

Chadsgrove

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!



WASH YOUR HANDS WITH BABY SHARK

pinkfong

<https://youtu.be/L89nN03pBzI>

NHS
Worcestershire Health and Care
NHS Trust

24 hour urgent mental health support in Herefordshire and Worcestershire

01905 681915

Whether you experience a sudden deterioration of an existing mental health problem or are experiencing problems for the first time, our team are here to support you and identify the best course of action to help you.

www.hacw.nhs.uk

Library Services Opening

Reserve and collect

Bookable only computer sessions

www.worcestershire.gov.uk/libraries

"It's very important to always read a bedtime story... else how would your dreams know where to begin."

The Jai Jais

www.hacw.nhs.uk/toddlerstalk

TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

- Spend quality time with kids.** When they feel loved and supported, children develop emotional strength.
- Talk about 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.
- When children experience failure or disappointment,** it's important to praise their effort and encourage them to try again.
- Acknowledge your own mistakes** to teach kids that mistakes are essential for learning and growth.
- 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
How learning hits home.

CHADSGROVE SCHOOL

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

Changes to Carers Hub Helpline

Our helpline hours have changed:

Monday – Friday 9.00am to 7.00pm
Saturday 9.00am to 12 noon
Sunday Closed

0300 012 4272

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-abuse-how-to-get-help

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

FREE FOOTIE SHIRT

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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