



# HANDSWORTH NEWS

**BRANCHING OUT, GROWING TALL  
HAND IN HAND, ONE AND ALL**



Dear Parents, Carers and Friends.

This week we have started to make contact with our new Reception and Nursery parents, the time is going so quickly and we are thinking about how we can prepare and ensure a smooth transition for September. To the right of this message, you will find a link that will take you to a google form. This form is for you to complete if you would like to inform your child's next teacher about anything. This form will be open all the way through until September. Our teachers will complete a detailed handover and we are also using Future Fridays as a perfect way for our children to build those all important relationships with their new teachers. We strongly believe that strong relationships built on trust are the most important thing. We want our children to feel happy, cared for and safe in school and they must have good relationships in order for that to happen.

This week has been Mental Health Awareness Week. It is vital we break down barriers and make mental health something we talk about. Everyone has difficult periods in their life and as a community we are here to support each other. One thing the pandemic has certainly taught us is the importance of being there for others and knowing you can reach out without feeling ashamed. On the third page of this newsletter we have given some information about how to help children when they are finding things hard. If this is something you would like more information on or would like to discuss further, please contact the school office.

A huge thank you to Friends of Handsworth who have agreed to fund a number of resources in school, these include books, games and artwork to further improve the school environment. We are really looking forward to when we can invite you all back in to school. We are getting there slowly but must still remain patient.

Thank you for your support, have a lovely weekend.  
Mrs Nairne



**This week we began our transition programme for Reception. The first step was for the Year 1 teachers to spend some time with the children in Reception in their classrooms. After half term, the Reception children will be visiting their Year 1 classrooms weekly. We value the importance of smooth transitions for our children. Please talk to your children at home about their move to the next year group. Please click on this link to complete a google form if you would like to provide information about your child for their next class teacher.**

[Transition Form](#)

We are so happy to see how children have adapted back to being in school full time. This week, teachers have enjoyed sharing children's outcomes and we are very proud of all they have achieved.



## Birthday Sweets

We love celebrating birthdays in school! Just a reminder that our school risk assessment regarding the bringing in of sweets and treats to share for birthdays remains the same and until further notice we would ask you to not send in food to school to be shared.

If you would like to mark your child's birthday you might want to consider buying a class book to be read at the end of the day.

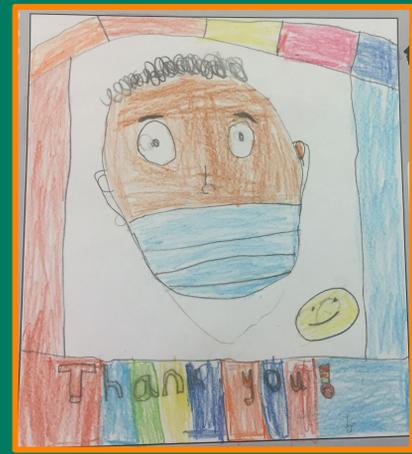




Liyana



Mary



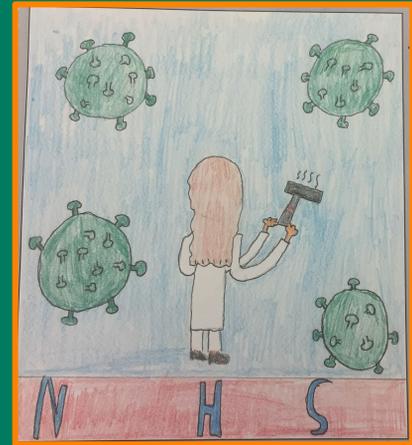
Reuben



Zain



Well Done!



Grace

As a community, we are moving in the right direction, raising awareness of mental health and working hard to remove barriers. We encourage our school community to talk and acknowledge their own mental health. It can be difficult to admit when we are finding things hard. However reaching out for help is the first step and as a community we are here for each other. Our wonderful play therapist Greta has introduced a system in which children can reach out and ask for a chance to share their worries.

When children are struggling, it is sometimes difficult to know how to respond.

The first thing is to **allow them to feel that emotion**, we can't stop how we feel. It is ok to have big emotions, hold space for the child's emotion and don't give in to the urge to make the emotion stop for them.

Then **connect and empathise** with them. Use words like, "I can see you feel frustrated, I understand that is difficult for you."

When a child is calmer, we can start to **offer coping strategies** "Would you like a hug or to take some deep breaths with me to feel calm?" When fully calm, we can help our children problem solve. It is easy to tell them what to do, but try to resist doing this. Ask questions like "What can we do to solve this problem?"

As the adult it is important we contain our children's emotion and not allow ourselves to have an emotional response. This is difficult, especially when we see how upset or frustrated the child is. Please get in touch if you ever want to talk this through in more detail or would like some support. There are two links below which will help you if you are finding children are struggling at home. Remember we are in this together and we are here for you as well as our children.

<https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>

<https://www.annafreud.org/parents-and-carers/>

IDEAS FOR MENTAL HEALTH AWARENESS WEEK  
10TH - 16TH MAY 2021

This year's theme is nature.

<p>GO FOR A WALK OUTSIDE. USE YOUR SENSES TO OBSERVE ANY NATURE.</p> <p>What can you see?</p> <p>What can you hear?</p> <p>What can you smell?</p> <p>What can you feel or touch? (make sure you only touch things that you know are safe)</p>	<p>CAREFULLY DRAW A LEAF OR FLOWER.</p>	<p>CAREFULLY WATCH PLANTS, BIRDS OR OTHER ANIMALS FROM A WINDOW OR OUTDOORS. DRAW THEM IF YOU WISH.</p>
<p>SET BY A WINDOW OR OUTSIDE, AND PRACTISE A "SOUND JUMPING" ACTIVITY FOR 1 OR 2 MINUTES. CLOSE YOUR EYES AND FOCUS ON ANY SOUNDS YOU CAN HEAR.</p>	<p>PLAY "I SPY..." OUTSIDE.</p>	<p>PLANT A SEED AND TAKE CARE OF IT.</p>
<p>VISIT A LOCAL PARK TO PLAY, WALK OR RUN AROUND.</p>	<p>NOTICE THE WEATHER DAILY AND WHAT YOU OBSERVE IN THE SKY EACH DAY.</p>	<p>WATCH CLOUDS IN THE SKY AND NOTICE ANY SHAPES OR IMAGES YOU CAN SEE IN THEM.</p>
<p>WRITE A POEM ABOUT NATURE OR WRITE IN YOUR JOURNAL WHILE SITTING OUTDOORS.</p>	<p>NOTICE WHAT YOU CAN OBSERVE IN THE SKY EACH NIGHT.</p>	<p>DO SOME READING OUTDOORS.</p>

Design credit: Dot dudes clipart by Sarah Pecorino

www.mentallywellschools.co.uk

I enjoy playing with my cousins and baking cakes.



Playing football with my friends makes me feel good. I really enjoy it!



Cooking dinner for my family makes me happy.

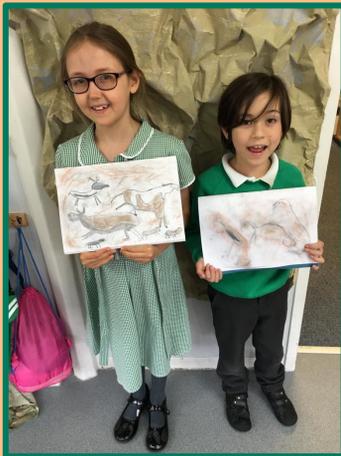


I love to spend time with my family and I like to do charity work.



Thank you Alina for bringing Tiny and Speedy in to school. They have got so big since last time! You have grown up so much too!

The children enjoyed seeing them again and asking lots of questions.



**Another week full of learning, fun and friendship!**

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STELLA

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OLIVER

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GEORGIA

**1MJ**

ARIN

**3LB**

GABRIEL

**2KC**

KAVI

**4BD**

JADEN

**2MW**

MAYA

**4SN**

AOIFE

**5TC**

TEKIN

**5JG**

RYAN

**6RT**

YAKUB

**6SM**



The purpose of Star of the Week is for us to have the opportunity to celebrate every child in our community specifically. We encourage everyone to celebrate what is wonderful about that child. Children do not need to do anything to earn Star of the Week – each child deserves it and they will each get a turn.

If your child is Star of the Week we encourage you to ask them to repeat to you some of the positive statements their classmates and teachers make about them and add your own!