



## HEADCORN HEADLINES: Friday 19<sup>th</sup> March 2021



Dear Parents and Carers

It was lovely to see everyone joining in with the **Comic Relief: Red Nose Day** spirit and coming adorned with accessories to **Share a Smile**. The sun even came out to celebrate with us! As we are not collecting any money at school this year, if you would like to make a donation by texting the RND numbers or clicking the **Green Button** via the Comic Relief website: <https://www.comicrelief.com/rednoseday/>

A year ago tomorrow, 20<sup>th</sup> March, was the day that we closed our school's doors as the country went into the first lockdown. It has been a long year full of uncertainty, anxiety and interruption to our children's schooling but even more so their wellbeing. Over the last two weeks, along with smiles, laughter and joy to be back with friends and staff, we have encountered a range of worries, anxieties and upset as children once again bravely try to settle back into school life and routines after yet another lockdown.

Our children are resilient, however, we must also let them know that it is okay to not always feel brave, to talk about their worries, to shed a tear or two, to feel tired and weary and the many other things that make life feel a bit topsy-turvy right now. We all need to just take one day at a time.



To offer reassurance for you and your child, our school has a fantastic **Nurture Team** expertly lead by our experienced members of staff: Mrs Daniel, Mr Benfield and Miss Glen. We are currently expanding this team further by investing in training some of our Teaching Assistants to become **Nurture Practitioners**. This larger team means that we can provide **wellbeing and nurture support** and intervention for a range of challenges in our children's social, emotional, mental health including such things as anxiety, bereavement, friendship, confidence building, attachment and much more. If you have any concerns or would like any support for your child then please do not hesitate to contact any member of the nurture team, or any member of staff by email, phone or speaking to one of us on the gates so we can arrange an appointment to discuss the support we can offer.

Please also see below the offer of a FREE webinar on supporting your child's emotional wellbeing. This pandemic has impacted each one of us in such different ways and our school is here to support your child and your family as we start to emerge from the current restrictions and to some semblance of normal life again.

Have a lovely weekend!  
Miss Symonds



### Mental Health and Well-Being

#### **FREE WEBINAR FOR ALL PARENTS: Helping Parents and Carers to Support Children's Emotional Wellbeing in Times of Uncertainty**

The recording of the original live session is now available for anyone to watch.

This one-hour webinar offers parents and carers a space to gain knowledge-rich approaches and key skills to help you recognise and respond to your child's emotional health needs both within and beyond the pandemic. The aims of this session:

- To provide you with a safe space to pause and reflect on your own emotional needs and the needs of your child.
- Explore the possible impact that the pandemic has had on your family.
- Gain an understanding on how to protect mental health and wellbeing in challenging times.
- Take away top tips for helping your child thrive through resilience.
- Start to build your own family wellbeing toolkit

Please click on the link below to access the recording and for further information on Mental Health & Wellbeing: <https://www.theeducationpeople.org/our-expertise/mental-health-wellbeing/webinars-training/support-for-parents-and-carers/>



### **E-Safety**

You Tube is a popular means of entertainment and enjoyment for many children at Headcorn School, but we need to make sure that our pupils are using this platform in a safe and responsible way.

Remember that at its core You Tube is essentially an advertising platform and it is important to always be aware of this when allowing children unsupervised access. Please find attached a copy of a guide- You Tube for Parents and Carers.



### **PTFA News!**

The PTFA will be hosting the next meeting and annual AGM [on Tuesday 23rd March at 8pm](#) on Zoom. At this meeting we will review the year's activities and fundraising and look forward to the year ahead and hopefully plan some fun events in for our school community. Please come along and share your ideas for events that we can do this year. All ideas welcome no matter how big or small or just come along to find out more about what we do and how you can get involved.

We would really appreciate your attendance as we need to re-elect the PTFA Committee for the year and have to have a certain number of attendees. The positions that will be elected are Chair, Treasurer and Secretary. If you are interested in hearing more about these positions, please contact [info@headcornschoolptfa.org.uk](mailto:info@headcornschoolptfa.org.uk). The Zoom link will be shared closer to the meeting.

### **Food Bank**

Marden Children's Centre is now offering a Food Bank collection as well as an information service helping those with issues such as: Benefits, Housing, Wellbeing, Development and Children's behaviour. The location is John Banks Hall and the service is open 09:30am till 11:30am every Tuesday.