

# PLATT BRIDGE COMMUNITY SCHOOL | JULY 2023 NEWSLETTER

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PROMOTES | BELIEF | CREATES | SUCCESS

# **Head of School's End of Year Message**

Dear Children, Parents and Carers at Platt Bridge Community School,

As we end our year, staff have been reflecting together on our successes and celebrations as a school and community. Included within this newsletter are some highlights.

I would also like to take this opportunity to reflect and recognise the dedication and hard work of **ALL** our pupils and staff. As a result, we celebrated excellent work, behaviour and progress from children which are testament to the hard work of our teachers / support staff and pupils. May I remind parents and carers that our school curriculum and learning pathways can be reviewed via our school website or by clicking here

The last couple of weeks in school have been busy with transition, school trips and residentials, drama productions, whole school fun days and year 6 leavers' celebration which was held at Alberts of Standish. Despite the busy diaries, the reward is seeing pupils enjoy activities that staff work so hard to deliver.

Thank you to our parents and community for all your support during this academic year. We understand the enormous contributions you make to our school and community each day by supporting our school values of **Promote Belief** that **Creates Success** as your child works towards their goals and ambitions.

Should you need to contact a member from our Safeguarding, Special Educational Needs or Inclusion team during summer please <u>click here.</u>

I wish you and your families a happy and safe summer holiday.

Best wishes,

Carly Bozdoğan Head of School



# **End of Year School Governance updates**

At Platt Bridge Community School, we have multiple layers of Governance in place supporting school leaders to ensure that the needs of all learners, including vulnerable children and young people, have been met. The Governance Handbook, published by the Department for Education (DfE), sets out roles, responsibilities, and legal duties for governing boards in all state schools in England and the document also signposts governance resources and support. As our school is part of an academic trust those governing our school also refer to the Academy Trust Handbook.

At Platt Bridge Community School our Local Academy Board is chaired by Mr Michael Farrell. The role of Local Academy Board members within a multi-academy trust is a valuable one in providing local governance as well as aiding the trustees in the fulfilment of their duties. The Board of Trustees provides appropriate safeguarding and child protection training to all Local Academy Board members to enable strategic challenge to provide assurance the safeguarding policies and procedures in place at the school are effective. The Local Academy Board discharges their responsibilities and duties as outlined within the Scheme of Delegation.

# **End of Year Message from Local Academy Board Chair**



Dear Parents and Carers,

As the school year draws to a close, I wanted to write on behalf of the schools Local Governing Body to acknowledge the huge amount of work undertaken school staff, both teaching and non-teaching. The school continues to move forward under the leadership of Mrs Darbyshire and Mrs Bozdoğan and the tremendous work of all the staff.

It has been wonderful this year to have all children back in school following recent years of disruption and Governors, have enjoyed many visits to school during the year to review areas such as Phonics and Early Reading, Pupil Premium, SEND, Safeguarding & Behaviour, Teaching & Learning and Pupils' Personal, Social and Emotional Development.

We look forward to seeing many new children in September, alongside some more familiar faces as our returning nursery children start a new school year in our reception classes. Governors also wish all our Year 6 Leavers well in the next stage of their education and hope that some of them will want to come back in the future to share their experiences.

In conclusion Governors wish to thank you the Parents and Carers for your support of the school and we hope that you can enjoy the summer months and look forward to welcoming you and your children back in September.

### **Outcome of Parent Governor Election**

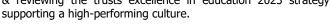
I am writing to let you know the outcome of the recent Parent Governor election. Mr Neil Shovelton was elected unopposed, and the Board of Trustees and School's Local Governing Board are pleased to welcome Neil to the Board as a parent governor and I'm sure he will strengthen the Board's role of challenging and being a 'critical friend' of the school to ensure the children reach their full potential. The School's Local Academy Board in 2023-24 will consist of:

Name	Appointing Body	Type of Representative
Mrs Sue Darbyshire	Community First Academy Trust	Chief Executive Officer
Mrs Carly Bozdoğan	Community First Academy Trust	Head of School
Mr Michael Farrell Chair	Elected by Parents	Board of Chair
Mr Dave Baxter	Community First Academy Trust	Community Representative
Miss Lauren Clee	Elected by staff (Teacher representative)	Teacher Governor
Mrs Sherry Higham	Elected by staff (Support Staff representative)	Support Staff Governor
Alison Eaton	Community First Academy Trust	Appointed Governor Community Representative
Rob Dubelbeis	Community First Academy Trust	Appointed Governor Community Representative
Frank Ejeagwu	Elected by Parents / Trust	Parent Representative
Neil Shovelton	Elected by Parents / Trust	Parent Representative

### **Annual Governance Conference**

BIG thanks to all our Trustees & Governors for helping shape another great CFAT conference on Friday 14th and Saturday 15th July 2023 looking at:

- ✓ High-quality & inclusive leadership ✓ School improvement ✓ Workforce ✓ Finance & operations ✓ Governance & leadership
- & reviewing the trusts excellence in education 2023 strategy







### Summer Key Date Reminder...

School closes on Thursday 20<sup>th</sup> July 2023 at 15:30 for summer and reopens at 8:55am on Wednesday 6<sup>th</sup> Sept 2023.

Breakfast club will resume on Wednesday 6<sup>th</sup> September at 07:30am. Bookings are now open on Parent Pay.





# **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. Please note the club does not operate a drop in service. 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 or contact the school office on 01942 487999.



# Summer Themed Day - "Medieval"

On Tuesday 18<sup>th</sup> July 2023, we hosted a 'Whole School Medieval Fun Day'.

Pupils who usually brought a packed lunch were invited to order the themed Medieval lunch if they wished.

We would also like to thank everybody as we raised a fantastic £1094.20 from the raffle and the stalls on fun day!

# Nursery Place 2023-2024

Are you currently in our nursery?
Do you have someone of nursery age?



Once you have this confirmation, please pop into main reception and see Adele with your '500' number and National Insurance number of the person who made the claim. Please see link below to complete the form.

https://www.gov.uk/apply-30-hoursfree-childcare

We have a limited amount of 30 hour funded places available in the 3-4s (Pre-school room).

If you think that you could be eligible for a 30-hour place, you will need to complete the online questionnaire to confirm your eligibility.

We are the School's 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.



Nicola Wood /Assistant Head/SENCO



Tracey Smith Lower Phase



Donna Stenson Middle Phase



Jane Sargent Upper Phase

### **Getting Your Child to School Really Matters** Did You Know...? In a School Year, If Your or They Would Have **Your Child Would Have Lost** Child is Late Every Day By Approximately.. Missed Approximately.. 5 Minutes 3.5 Days from School 20 Lessons 10 Minutes 7 Days from School 41 Lessons 15 Minutes 10 Days from School 55 Lessons 20 Minutes 14.5 Days from School 82 Lessons **30 Minutes** 22 Days from School 123 Lessons **Please Encourage Punctuality to Maintain Attendance**

As always, if you have any issues with, or questions about, attendance please contact a member of the Pastoral team.

Education Penalty Notice Warning 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 sessions without permission from the school.

If your child falls within one or more of these categories within a 12-week period, 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 (and a separate penalty notice may be issued to each parent for each child).

In addition, by 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.



## **Cycling to School**

We realise that cycling has a positive impact on student wellbeing and Platt Bridge Community School supports any pupil wishing to use a bicycle as their preferred means of transport to and from school.

The prime responsibility for transporting pupils to and from school and deciding whether their child is competent to ride the bicycle rests with parents/carers. The school provides an area where pupils should lock their bikes during the day, but we cannot accept liability for loss or damage to the bicycle whilst it is on the school premises or for any accident or injury occurring while the pupil is riding the bicycle.

Parents/carers are advised to take out appropriate insurance cover as the school carries no insurance cover for this.

If parents/carers wish for their child to cycle or scooter to or from school, they agree to the following rules before the child cycles to school.

- Under no circumstances must pupils ride their bike or scooter when on school premises.
- Pupils should be considerate of others and not ride in areas where there are pedestrians, especially when lining up to enter school premises.
- Pupils must always wear an approved safety helmet when riding their bicycle or scooter.
- Bicycles and scooters must be in a good, safe, working order and must be fitted with working brakes.
- When cycling in poor light, front and rear lights must be fitted and working properly.
- All bicycles and scooters are to be stored in the bike racks provided on the yard. They must be secured with an appropriate bicycle lock supplied by pupils.

For safety reasons, pupils without approved safety helmets should not ride their scooter or bike to and from school and will not be allowed to store their bike on school property. Please contact the school pastoral team if you require support with organising a safety helmet.

# ARE YOU ENTITLED? FREE SCHOOL MEALS

Although all children in Reception and KS1 are entitled to a free school meal under the Universal Free School Meal Grant, children who are moving from Year 2 to Year 3 are no longer eligible to receive Universal Free School Meals. If you are entitled to benefits, you must still register in order for your child to continue to receive free school meals and for the school to receive Pupil Premium Funding. We would be grateful if you could do this immediately and if you need any help, we are happy to support you with this process. The school uses this Pupil Premium Funding to fund various activities and resources for your child throughout the year. If you need any assistance regarding this or have any questions, please call in at the Main Reception Desk to speak to us.

For pupils who are in Year 3 to Year 6, the cost of a school meal will remain at £2.15 per day, i.e. £10.75 per week.

A new school meals menu for September 2023 to October half term is now available on the school website visit <a href="https://www.plattbridge.wigan.sch.uk/parents/school-lunch-service">https://www.plattbridge.wigan.sch.uk/parents/school-lunch-service</a> for more 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-lunchservice 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.

We have been informed of an update to the Government website which supports children to learn about online safety. Please follow this link for access to resources for children and parents to explore online learning safety.

https://www.thinkuknow.co.uk/4 7/4-5/







# 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.

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?



# 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!

## **SCHOOL SNACK & SWIMMING**

Please check your ParentPay account and pay any remaining snack charges and swimming charges before the end of Summer Term.

If you would like to change your child's snack order or make a new order please contact Lisa Butler in the school office on 01942 487999 or email finance@cfat.org.uk

Snack and refreshments will continue to be provided throughout the day for ALL children in Nursery and Reception.

# **DINNER MONEY/WRAP AROUND CARE**

Please make sure that you pay any outstanding dinner And wrap around care balances before the end of term. It is important that these balances are cleared.

You can view current account balances by accessing your Parentpay account. You can pay any arrears by logging into your Parentpay account. If you are having any problems please call into school to speak to the admin team who will be able to help you.

### Platt Bridge Community Library remains open during the Summer Holiday

This year's Summer Reading Challenge (SRC) launches on 8<sup>th</sup> July. You can find out more online <u>Summer Reading Challenge</u> or by visiting our community library. The aim is to encourage children to read 6 books over the summer holidays and they will receive incentives along the way. This is also a great way to encourage families to pop into the library over the holidays.

### **Opening hours**

Monday - Wednesday: 9am - 2pm

Thursday - Friday: 12pm - 5pm

Saturday - Sunday: Closed

Facilities | Wi-Fi | 7 public computers | Part of the Platt Bridge Community First site | Free parking | Separate children's section available outside of school hours | Dedicated health section in library





Collect your free starter pack from your local library. Starts 8th July.

Follow @wiganlibraries on Facebook,
Instagram and Twitter to find out more









# **Up to date Contact Information**

As there may be occasions when the school needs to contact parents or carers during the school day, it is vital that you inform the school immediately if there are any changes to emergency contact details or home telephone/mobile numbers. Please kindly keep school updated of any change via email to <a href="mailto:enquiries@plattbridge.cfat.org.uk">enquiries@plattbridge.cfat.org.uk</a>.

To celebrate their leaving Year 6 enjoyed an overnight stay in London where they took part in a River Cruise on the Thames, tea at the Jungle Café and they got to enjoy watching Matilda at the Cambridge Theatre. On the second day they enjoyed visiting the Tower of London and the trip was finished off by a visit to Harry Potter Studio on the way home, it was an exhausting trip but gave our Year 6 lovely memories of their time at Platt Bridge Community School. Thank you to all of the staff who gave up their time to accompany them on this amazing trip.



May we take this opportunity to say goodbye to our Year 6 Class of 2023 and wish them well for the future.

We hope pupils enjoyed their afternoon at Alberts Restaurant in Standish. Thank you to everyone for organising such a great party and afternoon.



### **Platt Bridge Community School Foodbank**

As you are aware we operate a discrete foodbank for any member of our community who needs help. If you need help with a food parcel, please speak to one of our pastoral staff who will be more than pleased to help you.

Just a reminder that Platt Bridge Community School is registered with easy fundraising, which means you can raise FREE donations for school every time you shop online. Just sign up and remember to use easy fundraising whenever you shop online. All you must do is find the retailer you want to shop with on the easy fundraising website or App, shop as usual and the retailer will donate to us when you make a purchase - at no extra cost to you!

These donations really mount up and make a BIG difference to us, so we'd really appreciate it if you could support us by using easy fundraising. It's completely FREE and only takes a moment.

You can find our easy fundraising page at https://www.easyfundraising.org.uk/causes/plattbridgecs

Thank you so much!





# Do you receive any of the following?

- Income support
- Employment Support Allowance (Income Related)
- Income based Job Seekers Allowance
- Guaranteed Pension Credit
- Child Tax Credit and your income (as calculated by the Inland Revenue) is less than £16,190
- Universal Credit
- Receiving support under Part VI of the Immigration and Asylum Act of 1999
- In the Armed Forces

If you can answer yes to any of the above you may qualify for free school meals/Pupil Premium

The school office will help with your application. If your application is successful not only will your child receive free school meals, but our school will receive £1,300 additional funding (per child). This is called Pupil Premium.

All applications are confidential.



# See what we have been doing in school!



# **Breakfast and After School Club**

We have been learning to use new programmes on the iPad to control the Spheros and then used our knowledge to create pictures using them in the paint. We have been using lots of recyclable materials to create bird houses and feeders and to celebrate the Coronation we created flags using Lego, made crowns, did lots of research about the king and decorated the hall.









# **Nursery**

This term we have had lots of fun in Nursery learning all about different minibeasts. We went on a minibeast hunt in our outdoor area and we practised drawing our favourite minibeasts. We have been very creative drawing ladybirds and butterflies, as well as making symmetrical butterfly paintings.

We have been learning all about astronauts in space. After reading different stories about space, we enjoyed making 'space smoothies. We used our cutting skills to cut up the different fruits to then put into the smoothie maker. We watched the smoothie maker blend all the fruits together then we enjoyed tasting the result.

This term, we have really enjoyed exploring our woodwork area. We spoke about the importance of health and safety when in the woodwork area, allowing us to make some amazing structures. We used our motor skills and concentration to screw, hammer, and glue materials together to make space rockets, cars, and houses.

We have worked very hard learning our shapes this term in nursery. We went on a shape hunt around the environment and found lots of different objects that show a circle, square, triangle and rectangle. Some of us even used the creative materials to make or draw a shape. In maths, we also explored the concept of full and empty and used the water tray to explore full and empty using different sized containers.









# Reception

What a busy final half term we have had in Reception! We were brilliant athletes at our Sports Day, and we showed amazing sportsmanship. We also enjoyed a woodland walk to Amberswood where we spotted signs of Summer. We have learned two new stories this half term: Handa's Surprise and Jack and the Flum Flum Tree. We have enjoyed learning about different countries, animals, and transport. We also went to spend a week in Year 1, and we cannot wait for September! We tried French food and played Boules outside to celebrate a French day. We have been choosing natural resources to design and make our own artwork. After learning about the artist Andy Goldsworthy.









# Year 1

We have had a fantastic time in Year 1 this half term. We really enjoyed our sports day and loved learning all the new skills in PE in preparation for this. In Art we focused on the work of the artist Vincent Van Gogh and experimented with making different shades of yellow before making our very own version of his famous sunflower picture. In Maths we have learned about volume and recapped money in our My Money Week sessions. Our science topic this term has been focusing on Plants, we planted and learned how to look after our very own cress seeds. We also explored the different features of trees. We have really enjoyed our time in Y1 and are very excited for our time in Y2.









# Year 2

This half term, Year 2 have continued with the topic Planes, Trains, and Automobiles by looking at the life and work of Amelia Earhart focusing especially on the legacy that she has left for women today. In Geography, they have made comparisons between the UK and Nairobi in relation to climate, temperature, and human/physical features. Maths has focused on shape, position, and measurement. In English, the children have written formal letters to Sir David Attenborough, and they even received a reply from him. The focus of Design and Technology has been the making of toy cars and each child made a car with moving wheels. The children took part in "British Science week" by designing and building their own bridges. During music this term the children were inspired by Wigan Music Service and created their own artwork-based BBC's Ten Pieces.









# Year 3

This year we have grown so much as learners in Year 3. We have been learning about mass, capacity, length, and shape in Mathematics. We have been quite 'hands on' and have been using rulers, scales and 3d shapes to help us further our understanding of new mathematical concepts in the Summer Term. In English we have done a variety of different writing pieces this year and recently we have written a lovely retell of our Jimmy and The Treehouse unit and we have written a detailed and informative non-chronological report on how to look after a pet! In Science, we have done lots of investigations and have enjoyed working scientifically, recently we have been learning about plants, their parts of and their functions. In our final DT, we have been tasting some Italian foods and we will have made an Italian pasta feast! In History we have completed looking at The Romans, which has tied in well with the knowledge we learnt in Autumn and Spring on The Stone Age and The Celts, and we now know more about their legacy, class differences and how the rich and poor lived. We have been Geographers this half term and have used maps and online resources to research different geographical areas such as the weather, roads and Chester. We also had lots of fun during Sports Day, which was a lovely memory at the end of the year, and we showed great levels of sportsmanship!









# Year 4

The Summer term has been busy whilst we have been finishing off our Invention pathway learning about famous scientists in Industry, Bertha Benz, and how inventions from the past have altered and impacted our lives today. We have celebrated our year of learning an instrument by holding our concert to show our skills to all. We visited our local church to understand its role in the community and how this can be a place of communication to fit with our RE topic. In English, we have been finishing off the Witches by Roald Dahl to find out what the Grand High Witches plan is for the children in England. We have been using this as a stimulus to write. In French, we have been learning about the weather and scripting our very own French weather reports as well as learning how to ask for our favourite desert - ICE CREAM! We have thoroughly enjoyed our week in year 5 and looking forward to moving up in September, especially with having a new locker for all our things!









# Year 5

This term, year 5 have done lots of exciting writing pieces, we wrote a formal letter to the government on why Camp Green Lake needs to be shut down, we also built tension based on a girl who had gone missing. We have also written a diary entry on how we would feel while living in space. In maths, we have worked hard to explore angles and the difference between obtuse, acute, and reflex. In DT we have created our cottage pie which went down very well, and the children thought it was delicious! In Art we have looked at abstract and representational sculptures and how we can make our own. We are looking forward to going into our new classes next year!









# Year 6

This term has been extremely busy for Year 6; even though SATs have been completed. We have been working hard to complete our year 6 production of Matilda: learning songs; creating props; following stage directions and learning lines. We have been completing our London Pathway focusing on the history of the Tower of London. Our trip to London was a great success where we learnt about the uses of the river, enjoyed a meal at the Rainforest Cafe and watched Matilda at the theatre. To finish off our trip, we visited the Tower of London to bring our learning to life seeing the crown jewels, dungeons, and Beefeaters. Finally, we enjoyed Harry Potter Studios where we saw the sets and props from the movies. We loved our final celebration for Alberts where we had our graduation awards, two course meal and a disco and photobooths. We have been accessing transition at our high schools for a few weeks which we are excited about our journey moving forward.









### **Summer Activities for Children**

You needn't be stuck for ideas to keep the children entertained....

Try our Summer Word search and Spot the Difference....



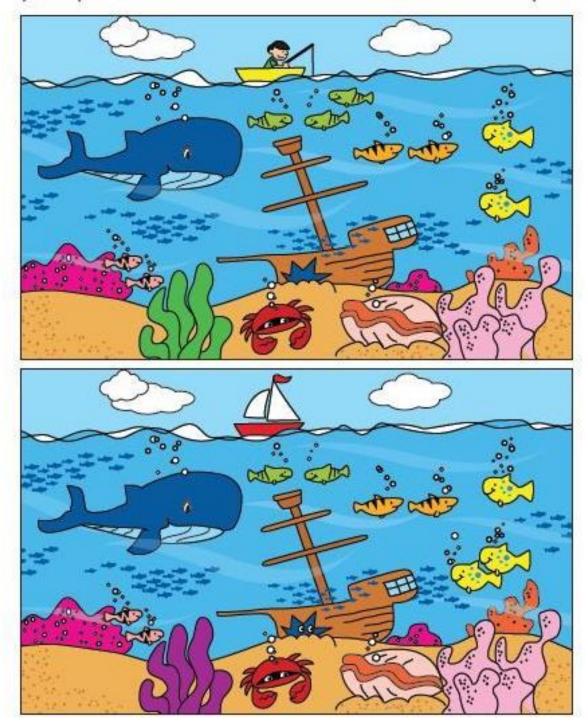
Search for the twelve Summer themed words below.

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

BARBECUE BEACH FLIP FLOPS ICE CREAM POOL SUMMER SUNGLASSES SUNSCREEN
SWIMMING
VACATION
WATERMELON

# under the Sea

Can you spot the 5 differences between these two pictures?

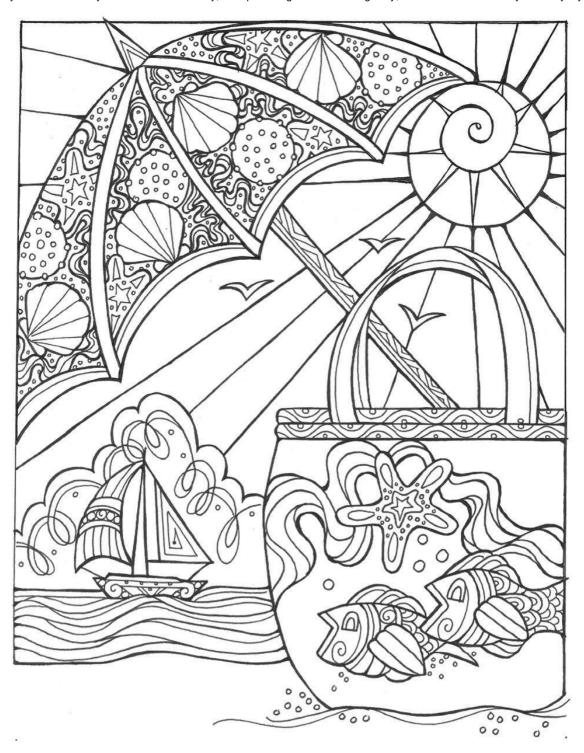


# **Summer Holiday Mindful Colouring**

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.





# 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 <a href="https://www.plattbridge.wigan.sch.uk/parents/support-services-for-pupils-and-families">https://www.plattbridge.wigan.sch.uk/parents/support-services-for-pupils-and-families</a>

# **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 – Work Place

Health www.nhs.uk/livewell/workplacehealth

Mental Health Foundation <u>www.mentalhealth.org.uk/a-to-</u>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 <u>www.nhs.uk/livewell/getting-started-guides</u>

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 <u>www.csp.org.uk/yourhealth/excerise-advice-all-ages-fitness</u>

### **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? <a href="https://www.wigan.gov.uk/Resident/Health-Social-Care/Children-and-young-people/Child-protection/Child-protection.aspx">https://www.wigan.gov.uk/Resident/Health-Social-Care/Children-and-young-people/Child-protection/Child-protection.aspx</a>

