

Community Wellbeing Newsletter

Goodness, this term is flying by, and I know that we are all looking forward to the Easter break and hopefully some better weather. It has been a busy term and School is looking fantastic. The displays are full of pupils work up in classes and along the corridors, children have been working so hard.

Dates for Diary

Friday 31st March Break for Easter

Friday 31st March—Coffee morning

Friday 24th March—Non Uniform for Easter raffle, bring CHOCOLATE!!!!!!

Friday 31st March—Easter Raffle draw.



Tuesday 21st March is parents evening—Class Tutor have already contacted you directly to make arrangements to discuss your child's academic and social and emotional progress.

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



Returning to school Monday 17th April 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.

Uniform— Pupils attending Riversides School need to be wearing the correct uniform.

Royal Blue Polo shirt

Navy Sweatshirt

Black or grey trousers or plain jogger /Skirt

Black shoe or trainer like shoes.

Coat—as staff take any opportunity to take pupils outside.

Own clothes are acceptable for outdoor Education that you don't mind getting messy but we like pupils to change into uniform when returning to school. Again no sweatshirts or t-shirt with offensive slogans /characters and must bring a coat. If you need help with sourcing uniform please contact us.

We are currently sourcing a new supplier for uniform as we have listened to you when you have struggled obtaining or the quality is not up to standard. We will send out details shortly.

We will not accept hooded tops , joggers with logo or words/coloured strips. Colourful t-shirts or logos/characters on. Colourful trainers Pupils will be challenged and consequences will be given.



Do



you know your Childs Timetable?

Parents evening is a good time to ask your child's Teacher for a copy, and this is a great way to support pupils independence to be prepared for the school day and know what equipment/ clothing should be worn/swimming kits.

Always look on our Closed Facebook site for upcoming events / pictures of Children's work and changes to timetable. Either visit the School website and link is at the bottom to join here [WEBSITE](#)

HAF it! 2023

READY STEADY
WORCESTERSHIRE

What is the HAF Programme?

HAF is a Department for Education (DfE) funded programme aimed at enabling children and young people in receipt of benefits-related free school meals (FSM) to attend school holiday activities and experiences during Easter, summer and Christmas.

In Worcestershire, we work with over 200 organisations to deliver the programme for families, this includes holiday club providers, workshop providers, supermarkets, suppliers, caterers, community groups, charities and schools. The programme creates free places for eligible children to attend, with a focus on enriching activities with a healthy meal and snacks included.

Research has shown that the school holidays can be pressure points for some families, leading to a holiday experience gap. Through the HAF programme we are encouraging children that access our out-of-school activities to eat well, get active, have fun and make friends.

For more information about the HAF Programme, please visit www.worcestershire.gov.uk/rsw

Family Learning



Family Learning Rainbows and Recipes then Cooking on a budget.

We had a lovely group of mums who attended our first Rainbows and Recipes group and followed on to Cooking on a Budget, who meet every Thursday at RSS . Not everyone could make every week with family illness, appointments etc however, along with the lovely tutor Jane we managed to make rainbow Pizza's Bolognese Sauce which 1/2 went home and 1/2 frozen ready for the next week to make lasagne. Everyone has a scrap book to stick in recipes in and put comments on how they enjoyed or made again at home.

Our second topic was cooking on a budget and with parents input as to what they wanted to learn to make. We made Meatball and burger, butter chicken curry / chicken nuggets and cereal bars. We were able to invite the pupils to attend to get involved with cooking , preparing food and the dreaded washing up after.

While things were cooking we managed to have a cuppa and chat to share stories and take advice from other parent who have similar struggles .



Marvellous Me

The next group we would like to start is called Marvellous Me, during these sessions we will be looking at Marvellous me. This is a health and wellbeing course, with mindfulness activities for the parent and then for the parent and their child if children are attending. Due to funding we will need to have a minimum of 8 parents attending as we would be lucky enough to have Jane as our tutor again. If you are interested please could you let me know as soon as possible as we would like this to start after Easter. This will hopefully on a Thursday again at RSS or Friday at Thornehoe Road.

Also have a look on there website as they have lots of course you could attend during the week like:

SEND Managing there mindfulness

A adult course for parents/carers who are supporting and caring for pupils with Social Emotional and Mental Health needs and those with special needs to increase there wellbeing and reduce anxiety abd depression. You will learn strategies to support your child at the tricky times.

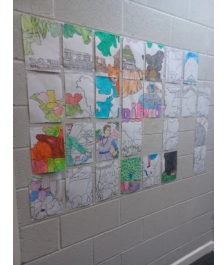
Visit the Website for more information. [Adult learning courses](#)



Fantastic day was had by pupils and staff and we raised about £200 which included £90 from Primary 2 who took part in a sponsored silence for an hour . Other events were Year8 selling Hot Chocolates, 9A organising the cake/sweet stalls ,Creating a Joke book, staff and pupils dressing up or in non uniform. Each class spent the week looking at creating there own Mr Men or Little Miss characters with prizing being given out. Thank you Once again for all you support .



Around our School in Pictures



Pupil Parliament

Pupils and staff are concerned about the road outside school so Pupil parliament got together to find ways to make it safer. It was agreed that we would buy some road signs and banner to make people aware they were approaching a school and to driver safer. These have been ordered and will be in place very soon.

Also they wanted to write to the local council about improving road signs in the local area and re paint the zig zag lines directly outside school and if possible make it a 20mph speed limit. This may take a little longer but pupils felt very strongly about this and are in the process of writing the letter to send in.



Getting children out and about during the Easter Holidays

Easter at West Midland Safari Park

open 1st to 16th April with the celebrating the parks 50th Birthday .

Meet and Greet Bramble

Scratch card Trail

Photo Competition

Guess the Number of Eggs competition

Drive through.



CountryTastic at Three Counties Show Ground.

CountryTastic in Worcestershire, is a great countryside show for children and the perfect day out this Easter! Designed with children in mind, this fun and educational countryside event offers the chance to get up close to farmyard animals and learn all about how food gets from 'field to fork'.

Popular TV farmer Adam Henson will be in the Muddy Boots Theatre, food experts will lead tasty tutorials and there will be plenty of demonstrations held in the Animal Antics and Paw Parade rings.

Easter Family Friendly Tours at Harvington Hall

Open 8 Apr - 16 Apr



History comes to life with these exciting family-friendly tours around Harvington Hall in Worcestershire during the school Easter holidays. Join a costumed tour guide for a journey back to Elizabethan England and discover the secret hiding places in this fascinating house. There is also a fine collection of Elizabethan wall paintings.

Things with Wings! - Easter Family Trail at The Commandery

Have fun following the Easter family trail at The Commandery in Worcester and discover all the things with wings emerging from their eggs. Then enjoy your prize at the end! The trail links to *Aspire*, The Commandery's current exhibition of winged creatures, from butterflies to angels. Afterwards, make a hatching chick to take home and have a go at designing an egg.

The Hunt for the Golden Egg Trail at Bodenheim Arboretum

Open 29 Mar - 16 Apr

Can you find the golden egg at Bodenheim Arboretum in Worcestershire this Easter? Plan a family day out and set off to explore the arboretum. Spot the Easter bunnies and chicks, follow their clues and track down the hidden Easter eggs. Then use the letter on each egg to work out the location of the Golden Egg. There will be a prize waiting for you if you can crack the puzzle!

Much Much More

Enjoy a peaceful tour of the beautiful river Avon, see kingfishers, deer, herons, wagtails, skylarks, Canada Geese, swans, buzzards and more.

Visit beautiful stations, get up close to marvellous locomotives at The Engine House, eat and drink in wonderful pubs and restaurants.

With hundreds of cycling routes we know it's hard to pick one, so here's an overview of some of the [best cycle routes around Worcestershire](#).

Ask your children where they visit on Outdoor Ed as these are usually free and the pupils are familiar with the area which can reduce any anxieties and they can show you around their world.

Attendance

The whole school attendance is currently at 81.4% 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.

Reporting School Absence

We appreciate there may be times your child is unwell or unable to attend school. As a parent you have a responsibility to:-

- Contact school on the first morning of absence, providing a reason for their absence.
- Keep school informed on a regular basis if your child is absent for a long period.
- Provide medical evidence if this has been requested by the school

If school are not informed and unable to contact you via telephone regarding your child's absence, a text will be sent asking you to call the school office. If this is not returned and still no reason for the absence is provided the absence will be marked as unauthorised. Home visits will be conducted by the school to ensure the highest safeguarding of our pupils.

Only the head teacher can authorise absence and it is at their discretion as to whether the reason provided is acceptable or not. Below is a guideline for your information.

Acceptable Reasons:

- Illness (genuine)
- Essential appointment
- Infectious disease
- Bereavement
- Exceptional circumstances
- Religious Observance

Unacceptable Reasons

- Birthdays
- Holidays (unless prior approval granted)
- Visiting relatives
- Out of school sports
- Tiredness
- Not wanting to go
- Haircuts /shopping/bank.ect

If your child is excluded for a period of time they should not be seen out in public if you would like to support the action we are happy to provide work to be completed online or at home.

What can families do to help?

- Families must model the value of education, including the importance of regular attendance.
- Make sure that your child goes to school regularly and arrives on time-you will establish a good habit that they will carry through life.
- If your child starts missing school, work with the school to put things right. Make sure your child understands that you do not approve of him/her missing school.
- If your child is ill or must miss school for some other reason, contact school immediately. If you ask for home learning, make sure your child completes it.
- Do not expect school to approve of shopping trips, birthday treats etc. during school hours. Arrange family holidays so that your child will not miss any learning.

Take an interest in your child's school work and be involved in the school as much as possible-your child will value school more if you do.

95%	=	47 LESSONS MISSED EACH YEAR 8 days in total or 1 week and 3 days
90%	=	95 LESSONS MISSED EACH YEAR 16 days in total or 3 weeks and 1 day
85%	=	142 LESSONS MISSED EACH YEAR 24 days in total or 4 weeks and 4 days
80%	=	190 LESSONS MISSED EACH YEAR 32 days in total or 6 weeks and 2 days

BE SMART BE THERE!

Percentages based on 190 academic days

ATTENDANCE MATTERS

WHAT DO YOUR ATTENDANCE FIGURES ACTUALLY MEAN?