



"We will open the book.
Its pages are blank.
We are going to put words
on them ourselves. The
book is called Opportunity
and its first chapter is
New Year's Day."

EDITH LOVEJOY PIERCE

RS



RIVERSIDES
EVERY STUDENT MATTERS



"You are never too
old to set another
goal or to dream
a new dream."

C. S. LEWIS

RS

Community Wellbeing Newsletter

Happy New Year to all. Despite the challenges being faced by many at the moment I hope you all managed to enjoy the Christmas Holidays.

It has been lovely to welcome the pupil's back to school this week, the drop in temperature has not deterred anyone from enjoying Outdoor Ed and other outdoor activities.

The start of a new year can be a great time to reflect on the past and look forward to new beginnings, resolutions and a fresh start. As ever Riversides is starting with positivity and enthusiasm, we have lots of things to look forward to this term, including coffee mornings, wear it red day in February and World Book day in March.



VALUE of the Term—BE SAFE

Dates for the Diary

Tuesday 9th January 2024 Pupils return to school.

Friday 19th January 2024—Parent/Carer Coffee Morning

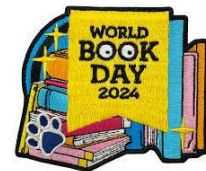
Thursday 1st February—Time to Talk Day

Friday 2nd February—Wear **Red** for British Heart Foundation

5th to 11th February—Children's Mental Health Week

Friday 23rd February—Parent/Carer Coffee Morning

Thursday 7th March—World Book Day



February Half Term

End of Term Friday 9th February 2024 at 14.00 RETURNING TO SCHOOL MONDAY 19th February 2024



Attendance

Currently whole school attendance is **79.8%**, which is a drop since our December Newsletter.

We are still striving to reach **96%**. As parents and carers you play an essential role in making this happen.

The 8th January saw the launch of the national campaign to improve School Attendance '**Moments Matter, Attendance Counts**'.

For most pupils, the best place to be during term-time is in school, surrounded by the support of their friends and teachers.

This is important not just for your child's learning, but also for their overall wellbeing, wider development and their mental health.

We understand that as a parent, it can be difficult to know when to send your child into school if they are feeling unwell or mildly anxious, but finding solutions is a team effort between schools, parents and children so please always get in touch to see how we can help.

The new Education Hub has lots of useful information and links for parents and schools on how to support various issues such as mental health and friendship problems, please do have a look [here](#)

Reading at Home

The ability to read is a fundamental life skill. Pupils with poor reading struggle to read independently, and so read less. As a result, they do not accumulate the background knowledge and vocabulary they need to improve their understanding of what is being read. The knock on effect of this, is that it becomes hard for them to access the wider curriculum as they go through school. A good standard of reading, writing and spoken language is vital for pupils' success.

Research shows that children who are read to and spoken to in child friendly ways develop reading skills, vocabulary and a love of reading much more quickly than those who are not exposed to these things.

Here's how many words kids would have heard by the time they were 5 years old if they are read to:

- Never read to, 4,662 words;
- 1–2 times per week, 63,570 words;
- 3–5 times per week, 169,520 words;
- daily, 296,660 words;
- and five books a day, 1,483,300 words.



Top Tips for Reading with your Child:

- Make reading aloud feel like a treat—do it often. Make it a special quiet time and cuddle up so you can both see the book. Talk about the pictures, make it exciting and read with enjoyment.
- Show curiosity about what you're going to read: 'This book looks interesting. It's about an angry child. I wonder how angry he gets...'
- Offer lots of choice, have books on show. Go to the library, make it fun and exciting so it feels like a treat.
- Talk about books, and bring them to life by making it relevant, such as likening a character to someone your child knows, or perhaps making food that was in the book.
- Ask questions when you are reading, 'I wonder what might happen next', 'do you think...', 'who is your favourite character?', 'which bit of the book did you enjoy most?'
- Create a buzz books, so they become irresistible!

[10 top tips for parents to support children to read - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/10-top-tips-for-parents-to-support-children-to-read)

Here is a great link to have some fun at home with books! [Have some fun | BookTrust](#)

Reading and Phonics at School



"Teach a child to read, and keep that child reading and we will change everything. And I mean everything."
-Jeanette Winterson

At school we have adopted the Read Write Inc scheme for teaching reading and literacy. Like all phonics schemes, it teaches children the sounds in English, the letters that represent them, and how to form the letters when writing.

Read Write Inc. *Phonics* includes reading books written using only the letters they have learnt at each level (and a small number of separately taught tricky words). Using this format helps the children feel confident and successful.

Fred Talk—Teachers will introduce your child to a toy frog called Fred once he or she is ready to start reading words.

Fred can *only* say the sounds in a word and needs your child to help him read the word. Fred will say the sounds and children will work out the word. For example, Fred will say the sounds **c-a-t**, and children will say the word *cat*. This is Fred Talk: sounding out the word.

There are lots of resources for parents and carers available to support reading at home, including free e-books. There is a link [here](#).

This youtube video helps explain the programme [Parent video: What is Read Write Inc Phonics - YouTube](#) please take a moment to watch it.

Recipe of the Month

The 25th of January is Burns night. Robert Burns was a famous Scottish poet. Each year on his Birthday people celebrate his life and poetry with a Burns Supper. A typical burn's supper includes haggis, neeps (turnips) and tatties (potato). In celebration of the day this months recipes are two other favourite Scottish stalwarts, Stovies (stew) and Tablet (fudge)—not the electronic kind. They are both simple to make with few ingredients needed, why not have a go!

STOVIES

Ingredients:

30g lard or butter
1 onion, finely chopped
½ swede, peeled and cut into 2cm cubes (400g prepped weight)
2 large carrots, peeled and cut into 2cm cubes
1 celery stick, finely chopped
500g leftover roast meat (lamb or beef), or corned beef, cubed
700g potatoes, peeled and cut in to 3cm cubes
500ml beef or lamb stock
oatcakes or crusty bread, to serve



Method:

1. Heat the lard or butter in a medium sized saucepan. Add the onion and fry for 10 mins over a low-medium heat until softened. Add the swede, carrot and celery and fry for 5 mins.
2. Stir in the meat, if using leftover roast lamb or beef, then the potatoes. Pour over the stock and season generously, bring to the boil, then turn the heat down to a simmer. Cook covered for 1 hr 30 mins or until the vegetables have softened and the potatoes have broken down completely. If you're using corned beef, add this to the pan 20 mins before the end of cooking. Serve with oatcakes, or crusty bread

TABLET

Ingredients:

175g unsalted butter
450g caster sugar
75g sweetened condensed milk



Method:

1. Line a 22 x 18cm tray with baking parchment. Put the butter and 150ml water in a pan over a low heat, and melt the butter (don't let the water boil). Tip in the sugar and dissolve, stirring often.
2. Bring the water to the boil, turn down to a simmer, then add the condensed milk. The mixture will be a light creamy colour.
3. Cook for 20-30 mins, stirring often, until the mixture is thick and a deep caramel colour.
4. To test, drop a little mixture onto a cold side plate, it should not run and should be thick and sticky after 30 seconds. Remove from the heat and beat for 10-15 mins until it has slightly thickened. Pour into the prepared tin and leave to cool for 30 mins before cutting into squares.

Available Support



Herefordshire and Worcestershire SENDIASS have a dedicated team of advisors offering legally-based and easily accessible information and advice about special educational needs and disabilities (SEND). They support parents, carers, children and young people with SEND and our service is impartial and confidential.

[SENDIASS - Information, Advice and Support Service for Herefordshire and Worcestershire](#)

For Herefordshire families

Call: 01432 260955

Monday – Friday 8:30am – 4:00pm

(24 hour answering machine service is available)

Email: SENDIASS@herefordshire.gov.uk

For Worcestershire families

Call: 01905 768153

Monday to Friday 8:30am – 4:00pm

(24 hour answering machine service is available)

Email: SENDIASS@worcestershire.gov.uk



Information, Advice and Support Service

Herefordshire & Worcestershire

Providing FREE impartial information, advice and support on matters relating to children and young people who have or may have Special Educational Needs/Disabilities.



www.hwsendiass.co.uk



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Find out more online: www.hwsendiass.co.uk

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What is SENDIASS?

SENDIASS provides FREE, impartial, confidential and accessible support for parents and carers of children, and young people up to the age of 25, who have or may have special educational needs and disabilities (SEND). SENDIASS stands for Special Educational Needs and/or Disability Information, Advice and Support Service.

The service is also available for young people who have or may have SEND to access independently from their parents/carers. Our team members are fully trained through IPSEA in three levels of legal practice and attend regular training sessions to keep up to date with current legislation, as well as diversity and inclusion.

When would I need the service?

We can provide assistance if:

- You have concerns about your child's progress at nursery, school or college
- You need information and guidance on education, health and care plans, including education law and personal budgets
- You need help preparing to participate in meetings with professionals to help you get your views across or you need help to understand reports and/or letters
- You need information on how to resolve disagreements, including complaints and mediation
- You need information on non-curriculum issues such as bullying, exclusions, admissions and elective home education
- You would like to know more about Herefordshire's and Worcestershire's SEND policies and procedures

How can SENDIASS help me?

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

We can:

- Help you 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 needs 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 service providers and resources that may be of help

Other services we can provide:

Young Person Advisor (YPA) – Our specialist trained YPA's can support children and young people (who have or may have SEND) directly to make informed decisions. To access our YPA service contact the helpline in your county.

Training – Our specialist training and development officer runs regular training workshops on a variety of SEND topics for parent/carers and professionals. To view available workshops see our website:

www.hwsendiass.co.uk or e-mail: sendiasstraining@worcestershire.gov.uk