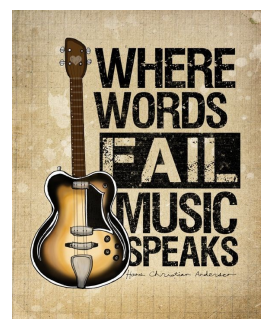


**We're  
still here.**

nspcc.org.uk  
childline.org.uk



## Community Wellbeing Newsletter

It is fantastic to welcome our children back in school and things getting back to normal. We are impressed with the attendance and attitude to learning that has been shown already. The children are looking very smart in uniform, however, we still have a few waiting for orders. The children are getting used to working in their new bubbles, hand washing and temperature checks in the morning and end of day, even lining up patiently to have their temperatures taken, making us smile with the many inventive ways to increase it!

Class teachers will be sending out leaflets informing you about your child's up coming topics as well as useful information. Let us know if you haven't received this yet.

### Uniform

As from **21<sup>st</sup> September** it is compulsory that all children wear their school uniform. If a child arrives at school without, an alternative will be given for the day.

#### Primary to year 10

Blue polo shirt

Dark Blue sweatshirt

Dark trousers

Black shoes/trainers

#### Year 11

A shirt with a collar or a polo shirt

No logos on the shirt

No sleeveless T-shirts to be worn.

Trousers not jeans

Smart sensible shoes in school not trainers

#### As from **28<sup>th</sup> September**

If a child still has no uniform and parents/carers have not contacted school to discuss reasons then the child may be sent home at the discretion of SLT.

If you need any support obtaining uniform please contact our Family liaison or class teacher

Sally Layton 01905 21261

slayton@advancetrust.org



SUPPORTING  
CONNECTING  
INFLUENCING

### We have won an award

As Riverside school have been running drumming lessons for some time and now we are delight to say we have won an award. This will now allow us to offer more music to our children

#### 10 things why music is important to schools

- Hearing music helps self esteem and self discipline
- Music improves learning skills—music can support development in literacy , numeracy and listening skills.
- Music fosters team work—it is important to work together towards a common goal.
- Music builds life skills— they build life skills such as empathy, problem solving and communication and a sense of responsibility and commitment.
- Better behaviour—you need discipline to practice regularly and dedication. When they enjoy it they stick to it.
- Encourages creativity—express themselves , exercise their imagination and problem solving.
- Music for life— an early start in music turns into a life long passion
- Music is fun—completing a task, performing can give an adrenaline rush.
- Music is for everyone— it inclusive irrespective of abilities, especially beneficial for special needs children.



## NSPCC helpline Helping adults protect children

Whether you want support and advice for adapting to family life in lockdown, or you're worried about a child, we're here to help.

The NSPCC helpline is staffed by trained professionals who can provide expert advice and support. We're here if you're concerned about a child, if you're a parent or carer looking for advice, or if you're a professional in need of information and guidance.

Whatever your worry – [call the NSPCC on 0808 800 5000](tel:08088005000), [email us](#), or [submit our online form](#) – we can help. We also have advice about [spotting the signs of abuse](#). You can call **Monday to Friday 8am – 10pm or 9am – 6pm at the weekends**. It's free and you don't have to say who you are. Click on links below to get more information.

### [Away from home](#)

Children starting school or work and taking part in activities can be exciting and worrying. We have tips and advice to help keep your children safe.

### [Children's mental health](#)

Advice on how to support your child if they are struggling with depression, anxiety, self-harm or suicidal thoughts

### [In the home](#)

We have got advice to help children build up independence at their pace, keeping them both safe at home or when moving around.

### [Online safety](#)

From online games and video apps to sexting and online porn, we've got advice to keep your child safe online.

### [Our services](#)

Our services help children who have been abused, protect children from risk and find the best way to prevent child abuse from ever happening.

### [Reporting child abuse and neglect.](#)

Whether you want to report child abuse or neglect or are worried about a child and not sure what to do, we have advice for you.

### [Sex and relationships](#)

Advice around healthy relationships, sexuality, gender identity and support to help you keep children safe.

### [Support for parents](#)

Parenting can be rewards but also challenging . We've got advice on dealing with babies tantrums to divorce to mental health problems

### [Talking about drugs and alcohol](#)

Lots of parents are concerned about under aged alcohol and drug taking. Find out how you can keep your child safe and aware of the risks.

### [Talking to children worried about covid 19](#)

If your child is anxious or worried about coronavirus (COVID-19), there are things you can do to help. And if they're struggling with their mental health, we have advice to help you support them and keep them safe.

There's a lot of uncertainty in the world at the moment. And there won't always be answers to the questions your children are asking. But we can help you have these conversations in a safe and open way.

Talk about feelings and worries

Try to create structure and routine

Keep in touch with family and friends

Help give children a sense of control

And balance screen time.

### [Useful numbers and websites](#)

Samaritans 116 123 Free or [website here](#)

Calm 0800 58 58 58 or [website here](#)

Mind 0300 123033093 text 86463 or [website here](#)

Childline 0800 1111 or [website here](#)

Respect—Men's Advice line 0808 801 0327

Victim Support 0808 168 9111

National Domestic Violence Helpline 0800 2000 247

Please remember, there is no shame in using any of these services if you're finding things difficult. We all need a little help sometimes.