



Irthlingborough Nursery and Infant School Newsletter

March 2021 Issue 12

WE LOVE READING!

Irthlingborough World Book Week



It is so brilliant to have all of our children back to their classrooms, teachers and TAs. We know most families found home learning difficult but we know that you all did your best. In our first week back we are focusing on reading as we didn't really celebrate World Book Day this Year, as it didn't seem right as we were not all together. The children have been sharing stories all week, reading with their teachers and talking about each other's favourite stories. We can tell that many children continued to really indulge their love of reading at home, which has kept their skills strong. The teachers are all celebrating a well-loved book in their classroom with a class display.

KEEP READING!

UPCOMING SCHOOL DATES

Please see below upcoming dates.

A calendar of events can be found on our [website](#):

Start of Deaf awareness week	15 th March
Red Nose Day- wear something red mufti day	19 th March
Break up for Easter	26 th March
School offer day	16 th April
Virtual parent partnership meetings- more information to follow	5 th May
Virtual parent partnership meetings- more information to follow	12 th May

Welcome back everyone! We are so glad to have you safely back at school, even though we are still in a national lockdown.

Guess which classroom chose 100 Dogs for their story to display?



Snacks (Reception to Year 2)

We still find our children benefit from a daily snack. They have a plain biscuit or savoury snack and have access to fruit too throughout the day, as we are part of the fruit for school scheme. We use the money raised for the snacks but also for ingredients for cooking, playdough, planting seeds and treats for your children throughout the year. Please can you remember to send the money in a named envelope. We haven't asked for donation for these few weeks before Easter as we are aware, times have been difficult for everyone.

Half term to the May holiday = £7

Summer term to the end of the year = £10

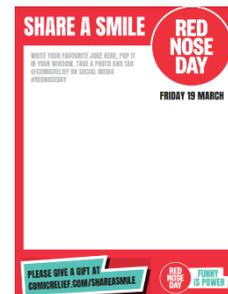
NEWSLETTERS
View [past and present newsletters here....](#)

Twitter
Click [here to go to our Twitter feed on our website](#)

New uniform can be ordered from Karlsport
<https://ksschoolwear.co.uk/product-category/irthlingborough-nursery-infant-school/>

Red Nose Day

Friday 19th is Red Nose Day. We have decided to look at ways to share a smile on that day. Children can wear something red, or just mufti if they haven't got anything red in exchange for a donation towards RND. They will learn about where their money goes and some of the RND projects. If you child can send in a joke to tell/ read that would be great. I think we all need to smile more, at the moment!



SAFEGUARDING

We take our Safeguarding responsibilities very seriously. [For more information visit our website.](#) If you have any safeguarding concerns, please contact one of these people as follows:

Name & Safeguarding role	Phone number	Email address
Mrs Marshall (Designated Safeguarding Lead)	01933 654900	head@irthlingborough-inf.northants-ecl.gov.uk
Mrs Colquhoun (Designated Safeguarding Deputy)	01933 654900	lesley.colquhoun@iflt.org.uk

We also have Miss Chapman, Mrs Wright and Mrs Luke who are also Designated Safeguarding Deputies and can be contacted through the main school number above.

Return to school

We are working with the children to ensure they feel safe welcomed and ready to learn as we all come back together. The children will be supported if they are struggling with aspects of returning to school such as separation anxiety. Teaching staff had training this week around all different types of anxiety and ways to support. One of the main factors discussed by the pschologists running the course was around supporting the children to re engage with school rules and routines and to connect with the teachers and TAs who can support them.

Care for the Family

We know from talking with parents that many children struggled more during this lockdown, with behaviour, routines, engaging in school work. We want to help where ever we can. Please find the link to Care for the Family, which is a charity which supptrs families in all sorts of ways.

<https://www.careforthefamily.org.uk/courses/courses-for-parents>

Free Course available 12th and 13th March, 8pm- Midnight each night

Here is a link to a short parent video called Mind of their Own, which supports with resilience, teaching children that failure can help improve their skills, ways to help your child take healthy risks, re establish your confidence to know that you are the best person to help your child.

<https://www.careforthefamily.org.uk/events/events-online-2/a-mind-of-their-own>

Feeling Safe



- We all have the right to feel safe all the time
- We can talk with someone about anything even if it feels awful or small



A Mind of Their Own



While this event may be more applicable to parents of early to late teenage children, *A Mind of their Own* offers a wealth of wisdom, knowledge and advice that would benefit any parent. It will equip you to support your children to grow into strong, resilient young people.

We are proud of all our children

We are very proud of how our children have returned to school. Thank you to parents for keeping to our one way system and keeping to your class times and flow around school has improved over the week. Here are just a few photographs of the children working in school. It is so lovely to walk about the school to hear the buzz of a busy classroom, the laughter and fun being shared and seeing the amazing work the children are achieving.



Online safety advice and support

Please click this link to see some simple tips to keeping your child safe online. [Stay safe online](#)

1. Visit Net Aware

Get expert advice on the top apps, sites and games children are using, how to set up parental controls, latest news and more with [Net Aware](#).

2. Call the O2 NSPCC Advice Line

For advice on how to set up parental controls, privacy settings or around social media, call [0808 8005002](tel:0808 8005002) to speak to one of our experts.



Road safety

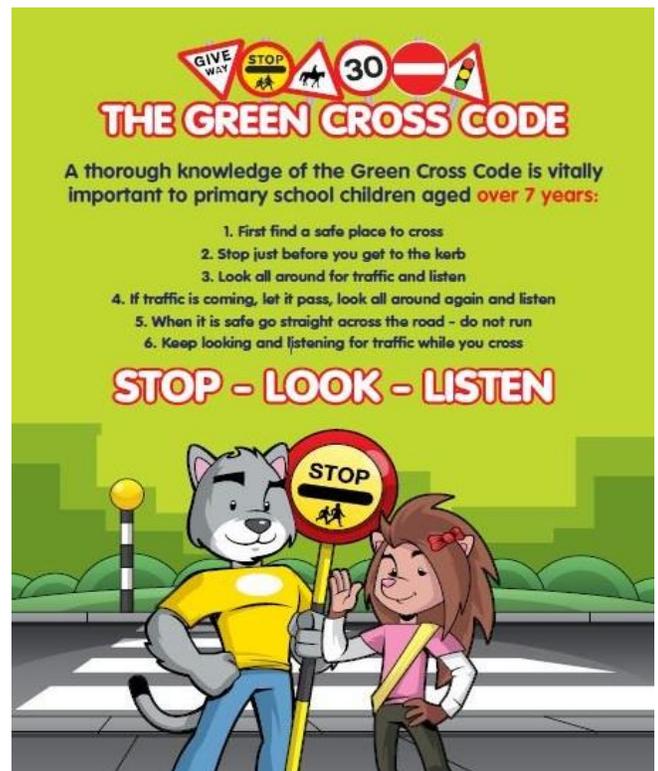
Please keep safe when coming to the school site. It is busy so ensure that you talk with your child about road safety and keep them close to you. I have posted a couple of useful links that you may like to watch with your child.

<https://vimeo.com/242116708> and <https://vimeo.com/242114979>

Remember that young children should be holding their parent's hand when crossing any road.

If you are driving anywhere near the school site, please ensure you look out for children and take extra care in busy areas.

Here's some ways to **support our school**: Use the giving machine, <https://www.thegivingmachine.co.uk/> you can sign up to support INIS and get great deals too. Sign up for Your School Lottery, <https://www.yourschoollottery.co.uk/> winners every week and Stamptastic <https://school-checker.stamptastic.co.uk/> Look up our school on these websites and you can get discounts and add some commission to INIS for resources for your child.



Children's Mental Health



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.nationalonlinesafety.com for further guides, hints and tips for adults.

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.

NOS National Online Safety
#WakeUpWednesday

- ### 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.
- ### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates 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 teen, 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/>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blog/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themisc.org.uk/mental-health>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.02.2020

Covid 19 symptoms

If you or anyone in your household have any of the symptoms below, please stay at home and get a PCR Covid 19 test as soon as possible. Covid 19 spreads in households so please all stay at home from the first point someone has even mild symptoms.

Don't burst our bubbles!

HM Government **NHS**

CORONAVIRUS - the symptoms

If you have any of these symptoms, self-isolate and get tested

- High temperature
- New, persistent cough
- Loss or change in sense of smell or taste