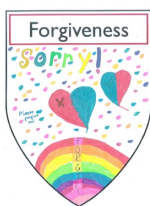


Oldswinford Cof E Primary School

'Believe, achieve and shine brighter together'



Summer Newsletter: 25th July 2023

Dear Parents/Carers,

Thank you to everyone who came to our Summer Fayre on Sunday - it was a huge success and we think that we raised about £3700!!!! That is amazing. Thank you so much, this will all go towards funding forest school next year.

This is going to be our last newsletter of the year so I'd like to take this opportunity to say a huge thank you to all our families for their love and support. Oldswinford really is a great school to be part of.

Have a wonderful summer.

Ellie Game

Value of the half term...

Belonging

This week we looked at belonging to our school. We thought about how we know we belong and our values which help us all get on together.

We thought about the memories we had created this year and shared some of our favourites, we also thought about what memories we would like to create next year.

Picnic - 25th July at 12.00

We are so pleased that lots of you are joining us for our picnic on Tuesday. Field Lane and Marlborough Drive gates will be open at 11.50 for you to come and find a spot on the field. Staff will bring children out shortly after this. If you can wave or come and get them from their teacher that would be really helpful. If you are taking your children early can you make sure that you let their class teacher know so they can cross them off their register.

At 1pm anyone who is staying in school will go back inside.

The PTA will be selling biscuits, crisps, sweet cones, ice lollies and cold cans of soft drinks in the lower hall during picnic. Costs are between 50p and £1.00 so please bring cash.

September...

Following feedback from staff and parents, there are a few things that we want to introduce next year...

- From September, children will be able to wear their own clothes on their birthday instead of school uniform. If their birthday is on a weekend they can choose the Friday before or the Monday after. If their birthday is in the holiday they can wear it on the day before or after the holiday.
- Can we ask that water bottles have an anti-spill top to them as we have had lots of spillages this year. This could be a straw top or sports top for example. We are also happy for children to have squash in their bottles if they would prefer. However, once it is finished they would have to fill up with water.
- Pencil cases can be used from year 3 - see parentmail that went home.

Summer Holiday July/August 2023 Signposting For Parents/Carers:

The following are a list of websites to support you during the summer holidays. Please remember that every family is different how they manage, thrive and survive the summer break and we know all our parents and carers do the absolute best that they possibly can. All the websites listed are merely suggestions and options of well-being support or mindful activities which you and your families could explore.

Please try not to compare yourself with social media's idyllic 6 weeks!

<https://happierminds.org.uk/> - is a Dudley mental wellbeing website for young people, parents/carers and school based staff in Dudley.

The Park Activators (healthy hubs) have a summer Programme - you can see the range of activities at <https://lets-get.com/explore/healthy-hubs/>

For Mary Stevens Park <https://lets-get.com/explore/healthy-hubs/2154-2/>

Moms Mindful hub, provide wellbeing activities across the borough too, this is very much for parents and children, with a focus on wellbeing (open to everyone) it is free, but if parents can give a voluntary contribution this can help the group) They have a facebook page where you can see their offer. ([moms Mindful Hub](#))

<https://www.mentalhealthatwork.org.uk/toolkit/supporting-parents-during-school-holidays/>
This shares about how other parents feel about juggling the 6 week summer holiday

<https://childmind.org/article/strategies-for-a-successful-summer-break/>

This has articles which explain the importance of keeping some routine and structure during the summer break which many children need

<https://www.meetingstreetschools.org/5-easy-ways-to-support-your-childs-mental-health-over-summer-break/>

Tips to support your child's mental health during the summer break.

<https://www.guidetolife.co.uk/summer-break-wellbeing/>

Ideas for parents to provide structure to the 6 week holiday.

<https://www.youngminds.org.uk/media/dfjhck3z/preparing-pupils-for-summer-holidays.pdf>

Look at the 'Preparing yourself for summer holidays'. This provides lots of ideas of how children can occupy themselves during the break.

Wild Earth Movement <https://cas5-0-urlprotect.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.wildearthmovement.com&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-b2a55e98208000afd31038f00c42af6512e34caa>

[url=https%3a%2f%2fwww.facebook.com%2fDudleylibraries%2f%3flocale%3den%5fGB&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-53401772bd493ff98277586833d89a2913a93ea1](https://cas5-0-urlprotect.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.facebook.com%2fDudleylibraries%2f%3flocale%3den%5fGB&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-53401772bd493ff98277586833d89a2913a93ea1)

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Hannah runs a lot of activities throughout the summer and the rest of the year

· Dudley Libraries <https://cas5-0-urlprotect.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.facebook.com%2fDudleylibraries%2f%3flocale%3den%5fGB&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-53401772bd493ff98277586833d89a2913a93ea1>

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[53401772bd493ff98277586833d89a2913a93ea1](https://cas5-0-urlprotect.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.facebook.com%2fDudleylibraries%2f%3flocale%3den%5fGB&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-53401772bd493ff98277586833d89a2913a93ea1)

– this is there Facebook page which has loads of information on about all the activities throughout the summer

- Dudley Community Information Directory (DCID) <https://cas5-0-urlprotect.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fdudleyci.co.uk&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-e7af224cdf3fd6e3bba572df4f7152324d2cf5db> A great free tool, you can find lots of things that are going on and all the libraries are listed on this too
- Family Centres <https://cas5-0-urlprotect.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.dudley.gov.uk%2fresidents%2fearly%2dyears%2dand%2dchildcare%2ffamily%2dcentres&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-f262e4630b5ef2ce140ba287fb39dc6a8fe981e> these provide a lot of useful information for the families and also activities
- Family Information Centre <https://cas5-0-urlprotect.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.dudley.gov.uk%2fservices%2fdudley%2dfamily%2dinformation%2dservice&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-9e0373d15432b4cf4f96fc15ea97f4be390a42a1> lots of great information on here too
- Let's Get Dudley <https://cas5-0-urlprotect.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2flets%2dget.com&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-6aac00bb3a4cacff7f9141594e93900ad827aed1> information about what's going on in the parks, health & wellbeing and activities to keep moving
- Dudley HAF (Dudley Holiday Activities Fund) <https://cas5-0-urlprotect.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fholidayactivitiesindudley.com&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-250f90334058118d565ae7540b698534aa769ee4> various activities for the children to sign up – criteria applies
- Dudley Borough Parks <https://cas5-0-urlprotect.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.dudley.gov.uk%2fthings%2dto%2ddo%2fparks%2dand%2dopen%2dspaces%2f&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-7ce1b1062be7ce76ae1cabd1de1a7838abd46e83>
- Sycamore Adventure <https://cas5-0-urlprotect.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.sycamoreadventure.co.uk&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-7b23e000f92eb5a965a2c3e7fb4dc7f3ce26edde> a variety of things going on during the summer
- Ekho Collective /Hawbush Gardens <https://cas5-0-urlprotect.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.facebook.com%2fEkhocollective%2f&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-ae15042cce4dd2fa93020af211350f3d2124f422> run loads of wellbeing activities throughout the year
- Fruits of the Forest <https://cas5-0-urlprotect.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.fruitsoftheforest.org&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-7b92c306f79aea7a1f3c5da11133ca31f1eee9ed> an amazing organisation run by a local lady named Ruth, also run a holiday club
- Mindful Moms <https://cas5-0-urlprotect.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.facebook.com%2fmomsmindfulhub%2f%3flocale%3den%5fGB&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-93ab97e35cd364398918ad3406c490fc9cfe3e87> Leonie is lovely and runs a number of groups around the borough & events and does hold a group at Hawbush Gardens too
- Free Swimming at Dudley Leisure Centres <https://cas5-0-urlprotect.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.freeswimindudley.co.uk%2fhome&umid=8b975a74-a639-4342-bcd7-871760ad8fbf&auth=e8883d186f5363e648de3ed2498b672e7f5e92fe-91d442447eae1467e24f64e09c8d64524aa7ad0>
<https://www.annafreud.org/schools-and-colleges/self-care-summer/>

Resources to help children practise self-care over the summer break.

Finally, if you have a mental health crisis with your child over the summer, please see the following telephone number: Black Country NHS 24/7 urgent mental health helpline number: 0800 0086516

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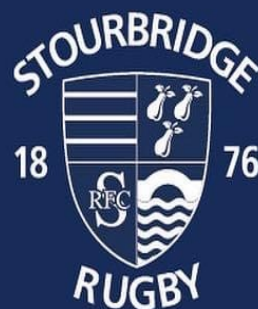
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