



Newsletter 8

Friday 26th January 2024

Updates & Reminders

Thank you to all those parents who joined us for **Open Classrooms** last week. It was lovely to see so many of you there with your children showing you around the classroom and sharing their work.

You should have received a letter regarding the upcoming **Parent Consultation Evenings on the 5th and 8th February**. Appointments can now be booked using MCAS. Parents will need to select 'Parents Evening' from the side menu and then select an appropriate time from the drop-down menu. If you are booking for more than one child, you will have to ensure you have selected the correct profile for the child you are booking an appointment for. For those parents with children on the SEND register, appointments can be made with Mrs Elington (SENDCo) via the school office.

Thank you to the Year 4 & 6 parents who attended our **Kilve and Charter House Residential Information Evenings**. The children who attended certainly seemed excited by the prospect of going away with the school and their friends!

Could we please reiterate that the school day starts at 8:50am and that children arriving after this time will be marked as late. As the lunch registers are now automated, children's meals will be cancelled if they are marked as absent when the registers are taken by the teachers. We will of course make sure that everyone is fed, but your child may not be given their original choice as their meal is cancelled automatically if they are late.

Please look out for our **Online Safety Parent Workshop** letter that will be sent home next week. The date for this will be the **20th February**.

Free School Meal Entitlement

We are mindful of the pressures facing families during this period of rising costs of living. If your financial or living circumstances have changed, your children may be entitled to Free School Meals. Parents/Carers can make applications for free school meals online through the Devon Citizens Portal [Citizen Portal - Sign in \(devon.gov.uk\)](https://citizenportal.devon.gov.uk) If your application is approved, your child will receive free school meals during term time, and you may be eligible for additional support during the holidays with supermarket vouchers. If you have any other questions about free school meals, your eligibility, or how to apply, please contact the school office on admin@uffculmeprimary.bep.ac.

Unwanted Lego Sets

We are looking for any donations from the school community for any small or medium Lego sets with instructions. We are looking for 5-8 sets and would be very grateful if anyone is able to donate any Lego sets that are unwanted or surplus to requirements.

Pancake Day Celebration – Willand

Please see the image opposite regarding Pancake Day. St Mary's Church are running a pancake session at Willand Church Hall, Rectory Gardens on Shrove Tuesday 10-11.30am (in half term). This is a free session and includes family friendly activities.

Please contact Claire Nichols for more Information about this event.



Parental Minds CIC

Parental Minds provide 1:1 support to those living within the Culm Valley area and we would like to provide some information about the organisation for those who may not be familiar with it. At the bottom of this newsletter, you will find a poster detailing their services, along with information about their virtual hubs. Parental Minds are truly excited about the opportunity to support families in the Culm Valley area and look forward to making a positive impact.

Parental Minds gives support to families who are struggling with their mental health. Their trained parent/caregiver peer support workers provide person centred support via 1:1 calls, messaging, sharing resources and connect families with a range of organisations and services that are recommended by professionals or by those with lived experience. They also facilitate small virtual peer support groups for members who are experiencing similar challenges and run monthly online skills workshops. These include communication, self-care, living with emotions, navigating change and dealing with meltdowns and mayhem (and many more).

Through their Parent+ Virtual Hubs, they provide support and information, allowing caregivers to grow in strength and knowledge. They can offer emotional support to parents, a safe space to vent, support guides, navigation to other services and opportunities to try new skills if things aren't currently working well. Where families are supporting a loved one with an eating disorder, they have the only New Maudsley Approach workshop facilitator in the South West. She provides regular workshops and 1:1 support for parent caregivers. In addition, they support schools to support young people's mental health by sharing their developed guides through workshops and CPD conversations. Please do reach out to Parental Minds if you feel they are able to support your family.

Diary Dates

JANUARY		
Wednesday 31st	5pm	SATs workshop for parents
FEBRUARY		
Monday 5 th	3:40pm	Parent consultations
Thursday 8 th	3:40pm	Parent consultations
Friday 9 th		Trust-Wide Non-Uniform Day
Monday 12 th to Friday 16 th February 2024- Half Term Break		
Tuesday 20 th	3:30pm	Online Safety Workshop
Wednesday 28 th	11:30am	Year 6 – watching Beauty and The Beast (The Venue)

MARCH		
Thursday 7 th		World Book Day
Friday 15 th		Red Nose Day (non-uniform day)
Wednesday 27 th	9:15am	Reception Vision Screening
Thursday 28 th	1:45pm	Easter Service at St Mary's Church Last day of Spring Term
Friday 29 th March to Friday 12 th April 2024 - Easter Holidays		
APRIL		
Monday 15 th		First day back of Summer term



VIRTUAL PARENT+ SUPPORT HUB

Join Parental Minds for advice and support.
Sharing knowledge and insights.
Answering your questions.
Helping to make informed choices about your loved one.

Parental Minds material is informed by families lived experience, with professional input and supporting evidence is cited, where it exists, by Dr Abby Russell's research students from the University of Exeter.

Virtual Hub, Teams
bit.ly/ParentPlusVirtual
Tuesdays 10.00 – 11.00
Thursdays, 13.30 – 14.30

PARENT + SUPPORT HUB
Mental Health Hub | Supporting Families

PARENTAL MINDS C.I.C.
Mental Healthcare - Exploring Pathways



PARENT +
Mental Health Hub
Supporting Families



Do you have a question about Family Mental Health?

Not sure where/who to turn to for Mental Health Support?

We offer a safe place for parents/caregivers to be "heard" and somewhere to exchange ideas, hints & tips with other parents/caregivers. We share information on Local and National mental health services.

WE PROVIDE

- Virtual Peer Support
- WhatsApp support
- Closed Facebooks
- Support calls
- Low-cost counselling

REGULAR VIRTUAL EVENTS

• Online Peer Support Hub Teams

Tuesdays
10.00 – 11.00

Thursdays
13.30 – 14.30

• Online Workshops Zoom

4th Monday of the month
19.15 – 21.00



Visit our facebook or website for our calendars.

1 to 1 booking also available. Message for more details.



PARENTAL MINDS C.I.C.

REGISTER WITH US!

07907 614 516

facebook/PPSHUB

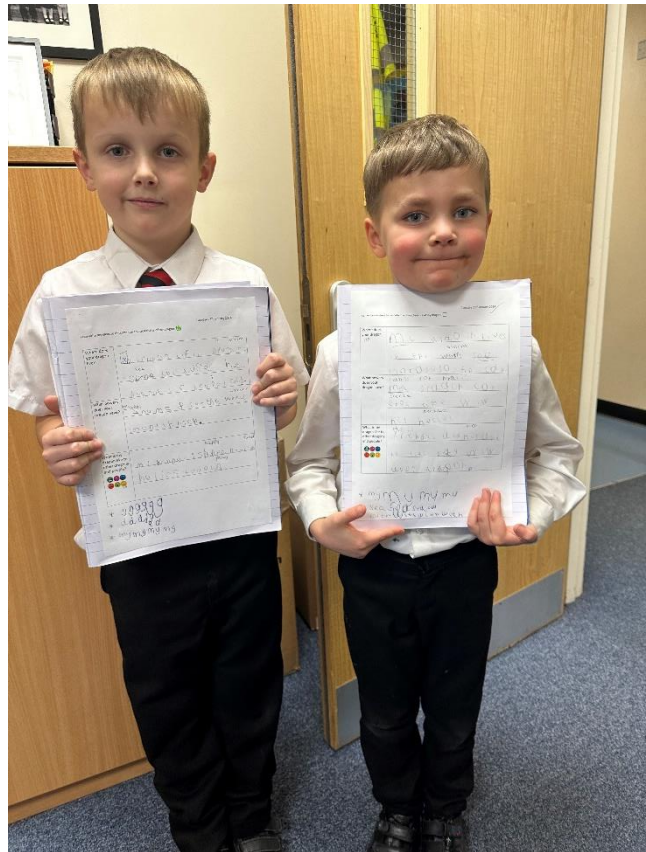
hello@parentalminds.org.uk

www.parentalminds.org.uk



FAMILY LIVED EXPERIENCE WITH PROFESSIONAL INPUT

Safeguarding - From time to time the school may need to make referrals to MASH (Multi-Agency Safeguarding)



UPS EXERCISE CHALLENGE

JOIN THE CHALLENGE
10K OR 13.1MILES
STARTS MONDAY 29TH JAN

Yours sincerely,
Fraser Wallace
HEADTEACHER