



# SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER



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25<sup>th</sup> October 2024

*"To improve is to change, to be perfect is to change often."*

Dear Parents/Carers,

Here we are at half-term! It's been a long one, so I think we are all definitely ready for a break! It has been great to have seen so many of you in school this week for parent consultations and we've loved hearing so much positive feedback from you – thank you! The teaching staff are so pleased with how well the children have settled into their classes and routines, how well they understand the expectations and with how enthusiastic they



are with their learning. They have enjoyed sharing this with you. Please read the 'Shobnall Showcase' further on in the newsletter to find out more about what the children have been learning during this final week of term. I have seen lots of wonderful work happening in preparation for 'Our Faith Walk' displays at **Open Evening on Thursday 7 November 2024, 4.30pm – 6.00pm**. We look forward to seeing you there!



The PFA would like to express a HUGE "thank you" to everyone who was able to support our first disco of the year last week! A total profit of **£324.93** was raised, which is remarkable. The PFA have donated funds for the school to purchase some new iPads, which are arriving imminently. This would not have been possible without your support, so thank you! The team are already working hard on the planning of the next event – the Christmas Market!

Please note that school is closed on Monday 4 November 2024 for staff training, so we look forward to seeing you again on **Tuesday 5 November 2024**. Enjoy, and thank you once again for a great first half term!

## **Shobnall PFA Christmas Market – Friday 6 December 2024, 3.30pm – 5.30pm**

Christmas is creeping up on us and the PFA are already busy behind the scenes, sorting out the organisation of this year's Christmas Market. A separate letter will be issued in due course outlining the plans and requests in more detail but in the interim, the PFA wish to outline a few requests for help in preparation for the event.

- 🌲 The PFA will be running a 'street food' stall at the Christmas Market. If you can donate any cakes or Asian food, the PFA would be very grateful if this could be labelled with ingredients to support those with allergies. Also, if possible, please could you indicate if it is suitable for vegetarians or not? They ask that these are donated on the morning of the Market, so that all food products are as fresh as

possible and will ensure that any containers are returned to you the following week via your child. Also, you are more than welcome to bring your own containers along to the event should you wish to have a 'takeaway' option!

- ▲ If you have any unwanted items for the bric-a-brac stall (i.e. toys, books, games etc.) that are in good condition, the PFA are happy to start accepting these donations in school from the week, beginning 4 November 2024.



The PFA would like to thank you in advance for your support with all their requests and for your attendance at the Market! More information will follow in the forthcoming weeks.

### Anti-Bullying Week – Monday 11 November 2024 to Friday 15 November 2024



Anti-Bullying Week 2024 is taking place from Monday 11 – Friday 15 November and has the theme 'Choose Respect.' It is coordinated by the Anti-Bullying Alliance, which is based at leading children's charity the National Children's Bureau. Our school will be promoting this message through our curriculum and the children will be involved in a series of reflective and essential activities. On Tuesday (12 November) of Anti-Bullying Week, we will be holding an Odd Socks Day. Therefore, we would like all the children and staff to come to school wearing odd socks on that day in support of the event!

### Children in Need – Friday 15 November 2024

Please be aware that it is Children in Need on Friday 15 November. We are aware that we are asking for other donations but, as a school, we feel it would be wrong to ignore such an initiative. So, we will be keeping things simple and having a 'spotty' non-uniform day! Donations are voluntary but we recommend a minimum of 50p, which will go towards Children in Need. Should you wish to donate more, you will be very welcome to do so! Thank you for your support!



## Bonfire Night Celebrations!

Whether you are celebrating at home or at a larger event, remember to wrap up warm, stay safe and, most of all, enjoy the rustling of the leaves beneath your feet as the fireworks sound from above, in the smoky cold autumn air. If extravagance isn't your thing, then a simple sparkler wouldn't go a miss!

Please click on the link below, which will take you to the Staffordshire Fire and Rescue Service's website for more information on how to stay safe at any Bonfire Night celebrations you may be holding or attending:

<https://www.staffordshirefire.gov.uk/your-safety/safety-at-home/bonfire-night-safety/>

Remember, remember the fifth of November...but not a lot else about bonfire night? These 10 facts will make sure your knowledge is up to scratch, so that in between the whizzes, pops and bangs you can impress (or annoy) all your friends.

- The Gunpowder Plot of 1605 was meant to kill the Protestant King, James I and replace him with a Catholic Queen.
- It was actually Warwickshire-born Robert Catesby who led the Gunpowder Plot, not Guy Fawkes. There were also 13 other people involved.
- The job Guy Fawkes had in the Gunpowder Plot was to guard the 36 barrels of gunpowder that had been placed in a basement underneath the House of Lords.
- The alarm was raised after an anonymous letter was sent to Lord Montague, warning him to stay away from the House of Lords.
- Explosives expert Fawkes, who had been left in a cellar to set off the fuse, was subsequently caught when a group of guards discovered him at the last moment on the 5th November. He was then taken to the Tower of London.
- As he awaited his grisly punishment on the gallows, Fawkes leapt to his death to avoid the horrors of torture that awaited him. He died from a broken neck.
- King James I announced that the 5th November should be the day that people always celebrate that the Gunpowder Plot didn't happen.
- The cellar that Fawkes and the gunpowder plotters used was damaged in 1834 by fire. When the Palace of Westminster was rebuilt in the 19th century, the infamous cellar was destroyed.
- St. Peter's school in York is the only place in England that does not celebrate bonfire night as a show of respect for their former pupil, Guy Fawkes.
- The Houses of Parliament are still searched by the Yeoman of the Guards before the state opening (where the reigning Monarch visits parliament each year) held in November. It is ceremonial rather than serious and is performed with lanterns.



## Reception Application Process

The application process for a reception place for September 2025 will open on 1 November 2024. The easiest way for parents to apply is online. Further information can be found on [Staffordshire County Council Website](#). The closing date is 15 January 2025.

The school office has a letter informing parents about the process, which we are happy to distribute to prospective families. If you would like a copy of this, please contact us.



Happy Children, Inspired Learners

SHOBNALL PRIMARY & NURSERY SCHOOL

PROUDLY INVITES YOU TO ATTEND OUR

OPEN EVENING

THURSDAY 7<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 incredible work on Faith. We look forward to seeing you there!*

## Open Evening – Thursday 7 November 2024, 4.30pm to 6.00pm

We would like to formally invite you to our forthcoming **Open Evening** on **Thursday 7 November, 4.30pm to 6.00pm**.

The admissions window opens for places in our Reception and Nursery classes on **1 November 2024**, 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 curriculum. We look forward to seeing you there!

Please click on the link below which will take you to our website page where you can find out more about how to apply, the process, and the timeline for admissions.

[Admissions Procedures – Shobnall Primary & Nursery School](#)



## Year 7 Secondary School Applications

The application window for a September 2025 start at secondary or high school is still open. Parents can apply online at [www.staffordshire.gov.uk/admissions](http://www.staffordshire.gov.uk/admissions). As in previous years, the local authority is no longer providing paper copies of the 'Information to Parents' booklet. Parents are able to access this booklet on their [website](#). Deadline for applications is **31 October 2024**.

## 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.

## Spooky Season

Rangers at Staffordshire County Council's countryside parks have seen an increasing trend of people leaving carved pumpkins to decompose naturally, intending to feed wildlife. However, this practice is harmful. Pumpkins are not a natural food source for woodland and heathland animals and can make them ill.





Additionally, decorations and tealights left inside the pumpkins pose dangers if ingested by wildlife. Unconsumed pumpkins also rot on paths, creating slippery and hazardous conditions. Why not use your pumpkin to make some delicious recipes? Or you can also turn your pumpkins into compost.

## FREE Uniform!

We continue to accept donations of old uniform via the box situated outside the school office for any parents who wish to donate. Please could we ask that these are cleaned and in good condition before placing in the box outside the school office. If you need any uniform, you will need to pop down to the **Family Hub** on Waterloo Street, DE14 2NJ. The Family Hub do not have the capacity to reply to emails but do have uniform on site all year round and are open Monday to Friday, 8.30am to 4.00pm.



## Online Safety Tips



Facing unpleasant feelings can be a challenge, even for adults – let alone for children and young people, whose minds are still developing.

To many youngsters, a mistake in an exam, a hurtful word or even losing in a game can sometimes feel like the worst thing in the world, causing them to react accordingly.

However, this isn't always an effective way to deal with difficult emotions or life's setbacks, so it's important that parents and educators are able to impress a healthy approach to these feelings on the children in their care.

This free guide offers you expert tips on how to instil emotional resilience in young people, helping them to learn from unexpected feelings and situations – and to process them in a mature, effective manner.

## Reading Corner

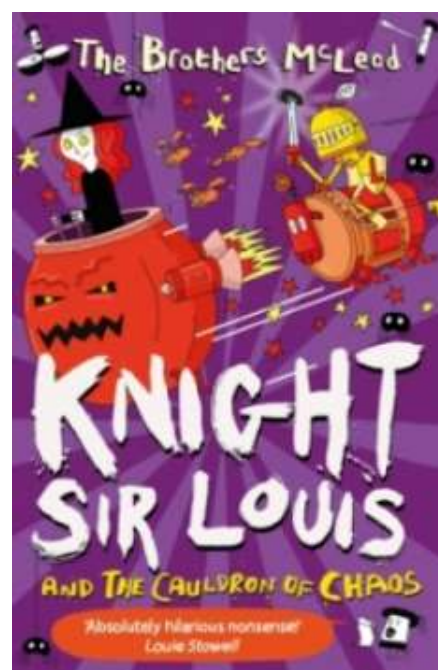
This week's recommended read is for children aged 7+...

### **Knight Sir Louis and the Cauldron of Chaos**





*Written by The Brothers McLeod*


Knight Sir Louis has fought evil wizards, potatoes, dragons, gnomes, slime monsters and a giant snowball, but can he defeat the Cauldron of Chaos, especially with his trusty sword Dave needing magical repairs? Expect more silliness, surprises, haikus (provided by Clunkie, Louis' flying robot horse) and, of course, lots of adventure.

These stories are deservedly hugely popular and with characters such as the celery-guarding Were-Whoodles, part Poodle, part Wheaten terrier, part Werewolf, and replacement sword Steve Jobs, who is great on research and providing helpful suggestions, but nothing like Dave when it comes to fighting, this episode is everything fans have come to love: wonderfully funny, deliciously absurd and thoroughly exciting. Readers won't want this adventure to end.








## Hot Lunch Options 04.11.24 – 08.11.24

WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	INSET DAY	Chicken tikka masala served with rice	Roast beef, with Yorkshire pudding, roast potatoes & gravy	 Chicken & tomato pasta bake	Crispy battered fish & chunky chips
Vegetarian Main dish		 Vegetable tikka masala with 50/50 rice	 Quorn™ fillet with roast potatoes & gravy	Macaroni cheese	 Quorn™ nuggets with chunky chips
Accompaniments		Sweetcorn & carrots ..... Salad bar	Carrots & cauliflower ..... Salad bar	Broccoli & green beans ..... Salad bar	Peas & baked beans ..... Salad bar
Desserts		Marble sponge & custard	Lemon cake	Shortbread	Ice cream
Fresh fruit or yoghurt		Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
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



### KEY

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



**\*Allergens and Intolerances\***  
All of our food is lovingly hand crafted and prepared on site daily. We have an allergen procedure in place, so please ensure you make our catering team aware of your allergens/your child's allergens prior to using the restaurant. Our kitchens are used for multi-purpose production so we cannot guarantee the above dishes are completely free from allergenic ingredients or traces of these.

### Attendance

Please read the [NHS 'Is my child too ill for school?' guidance](#) which has further information if you are unsure whether to send your child to school or not.

We are always happy to advise in line with this guidance, so if you are still in doubt, please contact the school office if your child develops any symptoms and we can discuss this further with you.



**Children can come to school with mild respiratory illnesses.** This includes general cold symptoms: a minor cough, runny nose, or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above.

Please note, we can only accept and administer **prescribed medicines** that are in-date, labelled, provided in the original container as dispensed by a pharmacist and include instructions for administration and dosage.

**When reporting an absence, please could we ask that parents contact the school office before 9.30am and state clearly reasons for absence.**

Let's keep working together to ensure attendance is as good as it can be! Remember, **every pupil, every day!** Thank you for your support.

This week's Attendance Champions are **Year 6!** Well done! Here are the latest figures...

Reception	93.8%	Target
Year 1	92.7%	97%
Year 2	94.0%	
Year 3	96.2%	
Year 4	94.4%	
Year 5	95.6%	Overall (to date)
Year 6	99.4%	96.3%
Overall	95.4%	

### Head Teacher's Awards

Reception	EVERYONE!	
Year 1	Fred S	Khadijah F
Year 2	Shayaani R	Haseeb M
Year 3	Noah H	Arham A
Year 4	Musa H	Jackson B
Year 5	Ibrahim D	Safa Q
Year 6	Jibreel Q	Halima L

### Lunchtime Star Awards

Reception	Ayaz M
Year 1	Olivia W
Year 2	Jack P
Year 3	Evie J
Year 4	George N
Year 5	Jonah M-Y
Year 6	Euan W

### Team Points

Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 25.10.24)	130	95	103	135
Position	2 <sup>nd</sup> – 3 points	4 <sup>th</sup> – 1 point	3 <sup>rd</sup> – 2 points	1 <sup>st</sup> – 4 points
Running Total	25	15	19	20

### Team Point Champions

Congratulations to **Claymills** who have successfully won the team point challenge for this half term! As a reward, they can wear non-school uniform (ideally something **red**) on **Friday 8 November 2024**.

## SHOBNALL SHOWCASE!

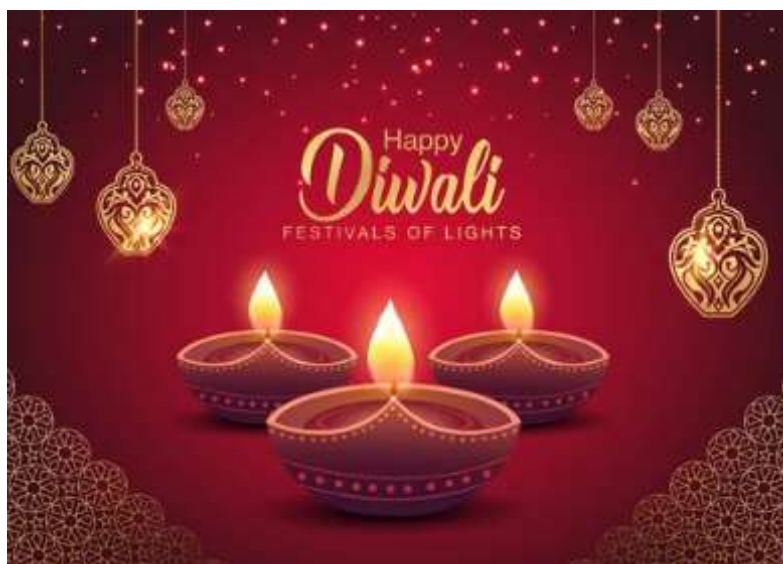
Let's have a sneaky peek as to what has been going on in our classrooms this week...

### Nursery

Our adventures in Nursery this week...

I can hardly believe we have already completed our first half term! The children have had a fantastic start to the year, and they continue to impress us with their super attitudes to learning!

We have had a wonderful week exploring lots of pumpkins and using our subitising skills to share what we noticed on our pumpkin hunt. We also created spooky potions for Halloween and the children worked brilliantly together to take it in turns to stir their witches' potions in the cauldron.



We have also been learning about the festival of Diwali and have enjoyed making Rangoli patterns and have been very creative during the week, making and designing our own Diwali diyas. We can't wait to share these at Open Evening!



### Reception

Our adventures in Reception this week...

We can hardly believe we have come to the end of our first half term in reception. We have made lots of friends and had so much fun on many different adventures.

This week we have had a spooktacular time using pumpkins in a variety of ways including painting, hammering patterns, making pumpkin soup and of course carving to create our own class Jack o Lantern.

Miss Alexander gave us a conker challenge for our homework, and she was blown away with the magnificent creations we shared. We had a bat, a rainbow spider, ladybirds, a rabbit, snails, a worm, a mini pumpkin, flowers, a snowman and even a dinosaur vegaland! It really is amazing what can be created with a simple conker and some imagination.

We finished off our week with a yummy hot chocolate and cookies. We can't wait to see what adventures we have next half term when we explore our theme – Sparkle and Shine.

### Year 1

Year 1 have had an exceptional first half term! They have all worked so hard in learning the different rules and routines within Key Stage 1 and Miss Barker could not be prouder of all they have achieved so far. This week the children have been learning all about adjectives and how they are used to describe things. The children have been using them to describe autumnal items. In maths, the children have been applying their knowledge of number bonds to 10 to solve different addition number sentences. In History, the children have been learning all about



Queen Victoria and her importance within the British Monarchy. During COOL time, we have been creating lots of exciting pieces of work ready for Open Evening, therefore, please do come and see what we have been up to after half term. Have a relaxing break Year 1!

### Year 2

As we finish this half term, I'm delighted to share how well the children have settled in and embraced their work from the very beginning. In Maths, we've successfully covered all our topics, and in English, they have all written their own diary entries, which I can't wait to read over the half term. I'm incredibly proud of each child and all the progress they've made! Well done, Year 2! Have a wonderful half term!





### Year 3

This week, Year 3 have been incredibly busy and productive! In English, they have published their final pieces for the Cave Story Challenge, showcasing their creativity and excellent writing skills. We are so proud of the lovely work they have produced! In maths, the children have been exploring the column method, successfully linking it to their prior knowledge of using base 10, which has made learning engaging and fun. Additionally, in our topic sessions, the children have been preparing materials for our upcoming faith walk during the open evening, focusing on Sikhism.

Their hard work and enthusiasm are truly commendable, and we can't wait to share their achievements with you!

### Year 4

Wow, what a fantastic week we have had this week! In maths, the children have started their new unit learning all about area and I have been blown away with how well the children have done with this! In English, the children have created their plan to retell the story of Hannibal crossing the Alps and fighting the Romans and I cannot wait to read these after half term! The rest of the week has been spent preparing our Open Evening board, representing the faith of Buddhism! With this, the children have created mandalas, silhouettes of Buddha and the Bodhi tree and have also had the opportunity to try some origami! Well done Year 4 for a wonderful first half term of the year. I hope you have a fantastic break, and I look forward to seeing you back refreshed after half term.



### Year 5

Year 5 have worked exceptionally hard this week and have shown huge amounts of resilience and adaptability with Miss Martin-Mills being off. In Maths, the children have had great success in their work around multiplying and dividing by 10, 100 and 1000. In English, Year 5 have drafted their paragraphs for their fact files about their chosen Hindu deity. All the children in the class have been enraptured by this topic of writing and are excited to display their finished products at Open Evening. In addition, to finish off their current music topic, Year 5 created accompaniments to 'What shall we do with a drunken sailor' using glockenspiels, and then performed these to the rest of the class.



### Year 6

We have had a lovely final week of this half term. In maths we started our unit on fractions where we looked at comparing and simplifying fractions. In English we finished our narrative set in the Amazon rainforest. Year 6 have been lucky to have Mrs Taylor come in and support us in our art lessons this week where we looked at the drawing technique chiaroscuro. This means the dramatic contrast between light and dark. We also have been busy gathering information and producing artwork for our open evening display about the 5 pillars of Islam and how they show commitment to God. The children have

worked hard this half term. I hope they have a well-earned rest, so they are ready for next half term.

## Diary Dates 2024-2025

Event	Date/Time
<b>INSET Day</b>	Monday 4 <sup>th</sup> November 2024
School Reopens for Pupils	Tuesday 5 <sup>th</sup> November 2024
Open Evening	Thursday 7 <sup>th</sup> November 2024
Year 5 Whitemoor Lakes	Wednesday 27 <sup>th</sup> November to Friday 29 <sup>th</sup> November 2024
Year 6 Class Assembly	Thursday 28 <sup>th</sup> November 2024, 9.00am
Whole School Trip to Pantomime – Jack and the Beanstalk, Lichfield Garrick	Thursday 5 <sup>th</sup> December 2024, 10.00am
PFA Christmas Market	Friday 6 <sup>th</sup> December 2024
School Closes for Christmas	Friday 20 <sup>th</sup> December 2024, 2.00pm
School Reopens for Pupils	Monday 6 <sup>th</sup> January 2025
Year 2 Class Assembly	Thursday 23 <sup>rd</sup> January 2025, 9.00am
Year 6 Laches Wood	Monday 27 <sup>th</sup> January to Friday 31 <sup>st</sup> January 2025
School Closes for Half-Term	Friday 14 <sup>th</sup> February 2025
<b>INSET Day</b>	Monday 24 <sup>th</sup> February 2025
School Reopens for Pupils	Tuesday 25 <sup>th</sup> February 2025
Young Voices 2025	Thursday 27 <sup>th</sup> February 2025
School Closes for Easter	Friday 11 <sup>th</sup> April 2025, 2.00pm
School Reopens for Pupils	Monday 28 <sup>th</sup> April 2025
May Day Bank Holiday – School Closed	Monday 5 <sup>th</sup> May 2025
Key Stage 2 SATs Week	Monday 12 <sup>th</sup> May 2025 to Friday 16 <sup>th</sup> May 2025
School Closes for Half-Term	Friday 23 <sup>rd</sup> May 2025
School Reopens for Pupils	Monday 2 <sup>nd</sup> June 2025
Reception Class Assembly	Thursday 5 <sup>th</sup> June 2025, 9.00am
Year 1 Class Assembly	Thursday 19 <sup>th</sup> June 2025, 9.00am
Year 4 Class Assembly	Thursday 26 <sup>th</sup> June 2025, 9.00am
Year 5 Class Assembly	Thursday 3 <sup>rd</sup> July 2025, 9.00am
<b>JTMAT INSET Day</b>	Friday 4 <sup>th</sup> July 2025
School Closes for Summer	Friday 18 <sup>th</sup> July 2025, 2.00pm
<b>INSET Day</b>	Monday 21 <sup>st</sup> July 2025

## Autumn Term Diary Dates

Event	Date/Time
<b>INSET Day</b>	Monday 4 <sup>th</sup> November 2024
School Reopens for Pupils	Tuesday 5 <sup>th</sup> November 2024
Open Evening	Thursday 7 <sup>th</sup> November 2024, 4.30-6.00pm
Odd Socks Day	Tuesday 12 <sup>th</sup> November 2024
Children in Need	Friday 15 <sup>th</sup> November 2024
Shobnall Stars After School Club <b>CLOSED</b>	Monday 18 <sup>th</sup> November 2024
Christingle	Tuesday 26 <sup>th</sup> November 2024
Year 5 Whitemoor Lakes	Wednesday 27 <sup>th</sup> November 2024 to Friday 29 <sup>th</sup> November 2024 inclusive
Year 6 Class Assembly	Thursday 28 <sup>th</sup> November 2024, 9.00am
EYFS Nativity	Tuesday 3 <sup>rd</sup> December 2024, 9.15am
EYFS Nativity	Wednesday 4 <sup>th</sup> December 2024, 9.15am
Whole School Trip to Pantomime – Jack and the Beanstalk, Lichfield Garrick	Thursday 5 <sup>th</sup> December 2024, 10.00am
PFA Christmas Market	Friday 6 <sup>th</sup> December 2024
KS1 Nativity	Tuesday 10 <sup>th</sup> December 2024, 9.15am AND 2.15pm
Year 3 Cosy Christmas Celebration	Thursday 12 <sup>th</sup> December 2024, 9.15am
JTMAT Christmas Concert	Tuesday 17 <sup>th</sup> December 2024
Christmas Lunch	Wednesday 18 <sup>th</sup> December 2024

School Closes for Christmas

Friday 20<sup>th</sup> December 2024, 2.00pm

School Reopens for Pupils

Monday 6<sup>th</sup> January 2025



**Train to Teach**  
in Local Schools

Primary (3-7) · Primary (5-11) · Secondary (11-16)

**The John Taylor SCITT**  
jtscitt.co.uk

Funding for Selected Routes  
Full or Part-Time Routes  
Gain School Experience

The banner features a photograph of a teacher and two young students sitting at a desk in a library, looking at an open book. The background is a blurred view of bookshelves. On the left side, there are three overlapping circles in teal, yellow, and pink, each containing text. On the right side, there is a logo consisting of three overlapping circles in teal, yellow, and pink, followed by the text 'The John Taylor SCITT' and the website 'jtscitt.co.uk'.

# 10 Top Tips for Parents and Educators

## SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

### 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

### 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

### 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

### 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

### 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

### 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

### 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

### 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

### 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

### 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

# Train to Teach

## in Local Schools

Primary (3-7)   Primary (5-11)   Secondary (11-16)

Scan to  
discover more



Gain School  
Experience

Funding  
for Selected  
Routes

Full or  
Part-Time  
Routes



[jtscitt.co.uk](http://jtscitt.co.uk)

The John Taylor SCITT



# Afternoon Tea WITH SANTA

Sandwiches, cake,  
tea, coffee, juice

Christmas Games  
Christmas Stories  
Meet Santa and free photos

12PM - 3PM  
SUNDAY 8TH DEC



Scan to book

Per child - **£10**  
Adults - **£5**

**BRANSTON SCOUT HQ**

Main Street, DE14 3EY

[fundraising@branstonscouts.org.uk](mailto:fundraising@branstonscouts.org.uk)

