

25TH OCTOBER 2024

ISSUE 07

PRIORY SCHOOL NEWS

Headteacher's News

This week at Priory

As we approach the half-term break, I want to take a moment to reflect on what has been a wonderfully successful half-term at Priory School. We've achieved so much, and I am incredibly proud of the hard work and dedication from both staff and pupils. I hope everyone enjoys a well-deserved rest and returns recharged for the festive season ahead.

This week, we also held a lockdown practice, and I must say the children were brilliant. They handled the drill calmly and followed instructions perfectly. After half term, I will be sending a letter to parents detailing the communication process, including what texts or emails you can expect to receive should we ever need to go into an actual lockdown.

We also have Diwali during the half-term break, and I would like to wish our Hindu families a wonderful celebration. Please don't forget to share your Diwali celebrations with us so we can feature them as part of our Diwali Celebration on the 8th of November. We look forward to sharing this special festival together.

I would also like to extend a huge thank you to all the parents who joined us for our recent events. The Learning Together sessions, WW2 presentations, and the Reception art gallery were fantastic showcases of the wonderful work happening in our classrooms. It's always a pleasure to welcome parents into the school and share these moments with you.



Finally, our pupils have enjoyed a half-term packed with enrichment opportunities. From Roman Day and Hogwarts Day to the fencing festival, VI workshops for Years 4 and 5, football festivals, swimming, Thames Valley Adventure Park, and lessons about the Great Fire of London, the children have had a wide range of exciting and memorable experiences. It's been a joy to see them so engaged!

Wishing you all a restful and enjoyable half-term break, and I look forward to seeing you in the next half term.

Attendance

Weekly attendance percentages - W/C 21st October

Whole School - 93.0%

Year 1 - 95.5%

Year 2 - 97.4%

Year 3 - 95.2%

Year 4 - 88.3%

Year 5 - 93.4%

Year 6 - 93.3%

Congratulations to 2Franklin with 99.6% the highest attendance this week!

Important dates:

[Click here](#) to link to the school calendar

[Click here](#) to see term dates for 2024-2025

Leaflets and letters:

Please [click here](#) to go to our leaflets page on the website and choose external providers

Sign of the week:

Halloween

<https://youtu.be/3UYBJYX73S0>



Peek at the Week

Nursery– 25th October 2024

Half Term holiday is next week. We look forward to welcoming you back on **Monday 4th November**



Don't forget to **chat, read and play** with your child over the holiday break.

To support your child's speaking and listening why not look at the following website for some ideas of activities to do with your child.

<https://www.bbc.co.uk/tiny-happy-people>

Autumnal fun



Learning

Personal, Social & Emotional Development



We have been talking about how to make sure our Nursery is a happy place for everyone to learn in. This week we have been focusing on **looking after our toys by remembering to 'choose it, use it and put it away'**. We remind ourselves of the expected behaviour in nursery by looking at our class charter.

Communication & Language Development

We have been reading our focus book 'Hello Friend' and talking about all the activities we like to do in nursery. Can your child tell you all about their favourite activities.

Physical Development

We have developing our physical strength and co-ordination by sweeping up the leaves that have blown into our garden. We have then been working together to fill our wheelbarrows full of leaves and pulling and pushing them around the garden.



Child of the week: Rithulie for always following the behaviour class charter, growing in confidence and making new friends this term.



<https://www.youtube.com/watch?v=KZU6M4EisyA>

Please share this Diwali song with your children



Word of the Week: 'playing'

Contact us: nursery@priorschool.com

01628 600300



Peek at the Week - Reception

25.10.24

Lots of spooky activities have popped up in Reception this week! We have had a wonderful time searching for words hidden under coloured rice, using tweezers to rescue spiders and using pegs to attach the correct number of legs to spiders!



To celebrate the end of term, the children had a special treat today. The profits from their artwork was used to buy biscuits—and the children had a brilliant time decorating them with ghoulish green icing! In the afternoon, there was a choice of a Halloween film or spending time creating something crafty.



Our Learning

Communication & Language Development

We have been completing phonics assessments this week, and have identified any gaps in the children's phonetical knowledge. In your child's learning journal this week is a handy guide to tricky words. These words cannot be sounded out phonetically, so children need to recognise them without sounding.

Phonic information for Parents [here](#)



All the adults in Reception would like to say a huge thank you to all the parents and carers for what has been a lovely first term! We understand what a big step it is to start Reception, and have really enjoyed getting to know you at drop offs, pick ups, parents evenings and learning together mornings! We hope you have a wonderful half term and would love to see photos of activities or adventures you go on!

Photos can be sent to reception@priorschool.com and your child can share them with their class after the break.

Reception song of the week:

[Five Perfect Pumpkins](#)



Reception Stars of the Week:



RRupert: Ayra

RPaddington: Sofia

Contact us: reception@priorschool.com

01628 600300



Peek at the Week

Year 1 – 25th October 2024

Important Dates / Reminders

- Please can all book bags be brought in on a Thursday so library books and reading books can be changed.

Homework

- Please read with your child for at least 15 minutes a day and record it in their reading diary.
- Focus core math skill: number bonds to 10.



Our Learning

This Week:

In math this week, we have started a new topic on addition and subtraction (within 10). The children have been introduced to part whole models and have been learning that a whole group of objects can be composed of two or more parts. In busy learning, the children have been drawing around 2D shapes to create a geometric piece of artwork- this activity reinforced learning from our art unit on the formal elements.

In English this week, we focused our writing on winter. Grandma fantastic introduced the children to some more super vocabulary. The children successfully read and used adjectives such as: freezing, milky-white and icy. We also focused on how the owl might be feeling during the winter time, especially in the cold, snowy weather!



In afternoon sessions this week, we finished our art unit on the formal elements. The children loved learning about the primary colours and enjoyed the opportunity to mix them together to get secondary colours. In busy learning, children were experimenting with printing using vegetables and had a go at creating their own repeating patterns.

The children have had a great first half term in year 1, we are all so proud of how well they have settled in!

Learning after half term:

Math - The children will start to write number sentences.
English- We will be starting our new core text all about Diwali.

History- We will be learning about Guy Fawkes and Bonfire night.

Star of the week

1Donaldson: Zainab

1Jeffers: Rebecca



Words of the Week: love like so there what

Contact us: year1@priorschool.com

01628 600300



Peek at the Week

Year 2 – 25th October 2024

Important Dates / Reminders

wc 28.10.24 Half term

15.11.24 Non-uniform day for Children in Need



Please read with and to your child every day and also discuss what you are reading.

Spellings are sent home each Friday and there will be a spelling quiz the following Friday. Please practice writing these spellings daily if possible.

The children have logins to NumBots and Times Table Rockstars stuck on the inside front cover of their reading record. Please login to these websites so they can complete activities at their own pace.

Don't forget that your child needs to wear the correct PE uniform to school each **Wednesday**.

Please keep your child's reading record and reading book in their bag every day.

Please send your child in with a coat or waterproof jacket as they will be outside in the garden for part of each day.

Thank you for all your support and we hope that you have a wonderful half-term break. We look forward to seeing you all back on Monday 4th November.

Child of the Week

2Newton: Mannat

2Franklin: Leo



Our Learning

This week, we have continued learning about 2D shapes in maths. We used mirrors and cut out and folded different shapes to help us find their vertical line of symmetry. We also loved revisiting our history topic of The Great Fire of London and made models of the houses that existed in London in 1666. We were



really excited to watch the re-enactment of the Great Fire and saw how a firebreak stopped the flames spreading. In English, we used time



words and verbs in the past tense to write a factual

recount of this re-enactment. In PSHRE this week, we focused on firework safety with Diwali and Bonfire night coming up. We created eye-catching and informative posters advising people how to stay safe. **After half term**, we will move on to addition in maths, first counting how many objects there are altogether, then adding any 1-digit number to a 2-digit number by counting on (e.g. $35 + 4 = 39$). In English, we will be looking at the features of fact files and then starting to research our chosen African animal for our own fact file. We will be looking at the difference between rural and urban areas in geography as well as what human and physical features are in our local area.



Peek at the Week

Year 3– 25th October 2024

Important Dates / Reminders

w/c 28.10.24 HALF TERM

07.11.24 3 Nightingale – Swimming lessons

15.11.24 Non Uniform Day– Children in Need

06.12.23 - Christmas Market

HOMEWORK

Please read with your child for at least 15 minutes every day and record this in their reading record. Ideas for reading at home can include reading a library book, a book from school or home, reading a bedtime story or following a recipe among other opportunities! Books can also be read online at

<https://www.collinshub.co.uk/login/>

Please practise number bonds and multiplication tables with your child. Times Tables Rockstars:

<https://trockstars.com/>

Don't forget that your child needs to wear the correct PE uniform to school each Monday.



Our Learning

This week, we have been learning about the festival of Diwali and retold the story of Rama and Sita. We also explored some rangoli patterns and created some of our own.

In English, we worked on our reading strategies by completing some non fiction shared reading tasks all about rocks and fossils.

In Maths, we continued to learn strategies for adding larger numbers.

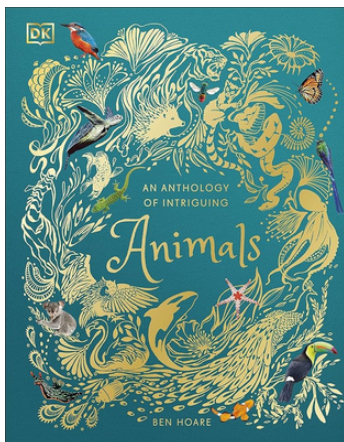
After half term, we will begin a unit of work in science linked to the human body. We will learn about skeletons and muscles, healthy diets and animal diets.



In English, we will be constructing a class non-chronological report about the peculiar pangolin.

In maths we will be working on column method for addition and subtraction.

Our English writing next half term will be inspired by this beautiful non fiction book.



Star of the Week Winners for October

3 Nightingale: Kirat, Norah, Mikail, Shayna, Talia

3 Jenner: Hoorain, Jamaal, Gabbi, Armaan, Zara

3 Seacole: Khadeeja, Tia, Karter, Atharv



Word of the Week: believe Follow this link to find more super daily activities:

www.morningchallenge.co.uk/

Contact us: year3@priorschool.com

01628 600300



Year 4 Peek at the Week

Friday 25th October 2024

Important Dates /Reminders

Wednesdays: wear the correct PE uniform to school. Please bring in a water bottle.

Fridays: Spelling test. Please remember to read at least three times a week and record it in the reading record. Your children also need to be practising their times tables as much as possible.

Roman Day



Our Learning

This week, we finished our art unit on Roman Mosaics by creating an independent final piece using our design in our sketchbooks.

In maths, we learnt how to subtract two 4-digit numbers with and without exchanges, along with practising the 3 times tables facts, before moving on to 4 times tables straight after the half term.

In English, we have enjoyed writing poems about spiders that we have published and we are hoping to put them up on display.

At Roman Day, the children loved making their own laurel crowns, making clay lanterns, trying food from Roman times and practising doing soldier formations.

After half term, we will begin our geography unit on agriculture – comparing that of Italy to the UK. Linked to this unit, we will also start DT, an exciting unit on making pizza.

In maths, we will start a new topic on area. We will learn how to calculate the area of a shape by counting squares and compare the areas of different shapes.

In English, we will continue working on our class book, Charlotte's Web. A surprise will be waiting after half term.

PSHRE Focus: Being Me in My World. In PSHRE this term, we will learn that our attitudes and actions make a difference to our class team. We will acknowledge who is in our school community, the roles they play and how we fit in. We will understand that our actions affect ourselves and others. We will learn to care about other people's feelings by trying to empathise with them.



Child of the week:

4 Turing Khizar **4 Lovelace** Lilyanne **4 Chamberlain** Maryam

Remember to read 3 times a week and practise your timetables on Rockstar Maths.

Contact us: year4@priorschool.com 01628 600300



Year 5 Peek at the Week

25th October 2024

Important Dates / Reminders

Half term–28th October to 1st November

First day back to school 4th November



Our Learning

This week, we finished our History unit, looking at the lasting impact of the war.

In maths, we continued with addition and subtraction and focused on multistep and inverse operations.

In English, we continued with the text 'Goodnight Mr Tom', exploring the characters and their emotions as the story unfolds. We also looked at character descriptions and features of a diary to help us write our own diary entries in role.

After half term, will be starting our next geography unit on mountain, volcanoes and earthquakes. We will also make Christmas stockings in DT.

In maths, we will start our new topic multiplication, by exploring multiples, common multiples and how these are linked to factors.

In English, we will continue with the text 'Goodnight Mr Tom', exploring the characters and their emotions as the story unfolds. We will write our own newspaper articles at the end of the unit.



happy diwali



Star of the week

Maple: **Drew** Ofili: **Natalie** Dawe: **Esha**

Word of the Week: **conscience**

Remember to read 3 times a week and practise your timetables on Rockstar Maths and Doodle Maths.

Contact us: year5@priorschool.com

01628 600300



Year 6 Peek at the Week

Friday 25th October 2024

Important Dates /Reminders

25.10.24: Hogwarts Day/ End of term

Thursdays: Wear the correct PE uniform to school. Please bring in a water bottle.

Thursdays: Spelling quiz. Homework due:

- ☐ Reading record x3
 - ☐ Spellings x1
- Times tables practice on TTRS

Times Tables Rock Stars: Play (trockstars.com)

Our Learning

This week, in science, we will started a unit on electricity. We learnt how to use scientific circuit diagrams with symbols and about the hazards of electricity. We had a go at making and testing our own circuits.

In English, will sat our Spelling, Punctuation and Grammar assessment. We finally had the chance to watch Harry Potter and the Philosopher's Stone!

In maths, we consolidated the strategies of long division. We used our knowledge to solve multi-step problems.

During Hogwarts day, we had the chance to spend the day as a wizard or witch at Hogwarts School of Witchcraft and Wizardry at Priory School! We learnt different forms of magic and attending lessons such as: charms and quills; divination; defence against the dark arts; Quidditch, chess and potions.

We had an award ceremony in the 'Great Hall' where some of us learnt extra points for our houses. Awards were given for 100% attendance over the term; earning values badges; and acknowledging the hard work of our prefects and lunch buddies. Well done!

Year 6 Hogwarts Day



Child of the week:

Well done to all pupils in Year 6!

Word of the Week: conscience

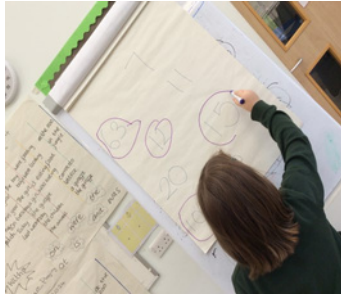
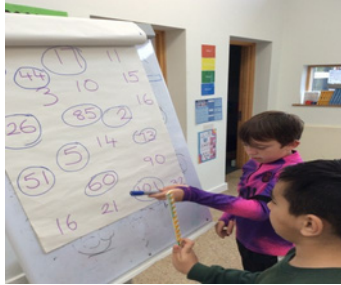
Contact us: year6@prioryschool.com 01628 600300



Peek at the Week

The Woodlands
Week commencing– 21.10.24

What the Woodlands has been up to



This week: In English, One group has acted out and written their independent story for the

'Stone Age Boy' book. They have done really well to show what they have learnt and have shown great effort. Another group has acted out

and completed their independent story

for the 'Rose Blanche' book. The children have done well to put together their story using the excellent vocabulary they have learnt. In

Maths, we have continued our work on number lines and revisited using practical resources to make 10 and 20. The children have shown such great enthusiasm in working out all the different ways to add. The

children have continued to work on their counting skills and writing numerals in words.

The afternoon,

The children have been developing their fine motor skills, by making pumpkins and tracing patterns in a sensory tray.

We have also been exploring safety and social skills for current seasonal events. We have had discussions about evenings becoming darker, how to keep safe and dealing with social situations.

The children have also continued to develop their turn-taking skills and building their emotional understanding.

After half term:

In English, we are going to explore Diwali poetry. Identifying features of poetry and give our personal opinions on poems

In Maths, we are continuing to build our understanding of number, with number bonds and doubling.

The afternoon children are going to continue their work on self regulation, social skills and explore their new topics.



Peek of the Week

The Orchard

Week commencing- 23.09.24

Important Dates/ information

Friday 25th October- End of term

Thursday 31 October—Diwali

Monday 4th November—Back to school

Wednesday 6th November—Apples trip to TVAP

Peek of the Week from

The Orchard

This week has been a busy one for The Orchard as we come to the end of the term. We have finished our topic of Planet Earth and have also had lots of fun doing activities linked to Halloween.

This week we had great fun decorating biscuits to make them look like spider webs or pumpkins. It was a lovely treat to take home.

We've been practicing our fine motor skills during our arts and crafts sessions as we have been scooping out pumpkins and painting them too!

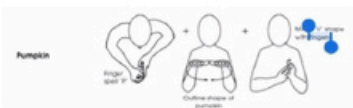
In English we were finding spiders in pictures all over a scary house! We used our preposition skills to find if they were over, under or on something. Once we found them we used colourful semantics to write sentences about where they were.

Learning about Halloween and Planet Earth has been great, and we are looking forward to finding out about Castles and Knights next term.

Have a great break everyone, and Happy Diwali to all those who are celebrating it!



Makaton sign of the week:



Stars of the week

Instead of just awarding one child for this week's work, we've decided to award to all of The Orchard children for being super stars!

We are so proud of everything you have achieved this term and

All of the hard work you have done!

Congratulations!



Sharing Great Success

It was great to receive an email to celebrate Johnny's achievement of getting play of the match for his grass roots team at the weekend, what a great demonstration of hard work, determination and passion. Well done Johnny.



Brentford FCCST Development Centre Trials - Years 2 to 6

Brentford are hosting our next load of trials for our Development/Advanced Centre at The Langley Academy on 31st October. Please see the link for further details

<https://brentfordfccst.bookinglive.com/book/add/pg/88>

Free Slough Town FC Schools Ticket

Slough Town are delighted to offer free tickets for our upcoming fixture vs. Truro City on Saturday 2nd November.

<https://app.fanbaseclub.com/Fan/Tickets/SelectType?fixtureId=6176>

Simply enter: SCHOOLSNOV100 at checkout to redeem your free tickets.

The Great Fire of London

This week, Year 2 have enjoyed the opportunity to revisit their history topic of The Great Fire of London. They worked together to create models of the buildings in London in 1666, painting the boxes brown, adding details such as windows, door and wooden beams, as well as putting hay on the top to represent a thatched roof. The children were fantastic at recalling key facts about the fire such as: when it started, where it started, why it spread so quickly, how people tried to stop it and how long it lasted - well done Year 2! On Wednesday afternoon, the children were excited to see the flames spread from house to house as part of our re-enactment. They saw how the wind made the flames bigger and how the firebreak stopped the flames spreading further.



Young Voices Choir - Audience Ticket Deadline

Next term, Y5 and Y6 members of the choir will be attending the amazing Young Voices concert at the O2 Arena in London. Parents should please note that the deadline for ordering tickets and t-shirts is 31st October, and this needs to be done through the YV MusicRoom Shop, paying via Credit/Debit card - I will send out a reminder of the link to relevant parents. (Tickets are subject to availability.)

Here is a list of links to the lyric videos for children to be practising with, and a Spotify playlist, in case anyone is having issues with the YV MusicRoom videos. Please encourage your child to sing the songs at home as much as possible, as no printed words will be allowed on the day and there's a lot to learn!! Thank you!

Try Everything

<https://youtu.be/wjS6mVuIbKE?si=TcPIrBDVZ88KwqyN>

Hairspray!

<https://youtu.be/lx7lB-Ykf5Q?si=YfQBHkgzYsVOghOG>

Little Blue

https://youtu.be/kIWRLXh_rRA?si=nLHgoop0w7_nx1l3

Birdhouse in Your Soul

https://youtu.be/Jkrguguqwe8?si=_aPyIAPzhS5d45dU

Let's Dance!

<https://youtu.be/SYXdMgcP6qQ?si=bFuRS5eVtSK2r0KC>

Oceania

https://youtu.be/nW7htfjuKjY?si=Q-eu2_uRyyioTnRl

Marley Magic

<https://youtu.be/ceGcje36G0Q?si=CUPmDSFJzKwe75KS>

Brighter Days

<https://youtu.be/oicr6YqpQPM?si=sob66y2LmkxXNkiq>

Readers Are Leaders

<https://youtu.be/grCbcA55HtI?si=Tr6yMhwsJGGh-knu>

Lean on Me

https://youtu.be/_Y74Q8RT-VU?si=wm7839ve2t7Gs8JF

Get Loud

<https://youtu.be/KQ3mk0Y48G0?si=ejB1KOK-ZZU6y-3c>

Pop Medley

https://youtu.be/JXqdlslg0Lc?si=3O_qmZUvUYbFLXv7

Spotify playlist link:

<https://open.spotify.com/artist/39qcKoWHfIOpApSKFaoYhY?si=hxBJYUr2TBKX8AY6xaIOZA>

Priory Friends

We had a lovely coffee afternoon yesterday and met a number of parents who are new to the school. Being part of Priory Friends is a great way to get to know your school community and we always welcome help as we organise events. We use a WhatsApp group to keep in touch so do let reception know if you'd like to be added so you can hear more quickly about our plans and help us decide what to do next.

The big push is now on for the Christmas fair on Friday December 6th. We want this to be a fun event for the children. If we can raise some funds for our next project for the school - great but fun is the main focus. There will be lots of games so we need prizes! Kids are delighted by the idea of winning something and these don't need to be big prizes - so if you want to make a donation or know of a local company who may want to support us, please let us know or just bring things in. A team will then sort, wrap and prepare things for our big event and you are really welcome to come along and help with that if you have a spare hour.

Harvest Festival Food Collection

We are delighted to share the success of our Harvest Festival food collection for the Slough Food Bank! A heartfelt thank you to all our families and staff who contributed so generously. Together, we've made a difference by easing the burden on families in need during these challenging times.

Your kindness and community spirit have been truly inspiring, showing the power of coming together to support those around us.



INTRODUCING CASHPOT FOR SCHOOLS

Download and opt-in with Asda Rewards
and we will donate **££s** to schools.

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HERE'S HOW:

- 1** Download the Asda Rewards app and opt-in to Cashpot for Schools.
- 2** Choose your primary school
- 3** Shop in-store across Asda & George, and scan your Asda Rewards app at the checkout.
- 4** Shopping online? Simply log in to Asda.com using the same details as your Asda Rewards account.
- 5** We'll do the rest! We donate ££s to your chosen school every time you shop, so they can spend it on exactly what they need.



Selected stores. Minimum spend £1+. Exclusions apply including Asda Express & George.com. Subject to availability UK 18+. App & Opt in required. 0.5% of the value of all customers eligible shops donated. Publicly funded primary schools, must register with Parentkind charity 1071833. Full T&Cs at asda.com/cashpotforschools. Rewards T&Cs at asda.com/rewards/terms. Ends 30/11/24



OCT/NOV TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each
Book online at facefamilyadvice.co.uk

FREE SESSIONS Introduction to Facing Defiance Decreasing Depression	24 OCT 25 NOV
Anxiety Explained	17 OCT
Understanding Anger	21 OCT
Autism: Improving Communication	28 OCT
Introduction to OCD	29 OCT
Improving Family Communication	4 NOV
Anxiety-Based School Avoidance	12 NOV
Anxiety Explained	14 NOV
Understanding Anger	18 NOV
Drug Awareness for Parents	19 NOV
Supporting Healthy Screen Use	21 NOV
What is ACT?	26 NOV
Understanding Addictive Behaviour	28 NOV
Understanding the Teenage Brain	2 DEC

Slough's

Children's Centres/Family Hubs

Parent Health Education Groups

in partnership with the public health nursing service



Date	Venue	Session
9 Sep	Penn Road	Childhood illnesses
16 Sep		Fussy eating and healthy diet
23 Sep		Keeping children safe
30 Sep		Routines (toilet training)
7 Oct		Looking after you
14 Oct		Child development
8 Nov	Romsey Close	Childhood illnesses
15 Nov		Fussy eating and healthy diet
22 Nov		Keeping children safe
29 Nov		Routines (toilet training)
6 Dec		Looking after you
13 Dec		Child development
Jan 2025	Chalvey Grove	Childhood illnesses
10 Jan		Fussy eating and healthy diet
17 Jan		Keeping children safe
24 Jan		Routines (toilet training)
31 Jan		Looking after you
7 Feb		Child development

For more info about what else we offer:



Any questions?

Penn Road: 01753 574420

Romsey Close: 01753 540797

Chalvey Grove: 01753 574387

Located in our family rooms, parents and children are welcome. Toys and activities will also be available. Drop-in sessions, no need to book.

Sessions open at 9.30am for a 10am start, finishing at 11am.

www.slough.gov.uk
Slough
Borough Council



Special Educational Needs Disabilities

SEND-AID

SEND Advice and Information Sessions

Autumn/Winter 2024

If your child has SEND and you need advice or information, please book a 1:1 appointment at SEND-AID. We can answer your questions relating to local services, education, Disability Living Allowance and much more.

Location:	Dates:	Time:
Chalvey Grove Children Centre, Slough, SL1 2TE	Monday 16 th September 2024	09:30 – 12:00
	Monday 14 th October 2024	09:30 – 12:00
	Monday 11 th November 2024	09:30 – 12:00
	Monday 16 th December 2024	09:30 – 12:00

Online sessions	Thursday 26 th September 2024	09:00 – 12:00
	Tuesday 22 nd October 2024	10:00 – 12:00
	Tuesday 19 th November 2024	13:00 – 15:00
	Monday 23 rd December 2024	13:00 – 15:00

Romsey Children's Centre, Slough SL3 8PE	Thursday 5 th September 2024	09:30 - 12:00
	Thursday 3 rd October 2024	09:30 - 12:00
	Thursday 7 th November 2024	09:30 - 12:00
	Thursday 12 th December 2024	09:30 - 12:00

Penn Road Children's Centre, Slough SL2 1PG	Thursday 3 rd October 2024	09:00 – 12:00
	Thursday 10 th October 2024	09:00 – 12:00
	Thursday 31 st October 2024	09:00 – 12:00
	Thursday 7 th November 2024	09:00 – 12:00
	Thursday 21 st November 2024	09:00 – 12:00
	Thursday 5 th December 2024	09:00 – 12:00
	Thursday 12 th December 2024	09:00 - 12:00

To book a face to face, on-line or telephone sessions,
please contact: EarlyHelp@sloughchildrenfirst.co.uk

Concerned about a child's communication skills?

How can I help my child
learn more words?

How can I help them
listen to me?

How can I help them
play with me?

Am I doing this right?



Call our **Enquiries Line** to get advice
from a **Speech and Language Therapist**

0118 904 3700

Lines are open Tuesdays and Thursdays 9am - 3.30pm.

Available for parents, carers, professionals, and
early years setting staff supporting preschool children
with a Berkshire GP.

cypf.berkshirehealthcare.nhs.uk/slt

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

10 Top Tips for Parents and Educators TEACHING CHILDREN FIRE SAFETY

Fire safety is especially important around Bonfire Night, as fireworks, bonfires and sparklers add extra risks for families and young children. Every year in the UK, thousands of accidents occur due to improper handling of fireworks and neglecting fire safety measures. This guide offers practical tips for keeping children safe when handling everything from fireworks to space heaters.

1 BONFIRE NIGHT AWARENESS

Bonfire Night is exciting, but it comes with several inherent risks. Educate children about the dangers of fireworks and open flames. Teach them that only adults should handle fireworks and that bonfires should never be approached. Keep children at a safe distance (at least five metres away) from bonfires and explain why supervision is crucial during these events.

2 SUPERVISE FIREWORK USE

Fireworks should only be handled by responsible adults who are following UK laws and guidelines. Make sure to buy fireworks that meet British Standards and adhere to all instructions that come with them. Keep children a suitable distance from any firework activity and designate an adult to supervise the event. Ensure no one goes near fireworks after they've been lit.

3 SPARKLER SAFETY

Sparklers are often captivating for little ones, but they can burn at extremely high temperatures – over 1,000 °C! Only allow children over the age of five to use sparklers, and make sure they wear gloves. Teach them to hold sparklers at arm's length and never wave them near others. Once a sparkler has burned out, extinguish it fully in a bucket of water – which you should prepare beforehand and always keep nearby.

4 ORGANISED DISPLAYS ARE SAFER

If possible, families should attend an organised fireworks display rather than holding one at home. These tend to be far safer as they're run by professionals adhering to strict safety regulations. Organised displays also provide a controlled environment where children can enjoy the event from a safe distance, reducing the risk of accidents.

5 KEEP FIREWORKS AWAY FROM THE HOME

If you are hosting your own fireworks display, set them off well away from homes, sheds or fences to avoid starting accidental fires. Choose a wide-open space with no flammable materials nearby and keep a means of putting out fires to hand in case of emergency – such as a bucket of water, a hose or a fire extinguisher. Afterwards, ensure that all fireworks are fully extinguished and never attempt to relight one if it doesn't go off.

6 BONFIRE SAFETY

If you're building a bonfire, place it well away from trees, buildings, fences or anything else flammable. Make sure it's structurally sound and not at risk of collapsing. Only burn natural materials like wood and leaves, avoiding petrol or other accelerants. Children should be kept far away from the bonfire, and it should always be supervised by adults. Be sure to fully extinguish the bonfire before you leave it.

7 "STOP, DROP AND ROLL"

Ensure that children know what to do if their clothing catches fire. Teach them the simple "stop, drop and roll" technique, which can quickly extinguish flames. Practice this with them before events like Bonfire Night, so they feel confident if the need to use it arises. It can also be helpful to keep another means of putting out these kinds of fires on standby, just in case. An extinguisher or flame-retardant blanket are both sound choices.

8 SECURE CANDLES AND OPEN FLAMES

Beyond Bonfire Night, everyday fire safety is also crucial. Candles can be a common fire hazard, especially in homes with young children. Teach children not to touch any open flames, and ensure candles are placed in sturdy holders away from combustible materials. Never leave candles, incense burners or other such items unattended, and always extinguish them fully before leaving a room or going to bed.

9 EDUCATE ABOUT FIREWORKS HAZARDS

Make sure children understand the dangers of playing with fire or fireworks, and how to handle such things responsibly. Emphasise that fireworks are **not** toys and can cause serious injuries when improperly used. Demonstrate the importance of treating fire with respect and the consequences of misuse, which can help temper any curiosity and any resultant dangerous behaviour.

10 FIRST AID FOR BURNS

Even if you have the best possible precautions in place, accidents can still happen. Keep a first aid kit on hand. Ensure you know how to apply basic first aid to burns, so you can teach children those techniques too. If someone suffers a burn, run it under cool water for 20–30 minutes. Never use creams or ointments, as these retain heat and can cause further damage. Instead, seek medical help if the burn is serious.

Meet Our Expert

James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings and many other industries, helping them to maintain a safe working environment.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/fire-safety>

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GEMS

Autism & ADHD Support Service
East Berkshire

Virtual Coffee Morning - Demand Avoidance

Friday 22nd November

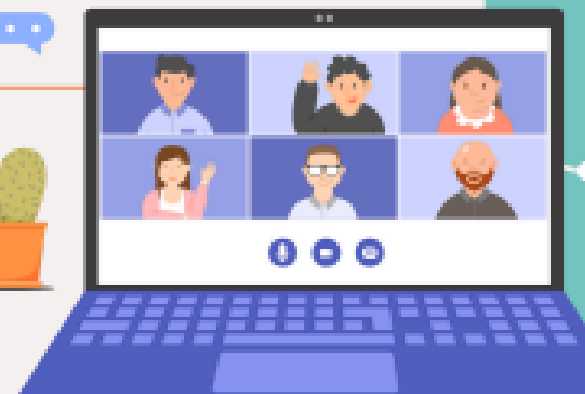
10am to 11:15am

**25 spaces
available!**

Join our online informal discussion to cover the following areas:

- How do you frame demands to get your child engaged?
- How does demand avoidance affect your lives?
- How do you navigate daily routines with demand avoidance?

Please note this is not a workshop but support group for parent/carers and any medical advice should be sought from your medical practitioner.



Sign Up Today!

Available for families who reside in or have a registered GP in East Berkshire with a child who is Autistic/ADHD (suspected/pathway/diagnosed)

To book your place contact GEMS:



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