



Wearhead Primary School

Headteacher: Karen Evans BA (Hons) P.G.C.E N.P.Q.H

Wearhead, Co. Durham, DL13 1BN Tel: 01388 537265

wearhead@durhamlearning.net w.w.w.wearhead.durham.gov.uk

"THE SMALL SCHOOL WITH A BIG HEART"

Dear Parents,

3rd November 2017

Information from the Local Authority

Are you a parent/carer supporting a child or young person with emotional or mental health problems? Training and Information Sessions for Parents/Carers

Sessions will be delivered by a parent with experience of supporting a child with emotional and mental health difficulties and mental health professional. You will meet other parents who may be going through similar experiences, receive information, advice and practical tips around what might help you and your child.

All sessions are free and open to any parent, carer or family member who is supporting a child with emotional or mental health difficulties. **Parent Coaching:**

Friday 10th November

The session will guide parents through some questions to help you think about possible solutions and plans for something you want to make a change or difference with. You'll leave the session with a personal plan to make a change (even a small one!) in your life.

Communication and Schedules:

Monday 13th November

An overview of the importance of routine and how to prepare for change. Techniques on how to communicate to reduce conflict and the use of PECS and other communication aids. (Please bring your mobile or iPad-not essential)

Coping with Anxiety:

Saturday 18th November

What is anxiety, the signs and symptoms parents can look for, when to worry, practical things you can do and tips to help you & your child cope

Anger, aggression & crisis situations:

Saturday 25th November

Coping with anger, aggression and different crisis situations, when to worry, what you can do to help at home, when you need to get extra support and tips to help you cope

Coping with overwhelming emotions:

Saturday 2nd December

What is going on when children and young people are overwhelmed with emotions, the signs and symptoms parents can look for, when to worry, practical things you can do and tips to help you cope

Time: 12.30pm-2.30pm

Venue: Pioneering Care Centre , Carers Way Newton Aycliffe ,County Durham, DL5 4SF

Time: 5.00pm-6.30pm

Venue: The Oaks Secondary School, Rock Road, Spennymoor, DL16 7DB

Time: 11am-3pm

Venue: Acley Centre, Carers Way, Newton Aycliffe, DL5 4PE

Time: 11am-3pm

Venue: Acley Centre, Carers Way, Newton Aycliffe, DL5 4PE

Time: 11am-3pm

Venue: Acley Centre, Carers Way, Newton Aycliffe, DL5 4PE

For more information or to book a place please contact Wendy: Tel: **07415380040** or email:parentsupport@success.coop

On **Friday November 10th** all school transport children are asked to be ready **5 minutes** earlier than normal in the morning at their usual departure point, to accommodate an early departure from school for the Y5/6 trip to the safety carousel (see over). Thank you.

PTO



This letter is to inform you that on **Friday 10th November Y5-6 ONLY** will be participating in the Safety Carousel at Newtown Aycliffe which is run by Darlington and Durham Fire Service. The day will focus on various safety issues including: the coast guard; electrical safety in the home; internet safety; and road safety.

Y5-6 will need a packed lunch and drink, as well as their reading book. The children will need to be at school for **0830**. We should be back at school for approximately 1515 – however, please be patient just in case they are a little late. Football club will run as normal.

The cost of transporting the children will be met from school transport fund.

Unfortunately, Sally, our cook, is moving on to pastures new as from today. This also means that **cross stitch club will have to stop with immediate effect (all children will go home at 3.15pm)** as Sally will be working elsewhere. If there is anyone who is able to take over this voluntary club, please get in touch with me. We would like to thank Sally for the last eight years she has both worked and volunteered at our school and we wish her well in the future.

Please could any **empty cereal boxes and smaller boxes** come into school (NO big cardboard boxes please) for a project the juniors will be working on.

Many thanks to our representatives who gave a presentation at the Weardale Action partnership forum meeting last Wednesday evening. The children performed brilliantly and in front of a lot of dignitaries too. **Mrs Judges received some very nice comments from members of the public about the children and she was extremely proud of them all!**

Children in Need – please wear spots or any kind of fancy dress on **Friday 17th November** for a minimum donation of £1.

The **photographer** will be with us on **Monday 6th November 2017 from 1pm**. Any families with pre school children or babies who wish to have photographs taken with their older brothers or sisters at school, are asked to attend first from 12.55pm please, in the school hall. Please bring a hair brush to school if you would like to comb /brush your hair before having your photograph taken and girls could you please bring a hair bobble to school to tie back long hair.

For the forthcoming **dance/gym festival (December 13th)**, all junior girls will require black leggings to go underneath our leotards. The girls tell me that most, if not all, already have them but I just thought a heads up well in advance will mean we can be sorted well before then. Thank you.

Community Bank- next paying in day is next **Monday 6th November**.

Regards,

Karen Evans and staff

