

Cann Hall Primary School

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Wendy Byrne



Friday 10th February 2023

Dear Parents and Carers,

It has been a busy week here at Cann Hall, which finished with a really positive visit from the Compass East Headteachers this morning. I was delighted to take them on a tour of our school to show off the wonderful displays of the children's work, and to see the children focussed on their learning. They were very complimentary about the children's behaviour and were amazed with the quality of their work, particularly their writing.

Children's Mental Health Week

This week we have been celebrating Children's Mental Health, which started with an assembly on Monday. The theme this year has been **Let's Connect**, which is about making meaningful connections with others. We know that people thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends, and others – this can support our mental health and our sense of wellbeing.



At school, classes have created jars of kindness together, and then children from different classes have connected together to make paper chains of things they have in common.

Following this, we are encouraging our families to connect with others in healthy, rewarding and meaningful ways.

Below are some helpful links for parents and carers to support children with their mental health:

Place2Be Family Resources

As parents and carers, you play an important role in your child's mental health. Check out our free resources for families: [Families - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)

The Children's Trust - tips on building resilience

[Children's Mental Health Week: tips on building resilience | The Children's Trust \(thechildrenstrust.org.uk\)](https://thechildrenstrust.org.uk)

The Children's Trust - Tips on creating a playlist for wellbeing

[Tips on creating a playlist for wellbeing | The Children's Trust \(thechildrenstrust.org.uk\)](https://thechildrenstrust.org.uk)

Young minds

As the UK's leading charity for children and young people's mental health, Young Minds has a huge range of resources. This includes a section for [parents](#) as well as school resources.

Childline

Childline is a free, confidential service where children can talk about anything. It offers a host of help and information and this includes a [Calm Zone](#), which shares many ways to help children feel calmer. This includes breathing exercise, activities, games and videos to help let go of stress.

Contact, for families with disabled children

Contact has a page on [Your family's wellbeing](#) including links to virtual workshops, 1:1 support for parents via a telephone appointment, activities, as well as tips on looking after yourself and your child.

Mind

MIND provides support for people with mental health problems and its website includes [information for young people aged 11-18](#).

Every Mind Matters

The NHS online tool [Every Mind Matters](#) gives simple and practical advice 'to get a healthier mind and get more out of life' – from how to deal with stress and anxiety, to boosting mood or sleeping better. Every Mind Matters was created by Public Health England, with tips and advice developed with experts. It includes a section on [children's mental health](#) and [videos for young people](#).

CBT Get self help

This [website](#) provides many online resources to help manage different feelings. There are some great relaxation and mindfulness exercises available and apps that can be downloaded to help with anxiety and mood and provide relaxation and meditation exercises.

Safer Internet Day

On Tuesday it was Safer Internet Day. Our children learn about online safety as part of the Computing and PSHE Curriculums, but on the day they had an additional lesson to remind them about how to stay safe online.



Top Tips for Parents and Carers

Have a look at the tips and links below with some suggestions on how to get you started and help you to stay safe and positive online. You and your family can #PlayYourPart in creating a better internet by...

Having conversations without judgement.

Whether by playing games, watching videos, or doing things your child enjoys, spending time together online is a great way to start conversations about the online world and how they're finding being a part of it.

It is important to ask questions and take an interest in what your child enjoys online.

An essential part of having this open dialogue is to not judge, even if their behaviour or life

online isn't what you wanted or expected. This ensures that your child feels they can come to you if ever they make a mistake or experience a problem online.

Knowing where you can learn more about their favourite apps and games.

Websites like Common Sense Media or The Family Gaming Database can be invaluable sources of information. When your child starts talking about a new game or app, why not do some research into the reporting and blocking options available? Then you can help your child if they come to you with an issue.

Getting support if things go wrong.

There are lots of organisations who are there to support you and your family if something has gone wrong. The [Report Harmful Content website](#) can help you with issues such as cyberbullying, impersonation and threats. You can report worrying behaviour towards children to [CEOP](#). Find out more on [Childnet's Get Help page](#).

Reassuring your child that whatever happens online, you are there to support them.

Let your child know that the best way to address any problem they have online, is to tell a trusted adult immediately. For example, this might include someone sending them a friend request; an online message; telling them to visit a specific website, or app; or asking them for their personal information. Reassure them that if anything happens online that they are unsure about, or makes them feel worried or upset, they can come to you for help.

Zig Zag Lines

We have noticed an increasing number of cars being parked on the zig zag lines at the front of the school. Please can we ask that you avoid parking on these between the stated times (beginning and the end of the school day), as it makes crossing the roads really dangerous and we would hate for there to be a serious accident. Thank you.



Uniform – i.e. hair policy hair longer than should be tied up



Please can you ensure you are following our uniform policy, which can be found on our school website [Cann Hall Primary School - Uniform \(compassps.uk\)](#) and in particular, please can we refer you to the following requirement:

'Hair longer than shoulder length should be tied back so that loose strands do not get in the way of children's learning'.

Parent consultation evenings – reminder to sign up after half term.

Our Spring term parent consultation evenings are being held on **Wednesday 8th and Thursday 9th March**. After half term, you will be able to sign up for your time slots, with your child's class teacher, at the classroom doors in the morning or after school. If you are unable to make it into school, you are very welcome to contact your child's teacher via their school email.

Reminder of further industrial action days

Just a reminder that the next planned strike days are **Wednesday 1st March, Wednesday 15th March and Thursday 16th March**. As before, we will send out information regarding plans for these days, nearer the time.

Attendance Update

Our average attendance this week has gone down to 93.1%. Please support us, by ensuring children are in school every day so they can keep up with their learning, which will give them the best opportunity to do well in school and make good progress.

If your child's attendance falls below 90% you should expect to receive a letter to alert you of this, and when we feel it is necessary, home visits will be arranged. If your child's attendance falls below **96%**, we require evidence to authorise any further absence. You can check your child's current attendance using the My Child at School App.

Lateness does also affect your child's attendance. Please try to ensure that your child arrives at school before the gates close, each morning at **8.40am**.



Girls' Football



The girls football team played in a Colchester United football tournament this week and played brilliantly! They won their group, against schools from Colchester, Tendring and Chelmsford, winning 3 and drawing 1 game, without conceding a single goal. In the quarter finals, the girls beat Brightlingsea 1-0 and faced Engaines in the semi-final, agonisingly losing 1-0. The girls were a real credit to Cann Hall and worked incredibly hard all morning - we are very proud of them all!

ST John's Church Holiday Club and Clacton Family Warm Hub

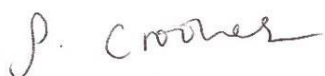
Information regarding these two events can be found at the bottom of this letter.

Upcoming dates for your diary:

11.2.2023-20.2.2023: Half Term
20.2.2023: Non-Pupil Day
21.2.23 Children return to school
1.3.2023: Secondary School Offer Day
2.3.2023: World Book Day
17.3.2023: Comic Relief
1.3.2023: Secondary school offer day
8.3.2023 & 9.3.2023: Learning Conferences
1.4.2023-16.4.2023: Easter Holidays
17.4.2023: National Primary Offer Day

Wishing you all a lovely half term break. Please note that Monday 20th February is a non-pupil day, so Tuesday 21st February will be the first day back for the children.

Kindest regards,



Sarah Crookes

Half Term Holiday Club

for children of primary school age & helpers

- GAMES - CRAFTS - SONGS - QUIZZES - FILMS -
- SPORT - PUPPETS - SNACKS - BIBLE STORY -

Mon 13th to Wed 15th Feb (10am - 12noon)

Going home...

The adventures Zerubbabel, Jeshua & Ezra



PLEASE BOOK IN USING THE SLIP ON
THE YELLOW LEAFLET, OR BY PHONING
01255-475704. Cost: £1 per day.



Great Clacton Parish



@gtclacton

gtclactonparish.co.uk

CLACTON FAMILY WARM HUB

All families are welcome to our FREE warm hub

COME AND JOIN US!

TUESDAY 14TH
FEBRUARY
10AM - 1PM

ST CLARE'S
CATHOLIC PRIMARY SCHOOL,
CLOES LANE, CLACTON
JUST TURN UP OR CALL 01255 425692
OPTION 3 FOR INFORMATION

FEBRUARY HALF TERM

We will have **snacks and warm refreshments, winter warmer bags, School uniform Bank, activities** for the children, and **other services** on hand that may be able to offer you some help and support you, your family or your home.

Organisations coming will be able to help with:

- Fire safety advice
- Support for families
- Money & Debt
- Cost of living support
- Info on local services



CVST

BRINGING UNITY TO OUR COMMUNITY

OPEN TO ALL FAMILIES IN CLACTON.
YOU DON'T NEED TO GO TO THE SCHOOL
TO ATTEND THIS WARM HUB



Essex County
Fire & Rescue Service



THE
COMPASS
PARTNERSHIP OF SCHOOLS

A charitable trust
company number: 10360957

Alderwood - Deansfield - Halstow - Horn Park
South Rise - Willow Dene - Wingfield

CEO of The Compass Partnership: John Camp