



Chapel Haddlesey
C of E Primary School
Millfield Road
Chapel Haddlesey

Selby
YO8 8QF

One family branching out together

Executive Headteacher: Mrs S. MacDonald
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10th January 2021

Dear Parents/Carers,

We thank you for your continued support following the 'Return to School' letter we issued last week. The children have all settled back into school really well following the Christmas break.

We would like to welcome Rory and Ella to our school; they are the first of our Nursery children to start this year.

There is lots to look forward to this year, the upcoming Federation Robinwood trip in March, (hopefully we will be able to offer other school trips depending on the situation with Covid too), the Queen's Platinum Jubilee celebrations and some exciting themed days that will be detailed by Class teachers closer to the time.



We have changed the day that we will be issuing newsletters to a Monday, starting from today. We will still aim to issue them fortnightly and they can be found on our website.

Pastoral Support Update

Emotional Regulation

Thank you to our guest speakers Lisa Wander and Catherine Lobe from <https://www.emparenting.co.uk/> for their talk around Emotional regulation.

Below is the link to listen to the session (video to follow once edited) and links to useful apps to support children with their emotional regulation.



<https://drive.google.com/file/d/1UXTcNlGpt9A-kPTCme6GT63bznEx0NLe/view?usp=sharing>
<https://www.bbc.co.uk/cbeebies/grownups/go-explore-app-your-mindful-garden>
<https://parentingchaos.com/anxiety-apps-kids/>

For any further information or support please speak to your child's class teacher or email s.thornton@wrfed.co.uk directly.

This is what one of our parents had to say about the course:-

I found the course really helpful in terms of gaining more understanding of emotional development in children of different ages. The guest speakers have really helped me to manage my expectations of the children's emotional development and have given me strategies to support them in everyday life. I would definitely attend further sessions if the opportunity arose.

ELSA (Emotional, Literacy Support Assistant) baskets

We identified a need for children across the federation, to be able to access resources to assist them in their Social, Emotional and Mental health (SEMH) as well as other special educational needs within class time. This helps the children to be able to regulate themselves and create a more positive working environment, resulting in the children becoming more resilient and independent. Resources include a worry monster, emotions wheel, ear defenders, pencil grips, coloured overlays, and sensory toys. The resources are available to all, and children are invited to take what they need from the stations and are accessible at all times.



Parenting Clinics

Anisa Lewis is offering a range of Parenting Clinics via Zoom, starting on 13th January. Please see her introduction below and details of the upcoming Clinic. You can also have a look at her website:-

<https://www.anisalewis.com/>

I am an accredited and certified, Positive Parenting Coach, teacher and mother. I consider myself an expert in my field who specialises in empowering and positively transforming the lives of parents and their families.

It's really important to me that support for parents & families is accessible to everyone - so I do my best to pack these Clinics with help and guidance that parents can implement immediately at home.

Held in a group session and hosted on Zoom, the clinics last 30 minutes and are your communities' chance to benefit from my years of experience in a safe space. Participants are made to feel welcome and there is no expectation for videos or microphones to be on unless the parent chooses to.

This month's FREE Parenting Clinic on Confidence is on the 13th January at both 10.00am and 8.00pm.

FREE Parenting Clinic - Confidence

January, 13th, 10am and 8pm

Are your kids wobbly about starting back to school?



Are you worried about your child and their confidence?
 Ever wondered what the difference was between confidence and self esteem?

Join Anisa (Parenting Coach) on the 13th January as we kick off the 2022 monthly Free Parenting Clinics, this talk is focused on all things confidence and what we can do to support our young people.

To reserve your place visit: <https://anisalewis.as.me/theclinic> or email hello@anisalewis.com to acquire the booking link

Building Mental Fitness Together

Team up with Featherstone Rovers Foundation alongside current and past players from the game of Rugby League to see how they deal with issues on and off the field and build on your own mental fitness.

Mrs Lindley
 Deputy Headteacher

Building Mental Fitness Together!

OFFLOAD

TEAM UP WITH FEATHERSTONE ROVERS FOUNDATION ALONGSIDE CURRENT AND PAST PLAYERS FROM THE GAME OF RUGBY LEAGUE TO SEE HOW THEY DEAL WITH ISSUES ON AND OFF THE FIELD AND BUILD ON YOUR OWN MENTAL FITNESS!

6 Weekly Fixtures:

- What is Mental Fitness
- Stress and Coping
- Positive Mindsets
- Challenge Negative Thinking
- Managing emotions
- Positive Influences

FIXTURES WILL TAKE PLACE ON MONDAY EVENING 6.30PM TILL 7.30PM @KNOTTINGLEY RUGBY CLUB STARTING ON 10th JANUARY

LIMITED SPACE AVAILABLE! REGISTER VIA EMAIL: PAUL.MARCH@FEATHERSTONEROVERS.CO.UK
 TEXT: 07884451223 - OR ONLINE: FEATHERSTONEROVERSFOUNDATION.ORG

Diary Dates

Thursday 10 th February 2022	<ul style="list-style-type: none"> • Phototronics to take individual and class photos
Friday 18 th February 2022	<ul style="list-style-type: none"> • Non-uniform day – charity to be confirmed • Break-up for half term
Monday 28 th February	<ul style="list-style-type: none"> • Back to school
Friday 8 th April 2022	<ul style="list-style-type: none"> • Break up for Easter
Monday 25 th April 2022	<ul style="list-style-type: none"> • Training day
Tuesday 26 th April 2022	<ul style="list-style-type: none"> • Back to school
Monday 2 nd May 2022	<ul style="list-style-type: none"> • Bank Holiday
Friday 27 th May 2022	<ul style="list-style-type: none"> • Non-uniform day – charity to be confirmed • Break-up for half term
Monday 6 th June 2022	<ul style="list-style-type: none"> • Back to school
Friday 22 nd July 2022	<ul style="list-style-type: none"> • Break up for Summer

