



Elland C of E School

Phone: 01422 373159

E-mail: admin@elland.calderdale.sch.uk

Westgate, Elland, HX5 0BB



NEWSLETTER 27th May 2021



HEADTEACHER'S AWARD

Attendance Winners

Whole School: 95.1%

Winners: **Year 6**—97.8%

House Points Winners =

Savile—438 points

Well Done!



PUPILS OF THE WEEK

Last week the Pupils of the Week were :

Nur: Isabella W

Rec: Sophie H-R

Yr 1: Ronnie M

Yr 2: Dylan H-R

Yr 3: Theo A

Yr 4: Nicole K-H

Yr 5: Kasilese M-C

Yr 6: Ben I

Wow Workers of the Week

Rec: Jack P

Yr 1: Verity W

Yr 2: Harper S

Yr 3: Dante B

Yr 4: Xander H

Yr 5: Riley VDG

Yr 6: Summer G

Half Term

We break up at the end of the day this Friday—28th May, for half term.

Children will return to school on **Tuesday 8th June** as there is a staff training day on the Monday.

We hope that you all have a restful week and return refreshed for the last half term!

The Big Ask Questionnaire

The Big Ask survey launched by the Children's Commissioner for England, Dame Rachel de Souza, is still live. This is the largest ever survey of children and young people in England. Responses will show the government what children think, and what children need to live happier lives. Calderdale, at the moment, has one of the 20 lowest response rates in the country.

The survey is designed for children aged from 4 to 17 and will be open until 28th May. The Children's Commissioner is particularly keen to reach primary aged children, especially boys.

You can complete the survey with your child here: [The Big Ask | Children's Commissioner for England](https://www.childrenscommissioner.gov.uk/the-big-ask/) Children's Commissioner for England ([childrenscommissioner.gov.uk](https://www.childrenscommissioner.gov.uk))

Last Day of Term - Special Lunch

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



Class Photo Orders

If you would like to order any Class Photos, please can these be brought into school by **Friday 28th May**. Anyone missing this date will need to deal direct with the photographers to get their order. Thanks.

Reception & Year 6 - Height and Weight

The School Nurses are visiting on **8th June**, to take weigh and height measurements for Reception and Year 6.

Church Links

This week in Collective Worship the children learnt about Wisdom. Father David visited Early Years.

Reminders

Mobile Phones

There seems to have been an increase in the number of children bringing mobile phones in to school unnecessarily.

We do understand that older children who walk on their own might need to bring one. However, if they are not handed in to the office or kept safely in class, they may be lost or broken.

Please speak to a member of staff if you need your child to bring a phone.

Running Between Cars

Please would parents/carers ensure that children are not running between the cars in the car park at the end of the day. Thank you

Year 1 Robots



In Year 1 our Power of Reading book has been **Robot and the Bluebird**.

We set the children the challenge of making a robot as part of their homework and boy, did they rise to it!

Here are the ones that have been sent to school so far with the promise of yet more to come!!

Year 6 Trip to the Rex Cinema



Pictures from Year 6's visit to the Rex cinema. We watched Peter Rabbit 2 and loved it!

JOIN US FOR HALF TERM FOOTBALL!

GET ACTIVE, HAVE FUN AND MEET NEW PEOPLE

- Tuesday 1 June - Friday 4 June, 9.30am - 3pm each day
- Spaces available for 5-11 year olds
- Leeds Road Sports Complex, HD2 1YY
- £60 total cost for four days of activity

[@htaFOUNDATION](#)
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REGISTERED CHARITY NUMBER 118801

Health and Well Being

Is your child suffering from low mood?

Do they seem...?

- Sad or tearful
- Worried or nervous
- To be lacking motivation or withdrawn
- To have a poor appetite or overindulging
- Tired or struggling with sleep
- Low in self-esteem or confidence
- Hopeless and feeling worthless



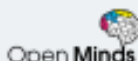
Feelings of low mood can often pass after a few days, helping your child to understand that this is a normal emotion can make a difference to their mood.

TOP TIPS

- Talk to your child about their feelings.
- Encourage your child to talk to a trusted adult about their feelings, this could be a GP, counsellor or helpline.
- Do things together such as playing games, watching a movie, listening to music, dancing, baking, cooking, arts, crafts.
- Be active together this could be going for a walk or trying yoga.
- Try mindfulness techniques
<https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>
- Keep a journal or diary.
- Breathing techniques help people relax and feel calm
<https://www.monksleep.com/blog/deep-breathing-exercises-for-kids>
- Take a warm bath.
- Look for ideas to improve sleep
<http://www.openmindscalderdale.org.uk/sleep-advice/>
- If you feel worried yourself, you can also seek advice if it is necessary.

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



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

<p>Open Minds website provides advice, information and support on local and national services that help children and young people.</p> <p>Age range: 10-25 years Contact details: 01422 311700 or info@openminds.org.uk</p>	<p>Kooth.com offers safe, anonymous online counselling with a qualified professional.</p> <p>Age range: 10-25 years Contact details: 01422 311700 or info@openminds.org.uk</p>	<p>Time Out offers the opportunity to find your 'thing', get some tips to guide you around emotional wellbeing, managing stress and building your yourself.</p> <p>Age range: 10-19 years Contact details: 01422 311700 or info@openminds.org.uk</p>
<p>Baroness's Positive Identities Service offers specialist advice and support to those who identify as are questioning their sexual and/or gender identity.</p> <p>Age range: 16-25 years Contact details: 01422 311700 or info@openminds.org.uk</p>	<p>Open Minds (CAMHS) offers specialist help and support around mental health.</p> <p>Age range: 10-19 years Contact details: info@openminds.org.uk</p>	<p>CBM Careers offers specialist advice, support and guidance on future career options.</p> <p>Age range: 13-24 years Contact details: 01422 311700 or info@openminds.org.uk</p>
<p>ChatHealth offers a confidential and secure text messaging service to discuss physical health and emotional wellbeing.</p> <p>Age range: 10-25 years Contact details: 01422 311700 or info@openminds.org.uk</p>	<p>Calderdale Young Careers Service for advice and support on being a young person.</p> <p>Age range: 10-19 years Contact details: 01422 311700 or info@openminds.org.uk</p>	<p>Healthy Futures Calderdale offers advice and support from public health clinicians and any other services you have relating to COVID-19, including where to also get the vaccine for school.</p> <p>Contact details: 01422 311700</p>
<p>Branching Out offers specialist advice and support around drugs and alcohol.</p> <p>Age range: 10-25 years Contact details: 01422 311700</p>	<p>Sexual Health Calderdale offers specialist advice and support around sexual health.</p> <p>Contact details: 01422 311700</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: 10-17 years Contact details: 01422 311700 or info@openminds.org.uk</p>

For more information and support visit
www.openmindscalderdale.org.uk



Supporting children and young people with low mood

Signs and symptoms to look out for:

Do they seem...?

- Sad or tearful
- Worried or nervous
- To be lacking motivation or withdrawn
- To have a poor appetite or overindulging
- Tired or struggling with sleep
- Low in self-esteem or confidence
- Hopeless and feeling worthless

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:

- [Being active](#) is great for your body and mind, it releases endorphins 'happy chemicals' that make you feel good.
- Sleep is extremely important for everyone and at different ages we are advised we need different amounts of sleep. This document will give [children and young people information about sleep](#).
- If you find yourself struggling with low mood or feeling worried, then [YoungMinds](#) recommend putting together a [self-soothe box](#).
- Activities that can help [improve self-esteem](#).
- Strategies to promote [positive thinking](#).
- Eating well really helps boost your mood. Check out [Healthy futures Calderdale YouTube channel](#) for quick easy low cost meal ideas.

Free local support services for children and young people:

[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

[Calderdale School Nursing Team](#) support students with their health needs and help manage long and short-term conditions in education settings.

- **Age range:** 5-19 years (up to 25 for young people with SEND)
- **Referral process:** [online referral form](#)
- **Contact details:** 030 3330 9974 (duty line)
- **Opening times:** 2pm – 5pm

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

- **Age range:** 11-19 years (up to 25 for young people with SEND)
- **Referral process:** self-referral
- **Contact details:** text: 07480 635297

[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

[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 07418 311736. 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@healthymindscalderdale.co.uk

Advice for Parents and Carers:

[Is your child suffering from low mood?](#) 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
- Training workshops are available for **students** around EHWB. This is delivered by Healthy Minds, Time Out Tara@healthymindscalderdale.co.uk
- Training workshops are available for the **wider workforce** around EHWB. This is delivered by Open Minds (CAMHS) training@calderdalecamhs.org.uk

Brooksbank Transition

The Brooksbank School are holding a Summer School during the school holidays, for all current Year 6 children. See details below:



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** 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– School Closed—Monday 7th June

School restarts- Tuesday 8th June

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

