Banks Lane Junior School

Communication, Collaboration, Curiosity, Resilience, Reflection

The Weekly Roar!

Friday 1st July 2022 364th Edition

SPORTSDAY



As we are aware some parents may need to plan time off work etc we would like to share details of our upcoming sports day in the hope you can join us.

Date - Friday 15th July Time - Years 5/6 AM, Years 3/4 PM Exact times to be confirmed

Children should come into school in their sports clothes and should also have a bottle of water. There will be a designated adult seating area. You may bring fold up seats and picnic blankets. Everyone is invited to have lunch on the field with their children.

PARENTFORUM



Our next parent forum will be on 13th July at 9.30 - straight after reading morning!

We will be joined by our lovely school age plus worker who will explain what support their service are able to offer our school families.

YEAR 6 PERFORMANCE

Year 6 are pleased to announce their performance of a unique take on the original Aladdin script. This performance promises to be 'panto-tastic' and full to the brim of amazingly catchy songs and awardwinning acting performed by our superbly talented Year 6 pupils.

The performances will take place on Wednesday 20th July and Thursday 21st July starting at 6pm in the school hall.

We are excited that we are able to invite parents and family members to be part of the audience this year for the first time since 2019. Tickets are available to purchase from the SchoolMoney app, priced at £2. Tickets are limited so please only purchase as many tickets as needed.

On the evenings of the performances, children should be back at school at 5:30pm. Doors will also open for the audience at 5:30pm.

Please do not hesitate to contact the Year 6 team if you have any questions: <u>year6@bankslane-</u> jun.stockport.sch.uk



SCHOOLMONEY

Please note – The cost of school meals will increase from £2.20 to £2.30 per day from 1^{st} September 2022.

AWARD WINNERS



SCHOOL MENTAL HEALTH AWARD

We are delighted to share with you that our school has chosen to work towards being accredited with the Carnegie Centre of Excellence for Mental Health in Schools Award. Carnegie School of Education based at Leeds Beckett University and Minds Ahead CIC have developed the School Mental Health Award to give schools and academies a framework for whole school mental health development.

By embracing the ideals of the award, we are demonstrating a deep commitment to working towards excellent practice as we place the mental health and wellbeing of our pupils and staff at the core of our school alongside our commitment to having a rich whole school culture where all members of our school community can thrive. We would welcome expressions of interest from parents/carers who would like and are able to work with us more closely though a parent/carer group which will focus on the competencies of the award. If you would like further information about joining the group, please contact Gill Collins on <u>admin@bankslanejun.stockport.sch.uk</u> or on 0161 480 2330.

We look forward to sharing how we, as a community, are further developing our practices in relation to mental health and wellbeing over the coming months. Further information about the award can be found on the Leeds Becket University website; <u>http://www.leedsbeckett.ac.uk/schoolmh</u>

Free support in Stockport for parents

Parenting advice and support

Call for information, advice and guidance: the Stockport Emotional Wellbeing Hub can provide support for parents of anyone up to age 25. Call 0161 217 6028, available 8.30am to 5pm Monday to Thursday, 8.30am to 4.30pm on Friday

Call for urgent support: If you're concerned that a young person could be thinking about suicide; call Hopeline, available between 9am and midnight every day on 0800 068 4141

Chat online: the team at Young Minds team can provide advice and signposting for parent: through live chat. Visit www.youngminds.org.uk/parent

Read the guide if you're concerned about self harm or suicide: visit the Papyrus website at www.papyrus-uk.org/papyrus-launch-new-guide-for-parents

Complete a course on improving family relationships: access free online courses around parenting and understanding the children in your life by visiting bit.ly/stockportfamilycourse

Watch: you can also watch videos from Stockport professionals on ways families can help improve emotional wellbeing and mental health. Search for 'PACT Stockport' on YouTube

Help available for all over 18s who are stressed, worried or feeling low

Call: Open Door has a mental health helpline for anyone who is struggling to cope, or feels overwhelmingly low. Call 0800 138 7276 any day, any time

Vlsit: Open Door also provides a mental health daytime safe haven at 72-74 Prince's Street, SK1 1RJ. Drop in Monday to Friday 10am to 8pm, Saturday to Sunday 12pm to 8pr

Go online: Qwell is a website and message board offering anonymous sup over 25, 24 hours a day, 7 days a week, join by visiting www.owell.in

Contact your GP: talk about other options, or ask to be referred to the Viaduct Weilbeing Service

If you need urgent help: call Samaritans on 116 123

More options can be found by visiting: bit.ly/parentmentalhealth



Free support in Stockport for under 18s

Available 24/7

Go online: chat and get advice by signing up at www.kooth.com (ages 10-25)

Call an NHS mental health expert: the team at Pennine Care NHS Trust can be contacted on 0800 014 9995 (all ages)

Call Childline: 0800 1111 or visit the message boards on www.childline.org.uk (ages 0-19)

Things that could help over the coming days and weeks:

Complete a self care plan: download a template from bit.ly/AnnaFreudP (primary school age) or bit.ly/AnnaFreudS (secondary school age)

Join a SHINE group session: meet with other young people weekly and get involved with wellbeing and creative activities. Call 0161 440 0055 or visit the website at bit.ly/shinespt (ages 11-17)

Message ChatHealth: text 0748 063 5227 or visit chathealth.nhs.uk Monday to Friday and get a response within 24 hours from a school nurse (ages 11-19)

Contact your GP: talk about other options, or ask to be referred to the Viaduct Wellbeing Service (ages 11+)

If you need support with LGBT issues: start a webchat with a Proud Trust youth worker by visiting www.theproudtrust.org/proud-connections (all ages)

If you need support with an eating disorder: talk to someone at BEAT by visiting www.beateatingdisorders.org.uk/support-services (all ages)

If you need urgent help: call Hopeline, available between 9am and midnight every day on 0800 068 4141 (ages 0-35)



Inflatables Nerf Wars Driving School and much morel

f @Funtopiauk

3rd July AND 10th August Woodbank Memorial Park, Stockport SK1 4JR

Find more information by visiting: bit.ly/under18support

OUTSIDE AGENCIES

We often have outside agencies come into school to work with/support our pupils in a number of different ways. Please see our table below for their availability.

Tuesday	Wednesday
	BSS, am, every other week
LSS, all day	SALT, every other half term

LSS - Learning Support Service

BSS - Behaviour Support Service

SALT - Speech and Language Therapy. On The half term we do not have weekly visits, teaching assistants carry out follow up work with children.

USEFULWEBSITES

CEOPS

CEOP help young people who are concerned about on-line images and communications. https://www.thinkuknow.co.uk/11_13/help/CEOP/

Family Lives

Family Lives is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life.

http://www.familylives.org.uk/

Guidance for Parents re Instagram

http://www.connectsafely.org/wp-content/uploads/instagram_guide.pdf

Kidscape

'Preventing Bullying, protecting children' https://www.kidscape.org.uk/what-we-do/

Kidsmart

http://www.kidsmart.org.uk/

Netmums

The network offers information to parents about parenting on a national level. Amongst the topics are child welfare, maternity, playgroups, child health and child safety. http://www.netmums.com/

NSPCC NetAware

https://www.net-

aware.org.uk/?utm_source=google&utm_medium=cpc&utm_campaign=Grant_shareaware2014&utm_term=nspcc_ net_aware&gclid=EAIaIQobChMI6rq9lqCa1QIV77XtChOnOw-aEAAYASAAEgIawPD_BwE&gclsrc=aw.ds

Stockport SEND Local Offer

<u>https://stockport.fsd.org.uk/kb5/stockport/fsd/localoffer.page</u>

UK Safer Internet Centre

E-safety tips, advice and resources to help children and young people stay safe on the internet. <u>http://www.saferinternet.org.uk/</u>