

WESTGARTH WEEKLY



Westgarth Primary School 01642 485560

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Friday 23rd October 2020

Dear Families,

COVID Related Information Sharing

Thank you to families for informing us promptly and keeping us up to date with any COVID related issues affecting your households. It is important that this continues over weekends and holidays in case there are implications for other children and/or school staff. School is closed over half term; however, we will be checking the general school email on a daily basis for any COVID related information. School staff are all on leave over the holidays so please appreciate that we will only be checking COVID related messages, and responding to them if further communication is required. Any other messages will receive a response after the half term break.

For COVID related information, please mark your email with **COVID** in the subject box and send it to: westgarthoffice@WestgarthPrimary.co.uk

If required, we will contact you by email or telephone. Thank you for your support in this matter.

Lunches

If you wish to change your child's meal preference, please inform the school office in writing (or via email) with at least one week's notice.

A reminder that packed meals should not contain nut products, fizzy drinks or sweets/chocolate.

Please also send in plain, not flavoured, water in your child's water bottle. Sipping any other kind of drink throughout the day is highly detrimental to children's dental health.



Kitchen Catering Assistant

Galileo Catering Services is looking to appoint a part time catering assistant to support our team in the Westgarth kitchen.

Hours: 10 per week, 2 hours per day. Term time only.

Experience preferred but not essential. Full training will be given on the job. If you are interested and wish to discuss this role further, please contact: Simon Snee - Trust Catering Manager on 07906215084.

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Support for Families

There are lots of local and national supports available to families on a wide range of emotional wellbeing themes, as outlined below.

The Junction newsletter:

https://us19.campaign-archive.com/?e=test_email&u=01811ba13589f5a2ea4451d49&id=0b0f60a815

A webinar for supporting children with ASD/ADHD on making friends and maintaining positive relationships (although there will be helpful tips on this theme for all children):

<https://witherslackgroup.cmail20.com/t/ViewEmail/t/73AD00A1708E748C2540EF23F30FEDED/OF3ECEFC550C9450F7E8006BBCB98688>

CAMHS is also offering free online workshops on the themes of anxiety and emotional wellbeing, which will be delivered live via Microsoft teams for parents and carers in Teesside:

Understanding Anxiety Monday 9th November 2020 10am-11am

Trainers will explore what may contribute to children and young people's anxiety and look at how we can build their resilience. We will also consider what help and support young people experiencing anxiety may need.

Emotional Wellbeing Monday 30th November 2020 10am-11am

Trainers will introduce you to the risk and resilience framework exploring how this can be used to improve outcomes for children, young people and their families and discuss what can be done to promote healthy emotional wellbeing in children and young people.

If you would like to access one / both of the above workshops, please email the following information to the CAMHS Training Team on TEWV.CAMHS-Training@nhs.net

- Which workshop(s) you would like to access
- Your name
- Email address
- In which locality you live
- The school(s) your child(ren) attend
- Age(s) of your child(ren)

A calendar request will then be sent to you which will include a link to access the session.

*The workshops are available and free of charge to parents and carers in Teesside with a child under the age of 18 years. Your child does not need to be in receipt of mental health services to attend. Sessions are delivered at an introductory level and are suitable for people with little or no previous mental health knowledge.

Once a Week Take a Peek

As you are aware, as a school, we follow Primary Care Trust advice about notifying parents regarding outbreaks of headlice. The most effective approach, according to the medical profession, is to encourage parents to check children's hair regularly, using combing. We would encourage all parents to take the approach - "once a week, take a peek" - and to inform family and close friends directly should head lice

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be found. As a school, if we do notice headlice, we will always alert the parents and carers of the affected child directly.

Communication with childcare providers

Our main communications are made through Parentmail to registered parents/carers. Please, therefore, ensure that any information relevant to grandparents, other carers and/or childcare providers is passed on by you, such as changes to drop and pick up arrangements and social distancing measures. Any issues or concerns will also be communicated directly with you, as parents and carers, to avoid any miscommunication. Thank you.



PD Day

A reminder that there is an upcoming PD Day, when school will be closed to the children, on **Friday 13th November 2020**. This falls on Children in Need Day so, hopefully, the children can enjoy some Pudsey related activities during the day.

Wishing you all a lovely half term break.

Yours sincerely,

Mrs J Woodhead
Headteacher