

BOORLEY PARK NEWSLETTER 13

HEADTEACHER'S MESSAGE

This week, we welcomed Peter Hull MBE to Boorley, where he inspired our children with his powerful message about the three essential ingredients for achieving success, regardless of any barriers they may face. Peter emphasised the importance of hard work, a strong support network, and an unwavering attitude of perseverance. His talk encouraged the children to apply these qualities in their own lives as they navigate their unique journeys. Peter was very impressed by the thoughtful questions the children asked him about how he has overcome challenges to achieve such success.

We have also launched our official Instagram page. We want this to be a positive place to share insights of school life. Please give us a follow on @boorley_park_primary .

We wish you a restful weekend ahead of an exciting couple of weeks where our youngest children are looking forward to performing their Christmas shows and our wider school Christmas events.



INSPIRING MINDS

Over the past few weeks, Year 4 have been showing their creative, collaboration skills and a fantastic attitude towards creating podcasts. Despite facing software challenges and setbacks along the way, they produced amazing podcasts on a variety of subjects: everything from Taylor Swift to The Endurance and Ernest Shackleton. Alongside writing their own scripts and researching their chosen topic, they have learnt how to create, edit and improve content - even adding their own intro music! The final results were shared at the parent workshop this afternoon.



NURTURING FUTURES

As we approach the festive season, we want to share a helpful resource that can support children and families during this time. The Witherslack Group has launched a Festive Support Pack, designed to provide practical advice, tips, and resources to help make the Christmas holidays more enjoyable and accessible for everyone.

This initiative focuses on promoting well-being and inclusivity, ensuring that all families can feel connected and supported throughout the season. We encourage you to visit the website linked below to explore the various resources available and to share this information with anyone who may benefit from additional support during the festive period. We hope this Christmas can be one of joy and community for all our families!

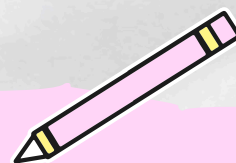


STRENGTHENING COMMUNITY

We would like to take a moment to remind everyone about the importance of respectful parking in our school community. Recently, we received feedback from one of our neighbours, who, as an on-call doctor, found herself unable to leave her home due to cars blocking her driveway. This situation not only poses an inconvenience but also potentially impacts the health and safety of our community. We kindly ask all parents and visitors to be mindful of where they park, ensuring that driveways and access points remain clear. This will help us to maintain a considerate parking environment around the school area and foster positive relationships with our neighbours. Thank you in advance for your cooperation and support!



[LINK TO FESTIVE SUPPORT PACK FOUND HERE](#)



SAFEGUARDING NOTICES



It is vital to prioritise road safety to ensure your children navigate their surroundings safely. One of the simplest yet most effective ways to instil good habits is by teaching them the importance of stopping, looking, and listening before crossing any road. Encourage your child to come to a complete stop at the curb, take a moment to look both ways for oncoming traffic, and listen for any approaching vehicles or sounds. By role-modelling this behaviour and discussing it regularly, you can help your child develop an awareness of their environment and make informed decisions, ultimately creating a sense of confidence and responsibility as they learn to navigate the roads safely. Remember, a few moments of caution can make all the difference in preventing accidents and ensuring a safe journey for your family.

KEY DATES

December



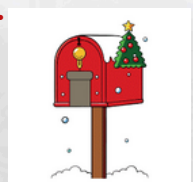
- Friday 6th December 3:00-3.15pm Year 4 Parent Workshop
- Tuesday 10th December 9:15-10:00am KS1 Show - In the hall
- Tuesday 10th December 2:30pm Mouse Class - Parent workshop
- Wednesday 11th December 2:15-3:00pm KS1 Show - In the hall
- Thursday 12th December 2:30pm Deer Class - Parent workshop
- Friday 13th December - Christmas Lunch - Wear a Christmas Jumper for Save the Children
- Friday 13th December at 2:30pm to 3:00pm Year R Christmas Craft workshop
- Monday 16th December - 9:15am PTA Christmas pantomime for all children
- Monday 16th December 4:00pm Choir Performance - In the hall
- Tuesday 17th December 9:15am Year R Nativity Play - In the hall
- Wednesday 18th December 2:30pm Christmas Carols on the playground
- Thursday 19th December 2:30pm Year R Nativity Play - In the hall
- Thursday 19th December PTA Disco - Year R, 1 & 2 at 4:15-4.45pm
Year 3, 4 & 5 at 5:15-6:00pm
- Friday 20th December - Last Day of Term
- Monday 23rd December 2024 – Friday 3rd January 2025 Christmas Holidays

January

- First Day of Spring Term - Monday 6th January 2025
- Monday 6th January 9:00-9:20am - Year 1 Parent Workshop
- Thursday 16th January - 9:00-11:00am - Year R - Little Workshop in School
- Friday 24th January - Year 2 Trip to Blue Reef Aquarium

There is a post box in the library where children can post their Christmas cards during the school day. The cards will then be delivered to the children by our elves. To help our post elves, please can you make sure that the envelope says the child's name AND class.

Last day for posting is Wednesday 18th December.



SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#WakeUpWednesday

1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>