



St Peter's CE Primary School

Bratton

# NEWSLETTER

Friday 18<sup>th</sup> September 2020

Dear Parents and Carers,

Welcome to our first proper newsletter of the new school year. Welcome back, it has been lovely to see all the children back in school after what has been 6 months away for some. I have been really impressed at how quickly children have settled into school and adapted to the new ways of working, which for moment is our 'new normal'.

Thank you for following all our school procedures and adapting to the changes we've put in place.

For parents who are new to school, then welcome. We hope you enjoy being part of the St Peter's school community. In normal times we try and keep most of our communication for the Friday newsletter. However, at the moment there are letters going out daily about testing or things we get told about at short notice and we can't hold on to for the Friday newsletter.

I hope you enjoy the updates.

Best wishes,  
Mark Davis  
Head Teacher

## UPDATES AND INFORMATION

Coronavirus information:

Just a little reminder for parents about procedures. We've previously given you a 'What to do' guide, which we hope you are finding useful and we have attached it again today.

Please let us know if your child is going for a test and what the result is when you get it. We have to log each child who is having a test separately with our local Health Hub track and trace system. We do that each morning following contacts from parents.

We let you know when the bubble goes from no one waiting for a coronavirus test, to member/s of a bubble waiting for a test result. We then let you know when the bubble is

cleared – ie there are no test results outstanding. Test results are really varying at the moment from 24 hours to a week. Most bubbles have had one of these letters over the last couple of weeks.

Bike to School week – 28<sup>th</sup> September to 2<sup>nd</sup> October:



We are taking part in Bike to School week. A great way to beat the traffic and parking problems around the school. Please join in if you can.

We also been told that Telford & Wrekin are offering **2 hours FREE bikeability training** to anyone age 17+ ? Email [roadsafety@telford.gov.uk](mailto:roadsafety@telford.gov.uk) to arrange a session!

Virtual Coffee Morning:

We will be holding a virtual coffee morning on Friday 25<sup>th</sup> September at 10am to share with you our pastoral support information. Please see the attached flier for further information.

St Peters Day:

Back in June we held our first virtual St Peter's Day. We asked any members of our school community who would like to join in to complete a paper chain link. Now we are back in school please could we ask that these are brought into school. This will enable them to be quarantined and then we can make them into a paperchain to represent our school community coming back together and being linked together once again. If you didn't complete a paperchain but would like to, we would love to include them within our chain. Please can all paperchains be brought into school by Friday 9<sup>th</sup> October.

## BEAM Information:



Information for Parents & Carers about

### Shropshire, Telford & Wrekin Beam:

An emotional wellbeing service for Children & Young People under 25 years old who are registered with a GP in Shropshire, Telford & Wrekin.



*This leaflet gives information about Beam in order to help you decide if we are the right service for you. Have a read about what we do and don't do, as well as how to get in touch with us.*



Service run by The Children's Society.  
Proud to be part of Bee U.



### What WILL Beam do?

We can recommend **strategies and techniques** that aim to make life easier – for example, how to manage a panic attack, or how to improve sleep.

We will give **practical suggestions and advice** – this might be suggesting you look at website or that you contact another service.

We can provide **a listening ear** if a young person has something to get off their chest.

#### Typical issues Beam can support with:

- Anxiety (low-level) & worry;
- Anger;
- Identity;
- Low mood;
- Panic;
- Self-esteem;
- Sexuality;
- Sleep;
- Stress.



### What WON'T Beam do?

We **won't** assess or diagnose any conditions.

We **won't** automatically make referrals into other services.

We **won't** necessarily have to tell anyone that young people have spoken to Beam.

#### Issues outside of Beam's remit include:

- Crisis Support;
- Toileting;
- Behaviour management;
- Eating disorders
- Where a mental health diagnosis exists.



*Please note this is not an exhaustive list.*

### WHAT CAN BEAM HELP WITH?

#### Anything relating to emotional wellbeing!

But what is emotional wellbeing?! In simple terms, it is **emotional health & happiness**.

When we are emotionally healthy we:

- ✓ **Function in society**, whether that is at school, college, uni or at work, or when we are with friends and family;
- ✓ **Cope with life's challenges** by drawing on our strengths;
- ✓ **Understand and manage our emotions**, expressing them in appropriate ways;
- ✓ **Accept ourselves** and show acceptance of others.

Our team is made up of **experienced wellbeing practitioners & wellbeing volunteers** who will take the time to listen to whatever it is that is troubling young people. We aim to **boost the resilience** of young people by **helping them develop coping skills** for when life presents challenges.



#### Referrals are not needed to access Beam.

**Young people age 14+** can contact us directly if they want to access support.

**Young people under 14 years old** will need a parent/carer to do this on their behalf.



### WHAT ABOUT PARENT/CARER SUPPORT?

**Beam is a service for and about young people.** We recognise there are instances where it is necessary to support parents and carers. The amount of parent/carer support we can offer is limited however. We may be able to signpost you to other services or useful resources.

We are currently offering phone support. This is how you can access it:

#### STEP 1:

##### Send an email to

You can include **as much or as little information** as possible. It is always helpful if you can say what area you are in.

Please note this is not an emergency response email, and only monitored between 10am-6pm Mon-Fri.

#### STEP 2:

**We will reply to you** so keep an eye on your inbox!

- **If you are new to our service** you will be asked to complete two links included in the email: one called 'Information Sharing & Consent' and the other called 'Registration'.
- **If you are already registered** you will be asked to provide some **basic info** so we can trace you on our system.

If you have any issues with completing the links don't worry – email us your contact number and we can go through them with you!

#### STEP 3:

**Someone from the team will be in touch** with you to let you know a date & time that we will call you back. We will try and do this by email & text message.

Don't worry if you can't make that time – just let us know ASAP.

#### STEP 4:

**Appointment time!** Find somewhere you are comfortable to talk and wait for us to call you. It will be from a withheld number, so make sure your phone is ok to accept this.

#### STEP 5:

**Try out the suggestions made.** If you feel like you want some more support, get in touch with us by email again and we can set another appointment up. There is no time limit – **we're here when you need us!**

#### PLEASE NOTE:

**If you are 14+,** you can register with us yourself.

**If you are 13 or under** you will need to ask your parent/carer to follow these steps on your behalf.

## Message from Key Stage One

We hope everyone is enjoying being back in school. We kindly ask that you have a look around at home and return any reading books that belong to school, particularly the colour banded reading books.

Our stock of books is running low, many of which were handed out back in March, but we really need them back.

Please have a good look around and see what you can find.

Many thanks

The Key Stage One team

## UPDATES FROM THE CLASSES

This poem has been written and entered into a competition by Dhyani in year 4.

My Destiny  
I dream of my destiny  
You can find your destiny through your dreams,  
You do not want your destiny go washing down the  
drain,  
Follow your choices and you will find destiny,  
Follow your destiny and find your happiness,  
Find your light and you will find be a star in your  
destiny,  
Feel the vibration through your bones feeling will  
vibrate and shine your destiny,  
Find your destiny!  
Find your destiny!  
Find your destiny!

Well done Dhyani and good luck in the competition!

## DATES FOR THE DIARY

Date	Event
Monday 26 <sup>th</sup> October	Half term
Monday 2 <sup>nd</sup> November	School reopens after half term
Friday 18 <sup>th</sup> December	End of Autumn Term
Monday 21 <sup>st</sup> December to Friday 1 <sup>st</sup> January	Christmas Holidays
Monday 4 <sup>th</sup> January	Spring term starts