



## Laying the foundations for a bright future

Website link: [www.htpfederation.co.uk](http://www.htpfederation.co.uk)

### A little note from Mrs FitzGerald...

Welcome back everyone, what a lovely start we have had to the second half of the Spring term, the children have returned refreshed and ready to learn!

I would like to thank those parents who came along to the Health Workshop on Tuesday with OM Health Consultancy's Annie O'Neill; discussing puberty with your children is not necessarily the easiest topic, we hope those of you able to come along found the workshop helpful.

It was lovely to see so many of you this morning at Butterflies Class Presentation, they did a wonderful job retelling the story of **THE GIGANTIC TURNIP** which links to their class theme 'Ready, Steady Grow!'

We have an eventful few weeks ahead with lots of learning opportunities planned for our children to participate in and enjoy before Easter is upon us. We have a visit from the 'Mad Science' team next week in readiness for British Science Week and World Book Day on Thursday 7th March - don't forget the children can come to school dressed as their favourite book character or in their pyjamas and there is a 'share' session from 2.30pm on this day. As part of this we have the reading in weird and wonderful places competition running too! See Class Dojo for more details!

Plus, Butterflies Class, alongside their partner class, Cherry, at our sister school, Hundon, are heading off on an exciting trip to the Food Museum in Stowmarket too!

Warmest regards, Mrs FitzGerald

### PUPILS: ONLINE SAFETY & MOBILE PHONE USE

We are aware a number of our pupils have internet access, be this through a personal mobile or other device. **With their safety in mind we are taking this opportunity to strongly remind all parents to carefully monitor your child's phone / devices regularly to make sure the content of conversations / activity is age appropriate for them and equally important, remind them to tell you if they receive anything inappropriate.**

In school we educate the children about online safety and their online presence but the way devices are used outside of school is unfortunately beyond our control.

For example, the **minimum age requirement for 'WhatsApp' is 13 years old**, this changed just last week, prior to this it was 16. **Children who are under the age limit for these apps should not be using them unaccompanied and a trusted adult should carefully monitor the content of 'chat' to ensure that children are not using inappropriate language with one another and that the nature of the conversation is appropriate.**

We do not need to tell you, I am sure, that our digital footprint is with us for life and that what is posted online, even within private messages, can have a detrimental impact.

**Please be vigilant and monitor what your child is doing on the internet and their phones.**

## **PUPILS: ONLINE SAFETY & MOBILE PHONE USE CONTINUED...**

It is not an invasion of their privacy, you will be helping them to stay safe. Consider...

- Q) Does your child keep their phone on charge next to their bed? If so, is anyone messaging them through the night?
- Q) Are they accessing inappropriate websites?
- Q) Are there specific times every day when phones are switched off to give them a break?
- Q) Are your home and phone internet filters and privacy settings robust?

Keeping our children safe, both physically and online, is of the up most importance and we must work together to ensure our children are using any online platforms appropriately and safely.

We appreciate your support and cooperation in this and ask that all families have an open and frank discussion about the use of social media platforms the children may be using, perhaps reconsider whether they are appropriate at this stage and if you need any support with setting parental controls or are worried about your child's activities online please come in and see school staff who will be happy to assist.

## **DRIVING AND PARKING AROUND THE SCHOOL SITE**

We are sending this message to remind parents and carers of the importance of driving and parking safely around the school site. It is vital due care and attention for our school, our neighbours and other drivers is given. We know it is very challenging to park around our school site but **none of us want a child attending our setting to be a road traffic accident statistic!**

We have received information from the Parish Council regarding speeding through the village at the start and end of the school day. This is obviously very concerning.

Additionally, the parking on several occasions this week would have prevented emergency services accessing our site easily and this is not acceptable.

Please consider leaving a little earlier in the morning and using the parking available at the village hall or the church and take the short walk to and from the school site.

We are seeking support from Suffolk Constabulary as well as Suffolk Highways regarding this matter, please have due care and attention when dropping off and collecting your child/ren.

**If, like us, you have concerns regarding driving or parking around the school site please help us by using the following link to report your concerns:**

**<https://www.suffolk.police.uk/ro/report/>**

Here you can report 'road traffic incidents' which includes speeding / near misses and so on as well as inconsiderate / illegal parking which falls within the 'report antisocial behaviour' reporting category.

Thank you for your support in this important matter.

## FORTHCOMING EVENTS

### The SPRING TERM 2024 continues...

#### **Thursday 7th March ~ World Book Day**

The children are invited to come to school dressed as their favourite book character or wear their pyjamas and bring a favourite book to share. At 2.30pm there is a 'share' session which parents and carers are invited to attend.

#### **Monday 11th March to Friday 15th March ~ British Science Week**

Building on our visit from 'Mad Science' the children will be involved in lots of practical Science including investigating habitats, chemical reactions and rainbow bubble snakes! The children will also learn about new STEM influencers including Jane Goodall and Brian Cox.

#### **Thursday 14<sup>th</sup> March ~ Red Nose Day at Hundon and Thurlow**

So our youngest children don't miss out we will be hosting our Red Nose Day fundraising a day early and the children can choose to come to school in non-uniform with their red noses for the cost of £1 which will go to the Comic Relief Charity.

#### **Tuesday 19th March ~ PARENT CONSULTATIONS for Butterflies Class & Bumblebees Class**

#### **Wednesday 20th March ~ PARENT CONSULTATIONS for Otters Class & Hares Class**

Find out how your child is doing in class with their academic targets.

#### **Thursday 21st March ~ World Poetry Day**

The children will be involved in poetry related learning throughout the day, being creative and expressive! At 2.30pm there is a 'share' session which parents and carers are invited to attend.

#### **Wednesday 27th March ~ World Poetry Day**

Join us at our church, St Peters, for our Easter Service at 2.15pm.

#### **Thursday 28th March ~ LAST DAY OF THE SPRING TERM**

## **Suffolk County Council Psychology in Schools Workshops**

Suffolk Children and Young Peoples directorate are running a number of **FREE** Parent/Carer workshops to enable parents and carers to support their children's mental health. Please find below the flyers with links to book these workshops.

## Childhood Neurodiversity PST Workshop Programme

### Parent/Carer Workshops January - May 2024

Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

This programme of free virtual workshops for parents and carers will explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. Any parent or carer is welcome to join regardless of whether their child has a diagnosis. The workshops are live on Zoom and are 75 minutes long. Recordings of the workshops and resource packs will be sent after the live event to everyone who has registered.

#### Childhood Neurodiversity: Supporting Language and Communication

This workshop will discuss language and social communication, including how parents/carers can support their children to communicate. This workshop will be co-delivered with the Integrated Community Paediatric Services Speech and Language Therapy Team. **Tuesday 9<sup>th</sup> January 2024 – 13:00** [Book Here](#)

#### Childhood neurodiversity: Supporting Children with Planning, Organising and Remembering

This workshop will explore cognitive difficulties in childhood such as planning, organising and remembering things. The workshop will consider how these difficulties can impact on day-to-day life and give advice on how parents/carers can support their children with cognitive difficulties. **Wednesday 7<sup>th</sup> February 2023 – 13:00** [Book Here](#)

#### Childhood Neurodiversity: Understanding and Supporting Sleep Difficulties

Sleep difficulties can have a huge impact on a child's emotions, behaviour, learning and health. This workshop will explore sleep difficulties for neurodivergent children, and how parents/carers can support their children with sleep. **Wednesday 6<sup>th</sup> March 2023 – 13:00** [Book Here](#)

#### Childhood Neurodiversity: Supporting Social Relationships

This workshop will discuss social relationship difficulties for neurodivergent children, and how parents/carers can support their children with understanding and managing social relationships. **Tuesday 2<sup>nd</sup> April – 13:00** [Book Here](#)

#### Childhood Neurodiversity: The Benefits and Problems with Using Technology

This workshop will discuss the potential benefits and risks to neurodivergent children using technology such as apps and social media. It will explore how families can use technology to support their neurodivergent child. **Monday 6<sup>th</sup> May – 13:00** [Book Here](#)

**Scan the QR code to find out more and book a place on a workshop or visit [nsft.uk/workshops](https://nsft.uk/workshops).**



## Supporting Young People's Mental Health Parent/Carer Workshops Spring Term 2024



These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60 minutes long.

Scan the QR code to find out more and book a place on a workshop or visit [nsft.uk/workshops](https://nsft.uk/workshops).



### Supporting our Young People with Low Mood

All our young people have days when they feel low, this is perfectly normal. Sometimes this low mood hangs around for a bit longer and starts to make it much more difficult for our young people to do the things that are important to them and have the kind of relationships they want to have with others. For us as parents it can be hard to spot these difficulties especially among all the other changes that are happening in adolescence.

Tuesday 23<sup>rd</sup> January 13:00 PM - [BOOK HERE](#)

### Supporting our Young People with Anxiety

This workshop helps parents to better understand anxiety. It covers what is anxiety, why anxiety, how it affects the brain, how it affects the body, how it impacts on what we do and don't do and how parents can support their children/adolescents who might be struggling with anxiety. Tuesday 23<sup>rd</sup> January 18:00 PM - [BOOK HERE](#)

### Supporting your Child to Manage Anxiety and Big Feelings

As our children grow, they experience many changes in themselves and the world around them. During this time, our children feel a variety of feelings such as anxiety, which they do not know how to manage. We break down what leads our children to have these feelings and ways in which we can support them to manage if they become overwhelmed.

Tuesday 27<sup>th</sup> February 13:00 PM - [BOOK HERE](#)

# Supporting Young People's Mental Health

## Parent/Carer Workshops Spring Term 2024

### Understanding the teenage brain: Supporting our teenagers with emotions

During adolescence the brain goes through some very big changes - these changes are positive and support our young people to make the transition into adulthood. However, these changes can be confusing and so understanding what is happening in the teenage brain is incredibly helpful.

This session explores these brain changes and how they impact on all aspects of our adolescents' life, and covers mood, behaviour, risk taking and relationships. We will also explore what we can do to strengthen our relationships with our young people and support them through this period of development.

Tuesday 27<sup>th</sup> February 18:00 PM - [BOOK HERE](#)

### Supporting our Young People with OCD

This session covers: what OCD is, how it effects and impacts young people, how parents can support their children/adolescents who might be struggling with OCD, and what further support is available.

Tuesday 26<sup>th</sup> March 13:00 PM - [BOOK HERE](#)

### Tools for Managing Uncertainty and Building Resilience in Young People

Life is always unpredictable, but over the last few years we have been living with a much higher degree of uncertainty than is usual. This workshop introduces strategies that parents/carers can support their young people to use to help them cope better with uncertainty now and in the years to come. Being able to adapt in situations by learning to tolerate emotions and cope with change reduces stress levels and is a great skill for life.

Tuesday 26<sup>th</sup> March 18:00 PM - [BOOK HERE](#)

Scan the QR code to find out more and book a place on a workshop or visit

[nsft.uk/workshops](https://nsft.uk/workshops)



Working together for better mental health