

The Topsham School

Newsletter 25



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 25th March 2022



One of our school values is Health and Happiness, the children have defined this as:

"I keep myself and others around me safe. I follow our school values and try and be an example to others; using kind hands, feet and words. I work hard to be physically and mentally healthy so I can be happy and I know who I can talk to if I am feeling sad, or upset. I am empathetic and accept that we all need different support at different times."

On Monday, I had the pleasure of working alongside our Mental Health Ambassadors in our whole school assembly. The children had worked incredibly hard to plan and organise the assembly; everything from the music to come into hall to, (Queen Under Pressure; what a tune ☺) to what story to read, to what responsibility each one of them would take in leading the assembly. They did an incredible job. Elsa started off by talking about our 10 a day and focused on 1 and 2: Talking about our feelings and asking for help. The story they chose to use was called the "The Huge bag of Worries" and was read with clarity and intonation by Felix. Elsa then led a questions and answers session based on the story which got children talking about how the child in the story had worked through their own worries and who they had asked for help. Stan then led an activity, supported by the rest of the MHA's on creating a visual for what it can feel like when we are carrying a lot of worries with Martha reading the worries and Elsie piling them onto the volunteer: well-done Oscar for not only remaining standing on the wobble board but for managing to hold 7 worries (balloons) until it became too much and everything was dropped ☺. The activity then went on to Niko and Annabelle explaining what strategies children could use to 'pop' all those worries. It was such a great image to use. They then went on to explain that they would be visiting each class to give them a worry box where children could write their worries and teachers and peers would be able to help. The boxes are amazing and all so different. Well done to Tristan and Anya for their technical whizziness; PowerPoint and music experts ☺

I want to say a **HUGE WELL DONE** to all the MHA for their collaboration that led to a great assembly and I want to thank them for all they are doing to promote positive mental health in our school. A special thanks too to Mrs Phillips our Mental Health and Wellbeing Leader for all her hard work in training and supporting our MHAs. She does an incredible amount in this area for the school, not only for the children but for staff and parents wellbeing too. Thank you.

Have a good weekend and if you would like to hear the story they read, please see <https://www.youtube.com/watch?v=D5ibh-RzwIU>

Mrs Pipe

Achievers

As a school, we promote positive behaviour and we have numerous incentives to support this. The recipients of our weekly achiever awards are listed below:



Achievers:

Big Acorns Livvi and Abraham

Year 1 Lawrence and Felicity

Year 2 Elliott and Zebedee

Year 3 The Whole of Year 3

Year 4 The Whole of Year 4

(The children in Years 3 and 4 showed exemplary behaviour and interest on their trip to The Box.)

Year 5 Kaycee and Tobias

Year 6 Niko and Amelia



House Points – Last week's winning team was **Emerald**

Resources, support, links and courses for parents and children:

At the end of this week's newsletter is a list of resources, support, links and courses for both you as parents and for young people. If you would like to discuss any of these, please contact Mrs Hartmann, school SENDCo. nhartmann@topsham.devon.sch.uk

Reports

Parents will receive reports for children in Big Acorns to Year 6 later today via Schoolcomms email.

SAFEGUARDING



Safeguarding Leads and Contact Information

Members of staff who are safeguarding leads are as follows:

- Mrs Emma Pipe: Designated Safeguarding Lead and Headteacher. For any urgent safeguarding matters please email: safeguarding@topsham.devon.sch.uk. Please do not use this email for any other matters apart from safeguarding.
- 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

Safeguarding our children will always be a priority for everyone in the school. All staff are trained in how to keep children safe and alongside this we have our safeguarding team. Anyone of our staff can be contacted in relation to Safeguarding.

Level 3 trained staff are qualified to the same level as the Safeguarding Leads. In our school this includes our Admin Team, Miss Greygoose and Mrs Owens. Again, their details are on our website.

Safeguarding is EVERYONE'S business and we will always do our very best to keep our children safe.

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*

PTA NEWS



Pre-Loved Uniform Sale

On Saturday 2nd April, the PTA will be running a Pre-Loved Uniform stall at The Topsham Market. We will also be running a stall on Monday 4th April before and after-school. Grab yourself a bargain and kit your little ones out for the summer term! Thank you to everyone that has donated their pre-loved uniform, we will continue to accept donations until Friday 1st April (please leave in the PTA shed).

Smarties

The yummy Smarties fundraiser is coming your way at the end of term. Look out for a tube of smarties (or allergy/vegan friendly alternative) and some instructions!

Year 1 Bake Sale

The next bake sale takes place on Friday 1st April.

Your School Lottery

Buy a ticket for your chance to win £250000 and a £500 bicycle voucher. Plus, each week someone from our school community will win a small monetary prize. 76% of each ticket sold will raise funds for the PTA.

[Support The Topsham School when you play Your School Lottery - Your School Lottery](#)

COMMUNITY NEWS*

**Please be aware that clicking on links/following web addresses in this section may take you to sites that require payment for the activities advertised. The Topsham School does not endorse any products or events in this section.*



Easter
— BUNNY HUNT —

From 8th – 22nd April 2022

Join us for our Easter Bunny Hunt!

We'll be hiding twelve Easter bunnies in Topsham shop windows as part of our hunt. Simply collect an entry form from our foyer OR drop us an email to request one and you're ready to begin!

Record the number on each bunny you find, once you've found them all you can either drop your entry off in our foyer or email it to us at: cumberlandgrange.reception@barchester.com

Submit your entries before 5pm on the 22nd April to be in with a chance to win some Easter chocolate goodies. There will be 3 winners!

Cumberland Grange Care Home
Cumberland Way, Exeter, EX1 3ZU
Tel: 01392 339 732 • www.barchester.com

Residential Care • Dementia Care • Respite Breaks





Date	Event
w/b Monday 28 th March	Year 5 Bikeability
Friday 1 st April	Year 1 Bake Sale
Saturday 2 nd April	PTA running a Pre-Loved Uniform stall at The Topsham Market
Thursday 7 th April	Children break up for Easter Holiday. 2.30pm finish. Twiglets finishes at 4.30pm
Friday 8 th April	Non-Pupil Day
Monday 25 th April	Return to school after Easter Holiday
Monday 2 nd May	Bank Holiday – School closed
Wednesday 4 th – Friday 6 th May	Year 4 Colehayes Residential
w/b Monday 9 th May	Year 6 SATs
Friday 27 th May	Break up for Half-term. 3.30pm finish
Monday 6 th June	Occasional Day – School Closed
Tuesday 7 th June	Return to school after Half-term
Tuesday 26 th July	Children break up for Summer Holiday. 2.30pm finish. Twiglets finishes at 4.30pm
Wednesday 27 th July	Non-Pupil Day
Thursday 28 th July	Occasional Day – School Closed

Resources, support, links and courses for parents and children:

[Adult Mental Health](#)

TALKWORKS

TALKWORKS is a free NHS service offering psychological therapies for common mental health difficulties, such as depression and anxiety disorders. We work with adults over the age of 18, and are currently offering workshops to support individuals who are struggling.

- **TALKWORKS for Sleep:** A two-hour session to help people manage a range of sleep problems from waking in the night to struggling to fall asleep; **Thursday 31st March 17:45pm, Wednesday 13th April 12:30pm, Thursday 28th April 17.45pm, Monday 9th May 12:30pm, Wednesday 25th May 17:45, Wednesday 8th June 10am and Wednesday 22nd June 17:45pm.**
- **TALKWORKS for Talking Health:** Another 2 hour workshop aimed at people with a long term health conditions, offering ways to manage both their physical and mental health. Dates and times are as follows- **Tuesday 22nd March 3pm.**

- **Stress Less with TALKWORKS: Tuesday 12th April 12pm.**

For anyone who would like to attend a Wellbeing workshop, please advise them to call 0300 555 33 44 to reserve a place. If you would like any more information about the services TALKWORKS offers please go to our website at <https://www.talkworks.dpt.nhs.uk/>

Children and Young People Mental Health and Wellbeing

Every Mind Matters – Help with Managing Anxiety

Anxiety is something everyone experiences at times, and feeling anxious is a perfectly natural reaction to some situations. But sometimes feelings of anxiety can be constant, overwhelming or out of proportion to the situation and this can affect your daily life. The good news is there are plenty of things you can try to help cope with anxiety. Every Mind Matters also have specific tips and expert advice to help you look after your mental health and wellbeing if you are feeling worried or anxious about coronavirus (COVID-19). <https://www.nhs.uk/every-mind-matters/mental-health-issues/anxiety>

YoungMinds: Parents Survival Guide: YoungMinds have put together some tips for looking after your child whilst also looking after yourself. <https://www.youngminds.org.uk/parent/survival-guide/>

YoungMinds – Parent Helpline: Are you worried about a child or young person? Contact the Parents Helpline for free, confidential advice via the phone, email or webchat. Find out more here: <https://youngminds.org.uk/find-help/for-parents/parents-helpline>

The Wave Project

Fully-funded social prescribing project for children 8-13yrs who are experiencing anxiety, low mood or loneliness. Ask your GP or Link worker about “Prescription Surf” To find out more about The Wave Project go to: <https://www.waveproject.co.uk/about-us/>

Happy Maps – Supporting Children’s Mental Health

[HappyMaps | Support for Your Child’s Mental Health](#) - a hub of reliable resources from CAMHS.

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/cwppwellbeing>

YoungMinds – Parents Guide-Supporting Your Child with Anger. If you need support to respond to your child’s anger or aggression, YoungMinds have some advice on what you can do and where you can find help: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anger/>

YoungMinds – Supporting a Friend with their Mental Health.

YoungMinds have a new resource for young people to help with advice on what to say when supporting a friend, while looking after their own mental health too.

Read the article here: <https://youngminds.org.uk/find-help/looking-after-yourself/supporting-a-friend-with-their-mental-health/>

YoungMinds – Coping with Life

A guide for Young People. Read YoungMinds advice on various topics, from other young people who have been there, and find out where to get help: <https://www.youngminds.org.uk/young-person/coping-with-life/>

Parent Helpline: Are you worried about a child or young person? Contact the Parents Helpline for free, confidential advice via the phone, email or webchat. Find out more here: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

SEND

Parent Autism Awareness programme

Attending the Autism awareness parent programme gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to managing and supporting presenting needs.

4 weekly 'live online' sessions (approx. 2hrs each) related to the following topic/themes:

No.	Topic	Programme 2	Programme 3	Programme 4
1	Autism overview	Wed 27 Apr 1-3 pm	Fri 6 May 10a.m-12	Wed 22 Jun 9.30- 11.30
2	Communication	Wed 4 May 1-3 pm	Fri 13 May 10a.m-12	Wed 29 Jun 9.30- 11.30
3	Understanding and supporting behaviour	Wed 11 May 1-3 pm	Fri 20 May 10a.m-12	Wed 6 Jul 9.30- 11.30
4	Sensory	Wed 25 May 1-3 pm	Fri 27 May 10a.m-12	Wed 13 Jul 9.30- 11.30

Apply direct by email to: LDP-LearnerSupport@babcockinternational.com

To secure a place on any of the above programmes, or express your interest for forthcoming programmes.

Parent Autism Topic based workshops - The Communication & Interaction Team (Babcock LDP)

These are topic based workshops, and available for parents/carers to choose from based on the priority needs for their child/young person and desired knowledge and further understanding in these topic areas:

Date	Time	Topic	Trainer
Tues 26 Apr	9.30-11.30	Autism – Communication (pre/non verbal – support strategies)	Laura Matthews
Mon 16 May	12.30-2.30	Autism – Communication (verbal – support strategies)	Laura O'Shea
Tues 24 May	9.30-11.30	Autism – Managing stress + anxiety	Alison Cann
Wed 15 Jun	9.30-11.30	Autism – Demand avoidance + PDA	Robert Good
Fri 8 Jul	9.30-11.30	Autism – Vulnerability + online safety	Paul Lamanna
Thurs 28 Jul	9.30-11.30	Autism – Sensory processing + integration	Kevin Jones

Apply direct by email to: LDP-LearnerSupport@babcockinternational.com

A brand-new resource pack for Autism Acceptance Week: Let's Learn About Autism

We are delighted to announce our brand-new resource pack for Autism Acceptance Week: Let's Learn About Autism! Autism Acceptance Week is **28th March – 3rd April 2022**, so we have created a set of resources to support education professionals from Early Years to Post 16. Right now, we are offering the opportunity to register for early access on our website: [Celebrate neurodiversity during Autism Acceptance Week](#).

NAS 'Free' parent autism training offer

Each course includes a 2 hour session at the same time each week, for 6 weeks in total. All of the training is online

[EarlyBird, EarlyBird Plus and Teen Life parent sessions \(autism.org.uk\)](#)

Children & Family Health Devon Autism Assessment Team Resources

The Autism Assessment Team have a range of resources on their webpage [Resources - Children and Family Health \(childrenandfamilyhealthdevon.nhs.uk\)](#)

DiAS training session dates:

Demystifying SEND- DiAS Information Resource: Reasonable Adjustments in School – Ideas and Suggestions Full of practical examples and ideas, it aims to help professionals and parents give child-centred and successful support. Find out more and download a copy here: [Reasonable adjustments in school - ideas and suggestions - Devon Information Advice & Support \(devonias.org.uk\)](#)

Listening to your Child's Views

Monday 21st March 2022 10.30am-12.30pm - Book a place on these events on

Eventbrite: <https://www.eventbrite.com/e/listening-to-your-childs-views-tickets-154265433063>

Devon County Council's Disabled Children's Service (DCS)

Offers advice, support and practical help to families who have a disabled child or young person. They use eligibility criteria to decide whether you are likely to need support. The type of support you could get will depend on your individual needs, which they identify through an assessment. This new guide explains the eligibility criteria, how it is applied and how the assessment process works. <http://soc.devon.cc/9ohml>