

Message from Mr Watson

Dear Parents/Carers,

Welcome to our first newsletter of the Academic year!

A special welcome to Reception and their families. They have made a fantastic start to life at St John's; Miss Lucas and the rest of the team have been very impressed! The whole school has been immersed in the book 'When the Giant Stirred', a book chosen specifically to drive forward our Recovery Curriculum and enable all children to progress socially and emotionally. There has been some AMAZING learning already. Thank you for supporting us with our staggered 'pick ups' and 'drop offs'. This system is working well. Please try and arrive at school as close to your allocated times as possible, this makes the flow around school work much better. I sent out earlier an e-mail with lots of guidance on, please make sure you read this.

Please check your child's Seesaw account for our first Star of the Week. Congratulations on all the children who received an award this week.

Have a great weekend!

Mr Watson



Friday 11/9/20

I know God has a plan for me

Jeremiah 29:11 For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.

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

Showing Identity means:

- Being confident there is a plan for my life
- Working hard now will help me in the future

FACE MASK UPDATE

In addition, and in response to a number of headteacher concerns about drop off / pick up times, we are now advising that schools ask parents to wear face coverings when dropping off and picking up children. We would suggest this is also put in place from Monday 14th September.

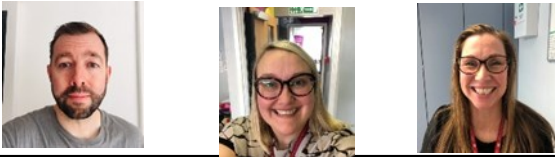
Our Amazing Learning with Miss Smalldon

It's been a great first week back in school. A big thank-you to all children for being AMAZING!



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

Sometimes you can feel like there is no escape, you are cross with one of your siblings or just fed up for no reason. Look at the different ways you can calm yourself on our Family Wellbeing Workout Page or do one of the many breathing activities we have been learning. Remember, it is ok to feel that way, just stop and think of a way that helps you to calm down. Remember we are here:

sara.henderson@stjohns.covmat.org



Weekly wellbeing tip

Choose your favourite music and turn it up, then dance and sing along!

Stars 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: Harry— He has been settling in well, making lots of friends and being polite to all other members of the class

Year 1: Rory— He has made a great start in Year 1! He has been working hard and has been a great friend, sharing ideas with the class

Year 2: Annie— She has made a super start to her learning and has been working hard in every lesson.

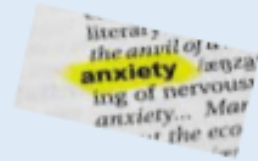
Year 3: Evie— She has settled well into life at St. John's and has worked hard to contribute to class discussions. Great work Evie!

Year 4: Nathanael— He has demonstrated an amazing attitude and fantastic high quality learning in all subjects this week. Awesome!

Year 5: Gabriel— He has tried really hard with his presentation and always tries to complete the best work he can. Keep it up! A great start to Year 5!

Year 6: Sienna— She has been a brilliant role model. She always tries hard to produce her best work. She is a great friend to others and a very supportive member of the class... Keep shining!





Have you any concerns around your child's wellbeing, specific needs, or potential SEN



concerns?



Mrs Henderson (SENDCo) will be available to chat and enable you to raise any concerns you have on:

Wednesday 16th September 3.10pm-4pm

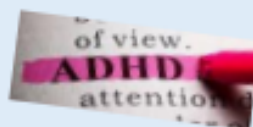
Wednesday 23rd September 4.30pm-5.30pm



at the front of school



Please observe social distancing between other adults.



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.



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>