



Bedale Church of England Primary School Newsletter

'Learning & Caring Together'



Newsletter Date: 26th April 2024

Dear Parents & Carers,

Last term our Ofsted report praised us and celebrated how well our children achieve, and it commended our well sequenced curriculum. Obviously, we were delighted with these comments. However, school is about more than the academic. As a staff we feel passionately about developing the whole child, and not just their academic ability. It is so important children love coming to school, have the opportunity to try out new things as well as make special memories. Our very successful Circus Day last week was an example of us giving them some new opportunities. What a fun day we had!



This newsletter shares with you some of the things we have put in place to support your child/ren in receiving a broad experience in their time with us, and also the ways in which both you and us together, can support them to thrive.

Mrs Turnbull, Head Teacher

Senior Mental Health Lead

Following a year-long training course, I qualified as a DfE approved Senior Mental Health Lead at the end of 2023. My course comprised of various units of study focused around creating a positive mental health culture within the school; ranging from establishing an ethos and an environment that promotes respect and diversity to staff development to support their own mental wellbeing and that of the pupils they work with.



At Bedale Primary School, we use the NHS approach to looking after our wellbeing and promote it through as many activities, events and learning opportunities as possible throughout the year.



1. Connect with other people

Positive, respectful relationships are important for your mental wellbeing. They can help you to build a sense of belonging, give you an opportunity to share positive experiences or

allow you to support others with any issues, including mental health.

2. Be physically active

Being active is not only great for your physical health and fitness, evidence also shows that it can really improve your mental health and wellbeing by raising your self-esteem and helping you to set goals and feel motivated to achieve them.



3. Learn new skills

Learning new skills can improve your mental wellbeing by boosting your confidence and self-esteem, helping you to build a sense of purpose and achievement.

4. Give to others

Acts of giving and kindness towards others can improve your wellbeing by creating positive feelings and a sense of reward, giving you a feeling of purpose and self-worth and helping you connect with people around you.

5. Take notice of the present moment (mindfulness)

We can all find it hard to stop in our busy lives and think about what is important to us. But paying more attention to the present moment, which includes your thoughts, feelings and emotions, your own body and your surroundings can improve your mental wellbeing. This awareness can be called 'mindfulness'. Mindfulness can help you to stop and appreciate the smaller things in life and make you appreciate what you do have.



Swaledale Alliance Mental Health & Wellbeing in Schools Working Party

Over the past academic year, I have been involved in meeting up termly with this working party: it includes headteachers and senior leaders across a number of schools. We have been able to share valuable ideas as colleagues and have all contributed to a website of resources that we can access as and when necessary surrounding topics such as building resilience, encouraging confidence, young carers, relationships and bereavement to name but a few.

Mrs S Durham

Online support and guidance for parents/carers

Pop your postcode into the following website and local support will be listed

<https://hubofhope.co.uk/>



The following are self-help tools online...

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/>

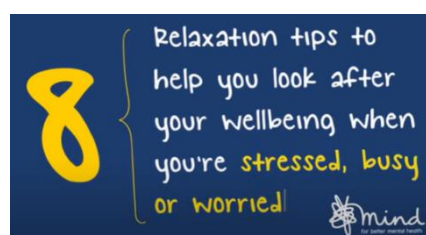


<https://www.mind.org.uk/information-support/tips-for-everyday-living/looking-after-your-mental-health-online/about-your-mental-health-online/>

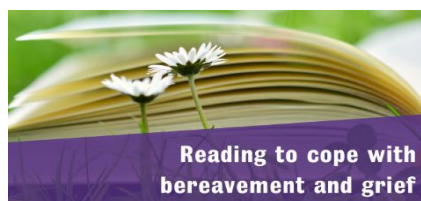
<https://www.nhs.uk/mental-health/self-help/>

NHS recommended self-help video...

<https://www.youtube.com/watch?v=cyEdZ23Cp1E>



Self-help books - a great recommended reading list...



<https://reading-well.org.uk/>

<https://reading-well.org.uk/books/books-on-prescription>

Early Help


At school, we find it invaluable to work together with families to ensure that children are receiving the right support at the right time.

Every Wednesday morning, Mrs Jobling meets with children and families to see how school can offer support and also to signpost families to outside of school support, which they may need at the time. We provide early support to families at any stage of a child's life when a problem or difficulty first arises. This support covers things like helping your child to sleep, eating healthily, supporting with anxiety and mental health and bereavement in the family.



North Yorkshire Council have produced a quick one minute guide to Early Help to give more of an understanding of how best to utilise their services, and how an Early Help assessment can be carried out. Early Help will build on your family's strengths and work with you to find solutions to support your needs. If you feel you need Early Help support, then please make an appointment to see Mrs Jobling. There are some wonderful resources, if you feel you need extra support at school and at home.

- One Minute Guide Early Help-
<https://www.safeguardingchildren.co.uk/professionals/procedures-practice-guidance-and-one-minute-guides/early-help/>
- <https://solihullapproachparenting.com/online-courses-for-parents/> using the free NYCC code you can access parenting courses
- <https://thegoto.org.uk/> - Home of wellbeing and mental health for young people in North Yorkshire. We're here to help you find the right help and support for you, to help you stay well, whatever is going on in your life.
- <https://thesleepcharity.org.uk/> Gives strategies to support sleep.



One minute guide

A School/Setting Guide to the Role of the Early Help Consultant

All schools and settings in North Yorkshire have an allocated Early Help Consultant. This One Minute Guide will help everyone to understand how to best utilise their allocated Early Help Consultant to support reporting to relevant services, guidance on completing Early Help Assessment and coordinating Team Around the Family Meetings alongside other Early Help resources.

The North Yorkshire Safeguarding Children Partnership Early Help Strategy (illustrates how services supporting children should be working together to identify worries as soon as they arise so that families are provided with 'the right support at the right time or at the right place'. The Early Help Consultant's role is to embed the Early Help strategy across all services.

Remember: Early help support, including the completion of an Early Help Assessment, is a core part of the role of the Early Help Consultant and should be completed alongside the child and their family. The Early Help Assessment is a strengths-based tool which can be used to gather information and identify actions with the family.

To find who your Early Help Consultant is please ring:

- West (Craven, Harrogate & Knaresborough, Ripon) 01829 538862
- Central (Doncaster, Rotherham, South) 01829 538873
- East (Scarborough, Whitby, Ryedale) 01829 538812

Schools and settings are often best placed to complete Early Help Assessments due to their relationships with children and their families. Early Help Consultants can advise schools & settings how to explain and complete Early Help Assessment with families. We ask that the school/setting informs the Early Help Consultant when an assessment with an action plan is in place so that we can record this on our management system. We do this to prevent the child having more than one plan.

Early Help Assessment is a working document between school/setting and the family, with actions including signposting and support via school/setting-based interventions. Once an action plan is no longer required, we ask that the Early Help Consultant is informed so an email alert can be recorded on our system.

When a school/setting identifies the need for additional support to meet the needs of the child and their family they can use the action plan to coordinate a Team Around the Family (TAF) meeting. At this meeting the family together with the school/setting, and other relevant services can explore what the support would look like by sharing together an agreed coordinated plan to meet the child and family's needs.

Where currently involved services are unable to meet the needs or the needs present as more complex, a discussion can take place with Early Help Consultant about requesting support from the Children and Families - Early Help Team. Before sending the Early Help Assessment form to the Multi-Agency Screening Team (MAST), we ask schools & settings to contact their allocated Early Help Consultant to complete Section 5 on the Early Help Assessment form. This overnight and any comments from the Early Help Consultant, ensure that actions agreed with the family as part of the child's plan are considered during the screening process to ensure that the referral outcome is appropriate to meet the identified needs.

Early Help Consultants work alongside the Multi-Agency Screening Team contacting schools & settings where referrals have been identified to North Yorkshire Contact Centres and it is considered that the needs can be met by the school/setting or no request has been placed. The Early Help Consultant will liaise with the school/setting to explore next steps including other school/setting-based actions, to ensure the family are offered the right support at the earliest opportunity.

Your Early Help Consultant can support with:

- Signposting to local and national support services
- Signposting to training
- Guidance on completing Early Help Assessment & Coordinating Team Around the Family Meetings
- Feedback on the Decision-Making Document [DM](#)

Wellbeing Wednesday Club

Every Wednesday lunchtime, Mrs Ball opens the doors to the WAC room and has a wellbeing Wednesday club. This is where children can come along to socialise in a relaxed environment and spend time with friends. They play games, paint, craft activities, small world imaginative play, battleships and eat their lunch in WAC with Mrs Ball. All children who are on the school SEND register automatically are invited to the club and also any pupils who may have something on their mind that is worrying them. If you feel your child would benefit from this club, please contact Mrs Ball for a chat.



The aim of the Compass Phoenix service is to improve outcomes for children and young people in relation to their emotional wellbeing and mental health by strengthening the range of mental health support available to children and young people.

We also work with school and college staff to build their confidence and knowledge of approaches to support the emotional and mental health needs of the children and young people.

Miss Adamska has been trained by Compass Phoenix and runs weekly interventions with both individual and small groups of children. These generally run for a half term, and we look at your child's starting point and the progress they make. Miss Adamska liaises directly with families to share strategies that are working in school which can be used at home.

As the numbers of pupils who would benefit from mental health support are rising, we have recently purchased a new programme called IDL Wellbeing which going to be trialled in Summer term.



Transition

In summer term, when the children learn which class they will be in for the following September; we all have moving up sessions. This is a time where your child can visit their new classroom, meet their new teacher, and familiarise themselves with where to go and what to do. There are also year group meetings where all families are invited to meet the teachers in the new team and to have a look around the classrooms for their child's new year group.

For all children on the SEND register there is additional transition time 1:1 where they visit and have a chat in their new classroom with their new teacher and their family. We have found this works well across the school, to support a smooth transition into the following year group.

For Year 6, there are several transitional days and activities planned for summer term. We know from past experience that the children are usually full of enthusiasm for the next part of their school life.

The NHS Wellbeing in Mind team have produced some useful guidance and advice for families to support their child with the transition from primary to secondary school. Please see the resources below.

Supporting children and young people's transition to secondary school

Guidance for parents and carers



Anna Freud
building the mental
wellbeing of the
next generation

WELLBEING IN MIND TEAM

Tees, Esk and Wear Valleys **NHS**
NHS Foundation Trust

[An Introduction to our service for Parents and Carers of children moving up to Secondary School](#)

Who we are

We are a team of NHS staff working in your child's secondary school. We offer support to students experiencing difficulties with their emotional and mental wellbeing, including low mood and anxiety. We also help those whose behaviours are causing them problems and work with other services to make sure everyone can access the most appropriate help and support. The wellbeing in mind team is made up of NHS professionals including senior clinicians, higher level therapists and educational mental health practitioners. [TEWV Wellbeing in Mind Service - YouTube](#)

What we do

We provide advice, support and training to school staff on wellbeing issues; forming a link between the school and other services supporting your child. We also provide direct support for young people experiencing mild to moderate mental health difficulties within the school environment.

Why we do it

Transition from primary school to secondary school is a very important time in a child's life and can have an impact on their mental wellbeing. Poor emotional and psychological well-being can have a negative impact on many areas of a young person's life including relationships they form, their academic achievement and their home life.

Having the right support available in school helps to make sure problems are picked up at the earliest opportunity and young people receive the right help, more quickly- lessening the impact mental health difficulties can have both now and in the future. It also helps teachers and other staff to better support children in school and creates a healthy environment where young people are encouraged to consider their emotional wellbeing and that of others.

How to access our help

Young people are able to access help from the team via their school. If you are concerned about your child's mental wellbeing we would encourage you to speak with your child's school. Initially, the team will provide advice to school staff however sometimes we may feel direct support is needed. In this instance we will meet with the young person to carry out an assessment.

Self Help

We recommend accessing the Anna Freud Top Tips to Feeling Good to support your child in prioritising their mental wellbeing. https://www.annafreud.org/media/3194/year7_help4pupils.pdf

School council

The school council have been really busy this year and we still have more things planned for this summer term! We have been focused on creating fun events in school which have helped us to raise money for our chosen charity, Make A Wish Foundation. Nearly 200 children joined us for our last cosy film night with popcorn and sweet bags!



We have also been thinking about getting healthy through school council. Part of this has included a wildlife afternoon for the KS1 children who have all been planting their own tomatoes with help from our councilors. Watch out in September for some freshly grown tomatoes on the salad bar!

Litter pick

An important part of our school is being involved in the community. We are very lucky to have so many children, parents and staff who are willing to give up their own time on a Sunday for the Bedale Litter Busters. Keeping our town tidy is important to us, and our eco club has been helping create plans for the community garden being developed. We hope to see as many of you as possible at the next litter pick on Sunday 19th May!



Healthy Schools

This year we have been awarded our Silver Healthy Schools award! This was for our focus on the food we eat in school. As part of this, we have had great success in eating them to defeat them challenge with a huge increase in the number of children using our salad bar on a lunchtime. Well done everyone!



Next, we will be going for gold! There are two themes we will be focusing on: emotional health & wellbeing and active lives. We are already making great strides towards our active lives theme with the super turn out of our Wake Up Wednesday this week. We saw over 200 children (and a few parents too!) join in on the fun run as well as selling out of smoothies! Our next Wake Up event is on a **Tuesday** with Skip2B fit with Dave. Save the date- Tuesday 7th May.

Wake Up Wednesdays



This week we had a healthy start with our Wake Up Wednesday event. The theme this time was a fun run around the field. We had over 200 children join in, with a few parents too! Well done to everyone who joined in and completed lots of laps for a healthy start. The School Council children sold smoothies which were really popular and sold out quickly. We can't wait for our next Wake Up event already!

Small start, big dreams (letter supplied by the project)

We are delighted that our school has been selected to take part in an exciting pilot programme to improve careers education in primary schools across England. This pilot programme is being run by your local Careers Hub, funded by The Careers & Enterprise Company and evaluated in partnership with ImpactEd Evaluation. ImpactEd Evaluation is an independent evaluator that supports high-quality monitoring and evaluation in schools.

To fully evaluate the impact of the programme on pupils and parents, we will be inviting Year 4 and 5 children to complete a short survey in school which will ask questions about behaviours, attitudes and beliefs related to careers and the world of work. They will complete this in April/May 2024, and next academic year in April/May 2025.

We will also be inviting parents of all children in school to complete a survey about your behaviours, attitudes and beliefs related to careers towards the end of the year (April/May 2025).

These surveys will help understand the impact of the project so that it can be improved in the future.

Any data shared in the surveys will be treated confidentially and no identifiable information will be included within the reporting. Only aggregate findings and trends will be published.

Taking part in this evaluation is entirely voluntary and no pupil or parent is obliged to participate. If you are happy for you or your child to take part in the research, you do not need to inform anyone. However, if you have any questions or would like to opt out, please contact your child's teacher.

If our school participates in additional data collection as a "Research School" then we will be in touch with you about this, at a later date.

Thank you for your support.

Have a lovely weekend

Mrs Turnbull, Head Teacher