



St Mary's Church of England School, Kirkby Lonsdale

Dear Parents, family members and parishioners,

This week I have chosen to mention Children's Mental Health in my newsletter this week. I have picked out a few quotes from HRH Duchess of Cambridge who raises awareness of this important issue.

"Imagine if everyone was able to help just one child who needs to be listened to, needs to be respected, and needs to be loved - we could make such a huge difference for an entire generation."

"Parents, teachers, and other school staff need the tools to help these young people early in their lives. And the earlier, the better. It is proven that early action prevents problems later in life."

"A child's mental health is just as important as their physical health."

HRH Duchess of Cambridge

Over the past year we have been working hard to put structures in place to support our children to ensure their mental well being is suitably supported. We are encouraging children to know that it is important to talk about mental health as much as physical health. Mrs Gladwinfield is working as a 'Mental Health Champion' to help staff and children in providing the right support at the right time. We are aware of the implications of 'Adverse Childhood Experiences' (ACEs) that can be key factors in affecting mental health. These are: physical sbuse, sexual abuse, emotional abuse, physical neglect, emotional neglect, exposure to domestic violence, household substance abuse, household mental illness, parental separation or divorce and/or imprisoned household member. There could also be incidents such as bereavement, ill health or many other triggers.

One thing we hope to do, is work with families to support our children together in partnership. We have in place a school counsellor and also opportunities for staff to take time to be listeners when children need talk. This has been taking place throughout last year and this year we will be continuing to improve our staff training and provision as time progresses. Importantly, we hope that our school ethos and the atmosphere we engender, will ensure we as a school do not place unnecessary pressures on the children which adversely affect them.

I hope that we can continue to work together to be open about mental health. We want to ensure our children are supported and cared for when it comes to responding to any mental health difficulties and hopefully, preventing mental health issues also. Please keep in touch so that we can help if you become aware of any concerns that you have about your child.

Yours,

Brian Jones
Headteacher

Westmorland Show

It wouldn't take very long after your child had arrived back from the show to appreciate how muddy and wet the day was yesterday. We would like to think the children still had a good time and found the experience fun and interesting if perhaps a little cold and muddy. If you were able to take your child to the show we hope you had fun together. Today we had an opportunity to celebrate those who took part in assembly in our celebration time this morning. Thank you to the many parents who came with us on the day.



Clubs

- There are a few spaces in Homework Club left on Mondays please get a form from the school office if you would like your child to attend (Y3-6)
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Job Vacancy – Teaching Assistant 21 hours per week

We have a vacancy for an additional teaching assistant for five mornings and two afternoons per week. If you know someone who would like to apply for the role, please see the Cumbria County Council Website or our School Website for details.

Request

After school club would like to make a request for any family to donate a car mat and any cars for our children. If you thinking of clearing out your cards and car mat the staff at after school club would readily take them from you. Thank you very much.

Head and Deputy Head Boys and Girls

Congratulations to the children below who are now voted in after their presentations on Monday. Well done to all of the children who prepared presentations and took part in the process.

George Skelton-Montgomery
Millie Deakin
Ewan Sharpe
Rosie Bowers

Head Boy
Head Girl
Deputy Head Boy
Deputy Head Girl

Drop In starts next week

Drop-in

Come and drop-in, have a chat, be listened too, eat some cake and drink some coffee, at the Family Room in St. Mary's School.

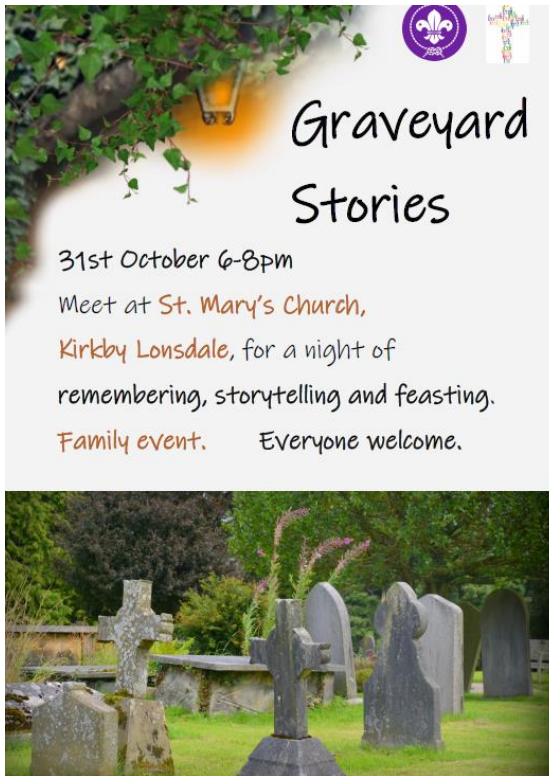
We are here to listen.

The Drop-in will be every Monday from 2-3pm during term-time, beginning Monday 16th September 2019.

All parents, guardians, grandparents and carers of the children of St Mary's school are welcome to the Drop-in.

For more information contact Lol Wood, Family Project Leader of the Churches in Lunesdale: lol@cilfamilyproject.org or 07413689311





Graveyard Stories

31st October 6-8pm

Meet at *St. Mary's Church, Kirkby Lonsdale*, for a night of remembering, storytelling and feasting.

Family event. Everyone welcome.

The poster features a purple fleur-de-lis logo, a small cross icon, and a photograph of a graveyard with several stone crosses and headstones under a tree.



Messy Harvest

Where? Kirkby Lonsdale Methodist Church

When? Sunday 13th October 3.30-5.30pm

What? Activities, Meal & Storytelling

Who? All welcome.

Storytelling : *Joseph, the famine and the feast.*

For more information contact
Lol Wood: lol@cilfamilyproject.org

The poster features a large orange and yellow 'Messy Harvest' logo, a colorful illustration of a desert landscape with pyramids and a yellow building, and a small cross icon.