

Monday 27th February 2023



Strike Action

I able to confirm that school will be open as normal to all children on Thursday 1st March, which is a day nominated for strike action by the National Education Union. Further strike days are planned for Wednesday 15th and

Further strike days are planned for Wednesday 15th and Thursday 16th March. I will write to you nearer the time to let you know how this industrial action will affect our school.



Stormbreak

You will know that we run *Stormbreak* sessions every week in each class, to help children's mental health through physical activity. Because of this, we are delighted to share with you our 'Stormbreak Families Together' online workshop. This is a general introduction to Stormbreak for our families and should prove useful to those of you who wish to know more or would like to support your children with similar activities at home.

The first of these sessions will run on Wednesday 1st March at 10-11am and then again at 6.30 - 7.30pm, and will be repeated again on the first Wednesday of every month until the end of the academic year.

Attendance is free but <u>registration is essential via the sign up link</u>. For any enquiries about 'Stormbreak Families Together' please contact <u>hello@stormbreak.org.uk</u>.



Safeguarding 1: out of school

Our procedures for looking after children at school, and the names of our safeguarding leaders, are known to you all through the school website, newsletters such as these and posters in school. However, when your child is taking part in activities outside school where safeguarding is just as important, these details may not be as visible to you. With this in mind, the NSPCC have advice and guidance for parents about keeping children safe in clubs, sports and other activities outside of school: https://www.nspcc.org.uk/keeping-children-safe/away-from-home/sports-clubs-activities/#advice



Safeguarding 2: Talk Pants

The NSPCC have some really helpful pages for parents and carers generally, and I'd like to flag up the 'Talk Pants' as a simple way to start a conversation with children about keeping themselves safe. Talk PANTS helps children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried. All this is done by supplying age-appropriate materials with the help of their friendly dinosaur Pantosaurus, to enhance awareness among younger pupils. If you're interested, they have resource packs, guides and books. Please follow the link below to find out more: https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/



ParentLine: advice and help from the school nursing team

ParentLine 5-19 launched in November 2022 and is aimed at parents and carers of children and young people aged 5-19 to seek advice and support for their child from a member of the School Nursing team via text message. The School Nursing team can help parents with many issues, such as healthy eating, weight management, day/night time wetting, toileting, sleep, hearing, behaviour, emotional health and wellbeing and more. Parents that have already used ParentLine 5-19 have fed back that they have found it a convenient and easy way to gain information, advice and signposting to further support without needing to wait for an appointment.

ParentLine 5-19 runs from Monday to Friday 9am-4pm during Term times (excluding Weekends, Bank holidays and School Holidays).

Parents can text their query to 07312 263131 and will receive an immediate bounce-back message to let them know their message has been received. They aim to respond within 24 working hours.

More information on ParentLine 5-19 can be found on the School Nursing Web page www.dorsethealthcare.nhs.uk/school-nursing/parentline

Young people aged 11-19 can also seek advice for themselves from a School Nurse via our ChatHealth text messaging service by texting their query to 07480635511. ChatHealth runs Monday to Friday 08:30-4:30 (Excluding Weekends and Bank Holidays). Young people will receive an immediate bounce-back message to let them know their message has been received by the School Nurse. They aim to respond within 24 working hours. More information on ChatHealth can be found on the School Nursing Web page www.dorsethealthcare.nhs.uk/school-nursing/chathealth

In addition to the text messaging services the School Nursing team now also have social media pages aimed at providing health and wellbeing information and signposting for young people and their parents/carers as well as providing updates about what to expect from the School Nursing Team and how to access further advice and support.

Find them on Facebook: <u>Dorset HealthCare School Nursing Team</u>
Find them on Instagram: <u>www.instagram.com/</u>
<u>dorsethealthcare schoolnursing/</u>



Important dates	lm	porto	ant d	ates
-----------------	----	-------	-------	------

17.04.23

27.02.23 - 03.03.23	Book Week
06.03.23	Reception Trip to East Dorset Museum
08.03.23	Year 6 trip to Charmouth
10.03.23	Y4-6 4-Square sponsored tournament
20.03.23 - 31.03.23	Big Walk and Wheel fortnight
22.03.23	Year 5 Trip to Gold Hill Organic Farm
24.03.23	Annual reports sent home to parents
	FOSS Disco
28.03.23 - 30.03.23	Parents Evenings 3.30 - 5.30pm
31.03.23	Last day of term
	Non-uniform Day
	FOSS Easter Event (more details to follow)
03.04.23 - 14.04.23	Easter Holiday

Summer Term begins 8.45am

Other news and information for parents and carers

Families Together Workshop with stormbreak



You are invited to attend a FREE families workshop, run by the charity Stormbreak.

Our 'Stormbreak Families' workshop is an introduction to stormbreak; a charity that supports children's mental health through movement.

In this workshop we:

- introduce you to stormbreak, who we are and our vision
- show you how to access our free resources and activities to explore with children in your family and home setting
- answer any questions you might have

This session is repeated twice on the first Wednesday of the month until July 2023, at either 10am - 11am or 6.30 - 7.30pm.

To sign up for one of these FREE sessions please follow this *link* >

For more information about stormbreak and the work we do please visit stormbreak.org.uk



Stormbreak* 2023. stormbreak CIO is a Registered Charity in England & Wales (1182771). 8a Parr St. Poole BH14 0JY



Spring Activity Days

for children 0-8 years

Tuesday 4th April at Mulberry Children's Centre, Weymouth, DT4 8JE from 10.00 to 13.00

Thursday 13th April at Outlooks Children's Centre, Portland, DT5 1AU from 10.00 to 13.00

Easter Egg Hunt

Spring crafts

Baby area

Soft play Sand play Water play Decorate biscuits

Places are limited and must be booked: 01305 778294 or eastandchesilchildrenscentres@dorsetcouncil.gov.uk



FREE Children's Events at Weymouth Library and Learning Centre February to March 2023



Fairy-tale Storytime for Tell a Fairy-tale Day

Saturday 25 February |

10am - 11am and 11:30am - 12:30pm

A fairy-tale story time with games and fun costumed characters from the Wish Upon a Starre Company. Bookable on eventbrite.co.uk



SENsational Story and Play

Every Second Saturday of the Month | 10am - 10:45am
Join us for a session of sensory play, stories, and rhymes.
For children under 5yrs and children with additional needs.
Bookable on eventbrite.co.uk



BookTrust Storytime

Thursdays from 23rd Feb to 30th March | 10am - 10:30am Enjoy 6 brilliant new stories and activities for children under 5 and their families.

Bookable on eventbrite.co.uk



World Book Day Party

Thursday 2nd March | 5pm - 6pm

An after-school party to celebrate World Book Day! Character costumes are most welcome! <u>Bookable on eventbrite.co.uk</u>



Go to - www.eventbrite.co.uk and search 'Dorset Libraries'

Email - weymouthlibrary@dorsetcouncil.gov.uk

Call - 01305 762410

Mini Professors Science - Pre-Schoolers Session

Thursday 9 March | 1pm - 2pm

A super science adventure with Mini Professors to celebrate British Science Week! For Pre-School aged children. Bookable on eventbrite.co.uk



Mini Professors Science – After School Session

Thursday 9 March | 5pm - 6pm

Join us for an after-school science adventure with Mini Professors to celebrate British Science Week! For ages 5+. Bookable on eventbrite.co.uk



Curious Stories for Curious Children

Online | Wednesday 15 March | 4:15pm - 5pm

STEM Ambassadors Kate Taylor and Anupama Hatti will be reading their favourite STEM story and talking about being women in science. <u>Bookable on eventbrite.co.uk</u>



Design a Dinosaur Craft Workshop

Thursday 23rd March | 5pm - 6pm

Design and make your own Dinosaur with modelling materials, take part in FREE Dinosaur crafts and activities, and join our Fossil Hunt! <u>Bookable on eventbrite.co.uk</u>



Stay up to date with all our events by following Weymouth Library and Learning Centre on Facebook!





