



# Elland C of E School

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Westgate, Elland, HX5 0BB



## NEWSLETTER 20th May 2021



### HEADTEACHER'S AWARD

#### Attendance Winners

Whole School— 92.1%  
Winners—**Year 1**—98.9%

#### House Points Winners

Savile—403 house points  
Well Done!



#### PUPILS OF THE WEEK

Last week the Pupils of the Week were :

Nur: Lucy B  
Rec: Blake H  
Yr 1: Ollie I  
Yr 2: Emily T  
Yr 3: Alyssa W  
Yr 4: Emily H  
Yr 5: Rhiley-Rae M  
Yr 6: Jason M

#### Wow Workers of the Week

Rec: Annabella G  
Yr 1: Li'Leigh H-W  
Yr 2: Lillie A  
Yr 3: Freddie M  
Yr 4: Maddie T-M  
Yr 5: Tommy T  
Yr 6: Renae L

### Half Term

We break up at the end of the day on Friday 28th May, for our half term break. Children will return to school on **Tuesday 8th June** as there is a staff training day on the Monday.

### Year 6 Music



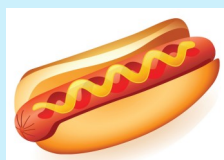
#### Year 6 have started a new music unit

All the learning in this unit is focused around one song:

You've Got A Friend by Carole King.

They started off this week with a warm up, where they completed the Silver Challenge - Rhythm and Pitch Copyback, using the Glockenspiels. They then listened to the song and are learning how to sing it!

### Special Lunch



As it is the last day of this half term on Friday 28th May, we will be having a Special lunch:

Hot Dog, Vegetarian Hot Dog, or Jacket Potato with a variety of fillings  
This will be served with Ice Cream

If you do not normally have a school dinner and would like one on this day, please send **£1.90** in a clearly named envelope.



### Reception & Year 6 - Height and Weight

We will be having the School Nurse visiting on 8th June, to conduct Reception and Year 6 Height and Weight measurements. There will be a letter sent home on Friday 21st May giving further information. This will be sent via Parentmail.

### Church Links

This week in Collective Worship the children learnt about Wisdom. Mrs Lord visited Years 1 and 2.

## Year 5—Secret Agents

On Monday in Science we got a mysterious letter from an agent his name was agent X, the letter said we had to figure out how much force it would take to move a shoe on either plastic, concrete or carpet. When we got in from dinner there were shoes all over the classroom, so we chose a shoe and started to talk about what we should do, in the middle of talking a message appeared on the laptop it said we are watching you, at this point we knew we had to start testing. In the end-up we found out that plastic has the most friction and concrete had the least friction, because the rubber on the bottom of the shoe affected the plastic, but didn't affect the concrete. At the end we helped agent X and James Bond, so in the future they might re-crime someone!!.... Sienna Hanse



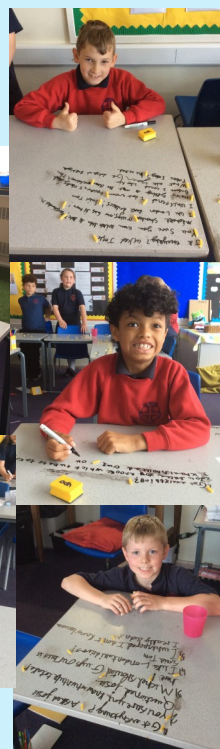
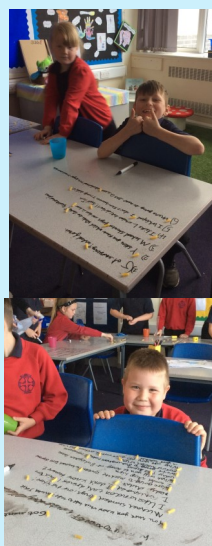
On Monday afternoon <sup>Year 5</sup> they got sent a letter from a strange person telling them to weigh different shoes on three surfaces. The surfaces were concrete, plastic and carpet, then they saw the man who sent them a letter and his name was Agent X. When they finished they got sent another letter saying thank you Year 5 for helping us to figure out which surface was the correct one, which was plastic.

Mason Hawitt

## Year 3 Class Activities



During our maths intervention on Tuesday, we set up a 'pop-up shop' filled with lots of delicious sweets. We were focusing on giving change, so each child had to calculate the total cost of their spend and the shopkeeper had to calculate the change. They even got to take their 'shopping' home with them!



Year 3 had an interesting English lesson on Tuesday where they got to write on the table! They recorded examples of direct speech from our book 'The boy at the back of the class' and used macaroni for the speech marks!

## Reminders

### Sweets

Please could children not bring sweets and chewing gum to eat in school.

### Long Hair

Also children with long hair are asked to tie it up to decrease the risk of headlice. Thank you



# Emotional Health & Wellbeing Service

This week we are focusing on Supporting Children and Young People with their Routine after Lockdown. If you would like to follow any of the links, these details are also available on our website.



## Supporting children and young people with their routine after lockdown

### Signs and symptoms to look out for:

#### Are they ...?

- Displaying different behaviours and emotions
- Bad-tempered and irritable
- Struggling with their sleep
- Sluggish and unmotivated
- Tearful
- Moody
- Skipping meals
- Worried or nervous
- Exhausted, fatigued, or just tired

As a trusted adult you can provide support just by listening and valuing the feelings the child/young person is expressing.

#### You can suggest the following tips and useful resources:

- Setting an alarm in the morning helps add structure to the day.
- [Eating breakfast](#) gives students an energetic boost to start their day.
- Encouraging a consistent bedtime, [a good night's sleep is important](#).
- Going to bed 15 minutes early to [unwind and relax before going to sleep](#).
- [Limit time on devices](#) before bed helps relax their mind.

#### Free local support services for children and young people:

[Time Out delivered by Healthy Minds](#) helps children and young people 'find their thing', through activities such as arts, crafts, sports, singing and drama sessions. Time Out also has a [Listening Line](#) which provides support and advice for students. **Text 07413 311758**. They offer three sessions with a project worker to talk through worries.

- **Age range:** 10-19 years
- **Referral process:** self-referral
- **Contact details:** 01422 345154 or [timeout@healthymindsalderdale.co.uk](mailto:timeout@healthymindsalderdale.co.uk)

[The BREW Project delivered by Invictus Wellbeing](#) offers children and young people who present with personal, social, emotional concerns to access bespoke support sessions.

- **Age range:** 5-17 years
- **Referral process:** [online referral form](#)
- **Opening times:** Monday to Friday, 9am-5pm (referrals only)
- **Contact details:** 01422 730015 or [support@invictuswellbeing.com](mailto:support@invictuswellbeing.com)

[Kooth](#) is a free, safe anonymous online counselling and support service. Young people can access [Kooth's](#) counselling service, self-help resources, peer to peer forums and interesting articles written by young people for young people.

- **Age range:** 10-25 years
- **Referral process:** self-referral
- **Opening times:** until 10pm every evening, 365 days a year

[CoolHealth, Healthy Futures Calderdale](#) is an NHS-approved secure and confidential text messaging support service for young people.

- **Age range:** 11-19 years
- **Referral process:** self-referral
- **Contact details:** text: 07480 635297

[C&K Careers CHAT](#) is a support, advice and guidance service to young people and their parents/carers. CHAT has friendly advisers who will listen and support young people with college or sixth form, future options, CVs and interviews, employment skills, worries and much more.

- **Age range:** 13-24 years
- **Referral process:** self-referral
- **Opening times:** Monday to Friday, 9am-5pm
- **Contact details:** 01484 213856 or [chat@ckcareers.org.uk](mailto:chat@ckcareers.org.uk)

#### Advice for Parents and Carers:

[Is your child finding the back to school routine difficult?](#) This leaflet provides parents and carers with some top tips, useful resources, and links to local support services here in Calderdale.

#### Free training offer for staff and students:

- Training workshops are available for [school staff](#) around EHWB. This is delivered by Open Minds (CAMHS) [training@calderdalecamhs.org.uk](mailto:training@calderdalecamhs.org.uk)
- Training workshops are available for [students](#) around EHWB. This is delivered by Healthy Minds, Time Out [training@healthymindsalderdale.co.uk](mailto:training@healthymindsalderdale.co.uk)
- Training workshops are available for the [wider workforce](#) around EHWB. This is delivered by Open Minds (CAMHS) [training@calderdalecamhs.org.uk](mailto:training@calderdalecamhs.org.uk)

## Is your child finding the back to school routine difficult?

### Are they...?

- Displaying different behaviours and emotions
- Bad-tempered and irritable
- Struggling with their sleep
- Sluggish and unmotivated
- Tearful
- Moody
- Skipping meals
- Worried or nervous
- Exhausted, fatigued, or just tired



It's important that you and your child know that changing routines in the current circumstances can be normal and new routines can be formed.

### TOP TIPS

- Setting an alarm in the morning will help add structure to the day.
- [Eating breakfast](#) will give your child an energetic boost to start their day.
- Get some fresh air, even if this is having meals outside or going for a walk.
- Cook together, you could stock up the freezer by cooking in bulk.
- Be creative and make a rota to show your child their daily routine.
- [Make a reward chart](#) to show progress and rewards for daily achievements.
- Call family and friends, communicating with others helps you stay connected and less lonely.
- [Have a consistent bedtime](#) a good night's sleep is important. Send your child to bed 15 minutes early so they can unwind and relax before going to sleep.
- Reduce your child's time on devices to relax their minds.
- Take some time out for yourself to relax, you are important too.
- Don't pressure or judge yourself if things aren't going according to plan, you are trying to do your best.

If you need help for your emotional wellbeing and mental health, the NHS Calderdale CCG website offers tips, information and guidance: <https://www.calderdaleccg.nhs.uk/wellbeing/>

For more tips, information & support go to [www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)



## Emotional Health and Wellbeing Service Offer for Children and Young People in Calderdale

<p>Open Minds website provides advice, information and support for local and national services that help children and young people.</p> <p><a href="http://www.openmindscalderdale.org.uk">www.openmindscalderdale.org.uk</a></p>	<p>Kooth.com offers safe anonymous online counselling with a qualified professional.</p> <p>Age range: 10-25 years Opening times: 24/7 Contact details: <a href="mailto:support@kooth.com">support@kooth.com</a></p>	<p>Time Out offers the opportunity to find your thing, get some tips to guide you and emotional wellbeing, managing worries and looking after yourself.</p> <p>Age range: 10-19 years Contact details: 07413 311758 or <a href="mailto:timeout@healthymindsalderdale.co.uk">timeout@healthymindsalderdale.co.uk</a></p>
<p>Calderdale's Positive Identities Service offers specialist advice and support to those who identify or are questioning their sexual and/or gender identity.</p> <p>Age range: 16-25 years Contact details: 01422 371 963 or <a href="mailto:calderdalepositiveidentities@nhs.uk">calderdalepositiveidentities@nhs.uk</a></p>	<p>Open Minds (CAMHS) offers specialist help and support around mental health.</p> <p>Age range: 5-18 years Contact details: <a href="mailto:www.openmindscalderdale.org.uk">www.openmindscalderdale.org.uk</a></p>	<p>C&amp;K Careers offers specialist advice, support and guidance on future career options.</p> <p>Age range: 13-24 years Contact details: 01484 213856 or <a href="mailto:chat@ckcareers.org.uk">chat@ckcareers.org.uk</a></p>
<p>ChatHealth offers a confidential and secure text messaging service to discuss physical health and emotional wellbeing.</p> <p>Contact details: 01422 345154 or <a href="mailto:www.healthymindsalderdale.co.uk">www.healthymindsalderdale.co.uk</a></p>	<p>Calderdale Young Carers Service for advice and support on being a young carer.</p> <p>Age range: 5-18 years Contact details: 01422 361208 or <a href="mailto:www.ycscalders.org.uk">www.ycscalders.org.uk</a></p>	<p>Healthy Futures Calderdale offers advice and support to those public health clinicians or any services you have relating to COVID-19, including events, also at the leisure centre.</p> <p>Contact details: 01422 345154</p>
<p>Branching Out offers specialist advice and support around drugs and alcohol.</p> <p>Age range: 16-25 years Contact details: 01422 41 9555</p>	<p>Sexual Health Calderdale offers specialist advice and support around sexual health.</p> <p>Contact details: 01422 361 276</p>	<p>The BREW Project offers advice 1:1 support sessions with a wellbeing officer or a 1:1 walk and talk service.</p> <p>Age range: 5-17 years Contact details: 01422 730015 or <a href="mailto:support@invictuswellbeing.com">support@invictuswellbeing.com</a></p>

For more information and support visit [www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)



## Health Update

Children with simple cold symptoms such as runny noses or sore throats **without fever** should not be tested for COVID-19, and can attend school if they feel well enough to do so.

Anyone with any of the three main symptoms of COVID-19 should stay at home and arrange testing.

Please contact school to advise us of any absence.

Please note that unless advised otherwise, only people who present with **any of the three main symptoms of COVID-19 should be tested.**

Testing must be conducted within the first 5 days of the onset of symptoms.

If someone is being tested in your household, **ALL** family members will need to isolate until a negative test is returned.

When you receive your test result, **please email [admin@elland.calderdale.sch.uk](mailto:admin@elland.calderdale.sch.uk)** with details before your child returns to school. Children can return to school as soon as a negative test is received.

If your child develops any of the key symptoms for COVID-19 in school, we will contact parents/carers and ask for you to arrange a test. This is in line with Government guidelines.

### Symptoms

High temperature  
New continuous cough  
Loss or change to sense of taste or smell

## Upcoming Events

**Half Term-End of Friday 28th May**

**Training Day- Monday 7th June**

**School restarts- Tuesday 8th June**

**Thursday 20th May-** Year 6 visiting the Rex Cinema during school time

**Friday 21st May-** Height and Weight Letters sent via Parentmail

**Tuesday 8th June-** Reception and Year 6 Height and Weight Checks

