



Twitter

Keep up to date with what is happening at Layfield.



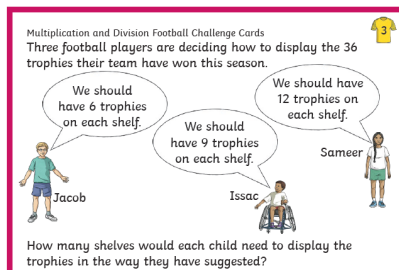
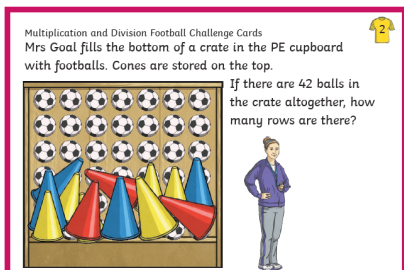
National Average	94.3%
Whole School	95.2%
Reception	94.9%
Y1	95.1%
Y2	94.3%
Y3	93.0%
Y4	95.2%
Y5	97.7%
Y6	96.2%



Multiplication and Division Football Challenge Cards

Write <, > or = in the footballs to compare the calculations.

8×7		6×9	$27 \div 9$		$33 \div 11$
5×12		10×6	$49 \div 7$		$72 \div 12$
4×9		8×5	$108 \div 9$		$132 \div 12$



Vision Academy Learning Trust and The 1590 Trust

As a parent or carer with a child in one of our Trust schools, you will recently have received a letter informing you of the proposal to harmonise the Trusts and to offer you the opportunity to put forward any comments you may have. Should you wish to refer to the letter, you can find a copy at this link <https://www.1590trust.org.uk/wp-content/uploads/2024/01/Consultation-Letter-Parents-and-Carers.pdf>



THE
1590
TRUST



VISION
Academy Learning Trust



Safer Internet Day
6th February 2024

Help your child stay safe on line and get the most out of the Internet.

<https://www.thinkuknow.co.uk/parents/>

Dates for your diary

Wednesday 1st February 2023
Wednesday 1st February 2023
Tuesday 7th February 2023
Wednesday 8th February 2023
Friday 17th February 2023
Monday 27th February 2023
Thursday 2nd March 2023

Y5 Themed Dinner: Beast Creator
Y5 Class Assembly
Safer Internet Day
Reception Themed Dinner: Pirates and Ships
3.30pm, School closes for Half Term
School opens for Spring Term 2
World Book Day

Save
the
Date

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and any stigma before it begins.

National Online Safety
#WakeUpWednesday

- 1 LISTEN**
This sounds obvious, but it is not something we are always great at. Active listening is when we listen without interrupting or making judgements and show interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.
- 2 ASK TWICE**
The campaign from time to time to change to go to school twice a day. Be honest about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.
- 3 THERE IS NO SUCH THING AS A STUPID QUESTION**
This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.
- 4 BE OPEN AND HONEST**
Children appreciate honesty particularly if you are honest to share information or talk about a difficult subject. For example, you may be talking about death or loss. It's very sad that Nana has died or I feel sad that Nana has died. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.
- 5 KNOW WHEN TO SEEK HELP**
Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.
- 6 TALK ABOUT MENTAL HEALTH NATURALLY**
Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If a child says you said 'I'm not creating an opportunity for dialogue than say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'
- 7 EMPATHISE**
It makes sense that you would feel this way. It is understandable. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.
- 8 HELP YOUR CHILD FEEL SAFE**
Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely they will need to lead the conversation and explain next steps.
- 9 MIND YOUR LANGUAGE**
Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'wired up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being labelled.
- 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'**
Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert
This guide has been written by Anna Bateman, Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

Sources of Information and Support
Your GP
Young Minds <https://youngminds.org.uk/>
<https://www.actiononchildren.org.uk/news-and-blogs/parenting-4ps/16/mov-anbwr/>
<https://www.actiononchildren.org.uk/news-and-blogs/parenting-4ps/16/mov-anbwr/>
<https://www.theweekend.com/mental-health>

www.nationalonlinesafety.com Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.02.2020

Happy Birthday

Thea Eve Evangeline
Amelia Athina Thomas
Olivia-Rose Pippa Florence
Jamie William Francesco Oskia
Charlotte Zayden Hannah

OUR GOVERNORS

Parent Governors

- Mr A. Chisholm
- Mr A. Hall
- Mrs V. Mitchell
- Mrs J. Tones

Headteacher

Mrs H. Owen

Staff Governors

Mrs N. Brunskill

Community Governors

- Mr J. Gilroy (Chair)
- Mrs L. Tarran
- Mrs G. Mitchell
- Mr J. Walton
- Ms J. Sherwood (Deputy Chair)
- Miss S. Postle

Right to a good quality education

United Nations Convention on the Rights of the Child

duallfrequency.co.uk

RIGHTS RESPECTING SCHOOL
UNICEF

The Children's Hub
Hartlepool and Stockton-on-Tees

The Children's Hub is the first point of contact for anyone who has a concern about the welfare or safety of a child or young person or thinks they may need extra help and support. When contacted, they will listen to what they are being told and the different agencies might share information with each other to try and work out whether they can help.

Telephone: 01642 130080 **E-mail: childrenshub@hartlepool.gov.uk**

Layfield Primary School, Everingham Road, Yarm, TS15 9TF.

Tel: 01642 786153 e-mail: info@layfield.org.uk