

Bedfont Primary School

Newsletter

Friday 30th April 2021



Believing is Achieving

Dear Parents/Carers

HM Government

NHS

We must keep on protecting each other.

HANDS **FACE** **SPACE**

STAY ALERT CONTROL THE VIRUS SAVE LIVES

Lollipop Lady

We would like to wish a very happy birthday to our Lollipop Lady, Jeannette Price. Thank you for keeping our children safe and no matter what the weather! We hope you enjoy your day.

Margaret Elliot

After 35 years service at Bedfont as a general kitchen assistant Mrs Elliot has decided to hang up her marigold gloves. We wish Mrs Elliot all the best in her retirement and the children and staff of Bedfont will greatly miss her.

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We're taking part in NSPCC Number Day!

We are delighted to be supporting the NSPCC by taking part in Number Day on **Friday 7th May 2021**. The NSPCC needs our support more than ever. By raising money, we can help to fund their vital services such as Childline – the helpline that's always there for children and young people whatever their problem or concern. Number Day is a great way to make maths fun and bring about a positive, 'can-do' attitude towards it.

Our theme this year is "It's maths but not as we know it!"

We are having a fun day of maths activities and we will be taking part in Dress up for Digits. Pupils are asked to wear an item of clothing with a number on it (football shirt, cap, netball shirt or even a onesie!). Or get even more creative by dressing in a maths or numbers theme. We also kindly ask that all children who take part make a suggested £2 donation to NSPCC, either by bringing their donation to school on the day or via parent pay.



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We're really looking forward to all the fun of Number Day, and we really appreciate your support.

Parking

In response to increased concern from schools, residents and parents, action has been taken to tackle the increase in the number of cars parked illegally and dangerously. Over the next term the community police service will be patrolling randomly at drop off and pick up times.

Please think before you park and keep clear of the zig-zag lines:

- No stopping
- No parking
- No excuses

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Helping your child overcome their fears and worries

A group for parents



Anxiety, fears and worries are normal experiences that we all have from time to time but in some cases they persist and start to interfere in our lives- for children this may bring problems at home, at school or/and with friends.

Over **six sessions** delivered through video link we will share a **range of strategies** that will help you manage your child's anxiety. There will also be **extra personalised check-ins** to help make the strategies work for you.

Who are we?

We are the Hounslow Mental Health Support Team and we support the wellbeing of children and young people in education settings.

Who is the group for?

This is an early intervention group for parents of anxious children aged 5-12 years in primary schools across Hounslow.

Please be aware that spaces will be allocated on a first come first serve basis.

Interested?

Please email Maria Karagianni at Maria.Karagianni@westlondon.nhs.uk with your **child's name and school, your contact details and preferred group timing**.

If there are spaces available, you will then be invited to a telephone consultation to determine whether this group is the best way to support

When is the group?

Two groups will run, one on a **Tuesday between 11.00 am – 13.00 pm** and the other one on a **Wednesday between 11.00 am – 13.00 pm**. Parents will be allocated to either group based on preference and capacity. The groups will start the week beginning on the 7th of June

Course content

Session 1: Course Introduction: overview of the programme, group guidelines, setting goals

Session 2: Understanding anxiety, causes, maintenance behaviours

Session 3: Exploring anxious thoughts with your child, the trouble with reassurance

Session 4: Promoting confidence and independence, rewarding your child, making a step plan

Session 5: Putting a step plan into practice, problem solving and worry management

Session 6: a review of progress, new steps on the step plan, keeping up momentum

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Mental Health

Routine is important for each and every one of us. Without a routine, we are thrown into a state of disarray, often unsure of what we should be doing or even what day of the week it is. For children, having a routine is particularly important, especially for the sake of their mental health and behaviour.

Good sleep is important for your child's physical and mental wellbeing.

A relaxing bedtime routine is an important way to help your child get a good night's sleep.

Doing the same relaxing things in the same order and at the same time each night helps promote good sleep:

Relaxation tips to help sleep

- A warm (not hot) bath will help your child relax and get ready for sleep.
- Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.
- Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together.
- You could also suggest your child tries this relaxing breathing exercise before bed.

Know how much sleep your child needs

The amount of sleep your child needs changes as they get older.

Children 3 to 5 years old - 10 to 13 hours including naps

Children 6 to 12 years old - 9 to 12 hours

Avoid screens in the bedroom

- Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep. Older children may also stay up late or even wake in the middle of the night to use social media.
- Try to keep your child's bedroom a screen-free zone and get them to charge their phones in another room.
- Encourage your child to stop using screens an hour before bedtime.