

Message from Mr Watson

Dear Parents and Carers,

Today we celebrated Children In Need, with the children coming in non-uniform; everyone looked great! The children took part in a range of Wellbeing activities throughout the day. We will let you know how much money we raised next week. Thank you to Miss Lucas for planning today.

On Wednesday we came together virtually as school to mark Remembrance Day. The school council led worship for the whole school and did a fantastic job. The whole school stopped for a moment of silence and reflection. We sold out of our poppy merchandise; thank you for your generosity.

Christmas Production Update

We have started planning for our Christmas performances. In previous years, you have been able to attend these amazing shows and the children have really enjoyed performing in front of you. This year, sadly you will not be able to attend. We will be looking into recording the performances and hopefully giving you access to watch them. We will keep you updated.

As always, if you need support with anything, please let us know.

Mr Watson
Headteacher



I can learn and grow

Psalm 84:5-7

Blessed are those whose hearts are set on pilgrimage...they go from strength to strength until each appears before God in Zion.

*Time to reflect
How can I make sure that I
make the most of every
opportunity?*

Having Drive means:

- Having confidence in your learning
- Being positive
- Challenging yourself
- Persevering and not giving up

School Office opening hours
Monday to Wednesday - 8:30 - 4:30 Thursday 8:30 - 12:30 Friday 8:30 - 4:00

Key Dates

| | |
|---------------------------------------------------------|-------------------------|
| 17th November Information will be e-mailed out | Come & Share Yr 2 |
| 26th November Information will be e-mailed out | Come & Share Yr 1 |
| 1st December Information will be e-mailed out | Time to Shine Yr 2 |
| 2nd December Information will be e-mailed out | Time to Shine Yr 3 |
| 4th December Information will be e-mailed out | Time to Shine Yr 4 |
| 4th December Information will be e-mailed out | Time to shine Reception |
| 8th December Information will be e-mailed out | Time to Shine Yr 6 |
| 10th December Information will be e-mailed out | Time to Shine Yr 5 |
| 18th December | Last Day of term |
| 4th January 22nd February 12th March 21st July | 2021 Inset days |

Our Amazing Learning with Miss Smalldon

There lots of smiley faces and keen interest being applied this week to our learning. Keeping things interested and varied, helps the mind to develop and keep that spark intrigue



Safeguarding Reminder

At St John's C of E Academy, we have a Safeguarding Team who work to keep children safe both in and out of school. Mr Watson, Miss Smallldon and Mrs Henderson are the school's safeguarding team so please contact them if you are worried about the safety of a child who attends our school.

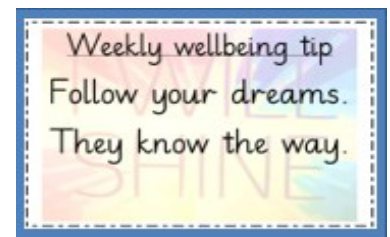


Wellbeing with Mrs Henderson

Another half term has begun and once again we find ourselves in uncertain times! In school we are continuing to support the mental health and wellbeing of all the children and staff. I am working on more ways that families can be supported further as a new lockdown begins. Another parent wellbeing activity is being planned...watch this space! Please remember we are here, if you need to chat, drop me an email, phone me or catch me on the playground.

Take care, Mrs Henderson

sara.henderson@stjohns.covmat.org



Star of The week

Well done to everyone for a great week; all children at St. John's shine. Here are our 'super' Stars of the Week!



Reception - Carys—for her amazing learning this week, she has been working really hard in phonics, writing and maths. She is always trying her best in all that she does—well done!

Year 1 - Emmy—for always working hard in her learning and being a kind, friendly member of the class. You are always so polite and a great friend to everyone. Thank you Emmy!

Year 2 - All the class :)

Year 3 - Arthur—for always showing 'excellence' with his learning and being a kind, friendly member of the class. You are an asset to our school, keep up the great work

Year 4 - Florence—for her amazing attitude to her learning this week, especially challenging herself in maths! Brilliant—keep this up!

Year 5 - Toby Mc—for working really hard in all lessons and being a really supportive learning partner. A delightful member of the class

Year 6 - Eva—for working really hard so far. Eva has been excellent at asking questions and practising when she finds something difficult. Keep up the great attitude to learning



Additional Notes For Parents:

- Please refrain from sending your child in with nuts or products containing nuts for their lunches or snacks as we have some children with severe allergies within the school
- If pupils are celebrating birthdays whilst in school and wish to bring in goodies to help celebrate with their class mates, please can they be shop brought covered goodies as in sweets, chocolates or wrapped cakes
- Toys and swaps cards should not be brought into school
- Reminder to all years; all small fruits & tomatoes from home need to be halved to prevent choking
- Polite reminder that the staff car park is for staff **only**. Please be considerate when dropping / picking up your child/ren and refrain from coming into the car park area

Covid Reminder:

If your child is displaying Covid symptoms please let us know immediately and not be brought into school. If you are taking your child for a test, please keep them at home until you have receive the results back. They can only come back into school setting once a negative result has been obtained or 14 days following a positive result. Please forward result onto the school once you have them

Youth Sport Trust after school club

Every weekday at 5pm until the end of term (18 December), The Youth Sport Trust are running a 30-minute online club for all children and young people to do some sport and get active!

There will be a variety of sports available, and you'll be able to do them all from home. Here's the link with more information: <https://www.youthsporttrust.org/AfterSchoolSportClub> .

All of the sports will take place on The Youth Sport Trust's YouTube channel, which you can find here: <https://www.youtube.com/user/YouthSportTrust> .



Coventry's help and support during COVID-19

We know that during the COVID-19 emergency, a lot of people are feeling frightened and isolated.

- ? Do you need help to get food, medicines and other essential items?
- ? Are you worried about how you will pay your bills?
- ? Are you struggling or alone?
- ? Worried about a child or adult who lives with you or in your community?

If you need help in finding the right support in Coventry due to COVID-19 (Coronavirus), you can:



Phone - our freephone hotline number 08085 834 333, available Monday to Friday 9am till 5pm

Outside of these hours you can leave a message. We can give you advice and support on a range of issues and direct you to other organisations that can help. With our partners we are helping with Universal Credit and Council Tax support, food and supplies, a safe place to stay, befriending in the community.



If you have the internet, visit our website at www.coventry.gov.uk/coronaviruscommunity

Use our online map to find advice and information, community support groups, food delivery options or emergency food



Use our online chat at www.coventry.gov.uk/coronaviruscommunity

You can chat to our Customer Services



Out of Hours

If it's after 5pm and you're worried about a child or adult who may not be safe you can call our Emergency Duty Team on 024 7683 2222

Other telephone numbers you might find helpful:

Domestic abuse and sexual violence

CRASAC
T: 024 7627 7777
www.crasac.org.uk

Safe to Talk helpline
T: 0800 111 4998
www.safetotalk.org.uk

Mental Health – Adults

Mental Health Matters
T: 0800 616 171
www.mhm.org.uk/coventry-warwickshire-helpline

Safe Haven
T: 07921 876 065

Samaritans
T: 116 123 free from any phone
T: 0330 094 5717 local call charges apply
www.samaritans.org

Mental Health – Children and Young People

Coventry and Warwickshire Partnership Trust - Rise Mental Health and Emotional Wellbeing Service
T: Between 8am and 8pm please call 024 7664 1799
T: Between hours 8pm and 8am please call Coventry Crisis Team on: 024 7693 8000

Positive Choices
T: 07741 900 799



St. John's Rules for Online Internet Safety



- Tell an adult straight away if you come across anything that upsets you or you think is inappropriate.
- Never give out any personal information such as full name, address and phone numbers
- Never send a picture of yourself to a person that you don't know or haven't met.
- Only use a computer when an adult is nearby.
- Never give out your password to anyone (even your best friends) other than your parents.
- Check with an adult before downloading anything as it could damage the computer.



Children In Need 2020



Children



PIC • COLLAGE

Some information from Coventry and Warwickshire Partnership NHS Trust

Children and Young Person Advice Helpline number to support crisis intervention and prevent mental health crisis

Coventry and Warwickshire Partnership NHS Trust (CWPT) want to support you during the difficult times we are facing due to the Covid 19 situation. To do this we have developed a 24 hour 7 day a week telephone Advice Helpline run by qualified mental health clinicians to be there for you to contact when you need. We know that the feelings you may be experiencing at such difficult times are frightening and can make you feel that your emotional wellbeing is in crisis. We know that these emotions can lead to a mental health crisis which often means that you no longer feel able to cope or be in control of your situation. You may feel great emotional distress or anxiety, cannot cope with day-to-day life, intense sadness and may be thinking about suicide or self-harm or experiencing thought disorientation that can feel like hallucinations or hearing voices.

We want to be there for you to support and give advice, to work with you to feel more able to be in control of your emotions and manage the distress you are feeling together with you.

 **RISE** Children and Young Peoples Specialist Mental Health service in CWPT have with the current crisis team worked together to develop a CYP response that will allow us to support you 24 hours 7 days a week and where needed continue to support you within the Rise Mental Health and Emotional Wellbeing service directly for Children and Young People.

Contact details

If you are calling between the hours of 8am and 8 pm please call Childrens Crisis Team at Whitestone on:

024 7664 1799

If you are calling between the hours of 8pm and 8 am please call Coventry Crisis team Crisis team:

024 7693 8000

What to expect when you call:

The mental health clinician who you speak to will want to know about you and will ask you some questions to help understand your feelings and emotions. They are doing this to help understand how to best help you and make sure that they get the right support for you.

Listening to you is so important and hearing your voice in terms of what you are experiencing, the feelings and the situation.

We may ask you about your family and the adults who are able to also support you or be part of your coping plan. This may mean we need to speak to an adult in your house as well but we will do this with you.

At times we may need to call you back to offer ongoing support and advice to do this we will need to have a contact number.

We also may need to think with you about other agencies that can support you but we will talk these suggestions through with you and or the adults you feel able to involve.

Most importantly we want to be able to offer advice and support over the phone as you need it to prevent a crisis feeling becoming too overwhelming.

As well as our 24 hour 7 day a week phone advice helpline we have also been working hard to provide resources on line to provide more direct advice and guidance.

We acknowledge that these Covid 19 times are presenting challenges for all of us and we want to make sure that we are reaching out to you all - children and young people, parents, career's and families.

On the Rise website you will find a wealth of up to date links, advice, guidance and support to help support during these times.

In addition the following resources are available to all to telephone or contact via their website that are children and young people focused.

Young Minds parent helpline

Tel: 0808 802 5544

Website: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Papyrus

Tel: 0800 068 4142

Website: <https://papyrus-uk.org/hopelineuk/>

Opening hours: Weekdays 9am – 10pm, Weekend / bank holidays 2pm – 10pm

ChildLine

Tel: 0800 1111

Website: <https://www.childline.org.uk>