Chadsg

Family Support Newsletter 17th July 2020



Issue #11

Need anything translating? Let your weekly contact know.

Hello and welcome to the 11th, and final issue of Chadsgrove's Family Support Newsletter this year! We hope that this newsletter finds you all safe and well. As always, any questions or concerns, please get in touch with the school. Have a great summer!













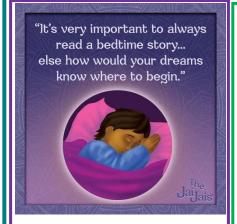
https://youtu.be/L89nN03pBzI

24 hour urgent mental health support in Herefordshire and Worcestershire 01905 681915

Library Services Opening Reserve and collect

Bookable only computer sessions

www.worcestershire.gov.uk /libraries



www.hacw.nhs.uk/toddlertalk



Changes to Carers Hub Helpline Our helpline hours have changed: Monday - Friday 9.00am to 7.00pm 9.00am to 12 noon Saturday Sunday

TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

Spend quality time with kids. When they feel loved and supported, children develop emotional strength.

feelings so your child learns to share their worries and fears with people they trust.

Instead of rushing to solve problems, give kids time to work things out themselves.

Acknowledge your own mistakes to teach kids that mistakes are essential for learning

and growth

When children experience failure or disappointment, it's important to praise their effort and encourage them to try again. If your child can't find a solution to a problem use gentle questioning to guide them towards it.

Ensure kids are eating well and getting enough sleep and exercise.

tutor doctor



REMEMBER...

Support from school is still available during the summer holiday. If you need us - get in touch!

You are not alone.

THANK YOU!

01527 871511 office@chadsgrove.worcs.sch.uk

Don't suffer in silence

Call the National Domestic Abuse Helpline on: **0808 2000 247** (women) 0808 8010 327 (men)

If you are in immediate danger, call 999. If you can't talk dial 55 and help will come.

gov.uk/guidance/domestic-abusehow-to-get-help

Thrift Corner! We have searched the web to find some great deals that could save you ££s!



www.latestfreestuff.co.uk/free-fashion-stuff/free-manchester-united-football-shirt



25% off EVERYTHING at Holland & Barrett www.hollandandbarrett.com code- HBMSE





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