



# Federation Newsletter

October 2023

[www.crigglestonecastle.co.uk/](http://www.crigglestonecastle.co.uk/)

**The Castle - (01924) 664787**

[castleadmin@crigglestonecastle.wakefield.sch.uk](mailto:castleadmin@crigglestonecastle.wakefield.sch.uk)

**Crigglestone - (01924) 251151**

[criggadmin@crigglestonecastle.wakefield.sch.uk](mailto:criggadmin@crigglestonecastle.wakefield.sch.uk)

Dear Parents and Carers,

I hope you are well?

It looks like Autumn has well and truly set in for this year. It's time to dig out those warmer clothes. The children have been engaging in some lovely learning opportunities, at both schools over the last few weeks.

## Reporting absences from school



Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school when they are unwell. Follow this advice on when to keep your child home:

<http://nhs.uk/live-well/is-my-child-too-ill-for-school>

If your child is not going to attend school, please make sure you contact school to let us know. If we have no contact from you to say why your child is not in school, we will have to do a home visit, to check that you and your child are safe and well.

You can contact school in the following ways:

- **Class Dojo** message to Admin
- **Telephone:** (01924) 251151 - Crigglestone / (01924) 664787 - The Castle
- **Email:** [criggadmin@crigglestonecastle.wakefield.sch.uk](mailto:criggadmin@crigglestonecastle.wakefield.sch.uk) / [castleadmin@crigglestonecastle.wakefield.sch.uk](mailto:castleadmin@crigglestonecastle.wakefield.sch.uk)

## World Mental Health Day



World Mental Health Day is on **Tuesday 10<sup>th</sup> October 2023**. It's a day to raise awareness of mental health problems. More and more of us are aware of mental health and so many of us still aren't getting the right support. Awareness is just the start. Now it's time to act.

## Things to Remember:

### Download Wakefield 0-19 App



## School Fund



Please hand in your £7 school fund money, for this half term to your school office.

## Next INSET Day



**Monday 6<sup>th</sup> November 2023**  
Our Schools are **CLOSED** to children on this day.

We invite our children and staff to come in to school wearing **green** on **Tuesday 10<sup>th</sup> October** (if they would like to), to help raise awareness of looking after our mental health.

Mental Health Information and Support can be found here: <https://www.mind.org.uk/information-support/>

We also have some helpful links on our website: <https://www.crigglestonecastle.co.uk/mental-health-and-wellbeing/support-for-families>

### **The Curiosity Approach**



We are continuing to further develop the Curiosity Approach in both schools. If you have anything you could donate to school to support the Curiosity Approach we would be very grateful. Items could include: interesting ornaments, natural materials, wooden artefacts, sofas, furniture, tyres, picture frames, china tea sets, lamps, etc. Please speak to your child's teacher for more information about what items they would like to add to their classrooms. For more information about what the Curiosity Approach is, please see our website:

<https://www.crigglestonecastle.co.uk/curriculum/the-curiosity-approach>

### **Places in our Preschools and Nurseries**



***Have you got your child's Preschool or Nursery place sorted for January 2024?***

We do have places available in our Preschools and Nurseries. If you would like to apply for a place, you can download and complete a form from our website: [www.crigglestonecastle.co.uk](http://www.crigglestonecastle.co.uk) or you can collect an application form from the

school office. Please do let your friends in the local area know, in case they would like their children to come to our schools too. For more information you can ring the school office: Crigglestone (01924) 251151 / The Castle (01924) 664787

### **Wakefield Families Together**



Wakefield Families Together brings services together, so that it is easier for you to find and access the support you need, at the earliest opportunity. Many people need help and support at some point in their life. If you do find it hard to deal with a difficult situation, or have worries around family relationships, behaviour, school attendance, emotional and mental health, domestic abuse, parental conflict, housing issues, or employment and debt problems, Family Hubs can help direct you to the

right people and services. Your nearest Family Hub is: **The Castle Family Hub, 225A Barnsley Road, WF1 5NU**. There is also a wealth of information for parents linked to children who are in the Early Years. You can access the website here: <https://www.wakefieldfamilies-together.co.uk/early-years/information-for-families/>

## 50 Things to do before you're five



Tick-off 50 fantastic things for you and your child to experience together. 50 Things To Do Before You're Five gives you 50 activities that parents and carers can support their children to try out. If you haven't already got the free app, you can download it from: App Store or Google Play. Why not send your teachers some photos of some of the 50 Things you have been up to at home via Class Dojo?

Thank you for your support.

Mrs Kirsty Quinn

Executive Headteacher

## Looking after your Mental Health and Wellbeing

### Talking about your Mental Health

#### 1. **Choose someone you trust to talk to**

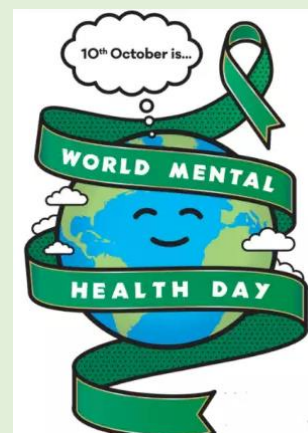
This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

#### 2. **Think about the best place to talk**

It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

#### 3. **Prepare yourself for their reaction**

Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that's the case, try to give them time to process what you've told them. It might help to give them information to read to help them understand. And don't forget to be kind to yourself and practise self-care.



World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

It's also a chance to **talk about mental health**, how we need to look after it, and how important it is to get help if you are struggling.



## Keeping Children Safe



# Wakefield Safeguarding Children Partnership

There is more information for parents on the Wakefield Safeguarding Children Partnership website: <https://www.wakefieldscp.org.uk/>

## Online Safety

### Smart Speakers - Keeping Children Safe



#### *Talk with your child about responsible use of your smart speaker*

Discuss what is okay and not okay to use their smart speaker for. Talk about time limits and expectations of where the device can and cannot be used, this could include things like the speaker helping with homework or not adding items to shopping lists using the speaker.

#### *Discuss what to do if something upsetting or worrying happens.*

This could be to stop talking to it, leave the room and tell an adult.

#### *Explore parental controls*

Take a look at the controls available both on the speaker itself and on your home Wi-Fi. Talk these through with your child too. Parental controls are a helpful tool, but an open conversation with your child is the most important thing.

#### **For more information and tips please visit:**

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers/smart-speakers>



## **Term Dates 2023-2024**

School closes for Half Term: Friday 27<sup>th</sup> October 2023

School re-opens: Tuesday 7<sup>th</sup> November 2023

School closes for Christmas Holidays: Thursday 21<sup>st</sup> December 2023

School re-opens for Spring Term: Monday 8<sup>th</sup> January 2024

School closes for Spring Half Term: Friday 9<sup>th</sup> February 2024

School re-opens: Monday 19<sup>th</sup> February 2024

School closes for Easter Holidays: Friday 22<sup>nd</sup> March 2024

School re-opens: Monday 8<sup>th</sup> April 2024

School closes for Spring Bank Holidays: Thursday 23<sup>rd</sup> May 2024

School re-opens: Monday 3<sup>rd</sup> June 2024

School closes for Summer Holidays: Friday 19<sup>th</sup> July 2024

## **Inset Days**

Monday 6<sup>th</sup> November 2023

Friday 22<sup>nd</sup> December 2023

Friday 24<sup>th</sup> May 2024

Monday 22<sup>nd</sup> July 2024

