

# No 1 Multi Academy Trust for disadvantaged pupils' outcomes

DFE PERFORMANCE TABLES 2019 AND NO 3 IN 2018



## Top 10 National Pupil Progress

DFE PERFORMANCE TABLES 2018 AND 2019

5<sup>th</sup> February 2021

Dear Parents,

As we near the end of a very unusual half term I have been reflecting on everything that has been achieved by our amazing children, families and staff and looking forward to recovering and rebuilding together in the future.



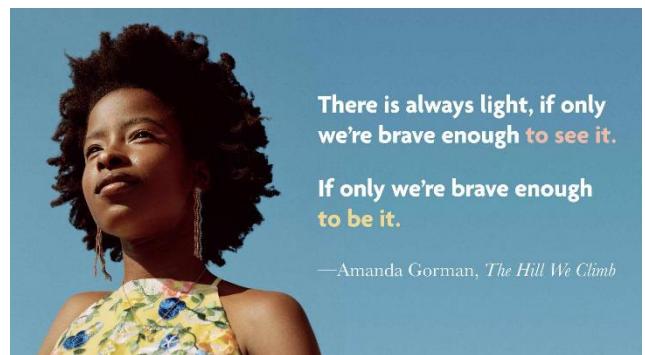
### Children's Mental Health Week

This week we have been marking Children's Mental Health week. Here are some of the ways we are ensuring that Children's Wellbeing is an ongoing focus-

- Parent session on Mental Wellbeing for children facilitated by our SENDco Mrs Pascall.
- Teachers adding mindful breaks to their google classroom streams.
- Staff training focusing on Mental Health and Wellbeing in particular considering the impact of the pandemic on our children.
- Planning as a staff team to support children and families when schools are open more widely.
- Referring parents to sources of support and training.
- Each google classroom has a 'Keeping Safe and Well' section for children to dip into.
- As part of Relationships and Health Education children learn about Mental Health and Wellbeing.
- Staff have their own wellbeing sessions led by our Educational Psychologists and can access support through our Trust Counselling service. Staff wellbeing is a priority.

### Assembly Reflection

This term we have been focusing on Hope in our virtual assemblies. The children have gathered together to reflect on the importance of Hope at this time and to look forward to the future when we can be together again. Thank you for sharing all of the lovely works of art the children have created in response to these assemblies. The words of the poet Amanda Gormna really resonate -



#### Charleton C of E Academy

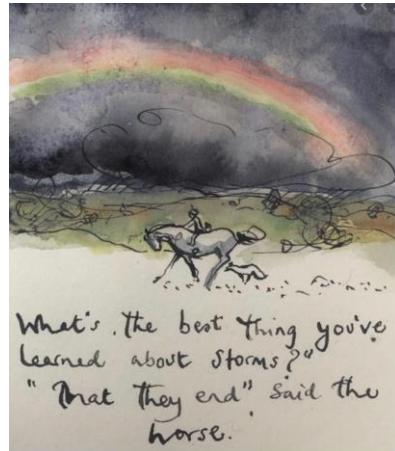
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# TOGETHER WE EMPOWER EXCELLENCE

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**This week's Assembly activity based on the book by Charlie Mackesy - The Boy, The Mole, The Fox and The Horse**



Your teachers and friends love seeing your pictures!

## activities

- Charlie says hugs have changed during lockdown because we can't hug like we used to, but we will be able to hug soon. Draw a picture of the people you are looking forward to hugging after lockdown.
- "Remember that the storm ends" draw a storm picture and a sun coming out from behind a cloud to show the storm will be over soon.
- Charlie raised £2m for comic relief with his "Love wins" drawing. Design your own drawing for "Love wins" or a drawing encouraging people to speak up when they feel afraid.
- Why is being a bit scared together better than being scared alone? Describe how these pictures help us to be positive today.



### **Non Pupil Day**

A reminder that **Friday 12th February** is a non pupil day. School will be closed to all pupils and remote learning will not be set as staff will be taking part in training.

### **Reopening of Schools - Reminder**

We heard from the Prime Minister last week that, should all go to plan with the vaccine roll out, then schools will start to open from the 8th March. Further details on this roll out will be published during the week of 22nd Feb. As soon as we have the information we need to make plans for a safe reopening, we will share these with you. We are all very much looking forward to seeing all of the children in school again

### **After School Child Care**

Please could you complete the form below if you are struggling to find after school care or are likely to once schools reopen more widely as we are aware of several families this may affect.

<https://www.devon.gov.uk/educationandfamilies/early-years-and-childcare/devon-family-information-directory/childcare-brokerage/unable-to-find-suitable-childcare>

You can also seek advice from Devon County Council via telephone or email 01392 383000 and ask for Pinpoint or emailing pinpoint@devon.gov.uk

### **Trust Links**



We have been lucky enough to have Mrs Palmer, our Trust Maths Lead, based at Charleton since the start of the third lockdown. Here are some of her reflections on her time at Charleton and what she's been doing to drive forward improvements to Maths teaching and learning across the Trust this year:

'I was delighted to rejoin my Charleton family again in this third lockdown. I received such a warm welcome from both the staff and the children and I am pleased I am able to support the leadership of the hub during this challenging time. I've had great fun on break duty playing lots of active running games to keep us all warm, whilst really making the most of the fabulous natural surroundings we work in at Charleton. I've mastered new skills in dinosaur play and puzzle making in Nursery and had the opportunity to build a very complex marble run in Start Point!'



Leading Maths in a pandemic is a challenge as all you parents know, from the fabulous support you are giving our children at home. Prior to this recent lockdown I had resumed my support for each of our schools face to face. At the Trust we remain focused on having a fluent understanding and rapid recall of addition and subtraction number facts and we have remained focused on rolling out our new programme, 'Number Sense Maths', to you at home. I've also been busy making a video for parents on our new approach to teaching times tables and how you can support with this at home. Please do take a look.

Thank you to everyone for welcoming me back. It is a pleasure to come to work everyday and see such enthusiastic and dedicated children and staff'.

### Sources of Support for children families

There is an ever growing need for support for families. Below are some of the most recent offers that might be of interest to you. If you are struggling with finances, food, technology or the many challenges of life in a pandemic please contact us and we will do our very best to support you.



### The Hope programme - Helping people cope with lockdown

The HOPE programme in Devon has gone digital and is available (and FREE!) to anyone living Devon. The 12 digital courses running in 2021 are available to anyone struggling with a long term condition, mental illness or with lockdown in general.



A circular advertisement for the HOPE programme. It features a hand holding a rainbow heart. The text reads:

**Free online courses to help people living in the South West to cope with life in 'lockdown'**

Managing long-term physical or mental illness can be stressful, tiring and incredibly lonely at the best of times, but now more than ever.

On this free, 6 week online course you can meet others in the same situation, learn how to cope better, feel more in control and be more resilient.

Mindfulness      Goal Setting      Fatigue Management      Stress Management      Identify Personal Strengths

Gratitude Diaries      Dealing with Setbacks      Challenging Unhelpful Beliefs      Healthy Eating      Physical Activity

The courses start every month from **2nd February 2021**. You can complete the course at your own pace, with support from trained facilitators.

**NHS**

Places are limited! First course starting 2nd February 2021  
Find out more or sign up today at <http://bit.ly/HOPESW>

The Hope Programme was developed by Coventry University and is delivered under current licence from Hope For The Community CIC.



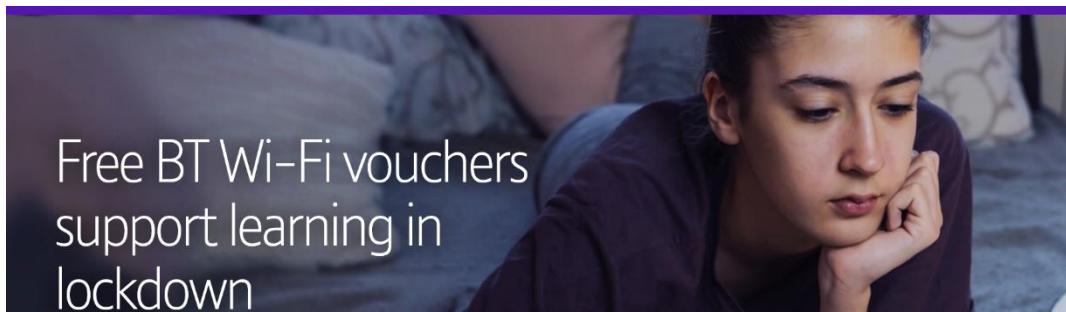
## **BT Wifi Boost**

BT have made a number of free Wi-Fi voucher codes available for schools to distribute to pupils aged 16 or under to support access to internet connectivity at home.

How will the Wi-Fi voucher codes work?

Each Wi-Fi voucher code will allow access to the internet on up to three devices at a time, for free, until the end of July 2021. Access will be provided through BT's network of over 5 million Wi-Fi hotspots around the country and includes comprehensive content filtering.

***Please email the school office to ask for your Wi-Fi voucher code. (charleton@lapsw.org)***



## **What support do families need with food poverty?**

We have been asked to explore how we might improve the support given to people and families who find themselves needing help to get food and food parcels and would be grateful if you could fill in our quick survey that will help us understand the needs better.

You can fill in the survey anonymously but we are offering the chance to be entered into a free prize draw for a luxury hamper and to be entered into the draw we will need your name and contact details. Click [here](#) to be taken to the survey.

## THE EMOTIONAL CUP

**Some ways that children deal with having an empty cup:**

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

**What fills a child's cup:**

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love

**What empties a child's cup:**

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate







# ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

## NHS Every Mind Matters

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

## Kooth

[www.kooth.com](http://www.kooth.com)

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

## Childline

[www.childline.org.uk](http://www.childline.org.uk)

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

## Papyrus

[www.papyrus-uk.org](http://www.papyrus-uk.org)

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hotline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

## Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

## Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

## Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

## Stem4

[www.stem4.org.uk](http://www.stem4.org.uk)

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

## YoungMinds

[www.youngminds.org.uk](http://www.youngminds.org.uk)

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

## Samaritans

[www.samaritans.org](http://www.samaritans.org)

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org) 24/7.

## Child Bereavement UK

[www.childbereavementuk.org/young-people](http://www.childbereavementuk.org/young-people)

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

## Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

## Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

## Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.