



THINGS TO BE GRATEFUL FOR

Coffee in the morning
 Playlist on my phone
 Friends around me
 Families that love me
 Soothing breeze
 Sunshine and moonlight
 A healthy body
 A good book
 A warm bed

OURMINDFULNESS.COM

Community Wellbeing Newsletter

It's been a brilliant start to the new academic year and we have enjoyed hearing all the students return to the new and improved Riversides School

We look forward to building upon the successes next term and hope you all enjoy a well deserved break.

Mr I Enwright and staff.

Upcoming dates for diaries

Term end Friday 23rd October at 2pm

Return to school Tuesday 3rd November .

Term ends Friday 18th December

New term starts Tuesday 5th January 2021

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Coffee morning Friday 23rd October at 10.30 am

Next coffee morning Friday 4th December 10.30 internet safety for over Christmas holidays. More details to follow



Coronavirus Updates

With a lot still in the news information can get a bit confusing, things to think about are

- Wash hands regular and use hand sanitizers
- Cover face when in buildings or on public transport.
- Keep your distance

Children with SEN do not have to wear face covering on taxi if they prefer not to.

Year 11 challenge

During November our year 11 pupils and staff will be taking part in the Paras'10 tab ,are you tough enough.

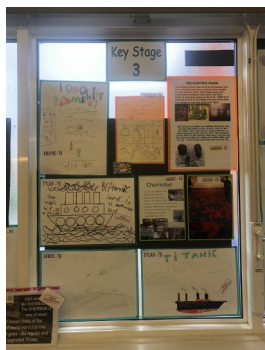


VIRTUAL PARAS'10 COLCHESTER

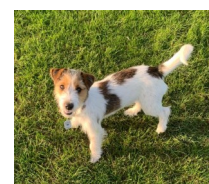
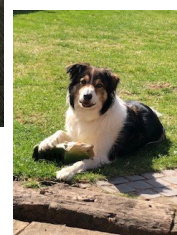
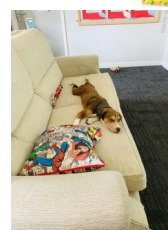
The voice of the Paras'10 have spoken. There will be a virtual Colchester 2020, for individuals and teams of 4 (all 4 times count). They will get an individual time and a chance of winning a trophy, plus if in a team the possibility of the team trophy. Also, all entrants will receive a special edition Churchill medal commemorating the 80th anniversary of Churchill's call for 5000 paratroopers in 1940. It is a 10 mile race each team member carrying 35lbs or 17 kilos in weight. It is a team challenge which we will conduct virtually on the Malvern Hills.

Child or member of household has Covid 19 symptoms	Child should not attend school. Individual to Get tested Whole house self isolate until negative test
Child or member of household has Covid 19 positive test	Child should not attend school Whole house self isolates
Track and trace has identified my child as a close contact of someone with symptoms or positive test of Covid 19	Child shouldn't attend school. Child only to self isolate for 14 day even if negative test . Rest of household does not self isolate unless they are close contact too or
Should I get tested?	Only if you have symptoms even if you are a close contact of someone who
ALWAYS INFORM SCHOOL	OF ANY CONCERNS

Celebrating great work over this term.



History Competition



Fundraising this term saw staff and pupil taking part in jeans for jeans day with parents attended our McMillan coffee morning . Then staff and children wore yellow to support World Mental health day.





SENDIASS provide free, impartial, confidential and accessible information advice and support on all matters relating to children and young people with special educational needs and/or disabilities (SEND). They support children and young people, parents and carers and professionals and work on a self referral basis.

The services is also available for young people to access independently from their parents or carers.

Our service team offers an empowerment service providing free advice and support on all matters relating to SEND, including health and social care.

- Help to understand what you should expect from statutory services and other agencies, especially at key stages, for example, moving from primary education to secondary education or college.
- Provide support and advice during Education, health and Care Plan assessment.
- Support you to make sure your views or those of your child are heard and understood.
- Help you complete forms, write letters and support you when dealing with organisations, agencies and professionals
- Offer advice and guidance through education and training
- Assist you with appeals and tribunals
- Signpost other services providers and resources that may be of help

To contact follow the links

Phone 01905 768153 Worcestershire

01432 260955 Herefordshire

Email SENDIAS@worcestershire.gov.uk

SENDIAS@herefordshire.gov.uk

Website www.hwsendiass.co.uk

www.facebook.com/hwsendiass

www.twitter.com/hwsendiass

Visit the website 'About us' and you can download the full document.

Young Persons Advisor

In Worcestershire they have a Young Persons Advisor, Sian Brown. Sian's role is to work directly with young people aged 14-25 and can support young people by:

- Helping them to prepare for annual reviews
- Helping them to prepare for meetings
- Explain reports
- Provide advice around the education, health and care needs assessment process
- Provide careers guidance and support in thinking about aspirations and preparing for adulthood.

Contact our Family Liaison and we can send you more details.

Understanding your brain—For Teenagers only!

Your brain changes as you hit adolescence, see how the changes in your brain explain some of the changes in your behaviour by taking the free Understanding Your Brain online test.

- Have you noticed a change in your behaviour?
- Do you sleep more than you used to?
- Want to know why teenagers are more open minded?

Register on www.inourplace.co.uk and enter the code SOLIHULLPROVWHWCS to register your place.

Worcestershire Libraries

All 21 libraries across Worcestershire have now opened. Your library card is a FREE passport to a diverse and inclusive range of reading resources, available to borrow from the library buildings or through our digital library online. In addition, if parents, carers and pupils are looking for a quiet space away from home to study, research, get online or simply get some work done, you can pre-book a computer or reserve a desk space by calling 01905 822722

For more information on how to join the library and discover the many benefits of library membership, visit www.worcestershire.gov.uk/libraries

With it being half term and if weather not so great this is a good time to visit. They usually have activities to do and all FREE.

Adult Learning in Worcestershire

The Adult Learning in Worcestershire services are providing a number of new courses specifically aim at parents/carers . During these tough times you may have had to look at other another career or found time on your hands and want to do something for your self. A lot of these courses are completed on line or visit a local centre giving you chance to meet other people .

Courses are FREE for parents earning less than £17,000 per year individually or those unemployed and on benefits, new courses include:-

Art in your heart—this short course is an online course for parents and carers to explore different art in the comfort of your own home online with other parents. Using art can help you work through stresses you might be facing and empower you to feel positive mental wellbeing. This course really focusses on using art in different form to support you to feel happier and encourage your self—awareness.

Marvellous Me After Lockdown—this course is for parents and carers that would like some support and ‘time for me’ after ‘lockdown’. This is a course usually delivered in schools for parents but will be online. Returning to the ‘norm’ after lockdown may feel different for some. This course will offer mindfulness and positive well-being activities to nurture yourself with other parents. Each session (led by friendly tutor) will give you time to offload, make friends, try activities, do art and colour therapy.

Thinking about Employment for Parents Online— have you thought about returning to work having been a parent at home? Not sure where to start or how to feel ready for this big step of change? This course is for any parent who might be thinking about maybe starting to find employment having been a parent staying at home. This course will empower you to start to feel ready to consider your own future now that your children are at school. On this course you will learn about our Adult Learning Team and the courses you might want to attend.

Time for You—this course is for all parents and carers that are interested in having some time for them following the lockdown and isolation period this year. This course will be delivered by our Friendly Learning Tutor and will give you time to do some mindfulness activates, taking your mind off any issues you may face, use it as a time to offload and talk about what we have been through with Covid-19 and empower you to find a positive mental wellbeing.

Over 100 courses to chose from including :-

- Boost your business with Pinterest
- Christmas craft—book art
- Computers—lets get started
- Becoming a volunteer
- Are you eating a rainbow?
- Diet—healthy habits
- French for beginners
- Fun activities to plan with your children
- Keeping safe against Cyber crime
- Mental Health awareness
- Certificate in Women's Hairdressing
- Turning hobbies into a business



For more information and a full list of courses available visit www.worcestershire.gov.uk/courses or email Nbuck@worcestershire.gov.uk for more information.