



# SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER

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7<sup>th</sup> October 2022

*"Be the reason why someone smiles today."*

Dear Parents/Carers,

I cannot believe how quickly this term seems to be flying by – we are already over halfway through! The children continue to work hard and so many of them have been to see me this week with their work and for their positive behaviour. Keep up the good work children!

Thankfully, some of the awful weather we have been having hasn't dampened our spirits in school! The children and staff continue to keep smiling and are working as hard as ever! You can hear about what has been going on in our classrooms this week in the 'Shobnall Showcase' further on in the newsletter.



You should have all now received a letter outlining the arrangements for parent consultations, scheduled for Monday 17 October and Wednesday 19 October 2022, 4.00 – 7.00pm. If you have not yet booked your appointment, click on the link that has been sent to your phone to get your preferred slot/s.

Finally, the YMCA would like to extend their thanks and appreciation to all involved in collecting food for our Harvest Festival this week. It will make a huge difference to many hungry lives as, sadly, the YMCA are helping record numbers of people every week who are in need of emergency parcels. Your kindness and generosity is very much appreciated! Thank you!

We hope that you have a great weekend and, as always, we look forward to seeing you again on Monday! Enjoy!



## **Open Evening – Wednesday 9 November 2022, 4.30pm – 6.00pm**

We would like to formally invite you to our forthcoming **Open Evening** on **Wednesday 9 November, 4.30pm to 6.00pm**. The admissions window opens for places in our Reception and Nursery classes in November, so as well as welcoming potential new parents to look round our school, this is also a great opportunity for our existing parents to visit too and see some of the wonderful things that are happening!

So, please join us as we showcase our school, our vision, our values, our philosophy and our approaches. You will meet our staff and our children and get to see first-hand our work on the environment and sustainability. We look forward to seeing you there!

## **Nursery Places Still Available!**

Please note that there are still a few places left in our nursery, so enquire if you or someone else you know within the community, would like a place in our outstanding school. Further information can be found on our school website [Admissions](#) page on how to apply for a place and we look forward to receiving your application!



## World Mental Health Day – Monday 10 October 2022

The [World Health Organisation](#) recognises World Mental Health Day on 10 October every year.

The theme of 2022's World Mental Health Day, set by the [World Federation for Mental Health](#), is 'Make mental health and wellbeing for all a global priority'.

For over 70 years, they've been working to make sure that mental health is treated on a par with physical health. Mental health problems exist in our lives, families, workplaces and communities, impacting everyone. We need to do as much as possible to prevent mental ill-health – as individuals and as a society. The World Health Organisation will continue to call on national and local government to prioritise reducing the factors known to pose a risk to people's mental health, enhancing those known to protect it and creating the conditions needed for people to thrive.

World Mental Health Day is also a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling. Click on the links above if you would like to access any of the resources available or would like further information.



### A Warm Welcome from Libraries!

Libraries in Staffordshire have teamed up with Morrison's supermarket and Lakeland Dairies to offer people **free cups of tea and coffee** to help bring some cheer over the winter months.

As well as serving the hot brews, staff and volunteers will be taking the opportunity to let people know about the range of services, activities and support available in the library. Perton, Burton, Leek, Newcastle, Stafford, Lichfield and Cannock libraries are taking part in the project. You can call into your local library for further details.

[Find out what Staffordshire libraries have to offer](#)

### Apple Day at Sinai

Apple Day at Sinai Park House is an event by *Transforming the Trent Valley*. It is being held on Saturday 22 October 2022 and will give people the opportunity to use an apple press, learn about foraged foods, go on an optional walk, and Sarah Ryan will be there doing kids craft activities and pumpkin carving.

There's a QR code on the flyer attached to this newsletter to book tickets but the link is:

<https://www.eventbrite.co.uk/e/apple-day-tickets-419460677177?aff=ebdsoporgprofile>

I know the team at Sinai Park House would love to see as many of you as possible! Thank you in advance for your support.





## Class Assembly Dates!

More dates have been pencilled into the school calendar for our class assemblies, which parents are welcome to attend. These will start at 9.15am and will be held in the school hall:

- Year 2 – Thursday 17 November 2022
- Year 6 – Thursday 1 December 2022
- Year 3 – Thursday 22 June 2023
- Year 4 – Thursday 29 June 2023



## PFA News – Your Disco Needs You!

Tickets for the forthcoming **PFA Fancy Dress Disco** on **Thursday 3 November 2022** will go on sale week commencing 17 October, every morning before school by the entrance to the key stage 2 playground and will be priced from £2.50 - £3.50, dependent on any added 'extras' that children would like to pre-purchase. The PFA have also very kindly offered to sell tickets at Parents' Evening on 17 October and 19 October, where you will also be able to find out a little more about how to get involved and what your fundraising has achieved for the children. Remember, your disco needs you, so get your tickets as soon as you can!

## Love your Clothes

Did you know an estimated £140m worth of clothing is thrown away each year? This month, Staffordshire County Council will be giving tips on how to keep clothes for longer, and how to be more sustainable with textiles. Your old clothes are someone else's treasure! Do your bit to Make Staffordshire Sustainable by swapping, selling, or donating your clothes to charity. You can find a textile donation box at your [local recycling centre](#). Click on the link for further information.



## Shobnall Primary & Nursery School Football Results

This week has seen our football team take part in not one, but two football matches! The first, against Thomas Russell Junior School on Monday night bought a 1-1 result, our goal being scored by Henry. Then, against Richard Crosse C of E

Primary School on Wednesday night bought another draw, this time the score was 3-3. Well done to everyone and thanks for all the support from the side lines and from Mr Bishop.

## Online Safety Tips

BeReal is the latest trending social media app. The concept is that people see others in their authentic day-to-day lives, sharing candid photos without editing or applying filters. Each day at a random time, users are simultaneously notified to take a photo of what they're doing at that exact moment. The two-minute window to submit an image means there's no time to select a particularly glamorous or exciting

activity. BeReal shares two pictures: a selfie, and an image of the immediate surroundings. Users can only view and react to their friends' photos once they upload their own.

In the guide, you'll find tips on a number of potential risks such as strangers, location sharing and visible personal data.

### School Uniform Exchange

Please don't forget the *school uniform exchange*, which will continue this year! There is a box situated by the gate on the school car park for any parents who have items they wish to donate. Please could we ask that these are cleaned and in good condition before placing in the box! Amy Roobottom continues sorting and collating this. As previously stated, if you wish to contact Amy to ask what is available that you might be in need of, please contact the school office via [shb-office@shb.jtmat.co.uk](mailto:shb-office@shb.jtmat.co.uk) and we will ensure this is forwarded to her.



### Hot Lunch Options – 10 October to 14 October 2022

W/c 10.10.22, 7.11.22, 28.11.22, 2.1.23, 23.1.23, 13.2.23

WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	5  Quorn™ lasagne with herb bread	Beef burger with baked potato wedges	Roast gammon with creamy mash potato & gravy	5  Chicken & tomato pasta bake	Crispy battered fish & chunky chips
<b>VEGETARIAN MAIN DISH</b>	5  Vegetable tikka masala with 50/50 rice	Marinated Quorn™ pitta with baked potato wedges	5  Vegan sausage & mash potato with gravy	5  Vegetable & bean chilli with 50/50 rice	5  Quorn™ nuggets with chunky chips
<b>ACCOMPANIMENTS</b>	5  Peas & broccoli Salad bar	Roasted vegetables Salad bar	Green beans & cabbage Salad bar	Corn on the cob & carrots Salad bar	Peas & baked beans Salad bar
<b>DESSERTS</b>	Oaty jam squares	5  Apple pie with custard	Lemon cake	Sticky toffee pudding with custard	5  Fresh fruit & whip
<b>FRESH FRUIT OR YOGHURT</b>	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
<b>JACKET POTATO AND SANDWICH SELECTION</b>	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection

**Mellors MENU** Eating all your fruit & veg will help you grow BIG and STRONG (like me!)

**KEY** 5 - 1 OF YOUR 5 A DAY - MEAT-FREE MONDAY - CHEF'S CHOICE - PLANT-BASED (VEGAN)

## SHOBNALL SHOWCASE!

Let's have a sneaky peek as to what has been going on in our classrooms this week...

### Nursery

We have had a very successful and busy week in Nursery. We have started dough gym and 'squiggle while you wiggle', which the children have thoroughly enjoyed, supporting them in developing their fine and gross motor skills! The children also went on a 'noticing' walk on Tuesday and it was lovely seeing their curiosity come to life as they explored the school grounds and local area. Finally, to celebrate National Poetry Day, we read a poem called 'Leaves are Falling' and the children did a fantastic job at joining in with the repeated phrases and created some beautiful leaf print collages!

### Reception



The children had a great start to the week with a walk around our local area. They had lots of fun spotting different types of homes and used some fantastic vocabulary to describe what they had noticed. They also pointed out familiar buildings and areas and enjoyed sharing their experiences of these. We were all extremely proud of how sensible the children walked and listened during our travels.

Back in the classroom the children used a range of media to create representations of what they noticed on the walk and we had some fabulous houses, flats, bungalows and narrow boats!

Later in the week the children explored a range of unusual homes including a shoe, Batcave, upside down house, dog shaped and windmill. They loved the story 'If I Built a House,' by Chris Van Dusen and this sparked their creativity further. We observed some fabulous teamwork as the children designed their own unusual home using junk modelling materials- on a large scale!

A fabulous week in Reception!

### Year 1

We had a great week in Year 1! Children have started learning about parts and wholes in Maths and how to use a part whole model. They have enjoyed writing recounts in English to explain the events of helping Danny the mysterious dragon tidy up the classroom. They have loved doing some role play and acting out their recounts too. Well done Year 1 for a great week.

### Year 2

It has been another fantastic week of learning in Year 2 this week. In Maths, the children started their new unit of learning on Addition and Subtraction. They have been number bond superstars, working out all the bonds within 10, bonds to 20 as well as using their knowledge of bonds to 10 to work out bonds to 100! In English, Year 2 have worked hard on finishing their stories inspired by the Gingerbread Man. The children have written some fantastic



stories and it has been wonderful to see how their writing has progressed even in these short few weeks. In the afternoons, Year 2 have enjoyed Forest School, P.E and Geography. On Thursday afternoon the children went on a field trip to see local areas of interest, with a special guest.... Miss Martin-Mills' puppy Ada! The children were able to talk about the names of roads they had walked along and places they have visited. On Friday, Year 2 drew their own maps of the route that we took and labelled the buildings we saw.

### Year 3

Year 3 have been writing some fantastic, expanded noun phrases in English this week to describe different prehistoric animals. They are all looking forward to being able to write instructions on how to wash a different prehistoric animal like the book we have been reading 'How to Wash a Woolly Mammoth'.





In Maths, we have started our new addition and subtraction unit and Miss Barker is so pleased with how the children are persevering with some tricky concepts. The children are definitely showing how resilient they are and are becoming fluent mathematicians. We've also been focusing on our Rock topic in Science. We have been learning how to write predictions and looking at which rock is the most permeable. As well as learning about how fossils are created and creating our own.

#### **Year 4**

Year 4 have had another superb week this week. In maths, we have continued our place value unit where we have been looking at counting in 25's and negative numbers. In English, we have been learning about poetry and the

different types of Japanese poetry, specifically a Haiku and Tanka poem. The children have then written their own Haiku or Tanka poem about the weather and Autumn season, which are amazing! Across the curriculum, we have started our RE topic for this half term looking at Buddhism. The children have been investigating the idea of happiness and the meaning of happiness and have been learning about the story of Buddha. The children also performed their harvest rap on Tuesday, which was wonderful! Finally, I want to say a big well done to all of the children for how they have started the year off with learning their timetables. It has been amazing to see the progression even over the last few weeks and I look forward to seeing the continued progression throughout the rest of the year. A great week year 4!

#### **Year 5**

Year 5 have enjoyed this week in school. They have continued writing their Harry Potter stories and they can show these skills to parents when they complete their Harry Potter homework.

The pupils have carried out another investigation all about testing the hardness of materials. They enjoyed learning about which material physically change when it is scratched.

#### **Year 6**

Year 6 have been working very hard this week, particularly in writing. Their character descriptions have blown me away. It has been lovely to read such effective pieces of writing that hook the reader. In maths the team has remained resilient in learning all about long division. We have been also constructing our own climate graphs in geography to compare the climate in Brasilia and Manaus. Fab week Year 6, keep it up.

## Reading Corner

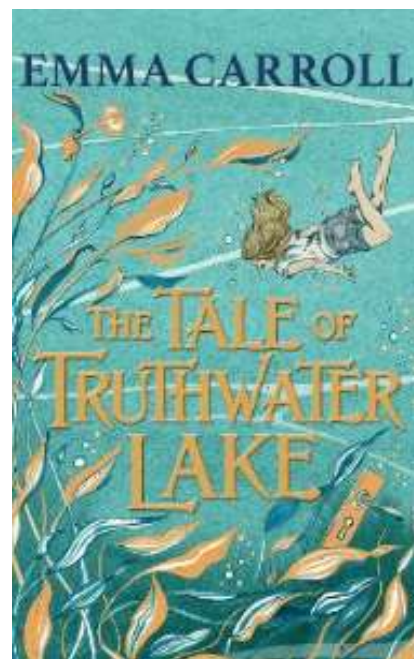
This week's recommended read is for children aged 9+...

### The Tale of Truthwater Lake

*Written by Emma Carroll*

Polly and her brother Joel live in Brighton in 2032 – when it is too hot to go out for vast parts of the day, and the government has to issue alarms to keep people indoors and out of danger. After a swim at midnight – that goes very wrong – the two are sent away to stay with Aunt Jessie – who lives on the shores of Truthwater Lake – a vast reservoir that has been dried up by the lack of rain, and the heat.

Whilst at the lake Polly accidentally ends up in 1952 – before the village under the lake was flooded to make the reservoir. She experiences the very different life of a village that no longer exists, the social mores of the time and the privations that existed in 1952 (being so close to WWII). Whilst she can't talk to Joel about it, she learns a great deal about determination, friendship, and channel swimming!



### Head Teacher's Awards

<b>Reception</b>	Mustafa A	Aminah K
<b>Year 1</b>	Noah H	Isla G
<b>Year 2</b>	Jackson B	Meerab N
<b>Year 3</b>	Jacob R	Alfie H
<b>Year 4</b>	Dexter K	Alfie P
<b>Year 5</b>	Sophie A	Isabelle K
<b>Year 6</b>	Ismail R	Elise K

### Lunchtime Star Awards

<b>Reception</b>	Riley T-F
<b>Year 1</b>	Zayn C
<b>Year 2</b>	Ava B
<b>Year 3</b>	Dylan S
<b>Year 4</b>	Jibreel Q
<b>Year 5</b>	Keeghan B
<b>Year 6</b>	Amira H

### Golden Ticket Winners!

Thank you to all our children who chose to sample our 'Drive Thru' menu on Thursday 6 October! Please see below the names of those who found 'Golden Tickets' and won a prize! Well done, everyone!



<b>Reception</b>	Daisy J Riley T-F
<b>Year 1</b>	Noah H Charlotte M
<b>Year 2</b>	Jackson B Nancy M
<b>Year 3</b>	Alfie H Safa Q
<b>Year 4</b>	Lily J Alfie P
<b>Year 5</b>	Amelia A Joseph W
<b>Year 6</b>	Owais H Amy R

### Team Points

Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 07.10.22)	165	131	182	205



Position	3 <sup>rd</sup> – 2 Points	4 <sup>th</sup> – 1 Point	2 <sup>nd</sup> – 3 Points	1 <sup>st</sup> – 4 Points
Running Total	7	11	13	19

### Autumn Term Diary Dates

Event	Date/Time
Parents' Evening	Monday 17 <sup>th</sup> October 2022, 4.00pm – 7.00pm
Parents' Evening	Wednesday 19 <sup>th</sup> October 2022, 4.00pm – 7.00pm
School Closes for Half-Term	Thursday 20 <sup>th</sup> October 2022
INSET Day	Friday 21 <sup>st</sup> October 2022
School Reopens for Pupils	Monday 31 <sup>st</sup> October 2022
PFA Fancy Dress Disco	Thursday 3 <sup>rd</sup> November 2022 <ul style="list-style-type: none"> <li>• Infants: 3.45pm – 5.00pm</li> <li>• Juniors: 5.15pm – 6.30pm</li> </ul>
Flu Immunisations Reception to Year 6	Tuesday 8 <sup>th</sup> November 2022
Odd Socks Day	Monday 14 <sup>th</sup> November 2022
Year 2 Class Assembly	Thursday 17 <sup>th</sup> November 2022
Year 5 Whitemoor Lakes	Wednesday 30 <sup>th</sup> November 2022 to Friday 2 <sup>nd</sup> December 2022 Inclusive
Year 6 Class Assembly	Thursday 1 <sup>st</sup> December 2022, 9.15am
JTMAT Christmas Concert	Thursday 1 <sup>st</sup> December 2022
PFA Christmas Market	Friday 2 <sup>nd</sup> December 2022
Christingle	Monday 5 <sup>th</sup> December 2022
EYFS Nativity	Tuesday 6 <sup>th</sup> December 2022, 9.15am
EYFS Nativity	Wednesday 6 <sup>th</sup> December 2022, 9.15am
Key Stage 1 Nativity	Thursday 7 <sup>th</sup> December 2022, 9.15am & 2.15pm
Year 3 Cosy Christmas Celebration	Friday 8 <sup>th</sup> December 2022, 9.15am
Christmas Lunch	Wednesday 14 <sup>th</sup> December 2022
Whole School Trip to Pantomime – Snow White and the Seven Dwarfs at Lichfield Garrick	Thursday 15 <sup>th</sup> December 2022, 10.00am
School Closes for Christmas	Friday 16 <sup>th</sup> December 2022

### Diary Dates 2022-2023

Event	Date/Time
School Closes for Half-Term	Thursday 20 <sup>th</sup> October 2022
INSET Day	Friday 21 <sup>st</sup> October 2022
School Reopens for Pupils	Monday 31 <sup>st</sup> October 2022
School Closes for Christmas	Friday 16 <sup>th</sup> December 2022
INSET Day	Tuesday 3 <sup>rd</sup> January 2023
School Reopens for Pupils	Wednesday 4 <sup>th</sup> January 2023
Young Voices 2023	Friday 13 <sup>th</sup> January 2023
Year 6 Laches Wood	Monday 30 <sup>th</sup> January to Friday 3 <sup>rd</sup> February 2023
School Closes for Half-Term	Friday 17 <sup>th</sup> February 2023
School Reopens for Pupils	Monday 27 <sup>th</sup> February 2023
School Closes for Easter	Friday 31 <sup>st</sup> March 2023
School Reopens for Pupils	Monday 17 <sup>th</sup> April 2023
May Day Bank Holiday	Monday 1 <sup>st</sup> May 2023
Borough and Parish Elections – School Closed	Thursday 4 <sup>th</sup> May 2023
Key Stage 2 SATs Week	Monday 8 <sup>th</sup> May 2023 to Friday 12 <sup>th</sup> May 2023
School Closes for Half-Term	Friday 26 <sup>th</sup> May 2023
School Reopens for Pupils	Monday 5 <sup>th</sup> June 2023
JTMAT INSET Day	Friday 7 <sup>th</sup> July 2023



School Closes for Summer	Friday 21 <sup>st</sup> July 2023
INSET Day	Monday 24 <sup>th</sup> July 2023
INSET Day	Tuesday 25 <sup>th</sup> July 2023

6th October 2022

To the children, parents and staff of Shobnall Primary School

Dear All

**Re: Foodbank donations**

On behalf of our Trustees, Staff, Volunteers and residents at Burton upon Trent & District YMCA, I would like to say a huge thank you for your generous donations to help support our foodbank.

Your donations come at a time when many people in our local community are experiencing financial hardship. The demand for our foodbank service is the highest it has ever been in the 22-year history of providing this service. We are seeing many new people accessing this for the first time and it is a lifeline for everyone in need. Up to the end of July we issued 1820 emergency food parcels. Each parcel contains 28 items, which equates to 50,960 items of food. It has been very challenging to meet this demand and your donations are extremely valuable to us.

Thank you once again for your kindness and generosity and for helping your community, particularly at such a difficult time for many.

Yours sincerely

*Julia Davies-Ratcliffe*



# What Parents & Carers Need to Know about BEREAL

BeReal is the latest trending social media app. The concept is that people see others in their authentic day-to-day lives, sharing candid photos without editing or applying filters. Each day at a random time, users are simultaneously notified to take a picture of what they're doing at that exact moment. The two-minute window to submit an image means there's no time to select a particularly glamorous or exciting activity. BeReal shares two pictures: a selfie, and an image of the immediate surroundings. Users can only view and react to their friends' photos once they upload their own.

AGE RATING

13+

from the  
App Store &  
Google Play

## WHAT ARE THE RISKS?

### CONTINUOUS NOTIFICATIONS

Like any social media app, BeReal's developers want users to be on it regularly and scrolling for long periods. BeReal only sends one notification to post a picture each day, but there are other alerts for events such as mentions, comments, friend requests and reactions to your photo. This can cause young users to feel pressure to open the app and respond, distracting them from other activities.

### CONNECTING WITH STRANGERS

When someone signs up to BeReal, it highlights anyone in their phone's contacts list who already has the app – so users can connect with friends, or invite others from their contacts. The 'Discovery' feed, meanwhile, shows posts from strangers and gives users the option to add them as friends, too. This means your child could potentially connect with – and communicate with – a stranger.

### PUBLIC SHARING

As well as sharing posts with friends in the moment, the app also allows posts to be shared publicly and public content to be viewed. Before a user can see this public content, they must post their own photo first. Unfortunately, there currently seems to be a lack of moderation on the content that's being uploaded, so a young user could be exposed to posts which aren't suitable for their age.

### EASY LOCATION

BeReal's default setting is to share the exact location of where a post was sent from. Given that images are usually shared within the two-minute window, anyone your child is friends with on the app will know exactly where they are (or at least, where they were two minutes earlier). As we've noted, this could include strangers who are intending to use this geographical information for malicious purposes.

### VISIBLE PERSONAL DATA

As with any other form of social media, it's important that your child doesn't share too much personal information on their profile. BeReal allows for a photo, full name, approximate location and a short bio. It's safest to make sure that your child's profile doesn't display anything which could identify where they go to school or exactly where they live.

### REPUTATIONAL DAMAGE

What your child says and does online – their digital footprint – shapes the way that other people see them. It's essential that young people understand that when they post something online, they are giving the app in question the right to do whatever they wish with that image or content, including sharing it elsewhere. This form of permission is explicitly referenced in BeReal's terms of use.

## Advice for Parents & Carers

### LIMIT NOTIFICATIONS

BeReal offers the option to turn off individual types of notification. Doing this will significantly reduce the number of times your child is tempted to open the app by incoming comments, uploads, friend requests and so on. Ironically, it will allow them to actually 'be real' by being present in the moment and their current environment as opposed to being engrossed on social media.

### STOP AND THINK

BeReal's goal is for users to be authentic with friends, removing the pressure of that flawless photo or perfectly worded post. It's still vital, though, that children stop and think rather than uploading something risky just to meet the two-minute deadline. Point out to them what kind of information strangers could extract from an image: school crests, street names or local landmarks, for example.

### KEEP IT AMONG FRIENDS

Remind your child why adding strangers to their contacts isn't a good idea, and advise them to decline any friend requests from people they don't know in real life. If something your child sees on BeReal makes them feel uncomfortable, they can report it by clicking on the three dots in the top right. The reporting tool allows them to state the reason that they're flagging up the post.

### CREATE A SAFE PROFILE

Remind your child to use an avatar as their profile pic (as opposed to a photo of themselves) and use a nickname or just their first name, not their full name. Any information they add to their bio (which is optional) should be kept vague, and personal details should remain private. It's also worth turning off the geolocation feature either through the device's settings or in BeReal itself.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Sources: <https://bere.al/en/privacy> | <https://bere.al/en/terms>  
<https://bere.al/en/terms> | <https://bere.al/en/terms> | <https://bere.al/en/terms> | <https://www.commonssensemedia.org/app-reviews/bereal>



[www.nationalonlinesafety.com](https://www.nationalonlinesafety.com)



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/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.10.2022



National  
Online  
Safety®

#WakeUpWednesday



# Apple Day

Celebrate Apple Day with  
Transforming The Trent Valley  
at the beautiful location of Sinai Park House,  
Burton-On-Trent DE13 0QJ

**SATURDAY 22ND OCTOBER 2022**  
**11am - 3pm**

Try your hand at using an apple press, join us for  
a lunchtime picnic, listen to our speakers  
and entertain the kids with apple crafts,  
bird feeders and pumpkin carving  
(BYO pumpkin).

Optional  
6mile circular walk -  
'Monks to Moorings'  
- led by Laurence  
Oates from Burton  
Conservation  
Volunteers

Bring along  
your own harvest of  
apples and bottles and  
use our scatter and  
press. Or have a go with  
our harvest and  
sample some  
juice!



**SCAN ME**



Tickets just £3pp  
Book via Eventbrite



WHAT'S  
ON



## FOREST FRIENDS OUTDOOR PLAYGROUP

**Mondays 10-11:30am**

Relaxed group with seasonal activities  
to help children connect to nature.

Ages 1-5 / £6 / £2 additional child / U1s free

SPREAD YOUR WINGS WITH ROBYN

## FAMILY FOREST SCHOOL

**Sundays 10-11:30am**

All-age, all-ability group all about enjoying  
the outdoors and learning new skills.

Ages 0-16 / £8 / £2 additional child

## WOODLAND BIRTHDAY PARTIES

**Now taking bookings for 2023**

2 hour party for up to 30 children led by qualified activity leaders, with nature crowns, mud kitchen, den building, group games and lots of activity options. Plus our mega hot choc bar!

FOLLOW US!



@forestschoolsinai



@sinaiaforestschoool

VOLUNTEER

WE ARE ALSO LOOKING FOR VOLUNTEERS  
TO HELP WITH OUR FOREST SCHOOL  
EVENTS. PLEASE GET IN TOUCH IF YOU  
LOVE THE OUTDOORS AND WORKING  
WITH CHILDREN AND YOUNG PEOPLE.

BOOK TICKETS



For more info contact Sarah: [forest.school@sinaiparkhouse.co.uk](mailto:forest.school@sinaiparkhouse.co.uk)  
SINAI PARK HOUSE, SHOBNALL ROAD, BURTON-ON-TRENT DE13 0QJ





# SHOBNALL PRIMARY & NURSERY SCHOOL



PROUDLY INVITES YOU TO ATTEND OUR

OPEN EVENING



**WEDNESDAY 9<sup>th</sup> NOVEMBER**  
**4.30pm – 6.00pm**

*Please join us as we showcase our school, our vision, our values, our philosophy and our approaches. You will meet our staff and our children and get to see first-hand our work on the environment and sustainability. We look forward to seeing you there!*





Woodland  
Wanderers

# WOODLAND WANDERERS - AUTUMN INTO WINTER

**5 week course starting Thursday 3rd November. For  
parents and carers with children aged 5-11**

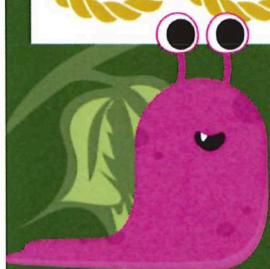
**Support your child's development in the core subjects and beyond,  
through fun, outdoor focused activities. Inspire their curiosity,  
spark their joy for learning, nurture a love of nature. To reserve  
your place or for more info contact Rebecca on 07525 120117 /  
[communityforestservices@gmail.com](mailto:communityforestservices@gmail.com).**

Inspired by the Forest School ethos, this online course provides a variety of nature based activities to support children's development. Each week we provide an email pack with ideas to try at times to suit you. We cover maths, science and literacy, as well as the arts and practical skills to raise confidence and build resilience. Families are also introduced to activities to help their mental health and wellbeing. And there's lots of help along the way from two experienced tutors.



**Staffordshire**  
County Council





**Free 7 week online course  
starting Tuesday 1st November.  
For parents and carers with  
children aged 2-5 years.**



Following on from the popularity of our BabyLovesNature courses, we have developed a course designed for the next stages of your little ones development. We provide ideas and inspiration for connecting to nature to support the development of your growing toddler.



Using the outdoors as inspiration we're offering multi sensory, engaging activities to try as a family at times to suit you.

Staffordshire residents can book on this course for free, to access weekly activity ideas straight to your inbox and online resources to support your learning. On completion of the 14 hour course you will receive a certificate and ideas to continue your nature adventures together!

For more information and to reserve your place contact Rebecca on 07525 120117 or [communityforestservices@gmail.com](mailto:communityforestservices@gmail.com)



**GROWING  
WITH NATURE**





The Mental Health Support Team (MHST) offers support to children and young people in school. This can be individual sessions or group work on worry management, exam stress, anxiety, low mood, sleep difficulties and transitions. We also offer assemblies and whole class workshops on these topics with all year groups, as well as staff training and parent workshops. This work is carried out by the Education Mental Health Practitioners (EMHP's) allocated to your school: Hayley and Christina.

Jack who is a Peer Support Worker will be working at our school every Tuesday to work with groups of children. Here is some information about Jack:

### **What is Peer Support Work?**

Peer Support aims to improve mental health and wellbeing through recovery focused support. Peer Support isn't therapy; it's about inspiring young people by listening to them and sharing similar lived experiences to inspire them. Topics to talk about in Peer Support could include motivation, resilience, identity, relationships, emotions, or questions about mental health services. As a Peer Support Worker, I can help children to feel included in their schools (communities), support them in validating their emotions, and empower them to follow their interests, hobbies or passions. Another big part of Peer Support for me is iterating how important wellbeing is and promoting it to the children as well as answering questions they have about mental health.

### **What Activities can I do around school?**

As a Peer Support Worker, I can run

- Drop-in "wellbeing" groups.
- Extra-curricular clubs that may encourage wellness, or engagement from the children.
- One to ones for non-clinical topics such as friendships, motivation, loneliness, exam stress, or emotions.
- Mental Health Ambassador (Shobnall Wellbeing Warrior) meetings and workshops with the Wellbeing Warriors around future content and ideas.
- Assemblies around similar topics mentioned above.

### **Why is Peer Support Important?**

Peer Support is important because it provides a middle ground, or stepping-stone role between clinicians such as EMHPs, and the children. Peer Support Workers aim to be the voice of the children, and consequently the school, to their Mental Health Support Teams, taking feedback from groups or projects with the children back to their mental health support team.



Peer Support is also about easing any anxieties children may have about accessing mental health support, or any questions about mental health or wellbeing in general.

Finally, Peer Support can encourage children to be more confident in their friendships with other children, as well as accepting their own identity, hobbies or interests. Peer Support can be a great way to help children feel accepted in their environment.

### **Some Information about me**

I'm Jack and I'm a Peer Support Worker. I have experiences of mental health recovery from anxiety and depression. I've been working in mental health services since 2014 at the age of 16, initially being a part of a youth council at CAMHS. On the Youth Council, we gave our own feedback as Young People to professionals at mental health services, advocating for our respective schools. We were also involved in the recruitment of NHS staff, as managers would let us sit on panels and would ask for our feedback from the perspective of young people.

I have a masters degree in clinical psychology, graduating in June 2020. However, I decided to go down the Peer Support Worker route, which does not involve clinical work. I received training on this from an organisation called IMROC.

Since July 2019, I have been a part of a team of 16-25 year olds, based across Staffordshire known as The Young Advisors. This is a flexible hour contract role where we host an annual mental health conference every year, usually in Derby, and get involved in other projects such as university training and auditing mental health service resources.

As of December 2021, I have been employed by the NHS in my current role of a Peer Support Worker in our East Staffs Mental Health Support Team.