

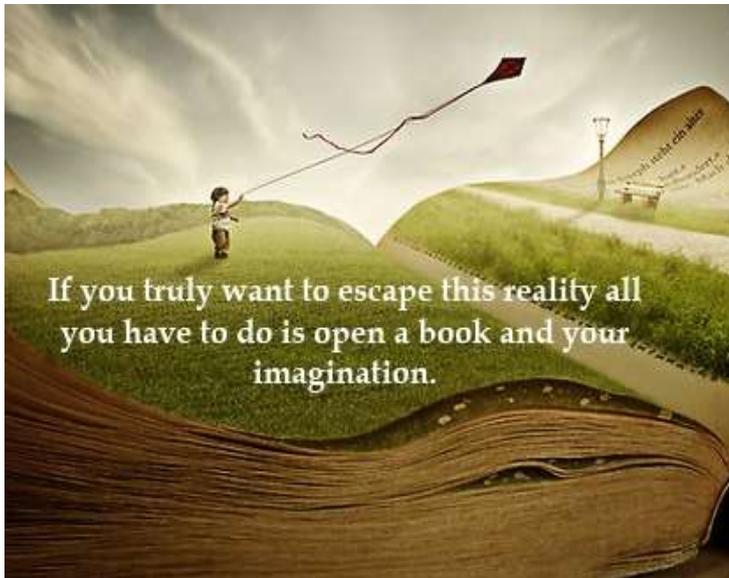
The Topsham School

Newsletter 16



A love of learning and commitment to the success of every child at the heart of all we do.
Tel: 01392 874498 Website: www.topsham.devon.sch.uk

Friday 15th January 2021



On the news this morning they spoke about the fact that children are reading 40% more than they were before CV19. One of the children interviewed was explaining that she loved to sit and listen to or read stories with her brothers and sisters because they could be anywhere in the world and could have adventures.

Books really can do that can't they; transport us to a different time or place and allow us to switch off for a moment.

Reading stories has always been a big part of my family life. I have always shared books and read to my son and as he has grown up we have discovered different authors along the way. I am sure like me, you have read or are reading lots of picture books. Our favourites were anything by Martin Wadell, Michael Rosen, Dr Suess, Emily Gravett, Julia Donaldson and Oliver Jeffers. We loved the stories but also really loved the illustrations.

We then moved on to Beast Quest "While there's blood in my veins....." Each book is a quest but follows the same pattern and so were predictable and that pattern and predictability really supported learning to read. Mr Gum then became a firm favorite before being taken over by Louis Sachar; 'Holes' is still a firm favorite closely followed by "There's a boy in the girls bathroom". Alongside Roald Dahl and David Walliams added the humour we all need at times.

We then found books such as 'Wonder' by RJ Palacio, 'Goldfish Boy' by Lisa Thompson, 'The Boy in the Bubble' by Ian Strachan and 'Refugee Boy' by Benjamin Zephaniah. A real theme there; boys facing significant challenges but overcoming them.

And now, well now, we're reading books such as To Kill a Mocking Bird (my total favourite; this one I would take to a desert island).

I hope over this weekend you manage to find some lovely books you can all share all together.

Have a good weekend

Mrs Pipe



SAFEGUARDING

Safeguarding Leads and contact information

Members of staff who are safeguarding leads are as follows:

- Mrs Emma Pipe: Designated Safeguarding Lead and Headteacher:
epipe@topsham.devon.sch.uk
- Miss Maria White: Deputy Safeguarding Lead, Deputy Headteacher and Online Safety Leader
mwhite@topsham.devon.sch.uk
- Mrs Hartmann: Deputy Safeguarding Lead, SENDCO and Early Help Leader
nhartmann@topsham.devon.sch.uk

If **any** parent has a safeguarding concern or query about ANY child within our community, please email for advice.

IF ANY ADULT FEELS A CHILD OR ADULT MAY BE IN IMMEDIATE DANGER YOU MUST CALL MASH (Multi Agency Safeguarding Hub) OR 999

*"If you are worried about a child or young person in Devon and want to speak to someone, or if you are a child or young person worried about your own safety please contact the MASH on **0345 155 1071** or email mashsecure@devon.gov.uk and give as much information as you can."*
Devon Children and Families Partnership



Enforced isolation
from friends, family and
colleagues may cause an
increase in **domestic abuse**

For help visit:
www.domesticabusehelp.co.uk
**or call the National Domestic
Abuse Helpline: 0808 2000247**

YOU ARE NOT ALONE



Devon & Cornwall Police

Action for Happiness Calendar

We would like to share the calendar below with you. Although we are now halfway through January, we thought this may prove useful to some families with some fantastic suggestions for positive thinking.

ACTION CALENDAR: HAPPIER JANUARY 2021

"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 Write a list of things you feel grateful for in life and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	1 Find three good things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help to brighten their day
11 Switch off all your tech 2 hours before bedtime	12 Connect with someone near you - share a smile or chat	13 Be gentle with yourself when you make mistakes	14 Take a different route today and see what you notice	8 Say positive things to the people you meet today	9 Get moving. Do something physically active (ideally outdoors)	10 Thank someone you're grateful to and tell them why
18 Focus on what's good, even if today feels tough	19 Get back in contact with an old friend you miss	20 Go to bed in good time and give yourself time to recharge	21 Take a small step towards an important goal	15 Eat healthy food which really nourishes you today	16 Get outside and notice five things that are beautiful	17 Contribute positively to a good cause or your community
25 Decide to lift people up rather than put them down	26 Say hello to a neighbour and get to know them better	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	22 Try out something new to get out of your comfort zone	23 Plan something fun and invite others to join you	24 Put away digital devices and focus on being in the moment

ACTION FOR HAPPINESS

www.actionforhappiness.org
Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/happier-january

Applying for a place in Reception (Big Acorns)

The deadline for applying for a Reception (Big Acorn) place for September 2021 is **TODAY - Friday 15th January 2021**. See the poster below for further information.

Was your child born between 1st September 2016 and 31st August 2017?

How to Apply for a Primary School Place in Devon

You can apply online at www.devon.gov.uk/admissionsonline from 15th November 2020 to 15th January 2021

If you cannot access the school admissions website you can get more information by calling our Education Helpline on **0345 155 1019** or email: admissions@devon.gov.uk

Even if you have already given details to a primary school, you must apply for a place through the Admissions Team. This is the only way to apply; other forms or lists held by schools will not count.

Devon County Council

SEND Update

Below are some courses and resources which may be useful for you.

Please do get in touch if you need any support, help or signposting (or even just for a chat) whilst we are lockdown.

Bisnet Keeping everybody safe when your child is distressed

Thursday 21st. 10am - 12pm. £9.21 per ticket for live access and a recording to watch at any time after the event.

This course is designed to help parents who are supporting children whose distress and emotional dysregulation is leading them towards very unsafe or physical behaviour in the home.

Where as previous courses have focused on preventative approaches, which are the most important aspect of support, this will focus on last resort safety approaches. With the understanding that parents have access previous courses covering de-escalation and pro-active strategies, this leaves us more time to focus on keeping everyone safe in the heat of difficult moments. You will cover:

- Risk assessing environments and activities to be able to reduce the chances of a high risk situation occurring, alongside changing and challenging societies expectations of what is and isn't 'good parenting.'
- Recognising warning signs, triggers and maintaining a hyper-aware yet calm and controlled state when situations arise.
- Simple and basic safety and breakaway principles to keep yourself safe.
- Sibling support and management to keep them safe.
- The risks and legalities around physical intervention and restraint, as well as some key principles to keep the person you are holding, if there is no other option and it would be unsafe not to do so, safe and reduce emotional damage and harm long term.

Note: it will not be possible to show any exact holds or techniques for legal and health and safety reasons, however your trainer Sam Harris has been a tutor in this techniques for over a decade and is experienced at presenting ideas and elements for consideration that can still be extremely effective and helpful.

Babcock - Cygnet Parent Autism Awareness Courses

Babcock LDP have negotiated and agreed access to the Cygnet courses for families of Children and Young People in Devon who are currently on the Autism Assessment Pathway, in addition to families of Children and Young People who have received an autism diagnosis. The programme is for parents/carers of children aged between 7 and 18. Babcock LDP as licensed trainers will be offering access to this programme online during this Spring Term period, as hosting their usual parent autism awareness programme is not physically possible at this time due to CV19 restrictions. There will be 6 weekly sessions (approx. 2hrs each) related to the following topics/themes: communication, understanding and supporting behaviour and sensory issues.

To access the programme email: LDP-LearnerSupport@babcockinternational.com

You will be asked to complete a Reply Slip to confirm details.

YMCA Exeter

Children and Young People's Wellbeing Service

A free psychological wellbeing service for 5-18 year olds offering support and intervention for low mood, anxiety and behavioural difficulties. The team of Wellbeing Practitioners use CBT (Cognitive Behavioural Therapy) techniques and goal-setting to build up emotional wellbeing and resilience in young people and their families. To speak to someone on the team Tel: **01392 410530** or email: wellbeing@ymcaexeter.org.uk

Find out more at the website: <https://www.ymcaexeter.org.uk/cwpwellbeing/>



Date	Event
Friday 15 th January	Closing date for applying for a Reception (Big Acorn) place for September 2021
Thursday 11 th February	Break up for half-term
Friday 12 th February	Non-pupil Day
Monday 22 nd February	Occasional Day
Tuesday 23 rd February	Start of 2 nd half of Spring Term
Thursday 1 st April	Break up for Easter Holiday