



Banks Lane Junior School

Communication, Collaboration, Curiosity, Resilience, Reflection



The Weekly Roar!

Friday 2nd October, 2020
300th Edition

300TH EDITION



The Roar is celebrating its 300th edition today! We enjoy writing our weekly newsletter to give you information and to keep you up to date with activities within school. Here's hoping our Roar will continue for another 300 editions and beyond!

WALKING HOME SAFELY

Following the start of term the Local Authority have received a few reports of children being approached by strangers on foot and in vehicles. These incidents have caused the pupils involved to feel uncomfortable or concerned for their safety. The most recent incident was earlier this week where two students have reported being approached by a female asking them for directions and then asking them to get into her vehicle and show her the way. We have no detailed description and of course there may not have been any malicious intent.

Can we ask you to remind your children how they can keep safe walking home, especially as the weather and light levels begin to change. Many pupils may be opting to walk alone due to social distancing, please remind them it is ok to be with others if they observe the rules. Vigilance is of course important, sticking to safer routes and encouraging pupils not to put themselves at risk by carrying and wearing expensive items and ensuring phones etc. are kept out of sight will all help.

REMINDERS AND REQUESTS

*Please note - if there are any members of your household isolating from work or school could we please ask for them to refrain from dropping off/collecting children from our school. Please see attachment for further info.

*We put a flu vaccination link on last week's Roar. The link expires on 9th October. Please complete this even if you do not want your child to have the nasal flu vaccination.

<https://www.nhs.uk/flu/information?id=106028&Type=FLU>

*As the weather is getting colder, please ensure your child has a jumper or cardigan for school. All classroom windows need to remain open for ventilation. We would ask for hoodies not to be worn within school as they are not part of our uniform.

*We require 1 weeks' notice for changes to your child's meal pattern. Please contact the office should you require further details.

* This week's 'A Parent's Guide to Internet Safety' attachment is about TikTok.

VACANCY



We would like a new midday assistant to join our friendly team. The vacancy is for 1.25 hours per day from Mon - Friday throughout term times. Duties include supervising the children when eating and handwashing as well as on the playground or field. For further information or an application form please contact Mrs Collins.

FANTASTIC ATTENDANCE AWARD



We have three classes all sharing 1st place this week. Well done to 3B, 4L and 4S.

HEADTEACHER AWARDS

The Headteacher's Gold Award was given to Sarah from 5L for her friendly attitude and helpfulness in class

We have replaced team points with our brand new Dojo points. Children collect these individually to go towards their class and bubble total.

This week the green bubble won the Dojo Award.

Well done to all of you!

BIRTHDAYS

Happy Birthday this coming week to,

Cora, 3S
Harrison, 5B
Jennifer, 4L
Charlie-Joe, 4B
Cody, 5L
Ebony, 6S
Lexi, 6B

Seren, 5B
Isabella, 5L
Alfredo, 3B
Natasha, 5B
Erin, 5B
Ibrahim, 5L
Toby, 6L



If you prefer to access support online:

18+ **SilverCloud**
Online therapy for residents aged 18 and over with online programmes that can help ease stress levels, improve sleep or build resilience.
<https://gm.silvercloudhealth.com/signup/>

16+ **Togetherall**
24/7 anonymous support for anyone in Stockport aged 16 or over.
www.togetherall.com

11-18 **Kooth**
Online counselling and emotional wellbeing support for young people aged 11-18.
www.kooth.com

Living Life to the Full
Online courses and resources covering low mood, stress and resilience.
www.gmhealthhub.org/feeling

16+ **Self help Stockport**
Online, interactive e-therapy and talking therapies.
<https://www.selfhelpservices.org.uk/service/stockport-etherapy-service-2> or call 0161 480 2020 Mon-Fri 9-5pm

Every Mind Matters
Advice and practical tips.
www.nhs.uk/oneyou/every-mind-matters

Shining a Light on Suicide
Greater Manchester website with resources and support for anyone concerned about suicide
www.shiningalightonsuicide.org.uk

If you prefer to speak to someone:

18+ **Open Door - mental health helpline**
For any Stockport resident aged 18 and over. Open 24 hours a day, 7 days a week.
Call 0800 138 7276 or email opendoorstockport@makingspace.co.uk (email monitored 10am to 8pm, 7 days a week)

Shout - 24/7 text service
Chat with trained crisis volunteers by text message.
Simply text SHOUT to 85258

0-25 **Emotional Wellbeing Hub**
Information, advice, and guidance for anyone up to the age of 25.
Call 0161 217 6028.
8.30am to 5pm Monday to Thursday
8.30am to 4.30pm on Friday.

Domestic Abuse
If you are experiencing domestic abuse call: Stockport Without Abuse 0161 477 4294. MASSH (multi agency safeguarding & support hub) 0161 217 6028. Stockport Adult Social Care 0161 217 6029.

Greater Manchester Bereavement Service
Support and information for anyone bereaved.
Call 0161 983 0902.
Mon to Fri 9am to 5pm, Wed 9am to 8pm.
<https://greater-manchester-bereavement-service.org.uk/>

16+ **Stockport Healthy Minds**
Telephone support and treatment for people over 16 registered with a Stockport GP.
Complete the online form or speak to your GP to access the service
<https://www.penninecare.nhs.uk/services/stockport-healthy-minds>

If you want help with practical challenges, such as money, housing, food supply, loneliness, caring responsibilities:

Stockport Council Coronavirus helpline
Call 0161 217 6046 Mon to Thurs 9am to 5pm, Fri 9am to 4.30pm.
For links to information on a range of issues, visit: www.stockport.gov.uk/vulnerablepeoplecoronavirus

Signpost for Carers
Confidential information and support to unwaged carers in Stockport
Call 0161 442 0442 Mon to Fri 8am to 4pm, or 0161 947 4690 for the Young Carers Team
www.signpostforcarers.org.uk/who-we-are

The Prevention Alliance
Provides support in working through challenges you may face.
Call 0161 474 1042 Mon to Fri 9am to 4.30pm. If you are deaf, text 07539 468 560
<https://stockporttpa.co.uk/>

18+ **Viaduct Care Wellbeing and Self-care service**
If you're over 18, speak to your GP receptionist for a referral, which offers telephone and online support for those registered with a Stockport GP

If you would like help to reduce or stop using drugs, drinking alcohol or gambling:

26+ **START Team**
Help you access alcohol and/or drug support/treatment.
Call 0161 474 3141 or email START@stockport.gov.uk

0-26 **MOSAIC**
Free, confidential support for people 25 and under who need help with drug or alcohol issues themselves or to cope with parents who misuse substances.
Call 0161 218 1100.

18+ **Gambling**
Advice and support for anyone affected by problem gambling.
www.gamcare.org.uk
www.begambleaware.org
National Gambling Helpline, Available 24/7 0808 8020 133.

Additional Help & Support:

Links to more support in Stockport
More online resources for support with self-help, peer support, and details about local organisations, as well as national support and helpline numbers can be found here: www.stockport.gov.uk/wellbeingcoronavirus. The page includes a link to further resources specific to children and young people.

Pennine Care NHS Foundation Trust
If you are already in the care of Pennine Care NHS Foundation Trust, you can ring 0800 014 9995 (24 hours a day).

URGENT HELP if you need help straightaway

Samaritans - call 116 123. Available 24/7.
SHOUT text SHOUT to 85258.
Hopeline UK - if you're under 35 - call 0800 068 41 41 - 9am to 10pm weekdays, 2pm to 10pm weekends.
Dial 999 - in a life-threatening emergency.

This newsletter is emailed weekly to parents/carers. Please let us know if you would like us to email it to you.

It is also available on our website at www.bankslane-jun.stockport.sch.uk

If you have any queries or concerns, please email admin@bankslane-jun.stockport.sch.uk or phone the school office on 0161 480 2330



USEFUL WEBSITES

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=nsppc_net_aware&gclid=EAIaIQobChMI6rq9lqCa1QIV77XtCh0n0w-aEAYASAAEgIawPD_BwE&gclsrc=aw.ds](https://www.net-aware.org.uk/?utm_source=google&utm_medium=cpc&utm_campaign=Grant_shareaware2014&utm_term=nsppc_net_aware&gclid=EAIaIQobChMI6rq9lqCa1QIV77XtCh0n0w-aEAYASAAEgIawPD_BwE&gclsrc=aw.ds)

Stockport SEND Local Offer

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

UK Safer Internet Centre

E-safety tips, advice and resources to help children and young people stay safe on the internet.

<http://www.saferinternet.org.uk/>