

## Weekly Update

Friday 9th June 2023

#### **Updates this Week**

#### **GHPS Welcomes a Special Visitor**

The children had a very special visit today from Mary Davies, MBE. Mary is the former CEO of Maiden Erlegh Trust and was recently awarded the MBE for services to education. She came in to see the children and share with them what it was like to receive the award from HRH The Prince of Wales at Windsor Castle. It was lovely welcoming Mary back to GHPS and we'd all like to congratulate her on such a GREAT achievement.





#### Well done to Year 4!

Children in Year 4 have all completed their multiplication tables check in school this week. Well done to them all for their hard work and determination to succeed in learning their times tables.

#### **Summer Reminders**

We can definitely say that the warmer weather is finally here as we begin the last term of the school year. Please take note of these important reminders for the warmer weather.

Children should bring in their own NAMED and sensible sun hat to protect their
eyes and head from direct sunlight. We will encourage hats to be worn at playtimes,
lunchtimes and, if appropriate, in PE.



- Sunglasses are not required in school for the short periods that children are outside, they rarely stay on for long and are easily and often lost or broken.
- Parents/carers are advised of their responsibility to apply sunscreen before the school day if they feel it appropriate.
- All children must have a water bottle in school for them to have during the school day Bottles can be refilled in school at various points throughout the day.





#### **Summer Term Dates**

The last part of the summer term is by far the busiest in the school year. We are currently finalising all the details and will be sending out information regarding key dates very soon. One date we can confirm will be our **Sports Day on Friday 7**th **July**. Please keep an eye on your emails for further updates.

Wishing you all a relaxing weekend.



Richard Ferris Headteacher

#### **Attendance Stars**

Classes with the highest attendance this week:

1<sup>st</sup> Place – Hedgehogs (97.5%)

2<sup>nd</sup> Place – Butterflies (96.7%)

3<sup>rd</sup> Place – Lions (96.3%)





### **House Points Winner This Week**

The house points have been totalled up and the winning house this week is



with 147 house points.
Well done to all in Ruby House – GREAT work!



#### Healthy Schools - Packed Lunch Reminder

We need your support in ensuring all the children at GHPS eat healthy, nutritious food to support them to succeed at school. Please help by making sure your child's lunch / snack is a nutritious one that will help them develop great eating habits now and for the future. Please avoid high sugar, high fat and salt laden processed foods in your child's packed lunch.

#### FRoGS Summer Fair

The Summer Fair will take place on Saturday 24<sup>th</sup> June from 1.00pm-4.00pm, and helpers and volunteers are still needed who can go on a stall, help with setting up, packing away and lots more. If you have some time to spare on the day, please get in touch, the FRoGS would love to hear from you!



#### **Message from our Uniform Suppliers**

Brigade, our school uniform suppliers, have informed us that there will be free delivery for orders over £30 this weekend. Place your order online at <a href="https://www.brigade.uk.com/">https://www.brigade.uk.com/</a> on 10<sup>th</sup> or 11<sup>th</sup> June, no code is required, and the discount will be applied automatically.

## Summer Healthcare Highlights

As we head into warmer months and children are outside more, <u>Frimley Healthier Together</u> can provide advice and guidance on conditions and injuries that are common in the summer months.

As we enter exam season, there is also advice on how to deal with exam stress and the local <u>mental health</u> support available.

#### **Exam Support**









#### Injury





#### **Hay Fever**





#### **Tick Bites**







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#### Supporting Your Children Workshops

To book a space please email which course you'd like to attend, your name and contact number to Inge.Taylor@bracknell-forest.gov.uk

Courses are for adults supporting children not the children themselves and each course is a standalone 2-hour session.

Please be aware that spaces are offered on a first come first served basis Once you have completed an enrolment form your space will be confirmed.

Please only book onto the sessions if you are qoing to be able to attend to avoid other parents missing out on the opportunity to have a place

#### Helping children to overcome anxious thoughts and worries

#### A 2-hour session looking at

- What happens when children become anxious
- Impact current events have had on children's mental health
- Techniques for helping children deal with their fears / worries

- Techniques for helping children dear with their lears / wornes	
Monday 12 <sup>th</sup> June 2023	6.30 – 8.30 pm
@ Bracknell Open Learning Centre	
Monday 19 <sup>th</sup> June 2023	9.30 - 11.30 am
@ Bracknell Open Learning Centre	
Tuesday 19th September 2023	6.30 - 8.30 pm
@ Bracknell Open Learning Centre	
Wednesday 11th October 2023	9.30 - 11.30 am
@ Bracknell Open Learning Centre	

#### Managing Behaviour in a Positive Way

#### A 2-hour session looking at

- · Gain insight into your parenting style / relationship with your child
- · Learn or revisit positive ways of managing behaviour

<ul> <li>Strategies to deal with unacceptable behaviours</li> </ul>	
Thursday 8 <sup>th</sup> June 2023	9.30 - 11.30 am
@ Bracknell Open Learning Centre	
Tuesday 20 <sup>th</sup> June 2023	9 – 11 am
@ Great Hollands School - GH Parents only (please book through the school)	
Monday 18 <sup>th</sup> September 2023	9.30 - 11.30 am
@ Bracknell Open Learning Centre	
Wednesday 4 <sup>th</sup> October 2023	6.30 - 8.30 pm
@ Bracknell Open Learning Centre	

#### Supporting Children to get a Healthy Night's Sleep

#### A 2-hour session looking at

- · The different sleep issues facing our families
- · Tips on how to get a good night's sleep.
- · Help children develop good sleeping habits

Thursday 22nd June 2023

@ Bracknell Open Learning Centre

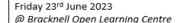
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9.30 - 11.30 am

#### Parenting pre / early-teens in a Positive Way (aged 10 - 13)

#### A 2-hour session looking at

- · Gain insight into the impact of your parenting style
- Positive techniques for managing older children's behaviour
- · Boosting your relationship and communication with your child



9.30 - 11.30 am

#### Reducing Sibling Rivalry

#### A 2-hour session looking at

- · Encouraging a more harmonious sibling relationship
- Learn / revisit techniques for children to cope with being a sibling
- Boosting children's emotional literacy

Wednesday 28th September 2023

@ Bracknell Open Learning Centre



#### Single Parent, Separated and Blended families - supporting children to cope with different family dynamics

#### A 2-hour session looking at

- · Different family dynamics and how they can work
- · Parental conflict resolutions
- · Being the best parent that you can be for your child

Monday 25th September 2023

@ Bracknell Open Learning Centre

9.30 - 11.30

#### Supporting a smooth transition to secondary school (YR 5/6 parents)

#### A 2-hour session looking at

- · What the transition involves
- · The positives and concerns of transitioning to a new setting
- · Boosting your child's ability to have a smooth transition

Tuesday 13th June 2023	9 – 11 am
@ Birch Hill School – Birch Hill Parents only (please book through the school)	
Monday 26th June 2023	9 – 11 am
@ The Pines School – Pines Parents only (please book through the school)	
Friday 7 <sup>th</sup> July 2023	9.30 - 11.30 am
@ Open Learning Centre – Fox Hill Parents – there may be some spare places	
for non-Fox Hill parents (please book through the school)	
Please let me know if you would like to add your name to the waiting list for	
next year	









01753 373 244 / 0800 999 1342 Monday to Friday 9am to 5pm

https://www.gems4health.com gems.4health@nhs.net

& carers of children with, or likely to have autism &/or ADHD residing within East Berkshire.

(Slough, Royal Borough of Windsor & Maidenhead or Bracknell Forest.)



### WHAT DO WE PROVIDE?

Whatever stage of your autism/ADHD journey, GEMS offers a single point of contact where you can access information, advice and support alongside free courses, workshops and animations.

- For parents and carers: Free workshops, courses & a series of animated learnings.
- For children aged 5 & over, young adults and the over 25's: a schedule of social group sessions.
- Signposting to local & national services.









01753 373 244 / 0800 999 1342

https://www.gems4health.com

gems.4health@nhs.net



### Access to our Learn More animations

Covering a range of topics, our 'learn more' animations can be viewed at your own leisure and frequency once you have requested your link.

Please contact the GEMS Team on **01753 373244** or at **gems.4health@nhs.net** to obtain your link for any of the following topics

- What Is Autism?
- Autism & Communication
- Autism & Sensory Difficulties
- Autism & Anxiety
- Autism & Navigating Services
- Autism & Practical Budgeting Skills
- What is ADHD?
- Managing ADHD
- ADHD: From Diagnosis to Management

