Friday 4th October 2024

Cherrywood News

Message from Mrs Lewis

Welcome to our new school council. They have already started working as a team and are eager to get going in their new role.

Their first job will be to meet you all next week with their first 'Question of the Week'. They will once again be standing at the front of the school with their clip boards asking for your views. They will be talking to parents—asking questions and sharing information—every Wednesday morning, so look out for them and please make time to talk to them.



Thank you to everyone who wanted to take part and who presented some great manifestos. You made the decision really hard for the adults in school.

DATES FOR THE DIARY

- 10th October—Ash Class Exhibition 9.30am
- 10th October World Mental Health Day—children to wear something yellow
- 14th October—Chestnut Class to visit Church of the Good Shepherd
- 21st October 2.45pm—Online Safety workshops with your child
- 21st October—Parents Evening this week, more details to follow
- 21st October—Individual School Photos
- 6th November—Larch Class Assembly 2.45pm
- 14th November—Oak Class Exhibition 9.30am
- 18th November—Cultural Week, more details to follow
- 21st November—Sycamore Class Exhibition 9.30am
- 26th November—Elm Class Computing Workshop 2.45pm
- 29th November—Paediatric Nurses Coffee Morning
- 4th December—Pine Class Assembly 2.45pm
- 12th December—Chestnut Class Exhibition 9.30am
- 17th December Cherrywood's Christmas Day of Fun:-
  - ⇒ Wear Christmas Jumpers
  - ⇒ Carol Concert
  - ⇒ Christmas Lunch
  - ⇒ Christmas Market

Parents are invited to attend these dates.

Safeguarding—

These members of staff are the schools Designated Safeguarding Leads. Please ask to speak to them if you have any worries about the safeguarding of children.



Mrs Lewis



Miss Wrigley



Mrs Plascott



Mrs Gabbott

Celebrations —





We are pleased to announce this week's -

	Value Ambassadors	Stars of the Week
Ash Class	Ava	Gerry
Chestnut Class	Zoe	Jimi
Elm Class	Safa	Ryan
Larch Class	Leah	Ayush
Oak Class	Meghan	Daniel
Pine Class	Saurav	Liam
Sycamore Class	Jasmine	Moshi

Play Leader Awards	Key Stage 1	Key Stage 2
	Ariya (Y1)	Roshni

Stars of the Week — recognised for their efforts this week

Play Leader Awards for children demonstrating the school values in their play





Our Value Ambassadors — recognised for showing great teamwork



COME TOGETHER IN YELLOW

10th October 2024

Every year thousands of schools, companies and communities come together to make World Mental Health Day that little bit brighter by wearing something yellow. We will be having a non uniform day on Thursday 10th October. Please send your children to school wearing something yellow.

Right now, the world is a really tough place for children and young people to grow up in. We want young people to know that they don't have to go through this alone.

THINGS CAN GET BETTER, BECAUSE WE STAND BRIGHTER TOGETHER







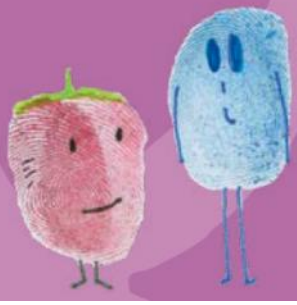




Anna Freud
National Centre for
Children and Families



You're never too young to talk mental health



An introduction from our Patron, HRH The Duchess of Cambridge



"As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up.

It's important that our children understand that emotions are normal, and that they have the confidence to ask for help if they are struggling.

This is why I am proud to support the *You're never too young to talk mental health* campaign by the Anna Freud National Centre for Children and Families, which is being rolled out across primary schools this autumn.

The campaign's resources are excellent tools to support parents. They demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones."

What is mental health?

- **We all have mental health.** Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.
- **We all have small feelings every day:** These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.
- **Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



1. **Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.





2. **Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. **Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.
4. **Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. **Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.



6. **Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.
7. **Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.
8. **Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.
9. **Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
10. **Some ways to start a conversation about feelings might be:**
"How are you feeling at the moment?"
"You don't seem your usual self. Do you want to talk about it?"
"Do you fancy a chat?"
"I'm happy to listen if you need a chat."



Talking Mental Health Animation

TALKING MENTAL HEALTH

Talking Mental Health is an animation designed to help begin conversations about mental health in the classroom and beyond.

The animation and accompanying resources have been created by a team of animators, children, teachers and clinicians, and is being taught to year 5 and 6 children around the UK.

The animation and resources are freely downloadable from www.annafreud.org



Finding support

ChildLine: For 18s and under
0800 1111

YoungMinds Parent Helpline:
0808 802 5544

NSPCC:
0808 800 5000

Youth Wellbeing Directory:
youthwellbeing.org

About the Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years.

Our aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment.

We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.



Our Patron: Her Royal Highness The Duchess of Cambridge

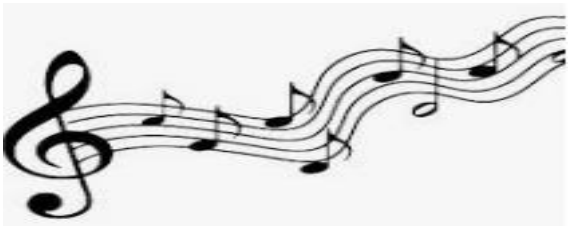
Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106

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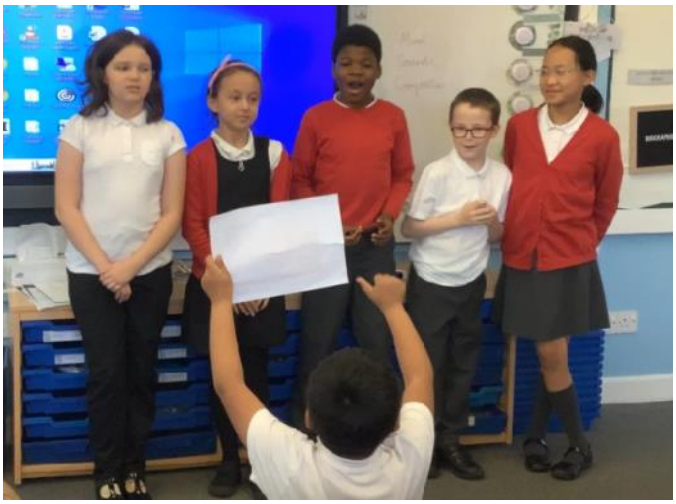
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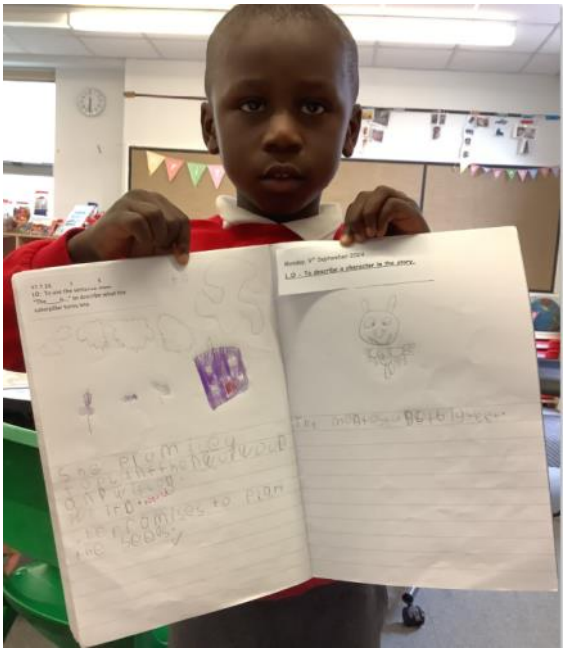


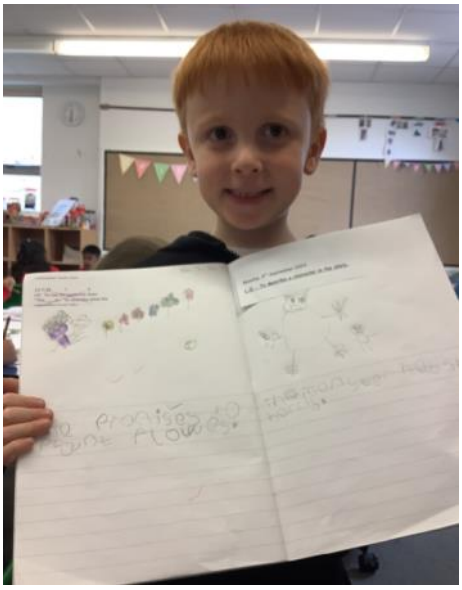
Year 5 created some great musical compositions inspired by abstract art. The challenge for them was only using their voices. They were incredibly creative and made good use of having a conductor.



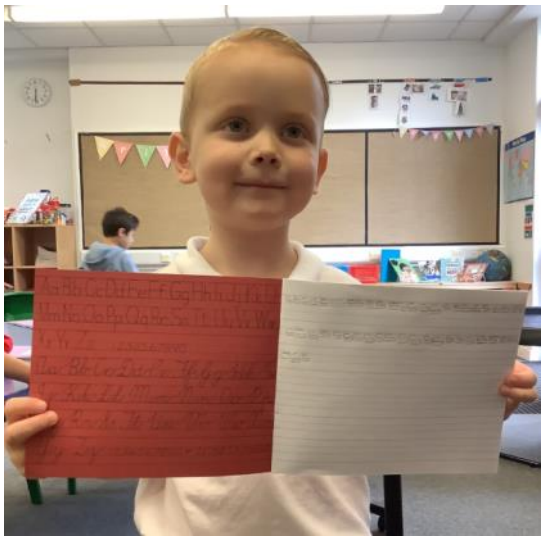








Mrs Hazelton has been really impressed with the effort Chestnut Class have been putting in to their writing. They have been concentrating not only on the sentences they are constructing but also working hard on their presentation.



Lucky Lunch Plate Day—3rd October

Thank you for your support! Here are the lucky lunch plate stars who earned 15 marbles each for their class!

Ash—Callum, Ali and Ianis

Chestnut—Chiagoziem, Khalil and ElJay

Elm—Jeena, Harry and Theo

Larch—Joel, Anabel and Shanaya

Oak—Molly, Theo and Meghan

Pine—Hayden, Lily-May and Scarlett

Sycamore—Inaya, Aevan and Mailee





Thank you!!! We have now reached well over £100 for the school. Those of you who have not registered yet can you please take a couple of moments to do so, it will make a big difference.

Parentkind – a charity that supports schools - have teamed up with Asda, who is making millions of pounds available to donate to primary schools across the UK through their 'Cashpot for Schools' initiative. To support our school, all you have to do is opt-in through the Asda Rewards app, choose our school, shop and scan in store or shop online at Asda.com.

Between 2nd September and 30th November 2024 – every time you shop with Asda using your Asda Rewards app, Asda will donate 0.5% of the value of your shop to your chosen Primary school. Also, every time somebody opts-in to support our Primary school, Asda will give an additional £1 to the school Cashpot. Plus, it doesn't stop there – Asda are also giving £50 to every school to get them started.

The supermarket has joined forces with Joe Wicks to support the initiative – look out for the TV advert, radio ads and social media coverage!

It's as easy as 1,2,3
1. Download the Asda Rewards app, register and opt-in to Cashpot for Schools (make sure you have the latest version of the app installed)
2. Choose our Primary School – either searching by name or postcode
3. Shop instore across Asda and George, or online at Asda.com and start filling your Cashpot as you shop



This initiative is on top of the existing Asda Rewards benefits you get as a shopper – so you won't lose out on any of your own earnings or Cashpot,
so everyone is a winner!

For more details, visit asda.com/cashpotforschools

Half Term Activities

westendcentre

OCTOBER HALF TERM 2024



TUESDAY 29TH

FAMILY POTTERY (3+)

SOLD OUT!

10.30am - 12.00pm
£13.00 for one child with accompanying adult

MINI ARTISTS: MONSTERS (5+)

10.30am - 12.30pm
£14.00 for one child with accompanying adult

MAKE IT, PLAY IT! (8+)

10.30am - 12.30pm
£14.00

CHILDREN'S POTTERY (8+)

1.00pm - 3.00pm
£14.00

CRAFT TABLE (3+)

1.00pm - 1.45pm & 2.00pm - 2.45pm
£3.00 for one child with accompanying adult

WEDNESDAY 30TH

CHILDREN'S CONCERT: HUGO AND THE HAUNTED HOUSE (3+)

11.00am - 12.00pm
£5.00 per person, under 2yrs free

POETRY FOR TEENS (12-17YRS)

10.30am - 12.30pm
£14.00



IN ASSOCIATION WITH

PAG HALLOWEEN SPECTACULAR

2.00pm - 4.15pm
£6.00 for one child with accompanying adult

Book Now!

westendcentre.co.uk

48 Queens Road,
Aldershot, GU11 3JD

Hampshire Cultural Trust is a registered charity (no. 1158583) and company (no.08986225) in England and Wales



Half Term Activities



Vivace Music School

Kodály-based classes in Fleet, Farnham and Yateley



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