend school dressed as their favourite book character with the message for all children 'you are a reader! Pupils (and staff) are invited to dress up as a favourite book character and we look forward to seeing the many different characters our children like to read about.

Every child in school will receive a voucher to redeem against a selection of books. The £1 book tokens can be swapped for one of the new and completely free World Book Day books available from participating booksellers or used to get £1 off.

On Friday 17th and Wednesday 15th February some Wigan libraries are holding free Coffee and Cake sessions. Come along and share a kind thought, do some mindful colouring, and have a coffee and a cake. Please note the various times listed below.
#RandomActsofKindness.

Random Acts of Kindness Day. Friday Feb 17th.

Join us for
Coffee and cakes at Wigan libraries.



Ashton 1:30-3pm.

Atherton 1-4pm

Golborne 1:30-3pm.

Lamberhead 1:30-3pm

Leigh 10am-12noon.

Platt Bridge 3-5pm

Standish 2-4pm.

Tyldesley 1:30-3:30pm

Wigan 10:30-11:30pm.

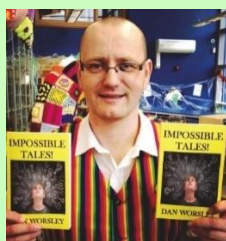
Marsh Green Wed. 15th 9:30-10:30am

Wigan
Council

Meeting local children's author, Dan Worsley at Platt Bridge Library

Local author Dan Worsley held a story telling session for Year 3 in Platt Bridge Library on Thursday 2nd February 2023. The children and teachers had a lovely time listening to his stories.

Keep an eye out for more author visits at Platt Bridge Library.



Platt Bridge Start Well Family Centre February Half Term Timetable



Monday 20th

Platt Bridge
Scavenger Hunt
10 am-11 am
0- 8 years
Low Hall Nature Reserve

Platt Bridge
Baby Babble
1.30 pm-2.15 pm
0-12 months
Platt Bridge Start Well Centre

How to book

Booking is essential
to book please call
01942 487999
option 2

Tuesday 21st

Platt Bridge
Wiggles and Giggles
10 am-10:45 am
12m- 3 years
Platt Bridge Start Well Centre

Hindley
Zumberoos
10.30 am-11:15 am
2- 8 years
Hindley Start Well Centre

Hindley
Baby Babble
1pm-1:45pm
0-12 months
Hindley Start Well Centre

Ashton
Baby Babble
1.30 pm-2.:15 pm
0-12 months
Ashton Start Well Centre

Wednesday 22nd

Platt Bridge
Community day
11am- 3pm
Come along and join us
at our FREE
fun community day.
*Bouncy Castle
*Soft play
*Arts & Crafts
*Eublio
*Face painters
*DJ
And so much more.

To book your slot
please ring
01942 487999
option 2

Platt Bridge
Community school

Thursday 23rd

Ashton
Wigglyroos
10am-10:45am
Movement and singing
session for multiple
ages
1- 8 years
Ashton Health Centre

Hindley
Tots Stay & Play
1:15pm- 2:15pm
0 - 5 years
Hindley Start Well Centre

For families living in Ashton Hindley, Abram, Bickershaw and Bryn, Waiting list may apply for families not in our communities.

Wigan Council



Superheroes Breakfast and After School Club

If you wish to book CFAT Superheroes wraparound care please make sure you book and pay for a place via Parentpay. This booking needs to be done before midnight of the night before you need a place. If you do not pay for your child's place on booking it will automatically be cancelled by the system. Breakfast Club Arrival from 7:30am to 8:55am - £4 per child per day After School Club Attendance from 3:30pm to 6:00pm - £8 per child per day. Fees include supervised activities, breakfast or a tea time snack. If you have any queries please email me on l.butler@cfat.org.uk.

February 2023 Newsletter Themes - Encouraging a lifelong love of reading.

Sharing a book with a child is fun! It's a time for closeness, laughing and talking together and it can also give children a flying start in life and help them become lifelong readers.

If you're not feeling confident about reading aloud or sharing books, don't worry. There's no right or wrong way to enjoy a story together. But if you'd like some tips, here are a few pointers to help you out.



- It's never too early to start...

It's never too early to start sharing books with your child. They might not understand the words, but they will love cuddling up, hearing your voice, and looking at the pictures.

- As your child gets a bit older...

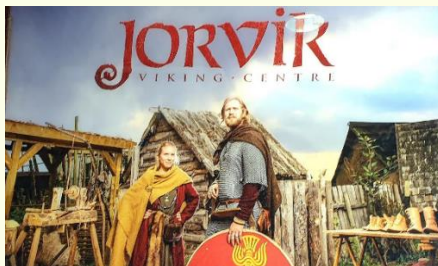
As your child gets older, with lots of other activities competing for their time, how can you encourage them to make time for reading?

Here are some ideas:

- ✓ Read yourself! It doesn't matter what it is, pick up a newspaper or magazine, look at a cookery book, read a computer manual, enjoy some poetry or dive into a romance or detective novel. Get your children to join in if you're cooking, could they read the recipe? If you're watching TV, can they read out the listings?
- ✓ Give books as presents. Encourage your children and their friends to swap books with each other. It'll give them a chance to read new stories and get them all talking about what they're reading. Or perhaps ask your child to read you their school gifted birthday book.
- ✓ Visit the school community local library together. It's always fun choosing new books to read and keep an eye out for special author events at the library or local bookshops. Children love meeting their favourite authors.
- ✓ Encourage children to always carry a book. That way, they'll never be bored!

- ✓ Have a family bookshelf. If you can, have bookshelves in your children's bedrooms, too.
- ✓ Keep reading together. Just because your children are older, it doesn't mean you have to stop sharing stories – perhaps you could try the Harry Potter series or A Series of Unfortunate Events
- ✓ Don't panic if your child reads the same book over again. If it is good, it's worth another read!
- ✓

Year 4 Trip to York | February 2023



Well done to Y4, you did all of Platt Bridge, your parents and most importantly yourselves proud.

We started a fun packed day at the Jorvik Viking Centre and DIG! We rounded off an amazing day in York with a game of ten pin bowling! We explored York's Museum Gardens and Railway Museum on our second day!

We just wanted to say a little thank you to the staff who kindly volunteered to give up their own time to give the children this incredible experience.

Thanks everyone and well done!

EDUCATION PENALTY NOTICE (EPN) NOTIFICATION

In line with Local Authority guidance, we are obliged to issue the following termly notification:

- Education Penalty Notice Notification 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 a number of sessions without permission from the school.
 - If your child falls within one or more of these categories within a 12 week period:
 - 10 sessions (5 days) of unauthorised absence with under 90% attendance
 - 20 sessions (10 days) of unauthorised absence or persistently arrives late for school after the close of registration

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 (a separate Penalty Notice may be issued to each parent for each child).

In 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.
The Local Authority and schools are 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.

Free School Meals Eligibility

Free school meals - Save your household up to £418 a year per child



Have your financial circumstances changed due to the ongoing COVID situation?

If you are in receipt of certain state benefits your child could qualify for free school meals AND this could also help obtain government funding for our school. The meal entitlement is also currently protected for your child until the end of Year 6 or March 2025, whichever is the soonest. Please call into the main reception desk for further details.

School Meals - Healthy Eating Standards

Food served in some schools and academies in England must meet the school food standards so that children have healthy, balanced diets.

Further information is available in our Whole School Food Policy.

To review the schools' food policy and Spring Term meals menu visit:

<https://www.plattbridge.wigan.sch.uk/parents/school-lunch-service>

We request that the following items should not be included in packed lunches or for snacks:

- Sweets and chocolate
- Chocolate bars
- Crisps (unless baked or low fat)
- Sweet cakes or sugary doughnuts
- Any bars containing nuts.

We encourage children to take 'leftovers' from their packed lunch home so that you can see what they have eaten.

Are your contact details up to date?

As there may be occasions when the school needs to contact parents or carers during the school day, it is vital that you inform school immediately if there are any changes to emergency contact details or home telephone/mobile numbers.

Please contact Adele Simm or Lisa Butler in the school office if you require details on the information the school holds and to ensure your details are kept up to date.

See what we have been doing in school.



Nursery

In Nursery this term we have been learning about the stories Polar Bear, Polar Bear what do you Hear and Chicken Licken. The children have enjoyed many engaging activities linked to these books to allow them to retell the stories and use new vocabulary. This has included making bear faced cupcakes, making puppets and we even had a bear visit our classroom and leave some snowy footprints!



Reception

In Reception, we have been super busy this half term! We have explored two new stories: Somebody Swallowed Stanley and Last Tree in the City. We have enjoyed learning all about plastic pollution and looking after our environment. We even had a Storyland visit from Stanley teaching us all about recycling plastic! We have also learned about healthy eating and exercise, and we know how important it is to look after our body. We really enjoyed going for a woodland walk spotting signs of Winter (even if it was really wet and muddy!) Finally, we have enjoyed learning all about Chinese New Year and trying lots of different foods and making decorations and gifts, like lanterns and little red envelopes. We even wrote our own Chinese symbols!



Year 1

We have had a fantastic time in Year 1 this half term. We have enjoyed looking at different forms of transport and comparing the transport our Grandparents used to the transport that we use today. During PE this term we have had fun learning and practicing our gymnastic and hockey skills. In Geography we have found looking at maps of different areas including Wigan interesting. We followed a map when we completed our walk into the local area to complete a tally of the different transports that we could see in Platt Bridge. In Design and Technology, we have been researching and comparing bridges from all around the world. We designed, made, and evaluated our own bridges and even had the opportunity to use a saw to cut the wood. We are very much looking forward to our next term.



Year 2

This half term Year 2 have been looking at the life of Charles Darwin and what makes him a significant person. In Art, Year 2 have looked at the inspirational work of Nick Mackman to create their own 'lion' sculpture. In Science we have been learning about living things and their habitats. The children loved exploring Amberswood to find minibeasts in their micro-habitats. During computing, we have learnt about algorithms and how these can be used to program 'beebots'. For national storytelling week the children brought in their favourite book to share with the class, and everyone wrote a book review.



Year 3

This term Year 3 have finished off subtracting and have begun looking at methods to help us multiply large numbers quickly. We have been focusing on using fronted adverbials within our writing for varied purposes like describing Miss Trunchbull (we had to act out the Bruce Bogtrotter scene and eat the chocolate cake) and writing a set of instructions to explain to younger children how to make hot chocolate. In Computing we have been making stop frame animations, which the Year 3 children love!

Near the end of the half term, author Dan Worsley paid us a visit and inspired us all to get reading more! He was a brilliant storyteller and he answered lots of questions we had about being an author and what it entails! We have used colour blocking and proportion this term to draw and colour Boudicca, who is a massively influential person within The Celtic times, which we have been studying in History! In Geography we have done some fieldwork, looking at Platt Bridge. We have been looking at maps and capital cities within the UK!



Year 4

This term, we have been learning about the Vikings. We have learnt about their route to Britain and the settlements that they established in Britain. In February, we went on a school trip to York which was a Viking settlement. In York, we went to the Jorvik Centre where we stepped back in time and went through the streets of Viking York. We also went of an archaeological dig. The next day, we went to the railway museum.

In science, we have been learning about sound. We have explored the relationship between sound and distance and conducted experiments about this. In art, we have learnt how to use soft pastels and practised skills such as side stroke, feathering and scumbling to produce our final piece of a stormy seascape.



Year 5

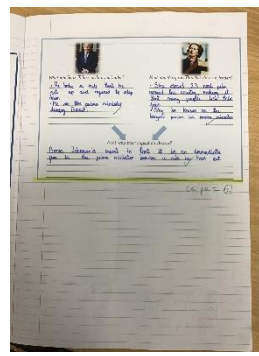
This term, Year 5 have been exploring the way of life of the Shang Dynasty. We have been historians and discovered in which time period they reigned. We have explored different cities in China and have used our geography skills to locate these key cities on maps. In art, we have begun studying Chinese artist Zhang Zeduan and his work. This term, we have also started to read Kensuke's Kingdom and have written a poem based on this.

We have finished reading Pandora's Box and were surprised when goddess Athena wrote a letter to us! We replied as Pandora using the text to portray her feelings and personality. In Maths, we are exploring division in more depth and have begun studying fractions. We are looking forward to continuing our exploration of fractions after half term. In music we have started to compose our own music and in science we have been learning about levers, pulleys, and gears.



Year 6

This term, Y6 have been exploring 'The Great in Great Britain.' We have looked at how leaders have previously come into power and a range of key figures including Margaret Thatcher, King John, and Boris Johnson. We have explored how these key figures have had an impact on Britain in modern day. Within Geography, we have explored what makes a city a city and compared Manchester to Budapest using locational knowledge and physical and human Geography. In Art, we have been inspired by L.S Lowry's artwork and created our own industrial pieces using skills such as smudging, value, form, and perspective with charcoal. We have explored the book, 'Trapped by the Ice' within Guided Reading and we have enjoyed finding out about Shackleton's adventure to Antarctica. Linking with this, we have written our own diary entry from the perspective of a crew member on this journey within our English lessons.





Cost of living support

At Platt Bridge Community School, we recognise the difficulty that many people will be facing with cost-of-living issues, in particular due to the rise in fuel and energy bills.

We have provided details and links to national and local sources of advice, support and financial assistance that may be able to help you and your family. Please also be mindful of scams during this time – never give your bank details to anyone without being sure of their identity.

We hope you find this information useful should you need to use it. If you have any concerns, particularly about how cost of living issues may be affecting your child, please do contact the school on 01942 487999 and we will listen and aim to help as best we can.

Please note: In all instances where you have an emergency expense issue, such as paying rent, you should contact your local Citizens Advice service and the council.

School support:

- School Food Bank – we operate a discreet food bank service in school – contact a member of the school office and/or our Pastoral team for more information.
- Uniform – our second-hand uniform program can help save the cost of purchasing new uniform.
- Free school meals – the government's criteria for eligibility can be viewed at www.gov.uk/apply-free-school-meals. We would strongly encourage all eligible parents to apply for free school meals, even if your child intends to use a packed lunch.

Local support:

- Wigan Council can offer help in a number of different ways to support those in financial difficulty, including helping to pay for emergency costs like food and bills. Visit <https://www.wigan.gov.uk/Council/The-Deal/Deal-Communities/Here-for-you>
- [The Trussell Trust](http://TheTrussellTrust.org) – this charity operates a network of foodbanks and provides confidential crisis support. The school can provide food vouchers for eligible parents to be exchanged for a minimum of three days' emergency food. Available at local centres, by telephone (0808 208 2138) and online at trusselltrust.org/get-help.
- [Food Aid Network](http://FoodAidNetwork.org) – in addition to Trussell Trust foodbanks, independent foodbanks may also be available near you. You can check a map for local support at <https://www.foodaidnetwork.org.uk/our-members>.
- [Citizens Advice](http://CitizensAdvice.org.uk) – an independent organisation specialising in confidential information and advice on legal, debt, benefit and housing problems. Available at local advice centres, by telephone (0808 223 1133) and online at citizensadvice.org.uk.

Financial support:

- [Turn2Us](http://Turn2Us.org.uk) – a charity helping people living in poverty in the UK, specialising in information on welfare benefits and charitable grants. Available by telephone (0800 802 2000) and online at turn2us.org.uk.
- [StepChange](http://StepChange.org) – the UK's leading debt charity offering expert debt advice and free debt management. Available by telephone (0800 138 1111) and online at stepchange.org.

- [Money and Pensions Service](#) – a government service providing impartial and free guidance on money and pensions. Available by telephone (0800 138 7777) and online at moneyandpensionsservice.org.uk.
- [MoneySavingExpert](#) – a consumer finance and discussion website focussed on providing advice and tips on how to save money, including a dedicated cost of living crisis section. Available online only at moneysavingexpert.com.
- [Migrant Families](#) – online tool available that will help you find out what support you may be eligible for as a migrant family. Available at migrantfamilies.nrpfnetwork.org.uk/. This forms part of the NRPF Network, available online at <https://www.nrpfnetwork.org.uk/> and through regional networks.

Household bills and goods:

- [British Gas Energy Trust](#) – a charitable trust providing advice on energy bills and grants paid directly to energy suppliers to help clear debts. Available online only at britishgas.co.uk/energy/British-gas-energy-trust.html.
- [Ofcom](#) – Ofcom has a list of available social tariffs; these are cheaper broadband and phone packages for people who claim Universal Credit, Pension Credit and some other benefits. Available online at ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs.
- [CCWater](#) – the Consumer Council for Water is a statutory consumer body for the water industry in England. They have an advice hub with information and tools to help reduce water bills and access financial schemes. Available online at ccwater.org.uk/households/help-with-my-bills/. **(Please note:** Every water company should have a social tariff scheme to help low-income families – check with your provider for more information.)
- [Freecycle](#) – a grassroots and non-profit organisation that allows people to claim household items for free. Available online at freecycle.org.
- [Family Fund](#) **(parents of disabled or seriously ill children only)** – this charity provides families raising a disabled, or seriously ill, child on low incomes with wide-ranging grants for essential items, such as kitchen appliances, clothing, bedding and play equipment or technology. Available online at familyfund.org.uk/grants.
- Fuel voucher – if you use a prepayment meter and cannot afford to top it up, you may be able to obtain a fuel voucher. Contact your local council for help getting one.
- Energy debt grants – several energy suppliers offer grants to customers in need. Check with your supplier's website or contact them directly for more information.

Government benefits and support:

- [Universal Credit](#) – a monthly government payment to help with living costs for those on a low income. Available to apply online at www.gov.uk/universal-credit or by telephone (0800 328 5644).
- [Short Term Benefit Advance](#) – those in urgent financial need may be able to get an advance on benefit payments, which is paid back later through benefits without interest. Find out more at gov.uk/short-term-benefit-advance.
- [Cost of living payments](#) – a government support package to help mitigate the cost of living crisis. Factsheet available online at www.gov.uk/government/publications/government-support-for-the-cost-of-living-factsheet/government-support-for-the-cost-of-living-factsheet. Payments are made automatically to those who are eligible so there is no need to apply – if you think you are eligible but did not receive a payment, make a report online at secure.dwp.gov.uk/report-a-missing-cost-of-living-payment/welcome.

Housing and rent:

- [ACORN](#) – a community union that can provide support and advice for those who rent on housing issues and tenants' rights. Get in touch online www.acorntheunion.org.uk/contact.
- Council Tax reduction – low-income households might be able to get a council tax reduction. See if you might be eligible online at www.gov.uk/council-tax/who-has-to-pay and contact your local council for more information.
- [Shelter](#) – Housing charity that runs local services. You can access their emergency helpline (0808 800 4444) and find advice online at england.shelter.org.uk/housing_advice.



SPRING



Word Search

Search for the twelve Spring themed words below.

Y	L	E	E	V	K	C	Y	E	I	B	T	M	Y	N	N	U	B
R	R	Q	W	N	Z	W	F	S	I	U	G	J	W	Y	I	U	O
E	C	M	Y	A	K	H	O	Z	M	T	Q	G	J	D	H	U	G
W	J	A	X	U	L	J	B	S	F	T	B	N	X	H	W	S	M
F	H	Y	T	Q	C	F	T	U	G	E	W	I	W	J	F	B	G
X	L	K	I	J	L	U	X	N	K	R	R	O	O	T	W	I	U
M	J	O	H	C	I	U	I	S	E	F	S	D	B	L	D	Q	E
M	D	Q	P	I	R	R	Q	H	Q	L	U	T	N	E	E	M	E
F	R	C	D	Y	P	L	D	I	T	Y	U	Z	I	G	Z	O	O
X	G	A	K	S	A	Q	N	N	I	W	Q	R	A	U	H	M	S
B	H	H	W	U	R	Q	A	E	Y	N	D	R	R	M	O	I	S
H	O	E	U	K	O	P	S	P	D	H	D	X	L	O	S	R	G
H	B	I	U	V	V	K	Y	L	V	E	A	Q	L	O	E	Q	L
H	N	P	X	I	H	Z	M	N	N	I	B	B	T	W	E	P	V
N	W	Z	Q	T	E	K	S	F	N	I	E	Z	O	W	T	P	G
R	S	C	Y	V	E	Q	U	T	R	B	R	L	N	A	X	T	T
F	P	A	G	K	C	R	R	D	X	C	F	R	P	O	J	Y	A
A	X	M	V	U	S	I	S	M	S	R	Z	A	B	F	I	X	N

APRIL

BUTTERFLY

RAINBOW

BIRDS

FLOWERS

SPRING

BLOOM

GARDEN

SUNSHINE

BUNNY

MAY

WARM

February Half Term Holiday Mindful 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.

Welcome Spring





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/exercise-advice-all-ages-fitness

Home Life

Relate www.relate.org.uk

Samaritans www.samaritians.org

National 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>

