

Telephone: 01246 450691
Info@cavendish.derbyshire.sch.uk
www.cavendish.derbyshire.sch.uk

Cavendish Junior School
Edmund Street
Newbold Moor
Chesterfield
S41 8TD

Headteacher
Miss Nicola Marlow



Thursday 14th February 2019

Dear Parents/Carers,

A short week, but still a busy week here at Cavendish Junior School.

Emotional Health and Wellbeing

I hope that by now, your child may have mentioned our Jungle Room. This is a room designed to feel different to other areas of the school where children can discuss and express their emotions. It is very important that your child's mental health and wellbeing is addressed as well as their academic progress, and many more initiatives will be coming your way in the following months to support this.

Attached is a '5 ways to wellbeing' challenge for you and your child to complete if you so wish. This is designed to make sure that all of our children are active and engaged throughout the holidays. This initiative has been suggested by Thea Boyle, a Wellbeing advisor who is working with a number of schools across Derbyshire. We hope we can work with her a lot more in the future.

Whilst on the subject of Wellbeing, our brand new Anti-Stigma Ambassadors have been trained today and will be out on the playground after half term making sure that everybody is happy and engaged in school and reporting any concerns that they have.

Coffee mornings

Thank you to all those parents who came to our Coffee morning. It was really interesting to see what your thoughts and concerns were. I assure you the school takes them seriously and some of the discussions that took place have already been actioned. For example:

1. Each Friday, we will now place the lost property box outside on the playground so that you have the opportunity to see if anything that is yours has been placed in there.
2. Each day, staff have been asked to allow pupils a short time to check that they have all of their uniform with them for the end of the day to try and avoid confusion and items getting lost.
3. We will also set up a Uniform Swap Shop where parents can exchange items your child may have grown out of for other items (watch this space).
4. Children will be tasked with producing posters next half term which we will be placing on the gates and field fence to discourage speeding along our school road.

These are to name but a few. If you were unable to come to our Coffee morning, but you still have a concern, please don't hesitate to contact me. I will keep you informed about the next meeting, as we have agreed they should be happening every half term.

Cavendish App

It has come to our attention that some of you are not receiving text messages-I apologise for any confusion or lack of communication on our part for this. Please make sure however that your Cavendish School Jotter app has been activated so that you receive important updates and reminders. The office regularly uses this to inform you about changes to trips, clubs and any specific information relating to your child. Any questions or concerns, please contact the office.

Attendance

This week, our attendance was 97.08 %.

This half term our attendance has been 96.70%. I am running out of positive comments to say about attendance, because it is very strong and improving. Thank you again for your support on this matter.

Finally, have a fantastic, safe and well deserved half term break. We will see you on **Monday 25th February.**

N. Marlow

Miss Nicola Marlow

Headteacher

Hello to All Parents and Guardians,

My name is Thea Boyle, Emotional Health & Well-being Co-Ordinator, working with the Early Help cluster of schools across Derbyshire.

My job is to raise awareness of Mental Health, and to encourage EVERYONE to talk about it!

Throughout the School Year, we will be focusing on the '5 Ways to Well-Being', and the importance of ensuring your child looks after their Emotional Health.



We are starting with 'GET ACTIVE'!

As well as activities within school, I am setting THREE CHALLENGES for the Half-term Holidays!

If you can join your child, and take part in one or two, that would be AWESOME!

PLEASE SIGN BELOW EACH CHALLENGE WHEN COMPLETED.

PUPILS THAT COMPLETE ALL THREE WILL RECEIVE A RAFFLE

TICKET. NEW CHALLENGES WILL BE SET EACH HALF-TERM.

ALL RAFFLE TICKETS WILL BE ENTERED INTO A DRAW IN JULY. THREE OVERALL WINNING TICKETS WILL BE DRAWN, AND AWARDED PRIZES!!

(Prizes tbc)

HALF-TERM CHALLENGES

- GO FOR A ONE-HOUR WALK.

Signed _____

- TRY A NEW PHYSICAL ACTIVITY THAT YOU'VE NEVER TRIED!

Signed _____

- WATCH ONE OF YOUR FAVOURITE SHOWS OR FILMS...STANDING!

Signed _____

HAVE FUN!

Useful links for Parents/Guardians

- <https://www.netdoctor.co.uk/healthy-living/mental-health/a27640/support-child-mental-health/>
- <https://www.theschoolrun.com/how-look-after-your-childs-mental-health>

