



# The Pochin School

## Newsletter 19<sup>th</sup> November 2021



Dear Parents, Governors and Friends

This week the children have taken part in The Pochin Safety week. The children have learnt how to be safe online, looking at the SMART rules for online and digital safety. In school we have looked at bullying and talked to the children about how to recognise bullying and what to do if they feel they have been bullied or see others being bullied. The children have used the word STOP to remind them what to do. Our children have also discussed safety outside, such as on the road and when in unfamiliar places.



The school ran a poster competition for creating an Antibullying poster, Road Safety poster and Being SMART online poster. We would like to congratulate the following children for winning the competition: class 2 - Savannah, class 3 - Kyla, class 4 - Autumn and class 5 Krish and Niamh. Well done everyone who entered, it was very hard to pick the winners as so many of the posters were amazing!

Today also as a school we have raised over £144 for Children in Needs charity. Thank you for all the contributions to the charity.

Please take time to read the following pages as they share some important messages about children and family well-being, a sneak peek into the year 5 residential trip and the academic term dates for 2022-2023 for those parents who want to book their holidays early!

## Head Teacher and House Point Awards

The following children have worked extremely hard and this has been celebrated by the pupils receiving awards in front of their peers.

Safeeya, Aarav, Savannah, Tanaya, Reidan, Aarav, Sophie, Kyla, Frankie, Tirun



ગુજરાતી  
Gujarati

**Cultures Celebrated within our School**  
Language of the Month - Gujarati  
British Value of the Month - Rule of Law  
Pochin Value of the Month - Confidence



## Diary Dates

### December

- 2<sup>nd</sup> Whole school Panto - Cinderella
- 7<sup>th</sup> Class 1 Christmas Play
- 9<sup>th</sup> Class 2 Christmas Play
- 14<sup>th</sup> Christmas Church Service 9am
- 15<sup>th</sup> Class 3 Christmas Play
- 16<sup>th</sup> Class 3 Christmas Play
- 17<sup>th</sup> Christmas Jumper and Dinner Day
- 20<sup>th</sup> KS1 Family Craft Day
- 21<sup>st</sup> KS2 Family Craft Day

Christmas Holidays 22<sup>nd</sup> Dec to 5<sup>th</sup> Jan Inclusive

## Next week School Dinners Week 1

2 main choices with sides, bread and dessert

- Mon** - Bolognese Pasta Bake or Cheese & Tomato Pasta Bake
- Tue** - Chicken or Quorn Fillet + rice
- Wed** - Chicken Pizza or Cheese and Tomato Pizza
- Thur** - Roast Gammon or vegetable cottage pie
- Fri** - Fish Fingers or Sausage and Chips



## Well-Being Support for The Pochin School Community

Dear Parents/Carers,

The well being of our children is a priority for everybody. At The Pochin School, we ensure pastoral support and the physical and mental well-being of the children is embedded into our everyday life. The last few years living alongside COVID has not been easy for any of us. The isolation from family and friends, the complete removal of routines and structure are just a few of the many changes that we all had to sadly get used to. It would be naive of us to presume that this would not have an impact on not only our own well-being, but our children's well-being as well. If you have a concern about your child's well-being we would advise you to discuss any concerns you have with their class teacher as soon as possible. There are also lots of online resources to help and guide parents and carers. We have listed a number of online resources below. This is by no means an exhaustive list. If you have accessed a website or a resource that has not been included, please let us know so we can update our website list and share with our School community.

### Useful websites

**Every mind matters** – Aims to help people take simple steps to look after their mental health, improve their mental wellbeing and support others. [Every Mind Matters](https://www.everymindmatters.org/) – also offers support and advice for adults too.

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

**Young minds** – The UK's leading charity fighting for children and young people's mental health. Young minds aim to empower Young People by improving Mental Health and changing attitudes.

<https://www.youngminds.org.uk/>

**NSPCC** – The National Society for the Prevention of Cruelty to Children is a British child protection charity. The website provides advice to help you support children who may be experiencing depression, anxiety, suicidal feelings or self-harm.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

**Place2be** – A website dedicated to supporting children's well-being and mental health.

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

**Mind** – An organisation that provide advice and support for anyone experiencing poor mental health

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

**Youtube links** [Talking mental health](#) [We all have mental health](#) [Tips for talking for parents and carers](#)



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Class 5 had an amazing time last week in Wales. It was a pleasure to spend time with them and to see each one taking on new challenges and enjoying fresh experiences. There was a lot of laughter, plenty of perseverance and many opportunities for cooperation. The children impressed us with their independence, resilience and kindness. The instructors noticed too which made me and Mrs Lakin very proud. Thank you to the parents, school staff and Min Y Don instructors for making the trip possible. Have a look at the latest events page on the website to see more pictures.

H Southwell

