

Emscote Express

Issue 2- October 2025



Dear Emscote Infant School Community,

As we settle into the Autumn term, I'm delighted to share some important updates and celebrations from our school.

We have introduced Year group PADLETS to enhance our communication with families. These digital platforms contain specific information for each year group, including curriculum details, important dates, timetables, and other essential information. I encourage all parents to check these regularly. The PADLETS are accessible from smartphones, tablets, and PCs, making it convenient for you to stay informed. The QR codes to access the PADLETS are by the entrance doors, have been sent home in homework books and bags and the PADLETS are also on the Year Group pages on the website.

In our evolving educational landscape, we recognise the importance of marketing to showcase our wonderful school. We are therefore launching a new Facebook page to celebrate our achievements and connect with our community. Photograph permissions have been sent out, giving parents the opportunity to choose whether their child is included in our communications. Rest assured, names will not be used without prior permission (to celebrate an achievement for example).

I'm excited to share an exciting musical development: we welcome Ms Hannah Gowers as our new singing teacher. She will be teaching singing lessons on alternate Thursdays across all year groups, as part of the Warwick 'a singing town' initiative.

With a heavy heart, I must share some sad news. Ania Matthews, our beloved Family Support Worker, will be leaving us in two weeks. Primarily funded through the Church and working across our schools, Ania has been instrumental in supporting pupils and families. Many pupils have benefited from her Sand Play and Drawing and Talking therapies, and have enjoyed Messy Mass at Church. We are delighted that she has secured a new position at Warwickshire College, working with older pupils and she will also be continuing her personal studies. She will be deeply missed.

Important upcoming dates for your diary:

- Individual school photographs: Monday 6th October
- Non-uniform day: Tuesday 7th October (raising money for schools in Bo)
- Open mornings for prospective parents and pupils: Wednesday 8th October and Wednesday 19th November at 9:15am (booking required via office or website)

I highly recommend parents and carers watch this important video about smartphone access for children: https://m.youtube.com/watch?v=h_xwJ5u9I8o

You can find more information at: <https://www.smartphonefreechildhood.org/>

Warmest regards,

Mrs Nicol

Head of School

Important Dates

Monday 6th October - School Photographs

Tuesday 7th October - BO Day (Wear Green, White, Blue, Bring £1)

Tuesday 14th October - Harvest Assembly at Church, Parents Welcome 9.10

Tuesday 21st October and Thursday 23rd October - Parents Evening 4-6pm

Monday 27th - Friday 31st October - HALF TERM

Tuesday 4th November - PTA Firework event

Friday 7th November - Grandparent afternoon tea

Monday 10th November - PTA Disco 4pm

Monday 17th November - Growth Mindset Workshop for parents 6pm

Friday 21st November - INSET day (school closed to pupils)

Tuesday 25th November - Non uniform (tombola items)

Friday 28th November - PTA Christmas Fayre 4-6pm

Wednesday 3rd December - 10am and 2pm EYFS Nativity

Monday 8th December - Trip to Warwick Art Centre

Tuesday 9th December - Christmas assembly at Church, parents welcome 9.10

Wednesday 10th December - Year One Nativity 10am and 2pm

Thursday 11th December - EYFS Craft day (details to follow)

Monday 15th December - BOOK LOOK 3pm

Tuesday 16th December - Year 2 Carol Service at Church 4pm

Wednesday 17th December - Christmas Jumper Day

Friday 19th December - Last day of term

Non uniform day

Next week on Tuesday we are looking to raise money at school. This is part of the One World Link project.

There are currently 30 OWL schools, 15 in Warwick district linked with 15 in Bo district in Sierra Leone. Over the past 14 years they have been working together to learn from each other and support teaching in both countries through various projects. OWL have benefitted from relevant and child-centred projects often linked to the Global Goals – exploring issues such as Climate Action, Plastic Waste and Responsible Consumption.

Most Bo schools receive very little professional development or support. The longstanding relationships within OWL have enabled them to now start working with a partner Sierra Leonean organisation, EducAid www.educaid.org.uk For over 30 years they have been developing teacher mentoring and training which has been proven to be very effective - helping schools improve outcomes for both staff and children.

EducAid's vision is a democratic, dignified and globally-engaged Sierra Leone, where poverty is eliminated by educated citizens. OWL are delighted to be working alongside such a well-established and vibrant organisation.

Help support the learning for children in Bo by wearing Non Uniform on Tuesday 7th October. We would like pupils to wear a colour of the Sierra Leonean flag, blue, white or green. You may bring a suggested donation of £1 into school or alternatively make a donation from the link below.

Transforming Education in Bo

Can you help us with a donation?



Here's the link to our **Just Giving** page.

A big thank you from,



and



A vegan meal is available on request on days when (vg) is not shown as a choice on the menu.
All our fish is natural whole fillet and although great care has been taken to remove all bones, some may remain.



Weekly Menu

CHOICE / JKT
April 2025

Week one

Warwickshire, Coventry: 0505, 0206, 2306, 1407, 0805, 2505, 2010
Oxfordshire: 0505, 0206, 2306, 1407, 0805, 2505, 2010

MONDAY

Choose a main meal...
(h) Melting Pork Meatball Pasta Bake with Cheese served with Crusty Bread (G.D)
(v)(h) Vegetable Enchilada (Wrap filled with vegetables, sprinkled with cheese) served with Herby Diced Potatoes (G.D)
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) 'School Favourite' Sprinkles Sponge Cake (G.E.)
(v) Yoghurt (D.SB)
Fresh Fruit

TUESDAY

Choose a main meal...
(h) Chicken Curry (mildly spiced) served with Rice (D)
(v) Cheese and Tomato Pizza Wedge served with Potato Wedges (G.D)
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Chocolate Cracknel (G)
(v) Yoghurt (D.SB)
Fresh Fruit

WEDNESDAY

Choose a main meal... WEDNESDAY ROAST
British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D.E.G)

(vg) Classic Quorn Roast in Gravy with (v) Yorkshire Pudding (D.E.G)
Crispy Roast Potatoes

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Raspberry & Apple Sponge with Custard (G.E.E.)
(v) Yoghurt (D.SB)
Fresh Fruit

THURSDAY

Choose a main meal...
(vg) Crispy Quorn Dippers in a Wrap with Tomato Salsa served with Crispy Diced Potatoes (G)

(v)(h) Cheese and Potato Pasty served with Crispy Diced Potatoes (G.D.E)

Jacket Potato – (v) Cheese (D), or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Melting Moment Biscuit (G.SU)
(v) Yoghurt (D.SB)
Fresh Fruit

FRIDAY

Choose a main meal... FISHY FRIDAY
(msc) Battered Fish Fillet (G.F) served with Chipped Potatoes

(v)(h) Texan Sausage & Bean Bake with Baked Beans served with Garlic Bread Roll (G.D)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Peas or Baked Beans

For dessert...
(vg) Jelly with Fruit
(v) Yoghurt (D.SB)
Fresh Fruit

Week two

Warwickshire, Coventry: 1205, 0506, 3006, 1505, 0610
Oxfordshire: 2104, 1205, 0506, 3006, 2107, 1505, 0610

MONDAY

Choose a main meal...
(h) Moroccan Chicken Pasta (Mildly spiced) served with Freshly Baked Malted Wheat Baguette (G)
(vg) Breaded Golden Vegetable Fingers served with Crispy Diced Potatoes (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(vg)(h) Flapjack (G)
(v) Yoghurt (D.SB)
Fresh Fruit

TUESDAY

Choose a main meal...
(v)(h) Rustic Pizza Wedge served with Crispy Diced Potatoes (G.D.SB)

(v)(h) Roasted Vegetable Frittata served with Crispy Diced Potatoes (D.E)

Jacket Potato – (v) Cheese (D), or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(vg)(h) Shortbread (G)
(v) Yoghurt (D.SB)
Fresh Fruit

WEDNESDAY

Choose a main meal... WEDNESDAY ROAST
British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G)

(vg) Classic Quorn Roast in Gravy with Sage and Onion Stuffing (G)
Crispy Roast Potatoes

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v) Ice Cream (D)
(v) Yoghurt (D.SB)
Fresh Fruit

THURSDAY

Choose a main meal...
British Pork Sausages served with Mashed Potatoes (G.SU.SB.D)

(v) Sweet 'n' Sour Quorn served with Rice (E)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Peach Melba Sponge (G.E)
(v) Yoghurt (D.SB)
Fresh Fruit

FRIDAY

Choose a main meal... FISHY FRIDAY
(msc) Salmon Fish Cake served with Chipped Potatoes (G.F)

(vg) Plant power Burger in a Bun served with Chipped Potatoes (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Peas or Baked Beans

For dessert...
(vg) Jelly with Fruit
(v) Yoghurt (D.SB)
Fresh Fruit

Week three

Warwickshire, Coventry: 2804, 1305, 1306, 0707, 0105, 2205, 1310
Oxfordshire: 2804, 1305, 1306, 0707, 0105, 2205, 1310

MONDAY

Choose a main meal...
(v) Cheese and Tomato Pizza Wedge served with Seasoned Potato Wedges (G.D)

(vg)(h) Quorn and Bean Tostada (Toasted Tortilla topped with Quorn Pieces and Kidney beans mildly spiced) served with Seasoned Potato Wedges (G)

Jacket Potato – (v) Cheese (D), or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Crunch Cookie (G)
(v) Yoghurt (D.SB)
Fresh Fruit

TUESDAY

Choose a main meal...
(h) British Beef Bolognese served with Garlic Bread (G) cheese (D)
(vg) Plant power Hotdog served with Herby Diced Potatoes (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Lemon / Orange Drizzle Cake (G.E)
(v) Yoghurt (D.SB)
Fresh Fruit

WEDNESDAY

Choose a main meal... WEDNESDAY ROAST
British Roast Pork Slice, Apple Sauce and Gravy

(vg) Classic Quorn Roast with Gravy (G)
Crispy Roast Potatoes

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v) Strawberry Whip with Fruit (D)
Fresh Fruit

THURSDAY

Choose a main meal...
Beef Burger in a Bun served with Crispy Diced Potatoes (G.SB.SU)

(vg)(h) Chunky Vegetable Curry served with Rice

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...
(v)(h) Chocolate Frosted Sponge (G.E.D)
(v) Yoghurt (D.SB)
Fresh Fruit

FRIDAY

Choose a main meal... FISHY FRIDAY
(msc) Fish Fillet Fingers (G.F) served with Chipped Potatoes

(v)(h) Tomato Pasta Bake served with Freshly Baked Malted Wheat Baguette (G.D)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...
Fresh Salad Bar
Peas or Baked Beans

For dessert...
(v) Ice Cream (D)
(v) Yoghurt (D.SB)
Fresh Fruit

Fruit Cordial or Fruit Water from the Hydration Station, (v) Semi Skimmed Milk & (vg) Homemade fresh Bread are also offered daily

ALLERGEN KEY
G = Gluten / Wheat
V = Veggie
MS = Mustard
SU = Sesame
SB = Soya
F = Fish
M = Malted
DU = Dairy
D = Dairy
E = Egg
S = Soya



Allergies
Please contact your school cook for information regarding the content of dishes and products on our menu.

Warwickshire School Term and Holiday Dates - 2025/26

M	T	W	T	F	S	S
Aug-25						
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

M	T	W	T	F	S	S
Sep-25						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

M	T	W	T	F	S	S
Oct-25						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

M	T	W	T	F	S	S
Nov-25						
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

M	T	W	T	F	S	S
Dec-25						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

M	T	W	T	F	S	S
Jan-26						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

M	T	W	T	F	S	S
Feb-26						
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

M	T	W	T	F	S	S
Mar-26						
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

M	T	W	T	F	S	S
Apr-26						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

M	T	W	T	F	S	S
May-26						
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

M	T	W	T	F	S	S
Jun-26						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

M	T	W	T	F	S	S
Jul-26						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

M	T	W	T	F	S	S
Aug-26						
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

M	T	W	T	F	S	S
Sep-26						
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Half Term	Days
1	40
2	35
3	30
4	25
5	29
6	36
Total	195

Total days	
Autumn Term	75
Spring Term	55
Summer Term	65

School Holiday
 Public Holiday
 Teacher Training Day (+3 to be set by school)

Secondary School Induction Day





Pupil Premium Funding

What is Pupil Premium funding?

Pupil Premium funding is additional financial support that is provided by the government and which is allocated to schools to meet the needs of certain pupils. For each pupil that qualifies the school receives a significant sum of money that is used to raise standards in the pupils who are eligible.

Does my child qualify for this additional support?

You may be eligible to apply for Pupil Premium funding if you receive any of the following...

- Income Support
- Income-Based Job Seeker's Allowance (JSA)
- Income-Related Employment and Support Allowance (ESA)
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Or if your child...

- has been looked after (their care is managed by the local authority) for 1 day or more
- was adopted from care on or after 30 December 2005, or left care under a special guardianship order or a residence order

Or

- if either parent is in the Armed Forces



Mental Health in Schools Team Tips For Wellness



Talking

We can't always see when people are struggling, and people may not be able to see when we are struggling. We need to ask people how they are feeling, and we need to let them know how we are feeling so we can help each other.

There are people we can talk to if we are struggling; whether that be someone in our life already, such as a family member, a friend, or staff in school or college, or someone such as a mental health professional. Always try and speak to someone who you trust and someone who you feel will be able to help you.

There is no shame in wanting to speak with someone about your feelings, we all need to do it sometimes, it is an action of bravery!

Our Top Tips For Talking

1. If you want to speak to someone but are struggling to, try writing your thoughts and feelings down or drawing a picture to show how you are feeling and giving this to someone you trust instead.
2. You can also agree to have a 'safe word' to use with someone too, which signals that you have something you would like to talk about. For example, you may agree with a family member or teacher that you will say 'bananas!' when you need a private chat. Make sure you say it so that they hear and notice it.
3. Draw your handprint and on each finger, write someone's name who you could speak to if you needed to talk about something.
4. Try and write down a list of ways you could support someone if they were talking to you about worries or sad feelings they were having.
5. Remember, you are never a burden for asking for support...there is always someone who will want to help.

Scan the QR codes for more
information about who you can talk to:



Mind



Young Minds

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



Mental Health in Schools Team Tips For Wellness



Get Outdoors

Spending time outdoors is great for your body and mind! It can improve your mood, reduce feelings of stress, improve your confidence, helps you to be more active and can reduce loneliness.

How to get outside more:

1. Take a Nature Walk

Find a park, trail, or even your garden and take a walk. Look around for birds, trees, and flowers that you can spot. You could try taking photographs and share them with a friend.

2. Play a Sport or Game

Whether it's football, netball or running, outdoor sports are a great way to get moving. They also help us develop our communication skills when we play as part of a team!

3. Do a Scavenger Hunt

Make a list of things to find outside—like a particular leaf or a butterfly—and go on a hunt to find them!

4. Bring Your Hobby Outside

Do you like drawing, reading, or listening to music? Try doing it outside! Find a comfy spot on the grass and enjoy your favourite activities in the fresh air.

5. Have a snack outside

Try taking a snack outside and eating it while focusing on the food and what is going on around you.

6. Watch the Stars

On a clear night, lie on a blanket and look up at the stars. You might even see a shooting star or spot constellations.

7. Meet up with a friend outside

It can be helpful to get outdoors every day, even if only for a short time. You could try walking to a friend's house or to the shop instead of travelling by car or getting public transport. You could try to make getting outside part of your daily routine, whether it is riding a bike or sitting in a garden or park while you listen to music.

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

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Mental Health in Schools Team Tips For Wellness



Being Brave

We can show bravery in lots of different ways, such as recognising that we feel a certain way (e.g., sad, anxious), asking someone for help when we need it and trying new things, even if we feel scared!

Feeling scared is often a sign that we are doing something challenging and it is completely normal to feel this way. Even though it can feel uncomfortable, being brave and facing these difficulties can also help us to learn and grow (both physically and emotionally). This can mean we need to step outside our comfort zone at times to be able to overcome challenges, but it is important to remember that being brave does not mean we have to cope alone.

Our Tips for Being Brave:

1. **Set yourself a goal to try something new.** Create a plan to break your goal down into smaller, more achievable steps! This can help your goal to feel less overwhelming.
2. **Take chances and make mistakes!** Sometimes it is helpful to fail, so you can practise being brave. Try something you have been wanting to try and take that chance to move out of your comfort zone. You might even find that it wasn't as bad as you thought it would be.
3. Practise **positive self-talk** to help develop your bravery. Repeat these sentences to yourself or out loud - 'I can do hard things'; 'I try my best'; 'I can enjoy challenge'. You might want to write positive statements on post-it notes and stick them around your mirror so you can remind yourself of them every day!
4. **Ask for help** when you need it from someone you trust. Taking the step to talk to someone is one of the bravest things you can do!
5. **Strike a power pose!** Standing up tall with your feet apart, your head held high and with your hands on your hips can help make you feel more confident and ready to take on a challenge. What pose makes you feel more confident?



Follow the QR code for activities to support the theme 'being brave'!

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Mental Health in Schools Team


Tips For Wellness



Strength

Each of us has a unique set of strengths and abilities that help us face life's challenges. Focusing on your strengths doesn't mean ignoring your weaknesses — it means using what you're naturally good at to help you grow, build confidence, and work through tough times. In doing so, you move closer to living a more fulfilling and resilient life.

Our Tips for strength:

1. **Appreciate your strength** – when you experience a difficult time, it's easy to forget how strong you are! Try and remember other times in your life when you've got through something challenging. Remember how strong you were to get through those circumstances and know you have the strength to get through other difficulties too.
2. Remind yourself **“all we can do is try our best”** and **“you are good enough”**.
3. Being kind to others can help build our own strength as well as others! As a class, have a go at playing **‘kindness bingo’** by following the QR code: 
4. **Take Time to Rest and Recharge** - your mind needs breaks just like your body. Take a few quiet minutes to breathe, read, draw, or go outside. That helps your brain feel strong and calm.
5. **Ask for Help When You Need It** - being strong doesn't mean doing everything alone. It's *smart and brave* to ask for help — that's how we grow and learn!

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Mental Health in Schools Team Tips For Wellness



Mind and Body

Just as we look after our physical health, it's important to look after our mental health. In fact, the two are closely connected!

Most of us will know what it's like to feel worried, stressed or low from time to time. We might be affected by our relationships with friends and classmates or things we see on the news, and we might feel worried about school or our home lives (this is understandable!) Recognising how our mind health and physical health work together can keep us mentally healthy.

Our Tips for looking after your Mind and Body:

To ensure a healthy mind and body, why not try some of the activities below? Can you choose one from each category?

- 1. Physical-** healthy eating with plenty of water, time away from technology and get fresh air where you can, regular exercise every day (e.g., walk to school or get off the bus a stop earlier, dance, or stretch), a consistent sleep schedule (children aged 6-12 years should aim for 9-12 hours sleep per night, adolescents should aim for 8-10 hours).
- 2. Social-** spend quality time with friends and family, connect with others in person (as well as online), join a club or community group, reach out to others and don't be afraid to ask for help or offer support.
- 3. Practical-** keep a daily routine to create structure and stability, use checklists to act as reminders and to hold yourself accountable, get ready for the day each morning, set yourself small and achievable goals to stay motivated.
- 4. Emotional-** develop supportive friendships, write down three good things from your day, take time to do something relaxing every day, practise self-kindness (e.g., treat yourself how you would treat a friend!)

Scan the QR code for more ideas around keeping a healthy mind and body.



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Mental Health in Schools Team

Tips For Wellness



Appreciation

Appreciation is a feeling of **thankfulness** or an act of recognising something that is important or meaningful to you.

We can appreciate or recognise another person through complementing them and sharing what you like about them. We can say 'thank you' to others when someone is helpful or supportive. This has benefits for both our mental health and for the people around us. We can also appreciate ourselves – you are important and unique! Remember to celebrate when you achieve big and small things and stop to appreciate what you have done.

Learning to appreciate others and ourselves can improve our self-esteem, improve our mood and improve our relationships with others.

Our tips for appreciation:

1. Create a **"be proud"** board at home or at school where you post your drawings or good deeds.
2. Start a **gratitude journal** – write or draw things that make you feel proud or happy every day.
3. **Give a compliment** - think about a person who is important to you and tell them 3 things that you like about them. You could write a letter or a small note to let them know how much you appreciate them. Use these sentence starters to help you:
 - I like how you...
 - You are...
 - Thank you for...
 - You make me happy when you...
4. **Say 'thank you'** – remember to thank other people throughout the day, to show them you appreciate what they do for you. If you have a friend who speaks another language, you could learn to say 'thank you' in the language that they speak. You could also learn to say 'thank you' in Makaton (sign language) too! Have a look at the video above to help you!
5. **Self-appreciation** - think of something small that you have achieved this week. Pause and take a minute to appreciate what you have done. Which of your positive qualities did you use? Kindness, thoughtfulness, curiosity, creativity?



*Makaton
video*

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



Mental Health in Schools Team Tips For Wellness



Persistence

Persistence is all about keeping going, even when times are challenging. It is normal to want to give up when you are going through something difficult, but if you can stick with it and overcome the obstacles, you will be closer to achieving your goals.

Having a **growth mindset** will help us persist, which means you believe you can learn, grow and develop your skills by putting in the hard work and practise. This can be tricky, so make sure you reach out to friends and trusted adults to support you.

Our tips for persistence:

1. **Break the goal down into smaller steps.** You can set yourself smaller goals that are more achievable, to help you reach your ultimate goal. Make sure the smaller goals are linked to your ultimate goal; this may help to encourage you to keep going, as you will be able to measure your progress.
2. **Try something new** – this could be a new hobby, sport, craft activity, or puzzle. Having a go at something new can help to develop your persistence, whilst also having fun. You might find it challenging at first, but you will receive a greater sense of reward and achievement by sticking with it!
3. **Positive self-talk** – instead of saying “I can’t”, add “yet” onto the end of the sentence. This tells your brain that it might be difficult, but you will get there in the end.
4. **Talk to yourself like a friend** – we are often kinder to our friends than we are to ourselves, when we go through challenging times. Practise talking to yourself like you would talk to a friend! What advice would you give if a friend told you they were rubbish at something? What would you say if they felt they wanted to give up?
5. **Practise mindfulness.** A good way to improve our mental wellbeing is by paying more attention to the present moment and the world around us. Think about sounds and smells around you, what can you see, and how does this make you feel. By being more aware, this can improve our mental wellbeing and enable us to improve skills such as being persistent.

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SEND Help!

@ The Gap Community Centre, 10:00-12:00

Once a month on the following dates in 2025:

8th January, 12th February, 12th March, 9th April,
14th May, 11th June, 9th July, 13th Aug, 10th September,
8th October, 12th November and 10th December.

An adult led SEND support group for parent's/carers, whose child(ren) may or may not have a diagnosis.

Facilitated by Family Support Workers.

A chance to meet people who may be going through the same things as you.

Have open and honest conversations, in a safe space.

Signposting to helpful services & professionals.

Telephone the Family Support Duty Line
on 01926 412412 to book



Parents/Carers Let's talk about Behaviour

Come along to these 3 free
drop in sessions
to explore

Positive Behaviour Strategies

At Warwick Nursery School

Let's share some ideas and tips on how to build good relationships and manage children's behaviour in an effective way.

Contact Harj Bahra for further information on bahra.h@welearn365.com





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5-7 YEARS
(YEAR GROUP 1-2)

SNR's
8-12 YEARS
(YEAR GROUP 3-6)

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FULL WEEK: £100.00



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HALF DAY: £17.50

HALF DAY FULL WEEK: £70.00



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Email: jo@theminimovers.co.uk



Sallywags Job opportunity-After school collection staff.

We are looking for a reliable and carrying person to join our team.

Role: Collect children from All Saints School after they have finished their school clubs and safely bring them to Sallywags.

Details: Ideally suited to a current member of staff who already knows the children and school environment.

Hours: 5 days per week, 4.15pm-5.15pm (term time only)

If you are interested, please contact Amy at Sallywags for more information and an informal chat.

07834241414.

Thank you