

Claybrooke Primary School Newsletter 30.08.24

Be safe, Be ready, Be respectful.

Welcome back to a brand new school year here at Claybrooke Primary School.

It has been lovely to welcome all of our pupils, new and old, into school this week and see them all settling down so well to a new term. It has been a delight to the children showcasing our behaviour expectations from last year, as well as taking pride in their appearance by wearing the correct uniform and PE kits. A great start to a new term.

It has been a busy summer on site as we have had contractors working in pretty much every area of the school site, (Except for Oak Class) removing all of the old victorian heating system and radiators to install a new, more economic heating system in the main building, as well as a heat source pump system in the school hall. This work was continuing right up until the day before the school opened this week! I would like to say a huge thank you to the staff, particularly Lorian, who worked so hard to ensure we were able to get everywhere ready for the children on Tuesday.

We are pleased to welcome Miss Poyner and Miss Ellingworth who join us this year in Willow Class. I'm sure you will make them very welcome to our Claybrooke family

I hope to see many of you at our '**Curriculum Information meeting** taking place next **Thursday, September 6th between 3:30 - 4:00 pm** in your child's classroom. Oak Class will also have a meeting about the upcoming residential taking place following the Curriculum meeting at 4pm. This is an opportunity to meet your child's teacher as well as finding out about the curriculum for this academic year.

I hope you have a lovely weekend



Mr P. Rock
Head of School



**CLAYBROOKE
PRIMARY SCHOOL**
Together we flourish | Est 1814

Well done to those who received certificates this week:

Excellent Work



Oakley

Seren

James



Values

Abi

Frank

Poppy



Hot Chocolate Superstars: Returns next week



**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

Meet the teacher / Curriculum Information meetings.

Thursday 5th September

3:30 - 4:00 pm

(Oak Class residential meeting will follow at 4pm)

*Come and meet your child's teachers for this year and
find out about their learning this term*

Curriculum update

Over the coming weeks we will be sharing more details about our ongoing curriculum development journey. This will include examples of what learning your child will receive this year as well as any changes. More details soon.

Behaviour curriculum

Please support us with our behaviour expectations at Claybrooke. You can see a reminder below of some of our expectations of behaviour, such as; First time, Every time, Star listening, Star walking and 'Step' (how we speak to each other.)

STEP		BE A STAR	
 SPEAK POLITELY		 SIT UP	
 THANK YOU		 TRACK THE SPEAKER	
 EXCUSE ME		 ANSWER QUESTIONS	
 PLEASE	FANTASTIC WALKING	 RESPECT OTHERS	FIRST TIME
	 FACING FORWARDS		 FIRST TIME
	 ON THE LEFT		 EVERY TIME
	 HANDS BY SIDE		 EVERYWHERE
	 STEADY PACE		 EVERYONE
	 NOT TALKING		

PE days:

Please come into school wearing your PE kits.

Willow: Monday and Tuesday

Oak & Maple: Wednesday and Friday

Following the closure of Kidspace at Claybrooke, please speak to Estia (Chair of the PTA) about her wrap around care package if you have any questions.

Mini Minds Childminding

Pre and post school wraparound childcare.

7.30am-9am - Breakfast Club

3.15pm-6pm - After school Club

Email: estiafawbert@icloud.com

Mobile: 07704 064001



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.

