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CHILDREN'S MENTAL HEALTH WEEK/ SAFER INTERNET DAY

This week sees two important national events- Children's Mental Health Week and Safer Internet Day.

To mark Children's Mental Health Week, I'd like to take this opportunity to signpost families to support and resources that may be useful. We are proud to be a **Mindmate Champion School**, which recognises the quality of our curriculum and support for children's mental health and emotional wellbeing.



- <https://www.mindmate.org.uk/im-a-parent-or-carer/> has a wealth of resources for parents, with a separate section for young people: <https://www.mindmate.org.uk/im-a-young-person/>, including educational games.
- For older children, <https://www.kooth.com/> is free, one to one online counselling for 10-18 year olds.
- <https://calmharm.co.uk/> is a free app that is designed to help young people resist the urge to self-harm.
- Follow Mindmate on social media to keep up to date:
 - Facebook: <https://en-gb.facebook.com/MindMateLeeds/>
 - Twitter: @MindMateLeedsInstagram: mindmateleeds

In school, we offer a wide range of support for children's mental health. Underpinning everything is our PSHE curriculum, which includes at least one unit of work on emotional wellbeing in every year group. All of our staff have received training to help them support children's wellbeing: most recently, we were trained in trauma-informed practice, for example.

Every year, children complete the anonymous **My Health My School** survey, which allows us to identify issues that children are worried about, and then plan to address these, for example through our PSHE curriculum.

Mrs Eley, our learning mentor, plays a key role across school in supporting children's mental health, working alongside teachers in classrooms, teaching PSHE units across school, and working with children, individually and in groups, both in the nurture room and in the playground.

Some children need additional support, over and above what we can offer as a school. The Otley, Pool and Bramhope cluster (of which we are a part) employs two **TaMHS/ MindMate Wellbeing** counsellors, who work with individual children across the cluster on a referral basis. Referrals from all schools are considered on a half termly basis. Working alongside the counsellors we have a parent support adviser who can work with parents to support you with issues you may be encountering outside of school- again on a referral basis. Referrals to the cluster are usually made on your behalf by school, or occasionally by your GP.

Finally, a very small number of children may need more specialist support, and possibly seek a diagnosis, through **CAMHS**. You may seek a referral through your GP or through the cluster.

Tomorrow is Safer Internet Day and as part of this you will receive an online safety newsletter. This is the first of 4 one-page leaflets covering different topics and linking to other resources you should find useful. We will send one each week for the next 4 school weeks, and also make them available on the Newsletters section of the school website. I hope you find this information helpful.



Safer
Internet
Day

Helen Carpenter
Head Teacher

DATES FOR THE DIARY



Please find below a reminder of all the dates we have planned so far for this term and next. They are also to be found on the calendar of the school

website. Please make sure you transfer all relevant events into your diary or calendar as soon as possible!

07/02/22 Booking opens for consultation evening

08/02/22 Y3 Synagogue Trip

16/02/22 Learning Passport mtgs (SEND pupils only)

18/02/22 Break Up

28/02/22 Back to school

22/02 - 07/03/22 Fair Trade Fortnight

01/03/22 Governors Day in School

03/03/22 Nursery Induction 15:45

08/03/22 Consultation evening 15:45

10/03/22 Consultation evening 17:00

03/03/22 World Book Day

04/03/22 closing day for FOW carnival designs

15/03/22 Nursery Stay & Play am

16/03/22 Reception Stay & Play am

17/03/22 Nursery Stay & Play pm

17/03/22 Y6 Trip to Saltaire

22/03-01/04/22 Big Walk & Wheel

24/03/22 Y4 Trip to Jorvik/ DIG

26/03/22 FOW Easter Fair

30/03/22 Easter Concert 14:00

01/04/22 Break up for Easter

18/04/22 Bank Holiday

19/04/22 Back to School

19/04/22 booking for Learning Passports (SEND pupils only) opens

03/03/22 Friends of Westgate mtg 19:30 Black Horse

28/04/22 Class photos

02/05/22 Bank Holiday

09/05/22 w/b Y6 test week

13/05/22 Training Day First Aid at Work all staff

18/05/22 Learning Passport mtgs (SEND pupils only)

19/05/22 Whole school road safety training

21/05/22 Otley Show

26/05/22 Maypole 09:15

27/05/22 Break up

06/06/22 Back to school

31/06-01/07/22 Y5 Whitby residential

13/06/22 Rec- Y3 scooter training

14/06/22 Y4-6 scooter training

15/06/22 Reception Induction 19:00

16/06/22 Clean Air Day

15-17/06/22 Y6 Herd Farm residential

21/06/22 Nursery Stay & Play am

22/06/22 Reception Stay & Play am

23/06/22 Nursery Stay & Play pm

18/06/22 Otley Carnival

20-26/06/22 Refugee Week

21/06/22 Nursery Induction 15:45

27/06/22 Y6 transition road safety training

27/06/22 Meet the Teacher Y2/4/6

28/06/22 Meet the Teacher Y1/3/5

18/07/22 Talent show 13:45

22/07/22 Leavers' Assembly 09:00

22/07/22 Break up

25/07/22 Training Day (disaggregated)

26/07/22 Training Day (disaggregated)

If your child does not normally attend Nursery when a blue event is taking place, you are welcome to bring them along. Further details will be available from Miss Robinson.

Green events are new or amended since these dates were last published.

PROPOSED TERM DATES 2022-23

The following dates for the coming academic year have been set:

05/09/22 Training Day- school closed to pupils

06/09/22 Back to School

21/10/22 Break up for half term

31/10/22 Back to school

16/12/22 Break up for Christmas

03/01/23 Training Day- school closed to pupils

04/01/23 Back to School

09/02/23 Break up for half term

10/02/23 Training Day- school closed to pupils

20/02/23 Back to School

31/03/23 Break up for Easter

17/04/23 Back to School

26/05/23 Break up for half term

05/06/23 Back to School

21/07/23 Break up for summer

24/07/23 Training Day (disaggregated)

25/07/23 Training Day (disaggregated)

WESTGATE WINDFALL

January's winners were as follows:

1st: (£136) Mr & Mrs Drake

2nd: (£34) Mr & Mrs Scurfield

3rd: (£17) Mr & Mrs Shearer

As of January we have **68** members. If you would like to join the monthly draw, please see **Mrs Bleasdale** in the office for application details. You can pay by standing order or cash/ cheque in advance. All proceeds go to Westgate School Fund, which is used to purchase resources, to fund visitors to school and to subsidise trips for all pupils. **Average monthly prizes last academic year were £142.17, £35.54 and £17.77!**



PARENT CONSULTATION EVENING BOOKING

Booking for consultation evening is **now open** online.

Appointments will be via SchoolCloud video call and can be attended by more than

one parent in different locations. You can sign in here:

<https://otleywestgate.schoolcloud.co.uk/>

Please make sure you set a reminder on your calendar/ smart phone to ensure you are ready in plenty of time for your appointment.



PE KIT

A polite reminder that children should wear their school PE hoodie on PE days: a small number of children across school are wearing other tops which are not allowed. Thank you ☺



SCHOOL MEALS REMINDER

It is really important that parents choosing school meals do so with their children: we have a number of children who say they don't like the meals that have been chosen for them and would prefer a different choice. To help you with this, menu choices are being sent out on Monday at 15:15 so you can select meals with your child after collecting them. Please note that the form closes at 5pm on Thursday evening; after that, your child will receive red & purple choices if you have not submitted a choice.

Thank you

FRIENDS OF WESTGATE

We have 3 projects that we are planning/ preparing at the moment:

- Easter Fair
- Carnival theme
- Grow a pound



You should have received information about the **Easter Fair** already this week: it's a great event for all the family and raises lots of money for school... but it will only happen if a wider team of people come forward to volunteer their time, so please consider giving an hour on the day or helping with the preparation.

Children are also being invited to submit ideas for this year's **carnival theme**- the closing date is 04/03/22. A shortlist will then be passed to School Council for them to choose the winner.

Looking ahead, we will also be launching a fundraising/ enterprise project, 'Grow a Pound'- look out for more information next half term!

Finally, our next full meeting is 03/03/22, **19:30 in the Black Horse**- all welcome!

WILDLIFE FRIENDLY WESTGATE

Huge thanks to Katie and Tom of Courtyard Planters, for their work leading a small group of volunteers on Sunday to plant up the newly refurbished Butterfly Garden in the corner of the playground. Their generosity with planting and top soil is hugely appreciated. We are looking forward to seeing the space grow and develop. Over the coming months, we are hoping to be able to add to the greenery in our outdoor spaces, and to see more wildlife, including in the swift boxes that [Wildlife Friendly Otley](#) have sited on the north side of the KS2 building!



REGIONAL TRAVEL AWARDS



We heard yesterday evening that Westgate has been nominated for a regional school travel award, for our work to promote sustainable travel and for your success in reducing car use for school journeys! If successful, we will be invited to represent the North East/ Yorkshire and Humber at the national awards in London this summer! Eco Team will attend the online event next month in school time... fingers crossed!

AIR FILTRATION



Two anonymous donations have enabled us to purchase air purifier units, which should make events in the school hall much safer and boost classroom ventilation if needed. We are very grateful for these generous donations.

WATER BOTTLES



Children's water bottles should have a sports/ **non-spill** lid. There has been an increase in the number of bottles which need to have the lid unscrewed to drink from, or bottles with a wide mouth, which are leading to more spillages when children forget to replace the lid. Please ensure your child has the correct water bottle.

Thank you ☺