

# Hudson Primary School & Family Wellbeing Centre

## Weekly Newsletter for Families

Friday 9<sup>th</sup> October 2020



HUDSON SCHOOL NEWS - Headteacher; Niki Craddock

As we approach the end of another busy week at Hudson I would like to thank you all for your support and positivity. Your comments and wellbeing check in's either on the door or on dojo are kind and thoughtful and we as a team are all the better for it. Thank you so much!

Today we have had another non-uniform event but this time in support of our mental health and wellbeing charity - **Young minds**. Yellow is uplifting colour and I hope today has made the children feel good and left them in a good mood for the weekend but also better informed and powerful in their knowledge of positive mental health and owning it for themselves.

As a school we strongly believe in teaching the children to feel good, manage emotions and accept themselves and others as unique beings. We are working hard to support our families and community too and hope this year to get better mechanisms of support, advice and guidance to you through our well trained team and family wellbeing services. If you have any ideas on how we can shape these services please feel free to communicate them with myself or my family services manager Kelly Herron.

Next week we will be saying farewell to Mrs McIntyre, she has been at Hudson now for over a year in a supportive role during Miss Chapman's absence. Mrs McIntyre has made a big impact on the life of our little ones in our Nursery and travelled with them through to Reception this term to settle them in during this very difficult and unfamiliar time. She has been a superb part of our family teaching team and we will miss her incredibly. I would like to wish her every success as she moves on but also thank her from the bottom of my heart for loving and caring for our little ones ever so well. This week will be hard one for all of us! Next week we will also be saying good luck to Miss Morrissey who will leave temporarily on Friday to get ready to have her baby (expected at the end of the following week). We are so excited for a new Hudson baby to add to growing our brood! Miss Morrissey will return in February, however we will see her regularly as she brings her daughter to nursery each day. She is also very keen to stay in touch with her Year 2's and also our superb cover teacher Miss Hayward who the children have been getting to know these past few weeks.

It was a bit of strange week for me listening to our team busy getting recordings made to present to you on Wednesday evening. Everyone has been worried about working in this way - as a school that prides itself on forming relationships this is not our favourite way of working and communicating. We hope the information shared has given you clear insight into the year and the day in the life of your child, we will now prepare for a progress conference in November, which will hopefully look much different.

### PREPARE FOR THE WEEK AHEAD

#### Monday

- Nursery classes return to school ☺
- Harvest donations for our local food bank can come in from today
- 1.30pm swimming for Oak Class

#### Wednesday

- **Finance Governors Meeting**

#### Friday

- 2.45pm Whole school virtual Celebration assembly with Mrs Craddock
- Mrs McIntyre and Miss Morrissey leave today



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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): Violet K

**Maple Class** (Mrs McIntyre, Miss Chapman & Team): Harley L

**Yew Class** (Miss Goodwin & Team): Autumn K

**Sycamore Class** (Mrs Whitelaw & Team): Emelia H

**Silver birch Class** (Miss Morrissey & Team): Gia W

**Elder Class** (Mr Roberts & Team): Oscar C

**Oak Class** (Miss Cavanagh & Team): Korey W

**Chestnut Class** (Mrs Macpherson & Team): Isabella Mc

**Beech Class** (Mr Murphy & Team): Thomas H

**Rowan Class** (Mrs McNally & Miss McCann): Tom B

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): Hugo C

**Maple Class** (Mrs McIntyre, Miss Chapman & Team): Charlie T

**Yew Class** (Miss Goodwin & Team): Armaanjot S

**Sycamore Class** (Mrs Whitelaw & Team): Evelyn R

**Silver birch Class** (Miss Morrissey & Team): Alfie F

**Elder Class** (Mr Roberts & Team): Ella J

**Oak Class** (Miss Cavanagh & Team): Lewis T

**Chestnut Class** (Mrs Macpherson & Team): Jacob P

**Beech Class** (Mr Murphy & Team): Mason C

**Rowan Class** (Mrs McNally & Miss McCann): Millie D

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 ambassador of kindness goes to Daniel B in Chestnut Class, he bravely helped his friend in a time of great need. Daniel demonstrated great bravery at the park helping a choking friend - a real life saver - well done Daniel this took quick thought, courage and kind heart. We are very proud of you!

*The darkest skies always create the brightest stars.  
Keep shining through those shadows!*

## 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.

## NEWS FROM THE SCHOOL OFFICE

**Data Sheets** - Some data sheets will come home today for you to have a quick look over. Please amend/delete anything that needs updating for our school system and return to school as soon as possible.

**Photographs** - Monday was the last day for you to place the order for your child's photo. You can always purchase the photo online if you still want one. If your child was off on photograph day don't worry, as we are hoping to have the photographer back again in November.

Jeans for Genes charity raised £104 and Hello Yellow 'Young Minds Charity' has raised £48 so far.

**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

**Breakfast club and Afterschool Care** - Breakfast club and willow den is now a pre-booked, reserved provision. If you no longer require your hours that you have pre-booked can you please let the office know, an email will suffice with a minimum of a week's notice. Administering multiple short notices changes can lead to inaccurate registers and could potentially reduce our ability to safeguard. Many thanks.

## NEWS FROM THE PTFA (registered charity no: 1156873):

Thank you for all your chocolate donations last week, these will go a long way to enable us to make up some fabulous safe and secure hamper prizes for the children for the Autumn Extravaganza day in two weeks time. There will be two prizes up for grabs; firstly, all the children in each class will be entered into a free raffle with one lucky winner taking home their class' secure hamper; secondly, children will have the chance to win a hamper for the best carved/ decorated pumpkin on the day. So, don't forget to get those pumpkins in and start looking for ideas!



## SCHOOL EVENTS 2020-2021 - AUTUMN TERM

Week	Date of event	Event title and details
19 <sup>th</sup> October	Monday 19 <sup>th</sup> October	Harvest donations in - tins and jars please! 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	2pm Harvest festival service - EYFS/Key Stage 1 lead Listen to our Harvest celebration, readings, songs and stories.
19 <sup>th</sup> October	Friday 23 <sup>rd</sup> October	Autumn celebration 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>		

Hope you all get outdoors and have an amazing weekend  
Niki Craddock and Team



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## What is CAMHS?

CAMHS stands for **Child and Adolescent Mental Health Services**. CAMHS is the name for the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties.

CAMHS support covers depression, problems with food, self-harm, abuse, violence or anger, bipolar disorder, schizophrenia and anxiety, among other difficulties.

There are local NHS CAMHS services around the UK, with teams made up of nurses, therapists, psychologists, child and adolescent psychiatrists (medical doctors specialising in mental health), support workers and social workers, as well as other professionals.

**How do I get help from CAMHS?** The first step to getting help from CAMHS is usually that you will be referred for a CAMHS assessment. This referral can come from your parents/carers, a teacher, GP, or yourself if you are old enough (depending on where you live).

If you're being supported by social care, a youth offending team, or a service at your school, they might also be able to refer you.

It's important to **tell the person referring you as much as you can** so you can get the help you need.

Most local CAMHS teams have a website where you can look up how to get access to their service.

What is a CAMHS assessment and what happens at one?

After you have been referred, you will be put on a waiting list for an initial appointment (often known as an 'assessment'). This may sound scary, but it's normally just a chat so the CAMHS team can get to know you a bit and see how they can help.

At this appointment, you will normally meet one or two members of the CAMHS team. If you're under 16 years old, your parent(s) or carer(s) will usually be invited to join for part of this meeting.

This appointment will generally take place at a CAMHS clinic. But, in some circumstances, they may meet with you at your school or home. They will discuss with you the best place to meet before your appointment.

When you meet, the team will ask you questions to understand what you are struggling with and to get a better idea of what support you need.

At the end of the session, the team will talk to you about what happens next and what support they think you might need. You can also ask any questions you may have.

They may talk about your 'treatment' - this just means what you'll do together to help you get better.

If you would feel more comfortable having a parent or carer in the room with you during your assessment, that's fine. You can also see the team by yourself if you would prefer, though staff may expect a parent to be present for part of the meeting.

**Does CAMHS help parents/carers?** Most CAMHS services work with the whole family to support a young person's health. This might mean asking parents/carers to come along to assessment and treatment appointments, depending on your age and what level of involvement you want your parent(s)/carer(s) to have.

For more information on this article see [youngminds.org.uk](http://youngminds.org.uk)

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