School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 25th March	• • Qualitas Club after school – KS2 Cricket - *use ParentPay to book*
Tuesday 26th March	• **Easter Service in St Giles Church, 2.30pm. Everyone is welcome to attend. Children can be collected from the church after the service unless they are at After School Club or the Qualitas Sports Club** • Qualitas Club after school – KS1 Bench Ball • Football match after school- St Giles V All Saints
Wednesday 27th March	• Class 2 Trip – Crich Tramway Museum • Qualitas Club after school – KS2 Netball - *use ParentPay to book*
Thursday 28th March	• Easter Parade – see below and earlier e-mail for full details • Little Smiles Parent and Toddler Group 9-10.30am • Class 3 Swimming – last session • NO choir after school • LAST DAY OF TERM
Friday 29th March	• **Good Friday**
EASTER HOLIDAYS	
Monday 15th April	• **SCHOOL OPENS**
Tuesday 16th April	•
Wednesday 17th April	•
Thursday 18th April	• Little Smiles Parent and Toddler Group 9-10.30am • NO SWIMMING THIS WEEK
Friday 19th April	•

OTHER NEWS

- **Parent Pay – Please check your Parent Pay accounts and ensure all are up to date before the end of term.**
- **TRIPS – Class 2 - Please Use ParentPay to provide consent for your child to attend their trip next week and to make payment.**
- **Easter Service – Tuesday 26th March 2.30pm in St Giles Church. Everyone is welcome to attend. Children can be collected from Church following then service unless they are attending After School Club or Qualitas Sports Club.**
- **We are asking all children and parents/carers to work together to create either an Easter bonnet or decorate a hard-boiled egg. You can be as creative as you like! Please make sure your child/ren bring their Easter Bonnets or their decorated eggs into school on the morning of Thursday 28th March when we would like to welcome all parents and carers into school at 9:15am to watch the children on their Easter Parade around the playground (weather permitting!). Thank you for your continued support.**
- **COMIC RELIEF raised a great £79 for the charity; many thanks for your on-going support.**
- **THE EASTER EVENT AT ALL SAINTS CHURCH ON SATURDAY 23RD MARCH HAS BEEN CANCELLED**

Please do not hesitate to contact us on 01629 56813 or by email enquiries@st-giles-matlock.derbyshire.sch.uk with any questions or queries.

Friday updates can be found in the Newsletters section of our school website.

FURTHER DATES FOR YOUR DIARY	
Monday 15th April	SCHOOL REOPENS FOR THE SUMMER TERM
Thursday 18th April	NO SWIMMING THIS WEEK
Thursday 25th April	SWIMMING STARTS FOR YEARS 5 AND 6
Tuesday 30th April	Class 2 – Qualtias Multi Skills Event at All Saints Junior School
Monday 6th May	**May Day Bank Holiday**
Monday 13th May	KS2 SATS – English Grammar and Spelling Papers 1 and 2
Tuesday 14th May	KS2 SATS – English Reading
Wednesday 15th May	KS2 SATS – Maths Paper 1 and 2
Thursday 16th May	KS2 SATS – Maths Paper 3
Thursday 23rd May	BUNTING CUP – Cavendish Fields 10-4
Friday 24th May	LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES FOR HALF TERM
Monday 3rd June	SCHOOL REOPENS
Monday 17th June	**INSET DAY SCHOOL CLOSED**
Wednesday 3rd July	Y6 – Transition Day to Highfields for pupils joining in September
Thursday 4th July	Y6 – Transition Day to Lady Manners for pupils joining in September
Tuesday 23rd July	LAST DAY OF SCHOOL BEFORE SUMMER BREAK NO AFTER SCHOOL CLUB
Wednesday 4th September	**INSET DAY – school closed**
Thursday 5th September	**INSET DAY – school closed**
Friday 6th September	**First Day of Term**



arc adventure! soft play

Opening times:

Weekdays: 9:00am-6:00pm

Weekends: 9:00am-3.30pm

Prices:

Under 1yrs: £2.75

1 - 3yrs: £5.50

4 - 10yrs: £6.60

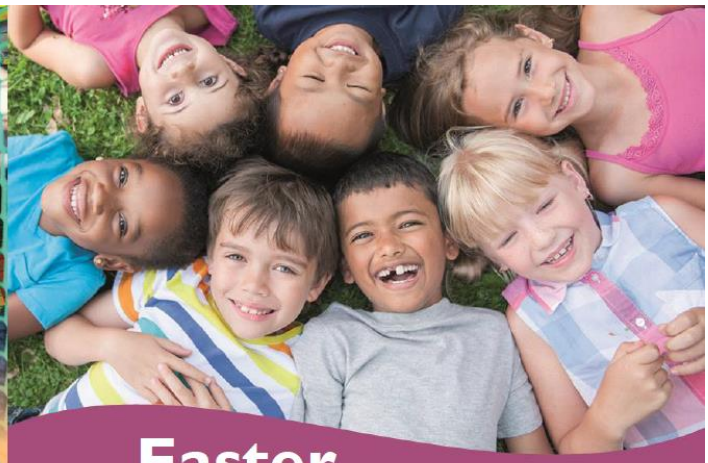
Under 1's are **FREE** when accompanied by a full paying child

Party availability!

Saturdays & Sundays

3.45pm - 4.45pm or 5pm - 6pm

Call 01629 581322 for more information



Easter Holiday Programme

Friday March 29th – Sunday 14th April 2024

To book or for more information contact us:

Arc Leisure Matlock

Bakewell Road, Matlock, Derbyshire, DE4 3AZ

01629 581 322

www.freedom-leisure.co.uk/arc

Download the Freedom Leisure App!

SCAN ME

Available on the App Store

GET IT ON Google Play

Derbyshire Dales District Council

freedomleisure where you matter

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push though difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday®

The National College®

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.03.2024