



Community Wellbeing Newsletter

We have a lot of information packed into this Newsletter so I would curl up with a nice warm drink and dip in and out of information. We have a very busy term ahead of us with the run up to Christmas Holidays so keep checking emails and Facebook for regular updates.

We look forward to seeing as many Parents /Carers at Parents Evening, Family Learning and Fair.

Dates for Diary

Thursday 10th November Family learning starts

Friday 11th November Remembrance Day

Tuesday 15th November Parents Evening (Teacher to contact you shortly to make arrangements)

Week 14th –18th November is Anti-bullying week

Friday 18th November Children in Need day—wear own clothes, something spotty for a donation.

Friday 25th November—White Ribbon day

Friday 9th December Christmas jumper day—wear a jumper with your uniform for a donation .



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

Family Front door 01905 822666/01905 768020

<https://www.worcestershire.gov.uk/childrenreferral>

Citizens Advice . 08082787891

[Money Matters Here2help](#)

[Food Bank](#) 01905 780400

Come and Join us on Friday 9th December

12.30—2pm

Keep looking at Facebook for more information



Each class will be producing 1 or more enterprises to sell—this could be:

- Christmas Crafts
- Decorations
- Cards
- Hot Chocolate



Returning to school WEDNESDAY 4TH January 2023 If you need to contact safeguarding staff over the holidays a letter will be coming out with all the contact numbers. We all wish you a safe and happy holiday.



Children in Need

Friday 18th November—lets all get spotty again for Pudsey. Pupils and staff can wear non-uniform with something spotty for a donation. We will have the usual cake and sweet sale that you always give generously and the loss change to cover Pudsey again which the child enjoy doing in primary., It's a good way of giving a little to make a big difference. The pupils will have a great day with all the activities planned for the day in classes.



Anti Bullying Week

Monday 14th to 18th November

Theme this year is

Choose Respect

it's a chance to celebrate Anti-Bullying Week in a positive and fun way, it's an opportunity for people to express themselves and celebrate individuality and what makes us all different'

During the week we will be doing lots of activities within each class to support the project with a whole school event on Friday. So on Friday why not wear **odd socks** for the day and celebrate being a little bit individual.



White Ribbon day

Friday 25th November



Supporting this charity is a great way of educating and challenging male violence against women and girls. We are a mainly male environment so what better place to education young men for the future.

We aim to get all our staff to become Advocates along with work being done in schools not just today but every day by modelling positive respectful behaviour. Follow the link for more information where you too could become an advocate.

[White Ribbon](#)

Make someone smile at Christmas



We have decided to take a break from the Christmas boxes this year which we have done for many years to great success.

This year with us all having to tighten our belt in the current climate we are going to make up food parcels for families that might not have as much this year. We feel it might be easier to add an extra item to a weekly shop than feel you have to fill a big box of toys and toiletries.

Please could you send in items that have supported your family like pasta, tins or beans, veg, fruit etc or even a little treat like biscuits, Christmas puddings, chocolate.

Unfortunately we would not be able to accept fresh or fridge foods due to lack of storage place.



Family Learning

We are very excited to be inviting parents and carers to our first family learning session.

Rainbows and Recipe's

A course for parents and carers to improve their knowledge of food choices for their families by exploring different healthy new lunch options and recipes on a budget in a supportive group with their family learning tutor. Each session offers the opportunity to enjoy sampling new flavours and possibilities whilst learning about maintaining a healthy diet in an encouraging way. This course also involves your child for 1 session so that you can both enjoy some quality one to one time together learning about the rainbow we eat. This course will focus on improving your wellbeing through:

- Tasting new foods and trying new flavours.
- Broadening your food experiences
- Trying the same food in different forms i.e Fresh, Frozen and tinned to compare prices
- Thinking about tips and tricks for buying the best value produce on a budget
- Activities that encourage you to eat a rainbow colour of different foods.
- Giving you the confidence to make new well-balanced packed lunches.

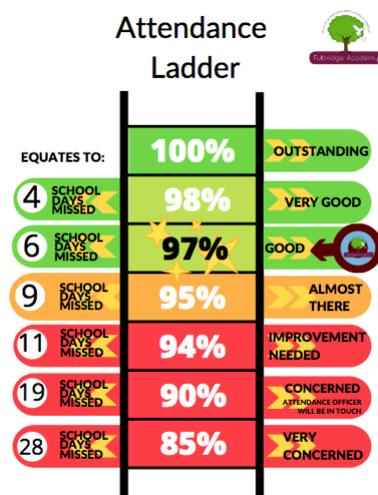


We have also been able to secure transport to enable all parents to access they course so, we might end up with sing song on the bus too.

If you are interested in this course or others we have coming up , just drop me a line and we can see what we are able to help with.

Attendance

The whole school attendance is currently at 81.6% and we are working closely with families to support pupil to improve this further. If you are struggling and need some support, contact us and we are happy to help.



Booking appointments .We understand that it can be tricky fitting appointments in with Consultants , Paediatrician or Orthodontics appointments are out of your control however, we will not authorise opticians, routine dentists or personal needs that can be arranged outside of school hours. Talk to us and we can see help in anyway.

Daily Absence checks - At the start of each day the registers will be checked and if a student is absent and no communication has been received from you, a phone call will be made to ascertain the whereabouts of the student for that day. We will also make home visits to check on welfare of pupils if no contact is made before 9am. Please note all contact numbers that have been provided to us will be tried and a message and/or

text will be left where necessary.

YOUNG Mi MINDS

fighting for young people's mental health

Supporting you and your family through the cost-of-living crisis

The rising cost of living is making many of us feel scared, stressed and anxious. You may be worried about paying rent alongside putting food on the table - or anxious about how these uncertain times may be impacting your family. Our new web guide and blog on money and mental health offers advice on supporting

The links between money and Mental Health

It's important to understand – and to help your child to as well – that feeling worried sometimes, particularly in response to difficult situations such as the cost-of-living crisis, is normal. It does not necessarily mean your child is unwell. But if these worries become overwhelming or persist for a long time, they could lead to a mental health issue such as [anxiety](#) or [depression](#). A young person may also become isolated if they feel unable to cope with worries about money, or cannot afford to do things with family or friends. This, in turn, can have a negative impact on mental health.

While a young person's mental health is not pre-determined by external events or context – such as their financial situation – experiences like poverty and social inequality can be a factor. Research (such as this by the [Mental Health Foundation](#)) shows this is a two-way relationship: poverty can increase the risk of mental health problems, and poor mental health can lead people into poverty. This can feel like a vicious circle, but this guide has tips and suggestions that can

How can money problems affect mental health?

Worrying about money or experiencing poverty might affect a young person's mental health in a number of ways, including:

[anxiety](#) or panic attacks triggered by bills, benefits assessments, debts etc.

[sleep problems](#)

social isolation or [loneliness](#) due to not having money to do things they enjoy

[depression](#) caused by poor living conditions or being unable to afford necessities such as medications, counselling, adequate food or heating

- feeling stressed
- feelings of fear, shame, guilt (about any spending), being overwhelmed or having [low self-esteem](#)

How can having a mental health problem affect finances?

If a young person has a mental health problem they may:

- lack motivation or feel unable to manage finances, budget or pay bills, so that debts or problems build up
 - act impulsively, spending too much or making decisions they haven't thought through
 - be less able to study or work so that income reduces
- incur extra costs e.g. transport, therapy, medication, care or higher domestic bills due to being at home

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Having a mental health crisis?

Text **YM** to **85258** for free 24/7 support across the UK if you are experiencing a mental health crisis.

YOUNG Mi MINDS
Crisis Messenger

powered by
CRISIS TEXT LINE



How to talk to your child about money and the cost-of-living crisis

Parents often want to shield children, avoiding conversations about difficult situations. This is understandable, but silence can create space for worries to grow. Young people may be left to imagine worst-case scenarios, while feeling they can't share those concerns with you. Even if you don't feel you have answers, or know the full picture on how this developing situation will affect your family, it's still better to say something than nothing.

Here are some tips for talking to your child about money and the financial situation.

Keep Communication open

Let your child know they can ask questions or talk to you anytime as they think of things or as the situation develops.

Acknowledge your child's feelings

They may feel embarrassed, awkward or resentful about having less money than peers. Tell them you understand this.

Encourage your child to not compare to others

They may have friends or follow social media accounts that show things they can't have. Perhaps they could look for accounts that celebrate other values or are less materialistic.

Talk about values to decide what is important to them

Try not to nag or judge, but talk to them about living within our means, thinking carefully about spending, and finding alternative ways to enjoy the things they value.

Ask your child what their specific concerns are

Talking the scenarios they are worried about through can help make their fears feel less abstract and overwhelming.

Talk to your child about focusing on things they can control

Young people sometimes blame themselves for pressures they are feeling, rather than seeing that they are caused by external forces. Focussing on what we *can* control is helpful for all of us.

It's hard to get through to my kids that we can't always afford what their friends can. My daughter looks at social media influencers with online 'hauls' and wants things. I guess we have to learn to say no a lot more.

Further support



If you're under 19 you can confidentially call, chat online or email about any problem big or small.

[Sign up](#) for a free Childline locker (real name or email address not needed) to use their [free 1-2-1 counsellor chat](#) and email support service.



Helps people in financial need gain access to welfare benefits, charitable grants and other help – online, by phone or face-to-face through partner organisations.

Opening times:

Monday - Friday, 9am-5pm

Helpline: 0808 802 2000

**NATIONAL
DEBTLINE**

Information and advice on managing bills and debt, including debt management plans and council tax arrears. The charity offers template letters to use when contacting lenders and suppliers as well as a free helpline and [webchat](#) service.

0808 808 4000



BARGAIN OR A SCAM?

When “Black Friday” deals originally hit our shores it was billed as a one day event. However as time went on Black Friday may appear to be a “Black Month” event and all the more reason for buyers to be fully aware of what they are committing their hard earned money towards.

The highest number of reported scams in 2021 were in Electronics purchases followed closely by Mobile phones then Vehicle purchases. Clothing and footwear buys were also close contenders.

ROMANCE FRAUDS

There has been a recent spike in Romance Fraud reports centred on the Worcester area, where victims have lost money to Scammers.

Please remember never to give out money, gift cards or any other form of payment to someone you may have met on the internet but never met in person, however convincing their request may be.

ENERGY BILL SCAMS

A recent report from a potential victim of an Energy Bill Scam went as follows:

A call was received claiming to be from the person’s Energy Company and asking for a meter reading, serial number, bank details and other personal details. Fortunately the person did not have the information to hand and rang back the Energy Company on the listed number, so in this case no money was lost.

Never provide financial or personal details over the phone unless you are 100% sure the caller is genuine, always use the listed telephone number on the invoice.

Take Five To Stop Fraud

- **Stop:** Taking a moment to stop and think before parting with your money or information could keep you safe.
- **Challenge:** Could it be fake? It’s okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

Protect: If you think you’ve been a victim of fraud, contact your bank immediately and report it to Action Fraud online at actionfraud.police.uk or by calling 0300 123 2040.