



# Newsletter

13<sup>th</sup> October 23

## FRIENDS OF FRIEZLAND FUNDRAISING!

### **Halloween**

What a fantastic Halloween Party you had! Thank you to all the helpers who worked hard behind the scenes and on the day to make it a success, and of course to everyone who bought tickets to attend. You have raised **£782** which will go towards visits, visitors and new iPads for our Friezland children.

### **Last Day of Term Tuck Shop**

There will be a tuck shop in the shelter on **Thursday 19<sup>th</sup> October from 3.15pm** if you would like a sweet treat for the end of term. Children who are booked into Frosties will have a tuck shop in the Hall at 3pm so they won't miss out!

## OUR GOVERNING BOARD



In response to feedback from our Parent Questionnaire last year, our Governors will be sharing regular updates with families about the work that they do. Please read the attached update from our Chair of Governors, Jane Goodwin.

## MENTAL HEALTH & WELLBEING SUPPORT

Tuesday 10<sup>th</sup> October was World Mental Health Day and was discussed in school by Mrs Power in a special assembly. However, we know how important mental health and wellbeing is for our Friezland families too. So, here are a few places where you can access support if you feel you need to reach out for some help.

**QWELL** offers free **mental wellbeing** support for **adults** in the form of a phone chat. <https://www.qwell.io/>

**SILVERCLOUD** offers online mental health and wellbeing programmes for **adults**, for example to help ease your levels of **stress, sleep better** or to build **resilience**. <https://www.silvercloudhealth.com/>

**NHS EVERY MIND MATTERS** is a page dedicated to wellbeing tips and advice for anyone who may be experiencing mental health difficulties. <https://www.nhs.uk/every-mind-matters/>

**LISTENING SPACES** (Tameside, Oldham and Glossop Mind) The listening space is a **walk-in service** at the Oldham Wellbeing Centre. It is a free, informal, comfortable space for any **adult** in Oldham who feels they need someone to talk to, in confidence, and to get some early support. <https://www.togmind.org/news/listening-spaces>

## SCHOOL COUNCIL ELECTIONS

Next week, our Class 3 and 4 children will be able to stand to become a member of our School Council for this year. Children in years 3,4,5 and 6 who haven't been a School Councillor before, are welcome to write a manifesto speech in which they can explain why they would like the role and what skills and qualities they can offer. Children in Class 1 and 2 will be participating in the voting process, something which is part of us teaching pupils the British Value: Democracy. Two children from years 3,4,5,6 will be elected meaning that not everyone who stands will be successful. However, we hope families will support us as we teach children how to handle this experience and it will build their **resilience** for the future.

## MEASLES RISK

NHS England is urging parents to check that their children are up to date with their MMR (Measles, Mumps and Rubella) vaccinations in the wake of measles cases rising across the country. Childhood vaccination rates have fallen over the past ten years and this week statistics show that over 102,000 children aged four and five years old, at the start of their school journey, are not protected against catching measles, mumps and rubella. Measles is highly infectious and if left unvaccinated, nine out of ten children in a classroom can catch the disease if just one child is infectious. If you are unsure if you or your child are up to date, check your child's red book or GP records and make an appointment to catch up any missed doses.

For more information on the NHS vaccination schedule, please visit: <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

## HEALTHY ME WEEK: Drugs, Alcohol & Tobacco Education



After half term, we will have our first whole school Healthy Me week, when we will cover the content of the PHSE curriculum regarding drugs, alcohol and tobacco in an age-appropriate way. Please take a look at the attached overview so that you can see the coverage for your child's age group.

## OLDHAM HALLOWEEN EVENTS



Oldham's Halloween Events this year include a Halloween Fun Run and Half Marathon and a Halloween Story-trail. Take a look at the website for more information. <https://www.oldham.gov.uk/halloween>

## Dates for the Diary

### October

- 16<sup>th</sup> Individual and sibling photographs
- 19<sup>th</sup> Last day of term – Tuck shop in the shelter 3.15pm
- 20<sup>th</sup> DLP Staff INSET day (School closed to pupils)
- 23<sup>rd</sup> – 27<sup>th</sup> **HALF TERM**

### November

- 31<sup>st</sup> Governors in Action – school visit
- 1<sup>st</sup> Class 2 Guy Fawkes Drama Day (see letter sent home)
- 2<sup>nd</sup> Open Morning 3 for Reception intake, Sept 2024
- 3<sup>rd</sup> Y6 Kingswood Payment due
- 8<sup>th</sup>/9<sup>th</sup>/10<sup>th</sup> Year 5 Bikeability training
- 9<sup>th</sup> Parent's Evening 1 (virtual) 3.30-6.00pm (details to follow)
- 14<sup>th</sup> Parent's Evening 2 (virtual) 3.30-6.00pm (details to follow)
- 16<sup>th</sup> Class 3 Visit Hindu Temple (see letter)
- 17<sup>th</sup> Children in Need – Wear something spotty - £1 Donation
- 20<sup>th</sup> Class 4 Visit Chester Zoo (see letter)