

STANTON BRIDGE NEWSLETTER



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PSHE

As part of the school's Personal, Social and Health Education curriculum, an organisation called CRASAC will be delivering their young people's prevention workshop to years 5 and 6. CRASAC is commissioned by Public Health England who have received funding from Children in Need for this project. Their mission is to deliver age-appropriate prevention work to children and young people to enable them to protect themselves and keep safe.

These three workshops will focus on topics such as:

- Safe/unsafe touch and personal space.
- Safe/unsafe secrets and support networks.
- Keeping safe online.

All content has been carefully designed to be age-appropriate with lots of opportunity for discussion, debate and creativity, as well as an introduction to services pupils can use to seek support.

The outcome of the workshop is to open up the conversation on these issues with children and young people in an age-appropriate way. You are welcome to contact Miss Mudhir or Mr Thuhel to discuss the programme further.

Parents can withdraw their children from the workshop, if you wish to withdraw your child then please notify the front office.

Miss Mudhir
Learning Mentor

Freephone: 0808 196 2660

P3

Housing Advice

Weekly appointments available at all hubs across Coventry

**Do you need advice about your housing situation?
Are you at risk of losing your rented property or mortgage due to arrears?**

Come and speak to us about your housing situation
We also provide appointments at our office every Wednesday from 10am to 2pm

We have families appointments available on the following days ...

FAMILY HUB	DAY/TIME
PATHWAYS HUB	EVERY TUESDAY FROM 11am-1pm
ASPIRE HUB	EVERY THURSDAY FROM 10am-12pm
HARMONY HUB	EVERY FRIDAY FROM 10am-12pm
PARK EDGE HUB	EVERY MONDAY FROM 12-2pm
MOSAIC HUB	EVERY TUESDAY FROM 12-1pm
WOODSIDE HUB	EVERY MONDAY FROM 9am-11pm
FAMILIES FOR ALL HUB	EVERY FRIDAY FROM 9am-11pm
THE MOAT HUB	EVERY FRIDAY FROM 1-3pm

Contact us by email at: cov@p3charity.org

Operation Encompass

Supporting Children Exposed to Domestic Abuse

We are an Operation Encompass school. . .
For further information, please come in and see us.



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Mental Health in Schools Team (MHST)

Tips For Wellness:

Learning

When we hear the word 'learning' we sometimes only think of school work. However learning can come in many different forms and has been proven to support good mental health. Having a mind open to 'learning' can have great benefits for everyone, no matter what age we are. It can help us to: develop new skills or interests, increase our skills and knowledge in an area, challenge ourselves to meet a goal, meet people with similar interests and make new friends and explore new places. It also helps our wellbeing by: developing our self-confidence and self-esteem, focussing our mind to help us relax, boosting our mood through enjoyment, and by enabling us to express ourselves in new ways.

The possibilities of learning are endless... it might be learning to cook a recipe, learning to build something, learning to paint/ draw, trying out a new sport, learning facts about a topic, learn about mindfulness, etc.

Try one or both of the below activities throughout the week:

1. Think about something which you are interested in. How could you learn more about this interest? What activities might this involve - maybe it's reading about it, watching Youtube videos, just trying it out?! How might learning more about this topic be helpful to you?
2. Have you thought about what you would like to do as a job when you finish school? Maybe you can learn about what you would need to do to get into this job. Or maybe you can learn about different job options.

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSStars certificates and pin badges. Please spread this message amongst your school community, all you need to do is let us know by nominating the young person using this email address: cwptr.thankskids@nhs.net and we'll do the rest!!

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.

the national sleep helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?
Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541
Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am

Remember you can contact us via the school's email: admin@stantonbridge.coventry.sch.uk

Family Learning

Coventry Adult Education Service

'Positive Family Foundations' at Aspire Family Hub

A free Family Learning course for parents

These free sessions are for any parent / carer who has a child in a Coventry Nursery / Primary School.

Where: Aspire Family Hub Humber Ave, Coventry CV1 2SF
www.coventry.gov.uk/aspirefamilyhub
When: 1-3pm every Monday, from Monday January 9th for 10 weeks (if you need to leave early for school pick up that's fine)
To join: Just come to the venue at the time of the course, or you can enrol by searching for 'Family Learning' on <https://www.coventry.gov.uk/adulted>
To find out more contact: steve.withers@coventry.gov.uk or kate.stevenson@coventry.gov.uk
There is a free crèche available for pre-school children – please let us know by email if you require a place.

We will:

- Learn about and reflect on, our own and other family units
- Look at practical examples focused on raising well-behaved, happy, safe and secure children
- Investigate general theory on parenting styles and family groups
- Consider how we as parents/ carers use rewards, consequences, rules and expectations
- Give out plenty of free resources and suggestions of activities to do with your children

The sessions are focused on practical information, activities, and resources for you to use at home with your family – encouraging a Positive Family Foundation!

If you can't make this course look out for our online courses on coventry.gov.uk/adulted

Family Learning – programmes that promote strong positive relationships within families; enabling parents and carers to support their children's learning and development.



PROUD TO BE A MUSIC MARK SCHOOL



SAFEGUARDING INITIATIVE DURING COVID-19



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THE ALBANY theatre FAMILY GIFT GUIDE

Dear Parents and Carers

We have lots of fun for the whole family this Christmas and in our Spring-Summer season. There are many more family shows listed on the website, with plenty of gift ideas to consider.

Over the Christmas break our productions of A Christmas Carol and Cinderella are running. Both shows have plenty of afternoon matinee options available and family discounts are available.

We look forward to seeing you soon!

The Albany Theatre Team
www.albanytheatre.co.uk



The Smartest Giant in Town
 Mon 16 – Tues 17 January, 1.30pm & 4pm

George wishes he wasn't the scrawfiest giant in town. So, when he sees a new shop selling giant-sized clothes, he decides it's time for a new look. Now he's the smartest giant in town... until he bumps into some animals who desperately need his help – and his clothes!

£3.00 - £14.00
 Recommended 3+



Ernie's Journey
 Sunday 12 Feb, 2pm & 3.30pm

It felt like nobody really believed in Ernie and sometimes he wondered whether he even believed in himself. He discovers that being himself and following his own dreams can lead to all kinds of wild adventures, but it is the people we love who make it all worth it.

£10.00
 Recommended 4 – 11 years old



Pinocchio
 Tuesday 21 February, 1.30pm & 4pm
 £12.00 / Suitable for all ages

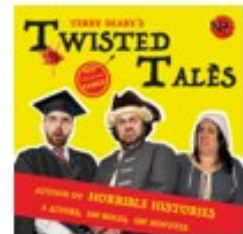
Puppetry, shadow, illusion and especially composed music combine to create a show with something for all ages; it's inventive, visually witty with a big heart. Steve Topley, as Geppetto, uses the objects of a carpenter's workshop to tell the tale of the puppet that wants to be a real boy, and the puppet-maker who wants to be a real father. Pinocchio is clever on stage, Inachea becomes a fox and the shadow of two lions transforms into a giant shark. An element of improvisation makes each performance unique to its audience.



Pop Princesses
 Thursday 23 Feb, 6pm

A magical show where beautiful princesses become Pop Stars! Featuring a soundtrack of top pop hits from artists such as Little Mix, Ariana Grande, Taylor Swift, Meghan Trainor and Miley Cyrus, plus all the best songs from all your favourite films and musicals. Come and join the fun!

£18.50
 VIP Tickets £25.00 (with meet and greet)
 Suitable for all ages



Twisted Tales
 Saturday 18 March, 7pm

A brand-new original comedy by Tony Doory (author of Horrible Histories). Join three actors perform over 100 roles in six many minutes of fast-paced, fast-paced fun! Mr. Pimm, a Victorian school teacher, battles against all odds to teach his pesky pupils a thing or two with hilarious consequences in the quest to discover... can the past really tell the future?

£9.00 - £21.00
 Recommended for 8+

THE ALBANY theatre The Albany Theatre Productions Present....



A Christmas Carol
 Sat 3 Dec – Mon 26 Dec, 2pm, 7pm

The perfect family-friendly alternative to a traditional party. Dive into Charles Dickens' timeless Christmas classic this Winter as 4 jumps from page to stage brimming with heart-warming moment and Victorian charm.

£12.00 - £19.00 (family discounts available)
 Recommended for 7+



Cinderella
 Friday 30 Dec – Sunday 5 Jan, 2pm, 7pm

Cinderella must cook, clean and work all day but dreams that one day she will meet her prince. She will need your help along with Buttons and the Fiery Godmother to guide her to follow her dreams. Will the evil Stepperson stop Cinderella from meeting her prince?

£15.00 - £19.00 (family discounts available)
 Suitable for all ages

ABOUT THE ALBANY THEATRE:

We would love you to visit our 1500's 620 seat air disco theatre, led by a small professional team and an army of dedicated volunteers. The theatre is based conveniently near the city centre Albany Road, Coventry, CV5 6JQ, with multi storey car parking available on the Earlston Park site.

TO BOOK:

Visit www.albanytheatre.co.uk or call our friendly team on 024 76 99 8964 Monday - Friday 10.30am to 1.30pm

Family Learning Coventry Adult Education Service

Free, downloadable, online courses for parents/carers with children in Coventry Primary Schools or Nursery Settings.

Family Learning is part of Coventry City Council, and we provide workshops and courses for Coventry parents/carers. These are our three, autumn term, online courses:

English in the Primary School - recorded online sessions www.albanytheatre.co.uk/family-learning

Maths in the Primary School - recorded online sessions www.albanytheatre.co.uk/family-learning

These two courses tell you more about what our children learn at school and how you can help at home.

Positive Family Foundations - recorded online sessions www.albanytheatre.co.uk/family-learning

This course tells you about how children develop, and looks at practical examples around raising well-behaved, happy, safe, and secure children.

Where: An online course to watch whenever and whenever suits you (each video is approx. 30 min long)

When: we will email you the resources each week - beginning 9/1/23, for 10 weeks

How: Enrol by clicking 'Enrol online' and then 'Family Learning' on www.coventry.gov.uk/edatol

To find out more:

kate.staveinton@coventry.gov.uk or 024 76978730

stere.withers@coventry.gov.uk or 024 7697 1304

Family Learning - programmes that promote strong positive relationships within families, enabling parents and carers to support their children's learning and development.





SAFEGUARDING INITIATIVE
DURING COVID-19



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INVESTORS
IN PEOPLE | Gold





Mental Health in Schools Team (MHST)

Tips For Wellness:

Christmas




By many, Christmas is thought of as a very happy time of year. But for some, Christmas can unfortunately be a really difficult time. It can bring up upsetting memories for people, can make people feel very overwhelmed, or people can feel lonely over the Christmas period.

Christmas is a time of giving. Giving does not necessarily mean gifts, 'giving' can be an act of kindness, even something as small as smiling at someone. 'Giving' to others has been proven to support mental wellbeing. Not only is it nice to be a 'receiver' of an act of kindness, but it also helps the 'giver'. Evidence has shown that people who carry out an act of kindness at least once a week are more likely to rate themselves as 'happy'. Being a 'receiver' makes us feel appreciated and valued. 'Giving' makes us feel rewarded, 'giving' also helps us to build social networks.

Try some of the below activities over the Christmas period:

1. Say thank you to someone, for something they've done for you
2. Phone a relative or friend who needs support or company
3. Ask a friend how they are and really listen to the answer
4. Go Christmas carolling!
5. Have a go at making your own Christmas present for someone from scratch
6. See how you could help out a charity
7. Arrange a day out for you and a friend or relative
8. Offer to help a relative with a job around the house (maybe theres something you could help your family with on Christmas Day!)

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SAFEGUARDING INITIATIVE
DURING COVID-19



INVESTORS
IN PEOPLE | Gold



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ICE DANGERS

Many aren't aware of the dangers of frozen water; it may look solid from the surface but will not hold your weight and could crack when stood on meaning that you become trapped under the ice. The Royal Life Saving Society UK has devised these safety tips about the dangers of frozen waters.



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When water is frozen and the cold weather sets in these are a few safety tips to take note of:

1. Teach children not to go on to frozen lakes, ponds, canals and reservoirs under any circumstances. Children and pets are particularly at risk when tempted to play on the ice formed on open water during cold weather.
2. Pets should be kept on leads when near frozen water and owners should refrain from throwing objects onto ice for them to retrieve.
3. Bystanders should shout reassurance to casualties without endangering themselves. Make sure help is on the way by phoning the emergency services (call 999 or 112).
4. Do not walk or climb onto the ice to attempt a rescue and certainly don't get into the water, you may become the next casualty.
5. If someone can't climb out of the water, it is not advisable, as many people think, to move about in the water to keep warm while waiting for help. Instead they should conserve their energy by keeping as still as possible.

If you see someone fall through the ice:

1. Shout for assistance; get help also by phoning the emergency services (call 999 or 112).
2. Do not walk or climb onto the ice to attempt a rescue.
3. Shout to the casualty to 'keep still' and offer reassurance to keep them calm.
4. Try and reach them from the bank using a rope, pole, tree branch, clothing tied together or anything else which can extend your reach.
5. When reaching from the bank, lie down to avoid being pulled onto the ice – this spreads your weight more evenly.
6. If you cannot reach them, slide something which floats, such as a plastic bottle or football, across the ice for them to hold onto to stay afloat whilst help is on the way.
7. If the casualty is too far away, do not attempt to rescue them. Wait for the emergency services while calming and reassuring the casualty.

Coventry Safeguarding Children Partnership & Coventry Safeguarding Adults Board
Tel: 024 7697 8387

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CSCP Website: www.coventry.gov.uk/cscp

CSAB Website: www.coventry.gov.uk/csab

Coventry City Council
www.coventry.gov.uk