



## Community Wellbeing Newsletter



Somehow, in the blink of an eye we are at the end of another term and looking forward to a Christmas break! It has been another busy time at Riversides with some fabulous trips for the boys such as a STEM visit to the MAD Museum, trips to the cinema and visits to Christmas Markets.

The School have voted in their Pupil Parliament Prime Minister—Well done to Dylan in Y11. The Parliament have already been busy working towards things they would like to improve in school.

We have also enjoyed raising money on Children In Need Day and Diabetes Awareness Day. Mr Bottom held a toy sale which was a huge success, bringing in over £300—Well Done!!

A further well done goes to our Primary 3 students on their extended writing challenge last week—great effort all round!



## Dates for the Diary

20th—24th January—Children’s Mental Health Week

Monday 3rd February—Time to Talk

5th—11th February—Apprenticeship Week

Thursday 7th March—World Book Day



### Holiday Dates:

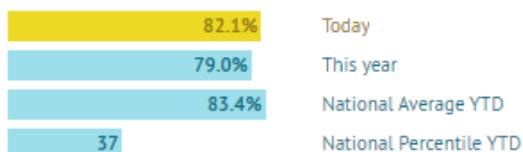
#### **CHRISTMAS HOLIDAY**

**FRIDAY 20TH DECEMBER 2024 (FINISH AT 12:00) - RETURN TO SCHOOL TUESDAY 7TH JANUARY 2025**

## Attendance

### Whole School Attendance

# 82.1%



Our aim as a school is to have an overall attendance of 96%.

It is essential to attend school on time every day. As parents and carers this is your responsibility.

We know kids get sick from time to time! As long as they don’t have a fever and have not had diarrhoea or vomiting in the past 48hrs they can still come to school.

If you are struggling to get your child to attend, please get in touch so we can work with you to improve things.

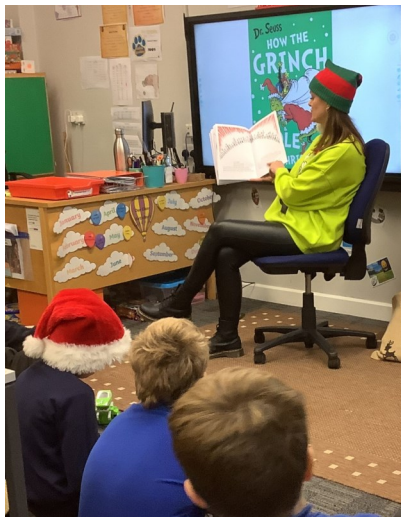
## Para 10 Tab Challenge

Early December saw the 4th annual PARA TAB 10 Challenge for our Year 11's. The challenge is based around the entry requirement for the Para Troop regiment. The pupils must carry 20kilos over a range of terrain for 10 miles. Pupils have to complete the challenge in under 4 hours. This year the lead group were exceptional and smashed the previous record by approximately 30 minutes, returning to school in 3 hrs 10 minutes.

As the pupils crossed the line they were met by a majority of the staff and pupils with rapturous applause. Each pupil received an engraved trophy from Head of School, Mrs Hill.



## Primary Reading Challenge



This half term students have taken part in a “childhood picks” reading challenge. Members of staff throughout the school have picked a book from their childhood to share with the pupils. It has been enjoyed by all with some brilliant choices including Giraffe’s Can’t Dance, Cops and Robbers, The Dinosaur That Pooped... Christmas and last but not least The Grinch Who Stole Christmas.

The pupils created some wonderful art work inspired by some of the books they listened to.

We can’t wait to see what the next challenge brings... Happy Reading Primary!



## Careers

It has been another hectic months with careers, with many opportunities for our pupils.

Our Year 8, 9 and 10's had the opportunity to find out about the different roles available at Severn Trent and options such as work experience and apprenticeships.

Dave from Harlow's Timber came in and spoke to Year 9 about his current role and his journey to get there—which was not without it's challenges including a hard time with exams the first time round—what an inspiration for our students!

Our Year 10's were fortunate to visit a working farm—they had a great time learning what farming life is like.

Congratulations to the first of our Year 11's to do a weeks work experience at Armstrongs—it has been a great opportunity.

On the 29th January HoW College are running their first open event of 2025, it is an opportunity to browse their course options and meet the teams to find out what they offer. Please book by following this link. [January Open Event 2025 | Heart of](#)



## Recipe of the Month

### Easy Fudge

397g tin condensed milk: 397g tin condensed milk

450g/1lb light brown soft sugar: 450g/1lb light brown soft sugar

120g/4½oz butter, cubed: 120g/4½oz butter, cubed

125ml/4fl oz milk: 125ml/4fl oz milk

pinch salt



### METHOD

Line a 20cm/8inch square tin with baking paper. Place a glass of cold water in the freezer (or in the fridge with ice cubes).

Place all of the ingredients, apart from the salt, into a large, dry saucepan over a low heat. Continuously stir until the butter has melted and the sugar has completely dissolved.

Slowly bring the mixture to a rolling boil over a medium-high heat for 10 minutes. Stir continuously, especially around the edges, to stop the mixture catching on the bottom of the pan and burning. Be very careful as the mixture is very hot.

Once the mixture has reduced and darkened, carefully dip a teaspoon into the mixture and drizzle it into your glass of iced water (remove the ice cubes if using.) It should become a soft, pliable ball you can squash with your fingers when dropped into the iced water. If it sticks to the glass or your fingers when you press it, continue to boil and test the mixture every 2–3 minutes, or until it passes the test.

Add a pinch of salt then beat the mixture well. Leave to cool in the saucepan for 10 minutes. Beat the thickened mixture again, breaking the top that will have started to set until it starts to lose its shine. Leave for another 5 minutes and beat again. Pour into the lined tin and level with the back of a spoon.

Refrigerate for at least 3 hours, or until completely firm and you can cut through it easily with a knife without it getting stuck. Remove the fudge from the tin, transfer to a chopping board and slice into 36 pieces (6x6) with a sharp knife.

## Support During The Festive Season

Christmas and New Year are often associated with excitement and joy but it can also be a difficult time, straining us mentally, emotionally, physically and financially. There are many reasons why this time of year can be challenging. It's okay if you're not feeling full of joy during the festive season. You can find advice and information below to support during this time.

### Free listening services

These services offer confidential support from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

Call [116 123](tel:116123) to talk to [Samaritans](https://www.samaritans.org), or email: [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours

Text "SHOUT" to 85258 to contact the [Shout Crisis Text Line](https://www.shoutcrisis.org), or text "YM" if you're under 19

If you're under 19, you can also call [0800 1111](tel:08001111) to talk to [Childline](https://www.childline.org.uk). The number will not appear on your phone bill.

These services will only share your information if they are very worried about you or think you are in immediate danger.

**PLEASE DON'T SUFFER IN SILENCE!!**



# **10** Mental Health Tips — To Beat The Holiday Blues —

- 1.** Learn to say no
- 2.** Spend time with people you enjoy
- 3.** Act responsibly
- 4.** Do everything in moderation
- 5.** Maintain a healthy routine
- 6.** Don't overspend
- 7.** Don't isolate yourself
- 8.** Avoid drama & conflict
- 9.** Be practical
- 10.** Identify your triggers

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