



Poplar Street Primary

Pastoral Support Newsletter October 2018

How we are promoting emotional wellbeing to our pupils and parents.

We are proud to have a school full of happy pupils who feel well supported. We approach all aspects of emotional and mental health with care and compassion. All staff in school promote emotional wellbeing, in addition to this we also have a dedicated team available for support, advice and signposting. Please feel free to contact us at any time.

Thank you from Mrs Ray, Mrs Mason, Ms Barnes, Miss Walker and Claire Ryan

We are delighted to offer again a programme called Parentgym. It is a well established six week programme that reveals practical tips and techniques for parents who want the best for their children. It is a chance for parents to meet together and share ideas over refreshments and a weekly free magazine. The first taster session is on Thursday 18th October at 9.15 am. They will continue every Tuesday for the following 6 weeks.

Please see Mrs Ray, Mrs Mason, or Miss Walker for more details.

<http://parentgym.com/>

Free help and advice for **ALL** young children aged 8 -18. Group sessions and 1:1 sessions are offered. There is an open drop in session every Wednesday evening 4pm-8pm.

Tameside, Oldham and Glossop Mind, 216 Katherine Street, Ashton, OL6 7AS.

This can be a great space to meet other young people and enjoy activities together.

Courses can be accessed which help with: manAging anger, anxiety and worries, building confidence, building resilience and help with friendships.

If you would like more information please call 0161 330 9223.

www.togmind.org/youth-in-mind/services/8-10-groups



If your child helps to support a parent or sibling they can join the Young Carers Project. The project will give them:

- Individual advice and support
- The chance to meet other Young Carers
- Free regular trips and activities
- A regular newsletter
- A Young Carer's Pack

To join the project or more information please contact The Young Carers team at the following address: Ridge Hill Children's Centre, School Crescent, Stalybridge, Tameside, SK15 1EA 0161 338 8645 or contact Mrs Ray at school on 0161 336 4134. Last year Young carers helped to send 3 of our Young Carers on a residential trip!



Please see the school website for more information on this fantastic scheme. Anybody can use it. Send a text and receive 3 bags of shopping for £7. You collect this from the Hub in Hattersley. They will then text you every week to see if you want more.

MindEd is a free educational resource on children and young people's mental health for all adults. Just register to find out more!
As a school we now have 3 trained Mental Health First aiders to offer any support and advice. They are Mrs Ray, Mrs Mason and Miss Walker.



As part of our commitment to emotional well-being we are delivering a comprehensive new curriculum called Jigsaw. Jigsaw PSHE perfectly connects the pieces of Personal, Social and Health Education, emotional literacy, social skills and spiritual development into an interactive weekly lesson delivered weekly by Ms Barnes. The themes are shared with all staff and every half term Mr Linsdell delivers a whole school assembly.



Every half term we are lucky enough to have a whole school assembly delivered by Claire Ryan (our expressive arts therapist) This half term she has explored the theme of kindness and friendship. Next half term the children will explore anti-bullying. The week beginning the 12th November is Anti-Bullying week. Children will be encouraged to wear odd socks on Monday 12th November.



Our amazing worry monsters continue to help our children. Each class has their own and they are checked regularly. The children can write about a worry no matter how big or small and then the appropriate support can be given. Please ask your child about them.



New website for
ages 12 and under

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

Childline offer advice and support on a range of topics such as: the body, including staying healthy and how we look, puberty, disabilities including autism, bullying, feelings and emotions, stress and anxiety, self-harm, mental health concerns, sexual and gender identity - the list is endless! It is not just a way to report abuse. They offer online counselling and telephone support. It is confidential and a name does not have to be left with them. It is now full of games to support emotions and feelings!

We have introduced S.T.O.P to our children. We define bullying in the following way, when a person is hurtful or unkind to someone else, it is done on purpose and more than once and it makes the victim feel powerless. A useful way to remember is SEVERAL TIMES ON PURPOSE. If children see bullying or feel that they are being bullied we want them to START TELLING OTHER PEOPLE!

S.T.O.P
SEVERAL TIMES ON PURPOSE
START TELLING OTHER PEOPLE

If you would like any more information, just call in and ask for a member of the pastoral team.