



We know that the dark mornings and evenings in January along with the weather can make us feel a little gloomy. Children in Need and the BBC have produced a Family Moodbuster resource. Click on the logo above to access! Try a **Moodbooster activity at home to get your family moving and feeling good!** Famous faces from across the BBC and beyond including Dr Ranj Singh, Oti Mabuse, Ade Adepitan MBE, Rhys Stephenson and Bethany Shriever MBE lead videos to inspire everyone at home to boost their mood, feel good, and use movement to help them understand their emotions and manage feelings together as a family. There are 10 Moodboosters videos to use at home as a family that will help to encourage a sense of fun in your living room. By taking part with everyone in your home, you can both promote a sense of wellbeing, and offer everyone in the family some basic skills to feel good.

[Moodboosters | Free primary school mental health resources - BBC Teach](#)

Think your child may be entitle to Pupil Premium/Free School Meals?

If you currently claim for benefits such as Universal Credit, Income Support, Income Based Job Seekers Allowance, Income related Jobseekers Allowance, Child Tax Credit (see link for full list of qualifying benefits) then please apply. The application is simple via this link [Citizen Portal - Sign in \(nottsc.gov.uk\)](#) or calling FSM on 0300 500 80 80. The information needed to register includes, personal details (including national insurance number and date of birth) for the parent/carer, child's details in full, including their date of birth and the school they attend. It is worth applying if eligible as the school will receive funding to provide extra support to children. We also fund half price trips and clubs and milk. More information is on our website too [fsm-website.pdf \(primarysite-produced.s3.amazonaws.com\)](#)



Saturday 27th January 11- 12.30 pm
Saturday 2nd March 11 -12.30pm



The Healthy Family Teams across Nottinghamshire work with families who have children 0-19 that live in or attend schools in Nottinghamshire providing Health Visiting and School Nursing advice and interventions.

The Healthy Family Team offer a variety of brief interventions and early support should you need this. They offer advice and support for behaviour, sleep, toileting (day and night), growth, development and healthy lifestyle. If you are unsure if your child is up to date with all their immunisations, please get in touch with your GP surgery who will be able to advise.

It is recommended that all children attend opticians and dentist regularly (all appointments are free up to the age of 16 years). If you have any concerns about your child's hearing, please contact your GP.

There are several ways you can contact the Healthy Family Team, please see the list below.

- Advice Line, telephone 0300 123 5436 Monday-Friday 9am-4:30pm
- Parentline (text messaging service for parents and carers) 07520 619919
- Further information can be accessed on Nottinghamshire Healthcare Website www.nottinghamshirehealthcare.nhs.uk

Here are some useful services and links where parents, carers, children and young people can access support independently.

- Parentline 07520 619919 - Healthy Family Teams confidential texting service to provide parents and carers advice around feeding, child development, parenting advice and support, emotional health and wellbeing, behaviour difficulties and family health.
- Healthforkids - www.healthforkids.co.uk - this is an NHS site supporting young children and parents.
- Recap - if you are already signed up to this service or if you would like to be signed up please contact the advice line. All we will need is your email address.
- ChildLine 0800 1111 www.childline.org.uk
- Notts Help Yourself - www.nottshelpyourself.org.uk - this is a site for advice, information and local services available.
- ERIC - www.eric.org.uk - provide information and advice for children and teenagers with bladder or bowel conditions.
- The Sleep Charity - www.thesleepcharity.org.uk - providing information around sleep.
- Change for life - <https://www.nhs.uk/change4life>
- Be U Notts - www.beusupport.co.uk - mental health support

As a school we work closely with our families to offer support. If you are struggling, then let us know so that we can help. We also employ our own Family Support Worker, Rachel Jefferson who is also brilliant at working with and supporting families.

Diary dates

Spring

- Tuesday 6th February 2024- Safer Internet Day
- Friday 9th February 2024- INSET DAY & Last day of term
- Monday 19th February 2024 - First day of term
- Thursday 7th March 2024 - World book day
- Monday 11th March and Wednesday 13th March 2024 - F2 Parents evening (Classes 1 and 2)
- Tuesday 12th March and Thursday 14th March 2024 - KS1 Parents evening
- Friday 22nd March 2024 - Easter disco for children (change of dates - final details to follow soon)
- Thursday 28th March 2024- Last day of term

Summer

- Monday 15th April - back to school
- Monday 6th May 2024- Bank Holiday- School closed
- Friday 24th May 2024- Last day of term
- Monday 3rd June 2024 - First day back
- W/C 3rd June 2024 - Year 1 Phonics Screening Week

- W/C 10th June 2024 - Year 1 Phonics Screening Week
- Thursday 20th June 2024 - Year 2 Residential to Gulliver's Valley
- Tuesday 25th June 2024 - F1/F2 Sports day 10am / 2pm
- Wednesday 26th June 2024 - KS1 Sports day 2pm
- Wednesday 3rd July - Visit new classes morning
- Friday 5th July - Garden Party
- Monday 8th July 2024- INSET DAY
- Thursday 25th July 2024 - Year 2 Leavers assembly
- Friday 26th July 2024- Last day of term- END OF ACADEMIC YEAR 2023/24

Have a great weekend everyone!