

## The Acorns Primary & Nursery School

'Be the best you can be!' www.theacornsprimary.co.uk Newsletter No. 4 27.09.2024



## **S**eptember

**Mon 30**<sup>th</sup> **–** 2:20pm: Second New Reception parents mtg

## **October**

Fri 4th - NO Assemblies due to Harvest celebrations

Mon 7th - 2:20pm: Final new Reception parents mtg

Tue 8th - 8:30-9:30am: Early Help Navigator drop-in

Tue 8th & Wed 9th - Parent's Evenings & Book Look

Thurs 24th - Mrs Ramsay's last day!

Fri 25th - Finish for half term

### **November**

Mon 4th - Everyone returns for Autumn 2

Tue 12th - 8:30-9:30am: Early Help Navigator drop-in

Wed 13th - Y5 & 6 to Slavery Museum, Liverpool. TBC

**Thur 21**st – Flu vaccinations, Nursery through to Y6

Fri 22<sup>nd</sup> – Own clothes day for a bottle contribution

### **December**

Tue 3<sup>rd</sup> – Y3 & 4 to World Museum, Liverpool. TBC

Tue 10th - 8:30-9:30am: Early Help Navigator drop-in

Wed IIth - PTA Christmas discos after school

**Mon 16**<sup>th</sup> – 1:30pm: Dress rehearsal for Y1/2 Christmas production (families with little ones to attend)

Tue 17th -

9:15am: Butterfly & Reception Christmas Production

10am: YI & 2 Christmas Production

Ipm: Butterfly & Reception Christmas Production

2pm: YI & 2 Christmas Production

**Wed 18**th – Christmas Jumper (non-uniform day) for £1 charity contribution & Christmas Dinner / Christmas Class Party Day

Fri 20th - 9am & 2:30pm: KS2 Carol Concert

Finish for Christmas Holidays

## **FLU VACCINATIONS**

All parents have now received a message and link via School Spider in order to book your child's flu vaccination this term. This is a very quick spray up their nose and NOT an injection, as some people think. Our uptake was very low last year and we then saw a number of pupils becoming poorly with flu and flu-like symptoms. Please take a couple of minutes to complete the form using the link and code you have been sent and protect your children over these coming winter months. Thank you.

## **FREE SCHOOL MEALS**

If you are not currently entitled to Free School Meals for your child (excluding the Universal Free Meals in Reception & KSI), please go on the CWAC website to check if you may be eligible. This week alone, just through conversations with parents, we have been able to prompt 6 families to check their eligibility (which only takes 2 minutes) and they have discovered they are eligible. This means that their children will now receive free meals and school also receives additional funding to make sure we are supporting the children to be the best they can be! Simply google 'CWAC apply for free school meals' and check today!

## **ASK ME ABOUT...**

Education is most effective when schools and parents work in partnership. So, this week;

Caterpillars: singing Wind the Bobbin Up

Butterflies: singing the song about a crab

Reception: the naughty bus

IM: finding the pulse in music

1/2T: finding the pulse in music

2U: what is odd about the characters in our English text

3S: what is a force

3/4T: partitioning

41: exchanging when adding or subtracting 1000 from a number

5McC: the different parts of the eye

5/6S: Frida Kahlo's life

6T: how to round numbers to the nearest 10, 100, and 1000



# CBT GROUP INTERVENTIONS FOR PARENTS OF ANXIOUS CHILDREN

## **AUTUMN 2024 GROUPS**

Parents can self refer on to the groups

CWP are delivering a series of FREE group interventions for parents.



## Fear-Less IN PERSON

Ellesmere Port Kingsley Resource Centre 12.30pm to 2.30pm:

5 November, 12 November, 19 November, 26 November, 5 December & 10 December

OR

## Winsford Library 10am to 12pm:

4 November, 11 November, 18 November, 25 November, 2 December & 9 December

For parents/carers of school aged children (6 to 14 years) with moderate to severe anxiety.

An evidence based intervention delivered over 6 weeks and includes understanding anxiety, learning to encourage your child's coping skills and to manage their anxiety as well as problem solving skills and learning to feel confident as a parent.

Timid to Tiger ONLINE

16 October, 23 October, 6 November, 13 November, 20 November, 27 November, 4 December, 11 December & 18 December.

For parents/carers of primary school aged children (5 to 11 years) with mild to moderate anxiety.

An evidence based intervention delivered over 9 weeks and includes understanding the science behind anxiety, parental modelling of anxiety, how to safely expose your child to their anxiety triggers, and how to support your child to develop in confidence using techniques such as special play and rewards.

To join a group parents/carers <u>MUST</u> attend one of the drop in sessions listed below. You can drop in at any time:

8 October 9.30am to 11.30am 1829 Building Countess of Chester Hospital

11 October 9.15am to 11am Overhall Children's Centre Winsford

11 October 10am to 12pm Kingsley Resource Centre Ellesmere Port

Support, Friendly nonjudgemental

For more Information email: cwp.cheshiremhstadmin@nhs.net



## BRAND NEW SCHOOL UNIFORM TO BUY AT A REDUCED PRICE

School has some brand new, still packaged, school uniform items (jumpers and cardigans) with the logo on, which we are selling at a reduced price.

Pop into the school office after school or after you have dropped your child off in the mornings, if you would like to buy any of these items. We can only accept cash.

Prices range from £5 to £7 depending on the size.

## **CALLING ALL MUMS!**

Online Safety is a huge focus for us at The Acorns as we endeavour to ensure our pupils learn to be as safe as possible when online.

We realise that parenting is becoming increasingly challenging as our children have growing access to devices and the internet, and from a younger age.

If you want to make sure you are doing everything you can to keep your children safe online, we recommend you book onto this course.

Any questions, just ask!

## CYBER SAFETY FOR PARENTS

Keeping children safe online is a top priority for parents today.

Our Cyber Safety for Parents course provides essential tips and tools to help protect children from online dangers. You'll learn about social media privacy settings, how to spot cyberbullying, and ways to secure personal information.

With this training, you can help create a safer online space for your child.

## WHAT DOES THE COURSE COVER?

- Recommended apps and appropriate age guidelines
- Advice on setting up effective parental controls
- Guidance on handling cyberbullying, with links to support resources
- Essential online safety tips and how to adjust privacy settings on social media platforms









Course Date and Location: Tuesday 22nd October | 9.30am-2.30pm Location: Tomorrow's Women Chester 5 Upper Northgate St, Chester CH1 4EE

To book on to this course or if you have any questions please contact the team:

0151 294 4749 | info@3dtraining.uk.com