

Newsletter

27th January 2019

Christingle

Congratulations to the children in the school choir who took part in the Christingle Service this Sunday and sang beautifully. Following the choir's recent performances, Mrs Snell has kindly offered to help to supply the choir with some choir robes. If you are interested in providing sponsorship, please speak to Mrs Snell or Mrs Nolan

PTFA Armoury Hall Coffee Morning

Thank you for supporting the Armoury Hall coffee morning this Saturday and to the PTFA for all the hard work that they do for the school. If you would like to join in the PTFA planning meetings you will be made more that welcome. The next meeting will be taking place soon!

Parent Governor

Every child was given a letter on Friday informing you of a current vacancy on our governing board. Please do take time to read this letter and consider if this is a role that you would like to apply for. If you would like more information about what the position entails, please speak to Mr. Smith (chair of governors) or Mrs. Nolan.

Swimming

A reminder that children in Years 5 and 6 will be swimming this **Wednesday** 29th January.

Netball

Our sports leaders have organised an in-school net ball competition for children in Key Stage Two this Tuesday afternoon (during school time). Please make sure your child has a PE kit is school, no other equipment is needed.

School Dinners

We are very grateful to Age Concern for the work that they have put in to providing us with a new 6-week menu, this year (as opposed to the previous 2 weekly rotation). The children clearly enjoyed the wider variety of meals during the Autumn term. Age Concern

Diary Dates

January

29th In school Key Stage Two netball competition

February

12th Years 5 and 6 swimming

14th INSET day – no school at start of half term

17th HALF TERM

24th Start of Term 4

March

5th World Book Day

6th Year 3 /4 trip to Carleon

23rd-27th Year 5 /6 residential PGL

April

3rd Easter service and end of term 4

20th Start of Term 5

May

22nd End of term 5

June

1st Start of Term 6

July

17th Leaver service and end of year

have asked us to remind you that, now the children's menu choices have been made, these are set for the rest of the year. They do not have the capacity to make changes to menus mid-year with the exception of children who want to start having school lunches or who no longer wish to continue to do so.

Church Services

A reminder that there will be no Church Service this week. Our next Church Service will be on Thursday 13th of February.

World Book Day – 5th March

Details to follow.

Parent Discussion Groups

We have been given an exciting opportunity to run some Triple P discussion groups in school. These can only take place if there is sufficient interest. There are several different sessions on offer and you may be interested in signing up for one or all of them. These are open to mothers, fathers and carers. If an evening session is more suitable then we will look at the option of providing free child care whilst the sessions are running.

Please see below for a detailed explanation of what each session contains. A reply slip with preferred times is also included. If you would like a paper copy of this, please contact the school office

What are Triple P Discussion Groups?

The Triple P Discussion Group Series includes parent discussion groups on commonly encountered problems such as disobedience, fighting and aggression, and managing situations such as shopping with children and bedtime.

The discussion groups are designed to provide an overview of the positive parenting principles for any interested parent. Parents are actively involved throughout the 2-hour small group format discussions.

There are four workshop topics for parents of children age 0 – 12, and four for parents of teenagers.

Who is it for? Parents or caregivers with a specific concern about their child's behaviour. They are most likely to benefit when their concerns are around a relatively discreet, mild to moderate behavioural issue and when parents can independently implement parenting plans that are generated during each 2-hour group discussion. Each family receives a Triple P Discussion Group Workbook on the corresponding topic they are attending.

What is covered in sessions with parents? 0 – 12 Discussion Groups:

Topic 1: Dealing with disobedience. This discussion topic provides examples of common forms of disobedience and some reasons why children have difficulty learning to follow instructions. A number of positive parenting strategies are then introduced to help parents develop a personal plan to prevent disobedience, teach their child limits, and also to manage disobedience when necessary.

Topic 2: Managing fighting and aggression. In this session, parents are encouraged to share their experiences of aggressive and destructive behaviour from their children and discuss some of the reasons children fight. This group covers the skills that children need to be able to cooperate and get along with others. Parents learn how to teach skills such as sharing, communicating, and being gentle. They also prepare plans to manage times when fighting and aggression do occur.

Topic 3: Developing good bedtime routines. This discussion topic explores different problems parents commonly face at bedtime and some of the reasons why they happen. The skills children need to get into a good bedtime routine are discussed and parents are introduced to positive parenting strategies to help prevent problems. The approaches to encouraging children to stay in their own bed throughout the night are discussed: the gentle, the gradual, and the direct approach. All approaches are evidence-based and parents choose which approach suits them best.

Topic 4: Hassle-free shopping with children. This discussion topic uses shopping trips as an example of one of the most common times parents have to deal with difficult behaviour in public. Positive parenting strategies are discussed as step-by-step suggestions for preventing problems and teaching children how to behave on shopping trips. Parents develop individualised plans to manage problem behaviour during their own shopping trips and are encouraged to transfer new parenting strategies to other potentially difficult community situations.

Teen Discussion Groups:

Topic 1: Getting Teenagers to Cooperate. During this discussion, parents share some of their experiences and ideas about dealing with non-cooperation and discuss reasons why teenagers can be uncooperative. Several positive parenting strategies are introduced to help parents develop a plan to motivate their teenager to be cooperative at home.

Topic 2: Coping with Teenagers' Emotions. In this session parents discuss some of the reasons teenagers have emotional reactions and skills that teens need to calm themselves down. Several positive parenting strategies are introduced to help parents teach their teen to better manage their emotions.

Topic 3: Building Teenagers' Survival Skills. This discussion topic explores why teenagers sometimes make risky decisions and how they can learn to keep themselves safe while gradually developing independence. Parents are introduced to positive parenting strategies to help their teen plan for a situation which may potentially put their health or wellbeing at risk

Topic 4: Reducing Family Conflict. During this discussion, parents share some of their experiences of conflict with their teenager and discuss why sometimes this occurs in families. Several positive parenting strategies are introduced to help parents teach their teens how to get along with other family members and resolve problems. Ways to manage times when conflict affects the whole family are also discussed.

I would be interested in attending the following discussion groups

0 to 12 Discussion groups

	<i>Dealing with disobedience.</i>	<i>Managing fighting and aggression.</i>	<i>Developing good bedtime routines</i>	<i>Hassle-free shopping with children.</i>
In the school day				
In the evening				

Teen Discussion Groups

	<i>Getting Teenagers to Cooperate</i>	<i>Coping with Teenagers' Emotions</i>	<i>Building Teenagers' Survival Skills.</i>	<i>Reducing Family Conflict</i>
In the school day				
In the evening				

Name.....

Contact details (if your child does not attend the school)

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These sessions are also open to families in the local community. If you know of a family with babies, pre-school children or teenagers who might be interested please feel free to share this information with them.

This week's value - Respect