

# Hudson Primary School & Family Wellbeing Centre

## Weekly Newsletter for Families

Friday 18<sup>th</sup> September 2020



### HUDSON SCHOOL NEWS - Headteacher; Niki Craddock

Another week has flown by at Hudson with new challenges and strategies, please do read on for some reminders on how I really need your support in keeping our children and each other safe.

Lots of happy faces have arrived at Hudson this week it has been an absolute joy to see how quickly the vast majority of children are settling - they really do thrive on routine. There have been some anxieties and we have been able to get some professional advice on how families can deal with worry and anxiety from our very own Sefton Well Young Person Team. This team are the experts in offering mental health and wellbeing support to children and young people. There are lots of hints, tips and recommended books, websites and other resources in the leaflet at the end of the newsletter, I hope you find this useful!

The children in Year 4 this week ventured out the Meadows for their first swimming lesson. Last year they did not make it to the pool due to school closures, so they were a little bit nervous about what was awaiting them. I was really pleased to hear that the swimming was an enjoyable experience for all, the children arrived back at school eager for more next week. The staff felt very reassured by all of the safety measures put in place for them. So a good visits and start to our swimming year at the Meadows. Next week we will be celebrating Jeans for Genes day. This is an annual activity that Hudson has taken part in for such a long time. Please remember to donate on ParentPay £1 to the charity. Children can come to school in Jeans or denim or just non uniform if they prefer.

Today we say farewell and good luck to Miss Marl. She has been a teacher at Hudson for over 17 years and her influence has reached many homes. We wish her every success as she moves on to become curriculum manager for The Oak Academy, we are very proud of her and know she will do amazingly well in this new venture. Good luck Miss Marl!

### PREPARE FOR THE WEEK AHEAD

#### Monday

- Individual child school photograph day
- 1.30pm swimming for Oak Class

#### Tuesday

#### Wednesday

- Applications for Head boy and Head girl and also pupil volunteer roles return to day to Mrs Craddock
- 2.45pm Whole school virtual assembly with Mrs Craddock

#### Thursday

#### Friday

- Jeans for Genes day - £1 donation on Parent Pay please
- 2.45pm Whole school virtual Celebration assembly with Mrs Craddock
- **Homework and family learning packs come home**
- **School council applications come home**



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## CELEBRATORY NEWS - EVERYONE EXPERIENCES EXCELLENCE...

Friday brings us smiles, and celebrations. This week join our team in giving due praise and recognition to our shining stars of excellence and champions of behaviour. The children who have stood out exceptionally well for demonstrating aspects from our behaviour charter our very own **Behaviour Charter Champions** are:

**Little Acorns Classes** (Mrs Kelly, Mrs Spafford & Team): Jamie G and Callie Mc  
**Maple Class** (Mrs McIntyre, Miss Chapman & Team): Hallie L  
**Yew Class** (Miss Goodwin & Team): Francis P  
**Sycamore Class** (Mrs Whitelaw & Team): Pippa W  
**Silver birch Class** (Miss Morrissey & Team): Elliot Mc  
**Elder Class** (Mr Roberts & Team): Sophia Mc  
**Oak Class** (Miss Marl and Mrs Evans & Team): Bobbi W  
**Chestnut Class** (Mrs Macpherson & Team): Isabelle D  
**Beech Class** (Mr Murphy & Team): Harrison S  
**Rowan Class** (Mrs McNally & Miss McCann): Eva P

We can also not forget to mention and give praise to those who have demonstrated **Excellence within their learning, our EEE winners!** Those who have truly excelled and impressed are:

**Little Acorns Classes** (Mrs Kelly, Mrs Spafford & Team): Dollie H and Otis R  
**Maple Class** (Mrs McIntyre, Miss Chapman & Team): Charlie O'  
**Yew Class** (Miss Goodwin & Team): Autumn K  
**Sycamore Class** (Mrs Whitelaw & Team): Isla S  
**Silver birch Class** (Miss Morrissey & Team): Elsa P  
**Elder Class** (Mr Roberts & Team): Cody H  
**Oak Class** (Miss Marl and Mrs Evans & Team): Jacob H  
**Chestnut Class** (Mrs Macpherson & Team): Ethan R  
**Beech Class** (Mr Murphy & Team): Daniel M  
**Rowan Class** (Mrs McNally & Miss McCann): Poppy K

Be sure to ask your child to tell you all about the work they have displayed proudly in school and shared today.

**Our Hudson Reading Challenge and EYFS Nursery Rhyme Certification** really helps us to reward those children taking Literature seriously. This is a real challenge and we love to celebrate these achievements throughout the school year. We will be launching this very soon!

Our final reward is our **Kindness Cup**, and this week our ambassadors of kindness go to our swimming mermaid team in Y4 Oak Class. They worked together with the biggest hearts in order to make swimming possible for Aya. They went above and beyond, so big well done to our teaching team Miss Kavanagh, Mrs Evans, Mrs Walton and Miss Dickson. A great success, and most of all one happy little girl at the end of the session!

## SAFETY NOTICES

Please be aware that the parking outside of school is limited, but we need to be considerate of the neighbours and not park over driveways or on grass verges.

This can be extremely hazardous and you could be fined, it is also causing the residents great stress!

*We are a community school that thrives on building respectful relationships with our community.*

In the Maghull Community pages of social media the school is being badly advertised for careless community parking, please help to eradicate this.



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## NEWS FROM THE SCHOOL OFFICE

**Flu letters** - Rec - Yr6 Please could outstanding letters be returned by Monday (new ones have been given out). Completed forms already sent in have gone.

**School Application Letters** - Children eligible for reception in September 2021 are now invited to apply for a Primary School place. Those eligible will receive a letter home today.

**ParentPay** - the school's cashless system. Login details for our new starters have now gone out but please let me know if you have not received one.

I will also send you an invite to our parentapp. This is another way of receiving information, newsletters or informing me of your child's absence etc.

You now only need the Connect Parent App to have a link to Class Dojo and ParentPay.

(We have had a few requests asking how parents log back in to the app when they change their phone? Step 1: Download the PA Connect App. Step 2: Press Login and search for your school logo. Step 3: Enter the email and password. This is all they need to do and no new invitations need to be sent out. Parentapps Support)

Please ensure that your child's name is labelled in their uniform for a quick return if it's lost.

**Breakfast club and afterschool club** are back up and running so please remember if you have chosen certain days in the clubs then payments for these should be made in advance via parentpay. If you no longer wish to use the sessions allocated to you, then please inform us asap as there is a waiting list for certain days.

**Reminder** Just a reminder that the school phone line is not available between 1.00-2.00pm daily.

All answer machine messages are picked up at 2.00pm

## HOME LEARNING NEWS

Returning to school has been a key priority for everyone. The government have really pushed the reasons for children to attend school and get back into a learning routine. We have been inundated with family response to home school during lockdown - lots of varying feelings from families who accomplished home school systems and those who were slightly overwhelmed. It is safe to say that everyone recognised that learning is important and that children need more support when returning to school.

With this now a priority that all of us together have concluded we must now work together in order to support children get on track and progress.

There needs to be greater partnership between school and home, we need families to reinforce what has been taught at school in order for children to remember better. We need you to extend learning and experiences as we are very restricted now in our offer due to such tight safety measures.

Coming home next week will be extended home learning packages. You will already have received your **initial starter pack** that may have included the challenge of three reading books a week, spellings and times tables, possibly some phonics work. **These are daily activities, they are the basics and they are vitally important to do in short bursts**, repeatedly but most certainly daily.

The extended home learning will be in the form of text books that will have weekly challenges articulated by the class teacher, these will be maths, English and phonic based. They will be an opportunity for your child to **practice what has already been taught or prepare for the new week ahead. These will be a weekly task to complete and receive reward for.**

Further to this will be a chance for your child to explore new learning, this will be through a learning Journey. A project will be set by each class that combines subjects and allows them to practice skills, gain knowledge and showcase talents and interests. This is a **termly project** a chance to show their abilities in a different way and receive celebration on a class level. These may see you getting out and about and enjoying learning, growing and developing together. **Please help us to develop your child together.**

## COVID NEWS

*As you are all aware this week unfortunately we had to close our Autism base bubble. We have re-looked at all of our risk assessments and our practice with supporting advice and guidance from Public Health. With this in mind could you please take note of the following Hudson safety measures. These are the ones that are being forgotten:*

1. Please keep children off the play equipment before and after school, this then means our children get a safe area to play in during morning break and lunch that does not have to be cleaned down each time. **I am having to consider closing the playground to families and this really upsets me to think that with adult support this could be avoided.**
2. Please when dropping children off or collecting, wear a mask.
3. Please collect your children on time as 'bubbles' of children have been organised precisely to avoid overlapping and grouping in unexpected ways **including the pathways into and out of school.**
4. Avoid bringing items in from home, unfortunately this does include birthday treats for now.
5. Please ensure ALL school items are labelled, children should not have lost/misplaced items stored at school, and we will have to dispose of these at the end of each week.
6. Help us to minimise congestion by arranging for just one adult to accompany children from each family to school. Distance should be kept between families as we move into the new Government advice from Tuesday.
7. Please message teachers on dojo rather than holding them for conversations at the door.

**PTFA NEWS** - Here we are again at the start of a new school year, and we all know it won't quite be the same as it normally is, but let me first of all say welcome to our new families across the school. As many of you know, our hard working PTFA volunteers try our hardest to bring plenty of memories for our wonderful Hudson children and this year we hope will be exactly the same in that respect - they will just be different ones! Mrs Craddock and I have been brainstorming to come up with different ways the children can still enjoy Halloween and Christmas within school and we think we have come up with ways we can do that through some careful planning and using the groups the children are used to. With that in mind, we hope to be able to still bring Storytime with Santa to our smallest children, treats for Halloween and Christmas, including Family Bingo, and opportunities for the whole school to win some prizes! Of course, we will need to work within Government and Local Authority guidelines and there may be times when plans change at short notice but we are prepared to give it a good try. Mrs Craddock will be sending out a survey for you all to complete to help us with our planning moving forward and we would ask that you please complete this and provide us with your thoughts. This year more than any it is so important that we get your view so that we can do what we always plan to do - enhance the experience your children have at Hudson, so please keep an eye out for this in the coming weeks. Finally, on behalf of the PTFA I want to say thank you to Miss Marl for all the support she has given us over the years. She was always willing to help out with ideas and a stall at the Summer and Christmas fairs and could always be seen helping to supervise at our discos. We wish her good luck as she starts her new adventure.

Have a brilliant weekend. An updated events planner will follow next week.

Best wishes, Niki Craddock and Team

**School thought for the week:**

**Surround yourself with people who believe in you**





# SCHOOL EVENTS 2020-2021 - AUTUMN TERM

This is a revised version from what has previously been sent out.

Week	Date of event	Event title and details
14 <sup>th</sup> September	Friday 18 <sup>th</sup> September	<b>Head boy and Girl applications go home</b> It is time again for us to recruit our new members to our team. Please support your child in completing their crucial application and returning it on time.
21 <sup>st</sup> September	Monday 21 <sup>st</sup> September For two weeks	<b>All classes baseline assessments</b> Please ensure your child attend school every day and also on time so that accurate assessments can be made and relevant targets set for the term and year.
21 <sup>st</sup> September	Friday 25 <sup>th</sup> September	<b>Wear Jeans for Genetic research charity. Wear denim £1 donation.</b> One of the children's favourite charity events - wear genes and donate £1 towards genetic research. Any non-uniform will do if your child does not like wearing denim.
21 <sup>st</sup> September	Friday 25 <sup>th</sup> September	<b>School council applications go home</b> It is time again for us to recruit our new members to our school and class councils. Please support your child in completing their crucial application and returning it on time.
28 <sup>th</sup> September	Friday 2 <sup>nd</sup> October	<b>Non-uniform event chocolate donation</b> It is time to get saving towards our fantastic PTFA events. Any sensible non-uniform can be worn in exchange for £1 or chocolate.
5 <sup>th</sup> October	Monday 5 <sup>th</sup> October	<b>National Poetry day - performance poetry assembly</b> A chance to see the children perform as a whole school, their love of literacy, poetry, rhythm and rhyme and also of course performing!
5 <sup>th</sup> October	Wednesday 7 <sup>th</sup> October	<b>Settling in meeting with Teachers After School</b> A session with your class teacher via Zoom to see your child's new learning environment, find out what the year has in store and ask any settling in questions you may have.
5 <sup>th</sup> October	Friday 9 <sup>th</sup> October	<b>Hello Yellow Event</b> Supporting world mental health day - Young minds event £1 to charity, wear something yellow
19 <sup>th</sup> October	Monday 19 <sup>th</sup> October	<b>Harvest donations in - tins and jars please!</b> Harvest has arrived again, at Hudson we like to support those in our locality not as fortunate. All donations will go to our very own Foodbank sources.
19 <sup>th</sup> October	Friday 23 <sup>rd</sup> October	<b>2pm Harvest festival service - EYFS/Key Stage 1 lead</b> Listen to our Harvest celebration, readings, songs and stories.
19 <sup>th</sup> October	Friday 23 <sup>rd</sup> October	<b>Autumn celebration</b> A festive movie, some goodies, maybe a costume for this day too. But definitely lots of treats and prizes. Decorate a pumpkin for our school competition and be in with a chance to win a chocolate filled class hamper from our PTFA.
<b>Current planned Half Term: Monday 26<sup>th</sup> October return Monday 2<sup>nd</sup> November</b>		



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## What you can do to help your child or young person cope better with Anxiety and Worry

### What is Anxiety?

Anxiety can be defined as feeling nervous, or worried, often due to fearful thoughts about a possible future event. Our brain acts fast to keep us safe, but sometimes it sets off a false alarm by reacting to situations that are not dangerous.

Watch this video for more information:

[https://www.youtube.com/watch?v=FfSbWc3O\\_5M](https://www.youtube.com/watch?v=FfSbWc3O_5M)

Everyone has anxiety at some point this is 'Ordinary' anxiety and it is a feeling that comes and goes, but does not interfere with your everyday life. But if you have an anxiety disorder these feelings of fear and hyper alert can be ongoing and interrupt your day to day life.

### Remember...

Normalise it—everyone can feel anxious or worried—first day of new school, job interview, meeting new people etc.

Stay calm and supportive— Try not to get pulled into their emotions, stay rational and practical

Resist the urge to reassure—excessive reassurance can support the anxiety (not your child), this can then become an unhealthy coping strategy for your child

Anxiety is different for everyone—what works for you or someone else may not help them

Remember your children watch and learn from everything you do, so be brave and don't avoid difficult situations. They will learn more from what you do rather than what you say.

### Healthy ways to help anxiety

Create a Worry box or Worry Jar—encourage your child to write down their worries and put them in the jar / box instead of talking about them all the time. This works in lots of ways; it delays the worry, it stops them seeking out constant reassurance and it gives the worry less power. Arrange a worry time when you empty the jar / box together and go through the worries, talk through them in a curious and rational way (*I wonder why you have wrote that worry as it has never happened before*).

Worries that they are no longer concerned about can go in the bin. With the other worries try and challenge them in a supportive way. (Ask questions like how likely they think it is to happen / if the worry did happen how they would cope)

### Sorting them out or letting them go

Some worries we can problem solve and try to sort out, other worries there is nothing we can do about them, encourage your child to start recognising the Difference. Asking if the worry is a current problem or is it a hypothetical situation (a 'what if' worry) may help. If it is a current worry problem solve the worry by asking What? When? And How? Formulate a plan together. If the worry is a hypothetical worry (what if) start encouraging your child to let the worry go and change their focus to something else.

### Mindfulness

Anxiety does not exist in the present moment—we either worry about something that has happened or something that is going to happen. Therefore, practicing mindfulness and making it part of your daily routine can really help reduce anxious thoughts.

**Helpful websites:** <https://youngminds.org.uk/> <https://mindedforfamilies.org.uk/young-people>  
<https://www.anxietyuk.org.uk/> <https://parents.actionforchildren.org.uk/chat/>

**Helpful Apps:** Sam— App to help understand and manage anxiety, Smiling Minds— meditation and mindfulness app, Worrinots—helps younger children manage anxiety, Think ninja- App aimed at 11-17 year olds,

**Recommended storybooks:** Hey Warrior—Karen Young, Wilma Jean the Worry Machine—Julia Cook, Scaredy Squirrel—Melanie Watt,

**Recommended workbooks:** What to Do When You Worry Too Much— Dawn Huebner Outsmarting Worry: An Older Kid's Guide to Managing Anxiety—Dawn Huebner