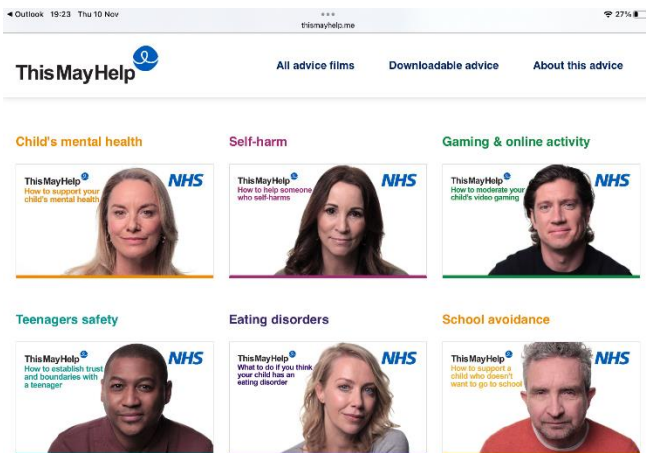




**This May Help**



With a growing number of families raising their concerns about their children’s mental health, we thought we would share this online resource [Home | ThisMayHelp](https://www.thismayhelp.me).

As you will see, this self help advice is provided by the NHS and includes simple techniques that help children with some of the challenges that they may be facing.

You may also recall that last year we also shared with you that Halton now has a Parenting Coordinator and Reducing Parental Conflict Ambassador – a lady called Sam Edwards.

She can be contacted on 0151 511 5206 and anybody can register for any of the following programmes by clicking on this link and filling in the key information: <https://halton.me/parenting-programme-referral/>

- Nurture Programme
- Triple P Programme
- Your Incredible Baby Programme

All three courses are currently held at the Halton Lodge Children’s Centre – so, if you book early, you will not need to travel far. Please be aware that these courses do get booked up very quickly!

**Residential Visit to London**



Last week we asked the families of the children in Year 4 and Year 5 if they would want their child to go on a residential trip to London in May next year.

We were restricted by the tour operator – and the size of the coach - to a maximum of 45 children’s places and there was only one date that we could consider.

As we have had over 45 children request to go, we have had to take the decision to only take the children in Year 5 on this trip this academic year – and this will mean that the children in Year 4 will, hopefully, get the chance to go to London when they are in Year 5 (along with any children who are currently in Year 3 but will be in Year 4 at that time).

We fully appreciate that this will come as a disappointment to those children in Year 4 who were greatly looking forward to spending two days in London. However, in order to confirm the booking we needed to confirm exact numbers and we did not want to hold a ballot to determine which children in Year 4 got the chance to go and which children would therefore inevitably miss out.

We will look to confirm details of the 2024 London trip as soon as possible.

**Next Week**



**Mon 14 Nov** It is Year 3’s turn to take part in the Inter-House Sporting Competitions – so, if you are in Year 3, please ensure you are wearing your PE kit!

**Mon 14 Nov** Year 5 visiting Halton Lea library

**Tues 15 Nov** Reception parents and carers are invited to come into school for a Play & Stay session with your child (from 08:40 to 09:40)

**Thurs 17 Nov** Year 5 after school Dance Leaders sessions start

**Fri 18 Nov** Children In Need Day - the children are invited to come into school wearing their pyjamas and to take part in a dance session in the school hall.

Please consider making a donation of £1, via School Spider, during the week - which will be donated to Children In Need. *If you wish to donate more, you can select to click on this option more than once – so can easily donate £2, £3, etc.*

If you have decided to raise any extra money – but collecting any sponsorship money using the official sponsor forms – this money can be brought into school as cash and handed in at the school office at any time over the next two weeks.

### Further Dates for Your Diary

Tues 6 Dec Year 4 Class Trip to Museum of Liverpool  
Wed 7 Dec Pop Project – Christmas Concert (open to all of the children in school)

#### January

Mon 9 Jan Alcohol Awareness Workshop for the children in Year 6  
Thurs 12 Jan Tobacco Education Workshop for the children in Year 6  
Wed 18 Jan 3:30pm to 4:45pm – Inter School Athletics Competition for up to 6 children in Year 5 & 6 at The Grange Academy  
Thurs 19 Jan Year 5 pupils taking part in a Creative Workshops at St Chad's  
25 to 27 Jan Year 6 Residential Visit to Robinwood  
Thurs 26 Jan Year 5 pupils taking part in a Creative Workshops at St Chad's

#### February

2 to 3 Feb Year 3 Residential Visit to The Delamare Centre (Foxhowl)  
Thurs 2 Feb Year 5 pupils taking part in a Creative Workshops at St Chad's  
6 & 7 Feb School Health Team in school carry out Vision Checks (for children in Year 1), Hearing Checks (for children in Reception and Year 1) and Height & Weight Checks (for children in Reception and Year 6) over the two days.  
Wed 8 Feb 1:30pm to 3:00pm – Inter School Athletics Competition for up to 8 children in Year 1 & 2 at The Grange Academy

Half Term = 20<sup>th</sup> to 24<sup>th</sup> February

#### March

Wed 1 Mar Year 5 'Let's Locate' (Geography) Workshop  
Wed 8 Mar 3:30pm to 4:45pm – Inter School Athletics Competition for up to 6 children in Year 5 & 6 at The Grange Academy  
Fri 10 Mar Non-Uniform Day – In return for a donation of a chocolate Easter Egg  
13 to 24 Mar Swimming Pool on site – for KS2 swimming lessons  
Tues 14 Mar Parents' Evening (Day 1)  
Wed 15 Mar Year 5 pupils taking part in a Technology Workshop at St Chad's  
Wed 15 Mar Parents' Evening (Day 2)  
Fri 17 Mar Mother's Day Surprise Room  
Mon 20 Mar 6pm – PTA Easter Bingo

Wed 22 Mar Year 5 pupils taking part in a Technology Workshop at St Chad's  
Wed 22 Mar 3:30pm to 5:00pm – Inter School High 5 Netball Competition for up to 7-10 children in Year 5 & 6 at The Heath

Fri 24 Mar Reception and Year 1 Class Trip to Farmer Ted's Adventure Farm

Mon 27 Mar Image Musical Theatre in school, performing The Wind In the Willows (to the whole school)

Wed 29 Mar Year 5 pupils taking part in a Technology Workshop at St Chad's

#### April

Easter Holidays = 3<sup>rd</sup> to 14<sup>th</sup> April

Wed 19 Apr Year 5 Class Visit to Norton Priory

Thurs 27 Apr Rock Kidz in school (for all year groups)

Mon 1 May May Day Holiday (School closed)

Wed 3 May Inter School Handball Competition for up to 10 children in Year 3 & 4 at The Grange Academy

Mon 8 May Bank Holiday (school closed)

9<sup>th</sup> to 12<sup>th</sup> May KS2 SATs Week

Wed 17 May 3:30pm to 5:00pm – Inter School Orienteering Competition for up to 12 children in KS2 at The Heath

25<sup>th</sup> to 26<sup>th</sup> May Year 5 Residential Visit to London

Half Term = 29<sup>th</sup> May to 2<sup>nd</sup> June

Tues 13 June Sports Day – Juniors (am) and Infants (pm)

Wed 14 June Inter School Rounders Competition for up to 8 children in Year 5 & 6

Fri 16 June Father's Day Surprise Room

Tues 20 June Reserve date for Sports Day (should it need to be cancelled on 13 June)

#### July

3<sup>rd</sup> to 5<sup>th</sup> July Year 6 pupils have 3 days at their new High Schools

4<sup>th</sup> & 5<sup>th</sup> July Move Up Days – for the children in school to spend time with their new class teachers in preparation for returning to school in September

Fri 14 July School closes at 1:45pm

Summer Holidays = 17<sup>th</sup> July to 4<sup>th</sup> September

Tues 5 Sept School reopens to pupils

**Ahead of Christmas Jumper Day (on Tuesday 20<sup>th</sup> December), if you have any Christmas jumpers at home that no longer fit your child, could you please consider washing these and donating them to school – so we can hand them to children who do not have a Christmas jumper to wear on the day. These can be handed in at the school office at any time!**