

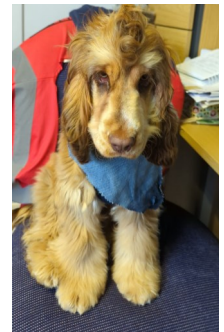


## Community Wellbeing Newsletter

We are nearing the end of our first half term of this academic year, and what a time we have had with a successful jeans for genes day, MacMillan coffee morning and a great wear it yellow day this week. We have seen the students settle back into school life, with Donald our trainee therapy dog becoming a key member of the team!

The students and staff have made their mark in the house competitions, partaking in rounders, poster drawing and more. Not to mention an informative assembly from PCSO Sweatman about Hate Crime for our Primary Students. It is wonderful to be back!

The value of this terms is—Be Safe



### Dates for Diary

Friday 20th October - Recycling Week

Friday 10th November — School Photo's and Remembrance Day at School

October 23rd to 27th—Arts Week

Friday 17th November—Children in Need

Friday 27th October—Last day of Term (Normal finish time)

Friday 24th November—Anti-Bullying Day

#### HALF TERM:

MONDAY 30th OCTOBER 2023 RETURNING TO SCHOOL TUESDAY 7th NOVEMBER 2023.

VISIT OUR WEBSITE FOR CONTACT DETAILS IF YOU HAVE SAFEGUARDING CONCERNS.



### Uniform

It is important that pupils attending Riversides School are wearing the correct uniform.

You can order the uniform you need with this link <https://myclothing.com/collections/riversides-school-28643>

Below is a list to give an idea of cost, depending on the sizes needed:

Round Neck sweatshirt V-Neck Between £10 to £18

Sweatshirt Jersey Cardigan V-Neck Jumper (100% cotton) to £18

Polo Shirt T-Shirt Between £6 to £11

Waterproof Lightweight Jacket £15 to £21

Full Zip Fleece Between £13 to £20

Trousers Between £11 to £14



Between 10



Between



## Attendance.

Currently whole school attendance is **79.2%**, we would like to reach **96%**. You, as parents play a vital role in making this happen.

We understand children get ill from time to time, and they may need to stay at home to recover. However, there are many ways we can support to minimise absences.:

- If a child has been given medication but is well enough to return to school, you can complete a form so that we are able to administer medication in school.
- Talk to staff, if a pupil is struggling to get up, worried about attending a particular lesson, struggling with relationships with peers, struggling with Mental Health we can offer advice.
- If technology is taking over, the latest game release means they've been up all night playing, we can help put parental controls on devices at home and advise about setting clear boundaries.
- If bedtimes are a problem talk to us, we can help provide advice.

We will work with you, be honest and let us take some of the pressure off parenthood.

### Competition Time:

Which ever class has the most improved attendance for the autumn term will receive a treat over the last week of term.

## Houses.

For those who are new to Riversides and a little reminder for those who are not, we have a 'House' system at school.

There are 3 'Houses' based on 3 of the big sports teams in Worcester; Warriors, Wolves and Rapids, to which both staff and students get assigned.

Any whole school activities and events we do, whether it is in art or P.E, maths, science or English we try will to give 'House Points'. At the end of the year the winning 'House' is the one that has collected the most points.

In our last academic year Wolves came out winners as shown on the 'Houses' display in the corridor by the main entrance.

We will have a variety of events and challenges going on throughout the year, this year has started with a logo and poster designing competition that was judged by Mrs Hill, and a rounders game for both Primary and Secondary groups.

After 3 events the scores are:

RAPIDS	WARRIORS	WOLVES
110	95	87

If you would like to know which House your child is in please do ask a member of staff.

# Donald's Dog Blog



You will all have noticed that I have grown up a lot over the summer holiday.

You have all noticed my mad mohawk hairdo too! During the summer holidays I have been going to Puppy Training. I have learned how to sit, lie down and stand on command, I am getting better at coming back when I am called.

I am working on waiting for my food and letting humans go through doors first. My favourite trick is to roll over. I am looking forward to playing with you all this year and getting to know the new students.

I love doing races with all of you in Primary. Maybe I will grow a bit so I can beat you all.

Thank you for helping me learn to play fetch. I know I am not very good at it yet but it is fun.



## Online Safety

In the digital age that we are in, it is more important than ever to be vigilant about the risks to young people of being online.

We understand our students will be accessing the internet for social media, online gaming and streaming services but we would like to remind you of ways to keep them as safe as possible.

**As a parent or carer you play a key role in helping your child to stay safe online.**

There are a number of places you can access information and resources here are some useful links:

[Parents and Carers - UK Safer Internet Centre](#)

[Keeping children safe online | NSPCC](#)

The use of parental controls can also be really helpful:

[Use Parental Controls to Keep Your Child Safe | NSPCC](#)

[Parental controls offered by your home internet provider - UK Safer Internet Centre](#)

**BE SMART ONLINE**

**S SAFE** Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

**M MEET** Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information - or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**A ACCEPTING** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

**R RELIABLE** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

**T TELL** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline - 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)

**BE SMART WITH A HEART** Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

# October Awareness Month

## Black History Month 1—31 October

In the UK, Black History Month happens every October. It gives everyone the opportunity to share, celebrate and understand the impact of black heritage and culture. People from African and Caribbean backgrounds have been a fundamental part of British history for centuries. However, campaigners believe their contribution to society has often been overlooked or distorted.

The event was the brainchild of Carter G Woodson, known as the father of black history. Throughout his life, he worked tirelessly to promote black history in schools. In 1926 he launched the first Black History Week, set in February to coincide with the births of former President Abraham Lincoln and Frederick Douglass. Both men played a significant role in helping to end slavery.

The first Black History Month in the UK took place in 1987, the 150th anniversary of the abolition of slavery in the Caribbean.

For many children in the UK, October is the only time of the year they will learn about black history.

For 2023, people are being encouraged to find out more about the exceptional achievements of black women, especially those who have been forgotten. Black History Month is also celebrated in local communities, where museums, care homes and workplaces explore a broad range of topics, from Britain's colonial past to migration and music.

## Recipe of the Month

To Celebrate World Vegetarian Day on the 1st October this months edition will include a simple quick vegetarian meal to try:

### Ingredients

1 large potato, diced  
1 [small butternut squash](#), peeled, deseeded and diced  
1 [aubergine](#), diced  
6 tbsp tikka masala paste  
3 tbsp vegetable oil  
2 [onions](#), sliced  
680g-700g jar tomato passata  
400g [can coconut milk](#)  
2 [courgettes](#), diced  
2 [red peppers](#), sliced

Rice and naan to serve.

### Method

#### STEP 1

Heat oven to 200C/180C fan/gas 6. Toss the potato, squash and aubergine with 2 tbsp curry paste and 2 tbsp oil

#### STEP 2

Meanwhile, make the sauce. Fry the onions in the remaining oil in a large pan until softened and golden – add a splash of water if they start to dry out. Stir in the remaining curry paste, cook for 3 mins, then add the passata,

#### STEP 3

When the vegetables are roasted, tip them into the sauce with the peppers and courgettes. Simmer for 10-15 mins until tender. Scatter with coriander and serve.





## Halloween Safety Messages

For many children Halloween can be a time of great excitement and lots of sweets, but please remember some important safety messages:

### Halloween:

Members of the community may not want to join in with Halloween because:

- They can be scare/frightening for some people.
- People can be scared of answering the door at night.
- Might struggle to get to the door.
- Might be poorly.
- Respect the fact some of your neighbours may not want to join in the fun.

### Safety Messages

- Plan your route.
- Keep visible - stay in areas that are well lit.
- Don't talk to strangers on the street.
- NEVER accept an invitation to go inside a strangers' home.
- Be careful crossing the road.
- Unless pre-arranged, DO NOT visit elderly or vulnerable members of your community.
- Don't knock on doors displaying a 'No trick or Treat' sign. (signs on following pages).

### Consequences:

- If you cause criminal damage you could get a visit from the police.
- If you cause anti social behaviour you will be taken home and your parents will also receive a letter from the police.
- If you are caught asking for money then you could get arrested for begging.

**Think of the consequences before you act**



## FIREWORKS



### **The three key responsibilities for Bonfire Night**

- ◆ Keep yourself and others safe
- ◆ Keep all pets and animals indoors
- ◆ Respect the community in which you live.

### **1 Keep yourself and others safe**

#### **If you're having fireworks at home:**

- ◆ NEVER play with fireworks and stand well back when watching
- ◆ ADULTS ONLY to light or hold fireworks
- ◆ NEVER go back to a firework that has been lit
- ◆ Wear gloves to hold sparklers and hold them arm's length, away from face and hair
- ◆ Place a finished sparkler in a bucket of water
- ◆ NEVER give sparklers to young children
- ◆ Under-18s are not allowed to buy OR be in possession of fireworks
- ◆ Always keep pets indoors

### **2. Keep all pets and animals indoors**

- ◆ Pets find fireworks very stressful and may run away
- ◆ Loud bangs and whistles cause genuine pain to their ears
- ◆ Try not to leave pets alone; they will usually find their own 'safe' place and should not be disturbed, e.g. under beds, behind the sofa
- ◆ Give small pets extra bedding for burrowing in to buffer the sounds
- ◆ Bring small hutches inside

### **3. Respect the community in which you live**

- ◆ In the wrong hands fireworks can be damaging and dangerous
- ◆ It is an offence to throw or discharge a firework in a street or public place
- ◆ Setting off fireworks between 11pm and 7am is not acceptable (with the exception of 5 November and religious events)
- ◆ Do not cause distress by scaring people and pets (the young and older people are particularly vulnerable)
- ◆ Do not make people feel uncomfortable in public places
- ◆ Do not cause damage to property
- ◆ Do not use fireworks to intentionally injure and harm others

### **SAFETY TIPS**

Always tell your parents where you are.

- ◆ Always keep to well lit areas
- ◆ Never handle fireworks.
- ◆ Never go near a firework that has been lit.
- ◆ Stand behind the safety barrier at events.
- ◆ If a friend has got fireworks tell an adult and stay away from them.

# WORCESTERSHIRE VIRTUAL FAMILY HUB



There are some fantastic support on line from Worcester children's First . They have developed this virtual family hub to give you a range of different types of resources to help to support you and your family.

## **Parenting, Health, housing and relationships support.**

Support and guidance resources.

[Website Link](#)

## **Professional Family Support**

Find information about how Early Help Services can support your family.

[Website Link](#)

## **Early Help family Support**

Information about how Early Help Services can support your family

[Website link](#)

## **Get Safe**

Information and resources to help you look out for signs of child exploitation.

[Website link](#)

## **Group and Activities for young people**

Here you can find information on some groups and activities for young people living in Worcestershire.

[Website link](#)

## **Ready Steady Worcestershire**

Offers free holiday provision to children in receipt of free school meals and vulnerable families during school holidays.

[Website Link](#)

## **Harmony at Home**

Reducing Parental Conflict in partnerships with organisations from our multi-agency reference group.

[Website link](#)

## **Family Learning**

Useful set of resources for the family.

[Website Link](#)

## **Family Hub Consultation**

We want to hear from families in Redditch and Wychavon about what is important to you and the help and support you need.

[Website link](#)

## **Family Health resources**

Resources and information for supporting your family's health.

[Website Link](#)

**Everyone needs a little support from time to time, there is no shame in asking being a parent is hard not more so when your child has special needs. You never know things you learn could also help your family and friends.**

## Household Support fund.

Support is available for those Households who are struggling with the cost of living, in particular the rise in energy prices.

### Support for those most in need

The Household Support Fund has been made available to support households in the most need; particularly families with children of all ages, pensioners, unpaid carers, care leavers, and people with disabilities who would otherwise struggle with energy bills, food and water bills.

The Department of Work and Pensions Household Support Fund (HSF) will provide support to those most in need by providing vouchers or payments to eligible households or making direct provisions to help with food and goods.

The government has recently announced renewed funding for the period 1 April 2023 to 31 March 2024. Final details will be confirmed in due course and until then residents are advised to refer to the dropdown boxes below for more information on the programmes that are currently running.

### So what help is available through the Household Support fund?

Subject to funding and eligibility criteria, this fund could offer qualifying residents across the county of Worcestershire the following:

- financial support toward current energy and water costs
- financial support toward energy and water debts only
- assistance to repair, service and replace broken boilers and heating systems
- support with food costs or direct provision of food
- support with wider essentials

Please note this is not an emergency support service, it may take a number of weeks for applications to be processed.

### What won't the fund be considered for?

The fund cannot be used for payment of mortgage costs or to pay off debts.

### Will the fund affect my benefits?

No, this funding is applicable to all who qualify and will not affect your benefits. It is also available to people not on benefits where other criteria are met.

## Claiming Free School Meal Vouchers during the school holidays

The council have continued to support families who qualify for a Free School meal in the holidays. You will need to contact your school directly regarding the issuing of Free School Meal vouchers during school holidays.

Additional support with holiday activities and lunch is also available for families via the Ready Steady Worcestershire programme [Ready Steady Worcestershire](#).

## Healthy Start

Healthy Start is a Government Scheme that provides weekly vouchers to eligible parents and can help you if you're pregnant or have a young child under four. These vouchers can be spent on milk, fruit and vegetables and infant formula milk at your local shops and supermarkets, as well as offering coupons for free vitamins too.

For more information about the scheme, [visit Healthy Start](#).