

Irthlingborough Nursery and Infant School Newsletter

February 2020 Issue 11

WE LOVE READING!

The children have loved the parent reading session this term. Reading is key to all the children's learning and this is why it is a priority in our development plan for improvement. The children in the main school read every day in a dedicated reading session with their class. They read with their teacher twice a week in a guided reading session - teaching the skills of reading with learning matched to the child's stage of reading. The children also get read to everyday with a class reader. This can be a short picture book or longer chapter book. We are looking at changing how our scheme reading books come home so they are more accurately matched by the child's stage of reading. We will be sending out reading information soon.

KEEP READING!



All the Reception children loved their visit to the local library. We are so lucky to have such a great resource in Irthlingborough! **We love our town!**



Please see below upcoming dates. A calendar of events can be found on our [website](#):

Choir at Huxlow for a Music Festival- 6pm	13 th Feb
Mental Health Awareness Mufti!	14 th Feb
Year Two Valentine coffee afternoon	14 th Feb
Family Valentine's disco- book your tickets now!	14 th Feb
Break up for Half Term 3.15pm	14 th Feb

Return to School 8.50am	24 th Feb
Book Fair- use your book tokens which are coming out soon.	26 th Feb- 2 nd March
Year Two Maths workshop- 9am	3 rd March
Sloth Class assembly- 9am	11 th March
Monkey Class assembly- 9am	18 th March

Homework hand in Fridays - 14th February and 6th March

Parent Reading- 8.50am Wednesday 26th February, Friday 13th March, Wednesday 1st April

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

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

Keep Irthlingborough Tidy
Our school council have been concerned about the amount of litter on the streets of Irthlingborough. They are working with the town council and have produced posters to be displayed locally.

Small Change Challenge

Thank you parents for your support with our small change challenge. We will be continuing with the challenge after the half term holiday and we will have the final count at the end of the first week back. Year Two are excited about having an author to visit if they raise enough, Year One will benefit from finding out first hand about how exotic creatures are cared for after learning all about how to look after Monty! Reception will be watching chicks hatch and talking about growing and changing and Nursery will see eggs open into ducklings. These are additional experiences which will enhance the children's learning and knowledge.



Tiger	- £77.76
Nursery	- £64.35
Sloth	- £37.92
Monkey	- £35.18
Elephant	- £34.11
Penguin	- £31.34
Giraffe	- £24.33
Zebra	- £24.14
Dolphin	- £19.25
Lemurs	- £18.38
Meerkat	- £11.33

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 Harvey (Designated Safeguarding Deputy)	01933 654900	tracy.harvey@iflt.org.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.

Internet Safety day 11th February 2020

The children all discussed aspects of being safe online. The children also had interesting talks about their digital footprint, thinking about how they use the internet.

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

Online safety advice and support

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. Speak to an O2 guru in store

They can help you set up parental controls. You don't have to be an O2 customer!

3. 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:08088005002) to speak to one of our experts.



The Blue Butterfly project

Thank you to PCSO Nadia for coming to talk to all the children in school about the Blue Butterfly Project, which encourages children to talk about any feelings of worry or concern. These feelings are described as butterflies and the children learn about safe butterflies and unsafe butterflies. It encourages children to talk with safe

adults about their feelings.

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



We all have the right to feel safe all of the time. We have recently done a safety survey with our Year Two children. This helps us take into account our children's views and address any areas which we can improve in school. This is very important to us as at school to support and guide our children and ensure they are safe as they grow and develop. This project is very similar to the work we all do in school called Protective Behaviours. This is an embedded part of our curriculum and the children regularly talk about the Hand of Trust and the safe adults they can talk too if they have any worries.

The full powerpoint is on the school website for parents to read. If you have any further questions please do not hesitate to contact your child's class teacher.

Safe and Unsafe Butterflies



Safe Butterflies

On a fairground ride
Going on holiday



Unsafe Butterflies

When someone calls you names
If someone is shouting or hitting

Coronavirus

You will be aware from the news of the spread world wide of the Coronavirus. The government advice is very clear about stopping the spread of the virus through some simple methods such as washing hands and disposing of tissues once used. If you would like more information please use the government website.

<https://www.gov.uk/coronavirus>



CORONAVIRUS: PUBLIC INFORMATION

The Government and NHS are well prepared to deal with this virus.

You can help too.

Germs can live on some surfaces for hours.

To protect yourself and others:

- Always carry tissues with you and use them to catch your cough or sneeze.
- Bin the tissue, and to kill the germs, wash your hands with soap and water, or use a sanitiser gel.
- If you have arrived back from China within 14 days follow the specific advice for returning travellers.

This is the best way to slow the spread of almost any germs, including Coronavirus.

[Find out more at gov.uk/coronavirus](https://www.gov.uk/coronavirus)

Chowns Mill Roundabout

As most of you will be aware there are major road works about to start on the Chowns Mill roundabout. We have a number of families that travel this way to school. Please can I urge parents travelling this way either in the mornings or at pick up time to leave earlier than normal as although most closures will be night and weekend closures we do not want parents and children to feel anxious about being late.



Goodbye and good luck Mrs Bailey

It is Mrs Bailey's last day on Friday before starting her maternity leave. We all wish her well and look forward to meeting her new baby very soon. She has been working with Mrs Kitson this week to ensure there is a smooth handover for everyone. If you have any concerns, please contact Mrs Marshall.



Children's Mental Health

We are celebrating positive mental health and ways to promote mental health on **Friday 14th February**. We are having a mufti day - wearing bright coloured clothes to highlight ways of thinking positive thoughts and supporting positive mental health in school. We want to share our love on Valentine's day! Year Two have invited their parents into school in the afternoon for a coffee and a cake. The children will be busy in the morning preparing for the afternoon events.



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.

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/v>
<https://www.who.int/uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.theminds.org.uk/mental-health>

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

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Cransley Hospice

We did an amazing job raising over £840 for Cransley Hospice at Christmas with our Reindeer Run. We were so blown away by the fantastic response that we wanted to do more for this important local charity. Mrs Hennessey, our Senior Administrator, has got a place in the London Landmarks Half Marathon and she will run for Cransley Hospice. We want to raise a further £350 for Cransley and support Mrs Hennessey, who will be doing all the hard work for us! We will be having a sporty mufti day on 27th March to help raise some funds.



If you would like to find out more about the event, please follow the link. <https://www.lhm.co.uk/>