

Emscote Express

Issue 1- September 2025



Dear Parents and Carers,

We are delighted to welcome you and your children back to school after what we hope was a wonderful summer break. We are especially pleased to see so many smiling faces ready for an exciting term ahead! A warm welcome as well the new families joining our school community—we are thrilled to have you with us.

Settling Back In

The first few weeks of term are all about helping the children feel confident, happy, and ready to learn. Our focus will be on re-establishing routines, building friendships, and reminding everyone of our school rules.

Key stage 1 Welcome Meeting

These important meetings are held with class teachers and will be on the afternoon of Tuesday 16th September at 2.30. Please access the classrooms via the playground. Here you will learn about the curriculum content for the year along with other important year group information, such as the PADLET application which will be used for year group communications.

Uniform

Children should wear full school uniform every day, including black school shoes— children should come in their PE kit and trainers on their PE day. A reminder we ask that Book Bags continue to be used in the Infant School to bring their reading book and water bottles in, we do not have the space to store bulky rucksacks. Hair accessories should be in the school burgundy. Children should now have a coat in school each day so they can play outside, whatever the weather.

Gate

To keep all of our children safe in after school clubs we will be closing the school gate at 3.30pm each day. We ask that all parents therefore have left the playground by this time. We appreciate your support with helping us keep our site and pupils secure.

Phonics

At Emscote we are going to be using a new Systematic Synthetic Phonics Scheme (SSP) from September. We previously used Floppy's Phonics, now we will be using Little Wandle. You can find out more about this programme in your welcome meeting.

How to Get in Touch

If you have any questions or concerns, please don't hesitate to speak to your child's teacher at the end of the day or contact the school office. Working together, we can ensure your child has a fantastic year of learning and growth.

Thank you for your continued support—we can't wait to share all the exciting learning ahead!

Warm regards,

Mrs Nicol

A message from Warwickshire Town Council.

They are looking for pupils to take part in a **"Design your Own" Halloween trail.**

Please see the template attached.

The winning designs will be displayed around the town as part of the trail for everyone to enjoy.

To make sure the ghosts are ready in time for printing, please send your chosen designs back to by **October 6th.**

It is important to put your name clearly on the REVERSE of the design, so we know who has entered.

We are looking forward to seeing all the creative ideas!

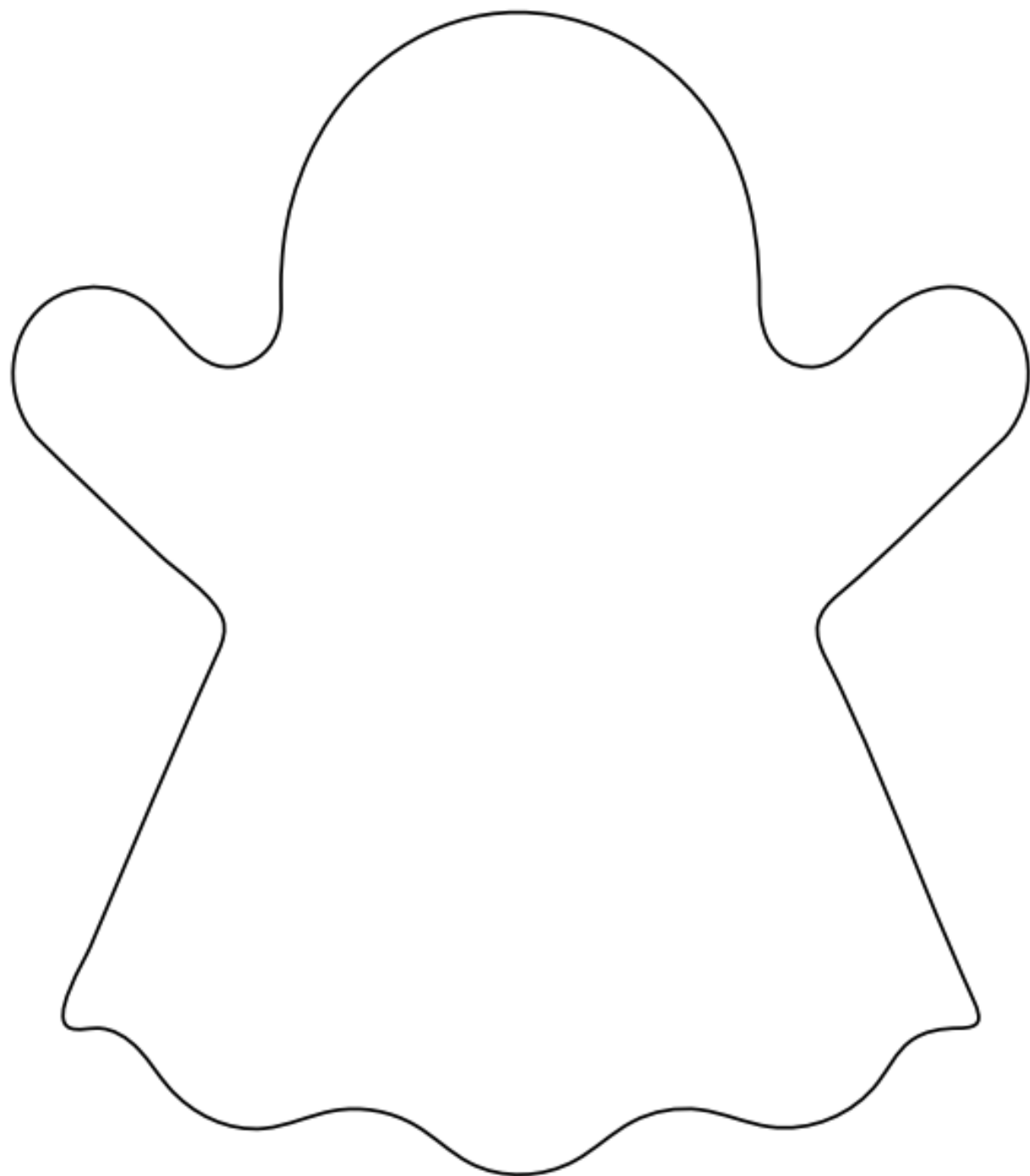
SPOOKY GHOST TEMPLATE:

SCHOOL:

NAME:

YEAR:

Draw your ghost design in the outline below:



CLARET PRINTING



DESIGN



PRINT



INSTALL

www.designerclaret.co.uk

Important Dates

Tuesday 16th September - Welcome afternoons | KS1 parents 2.30pm in Classrooms

Tuesday 30th September - PTA AGM at Emscote (all welcome)

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

Week one

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

MONDAY

Choose a main meal...

(n) 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...

(n) 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 (mildly spiced) 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...

(n) 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)
(v) Yoghurt (D.SB)
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
D = Dairy
E = Egg
SB = SoyaF = Fish
M = Malted
SU = Sesame
D = Dairy
E = Egg
SB = Soya

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

Allergies

Warwickshire School Term and Holiday Dates - 2025/26

M	T	W	T	F	S	S
					1	2
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
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
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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
					1	2
3	4	5	6	7	8	9
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24	25	26	27	28	29	30
31						

M	T	W	T	F	S	S
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
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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
			1	2	3	
4	5	6	7	8	9	10
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

M	T	W	T	F	S	S
	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
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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
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16	17	18	19	20	21	22
23	24	25	26	27	28	

M	T	W	T	F	S	S
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

M	T	W	T	F	S	S
					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
						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
		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		

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



In association with

Sainsbury's



ESPO



Step 1

Visit myschoolfund.org to sign up for free and link to your child's school



Step 2

Register your credit/debit card to your account



Step 3

Spend at participating retailers



Step 4

Start receiving your eGift Cards!

We're part of the My School Fund initiative.

Together we can boost our school's budget, plus your own!

It's completely free to sign up and both you and your child's school will receive eGift Cards to be used at participating retailers based on a percentage of your spend.

Visit myschoolfund.org today!

SCAN FOR INFO



Are you an exhausted, **SEN** and/or **EBSA** parent carer?
Running on empty with **no time** to shout "HELP!" let alone **step off the hamster wheel** to **rest, relax or recharge?**



I GET IT!

We face a **unique set of challenges** that not everyone understands.

After being on the **brink of burnout** myself I learned **quick, simple** and **impactful** ways to strengthen my coping skills, **feel** more **calm, resilient, hopeful** and **happy** and I'm **on a mission** to **help YOU** do the same!

The **SHARE Project** Zoom workshops have been created to give you sustainable **strategies** to help **strengthen** your **copng skills, rebuild your resilience, boost your wellbeing** and **feel like YOU** again!



PARTICIPANT FEEDBACK:

"The SHARE project helped me have a more positive outlook day-to-day and relaxation has helped with my sleep."

"I looked forward to the sessions each week, it gave me time to focus on myself for a change."

"The SHARE Project was a gentle, kind experience. The refocusing was extremely powerful and I felt nurtured by the sessions."



CLICK HERE for more info and to book your place
or email: helo@ausomemums.com
Evening and daytime sessions available



Mental Health in Schools Team Tips For Wellness



Going back to school

Going back to school can be stressful, so check in with your young person and keep the conversation open about how they're feeling. Help them find and keep a good routine (regular wake-up, meal and bedtime schedules) and try to keep these on the weekend to help them adjust quickly to the school day rhythm. Remember to celebrate small wins, offer praise and try to stay patient if your child struggles with the new routine.

Activities to Support Your Young Person's First Weeks of School

The transition back to school is a great time to use activities that boost your young person's confidence, reduce anxiety, and build strong routines. Here are some ideas to try during those first few weeks:

1. Morning Check-In Ritual:

Start each school day with a simple ritual—like a hug, a positive affirmation, or a quick chat about what they're looking forward to. This helps set a calm, positive tone.

2. After-School Decompression Time:

Plan 20–30 minutes of quiet time after school for your young person to unwind. Reading, drawing, or light play can help them process the day and relax before homework or chores.

3. Homework Kickoff Activity:

Create a fun "homework kickoff" routine like a special snack, background music, or a 5-minute movement break before starting homework. It helps shift their mindset into focus mode.

4. Organisational Games:

Turn organising school supplies or packing the backpack into a quick game or challenge—who can find and pack items the fastest? Making organisation fun encourages responsibility.

5. Weekend Family Planning Session:

Spend time on the weekend planning the upcoming week together. Discuss after-school activities, school projects, and family events. This builds anticipation and helps your young people feel involved.

6. Gratitude or Highlight Jar:

Keep a jar where your child can drop notes about something good that happened at school each day. Review them together weekly to focus on positives and build resilience.

Tips for
going
back to
school



Webinar about the
transition to
secondary school



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



Transition

Transitioning into a new class or school can feel exciting and scary at the same time. It is important to remember, you are not alone in this situation or alone with experiencing these feelings. If you are worried, it can be helpful to talk about how you are feeling about the transition with others as they may help you get prepared or give you a different perspective to consider, which can help you to feel better about it. Below are some tips to help you manage your transition into a new class or school.

Our tips for coping with transitions:

1 – What will be the same?

When moving to a new class or school, it can feel overwhelming because we feel that everything will change but there may be some similarities. For example, you may still have some people you know in your new class and you may still be learning subjects that you love.

2 – Think about what you can control

You may be worrying about the things that will be different in your new class. Think about the things you have control over and can think of practical solutions for. For example, can you visit your new classroom or complete your new journey to school, ahead of the first day? Can you ask a sibling or a friend to walk into class with you? You can ask for ideas from friends and family members too!



Scan this QR code to see how these children solved some of their worries!

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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.

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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'!

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.

What to do if you think a child is being privately fostered

Health, education and care professionals play an important role in safeguarding and promoting the welfare of privately fostered children as they are often the first people to become aware of such arrangements.

If you think that a child is being privately fostered, please encourage the parent or carer to notify social services. If you feel the arrangement has not been, or will not be notified, you should contact Warwickshire Family Connect directly.

You will not be breaching confidentiality and you may help to safeguard the welfare of the child(ren) concerned.

Social care can only work to protect privately fostered children if they know about them. It is vital that they are made aware of private fostering arrangements so that they can promote and safeguard the welfare of the children involved.

Social care responsibilities

Once social care have been told about the arrangement, they have a legal duty to check if it is suitable and the child is safe. A social care worker will visit the carer, and discuss the plan with the child's parents, check the carer's suitability and where the child will be living.

Social care will provide advice and support to parents, private foster carers and the child who is being privately fostered. They have the power to prevent a person from acting as a private foster carer if the care (or the accommodation) they provide is not considered suitable, or if they refuse to comply with the requirements set out in the

regulations. Social care have a designated team with responsibility for private fostering in each area who can offer advice to professionals concerned about a child.

Next steps

Contact Warwickshire Family Connect on **01926 414144** and ask to speak to someone about a private fostering arrangement if

- advise about a proposed private fostering arrangement
- advise that you suspect a child may be living in a private fostering arrangement
- get advice on private fostering.

Further information is available at:
www.warwickshire.gov.uk/privatefostering
www.privatefostering.org.uk



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